

Life & Health

THE NATIONAL HEALTH MAGAZINE.



APRIL



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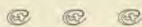
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REVIEW AND HERALD PUBLISHING ASSOCIATION
Takoma Park - - - - - Washington, D. C.

THIS ISSUE



ACCORDING to the request of the National Association for the Study and Prevention of Tuberculosis, the last Sunday of April has been set aside by practically all churches in the United States as Tuberculosis Sunday. On or about that date tuberculosis talks will be given before thousands of congregations.

It was thought fitting, in view of this fact, while not making it a tuberculosis issue, to give especial attention to the tuberculosis question in the April LIFE AND HEALTH. In addition to the article by Dr. Achard on "Fads in the Treatment of Tuberculosis," there is one by the editor on "The Conquest of Tuberculosis," a series of brief suggestions showing how every person can do something to lessen the spread of the disease, a discussion of the advisability of sending the tuberculous poor away for climatic treatment, and a warning regarding tuberculous meat.

Dr. Achard's excellent series of papers, based on his popular lecture delivered under the auspices of the Chicago Medical Society, was begun in the March issue and will be continued in the May, June, and July issues.

Dr. Cramp, in his second article on the "Gas-Pipe Therapy," has well illustrated, it seems to us, the general fallacy of dependence on advertised cures. Their claims are plausible; their testimonials are convincing; but —

Mr. Ballou completes his series demonstrating that there is no occultism, but a simple law behind all faith- and mind-cures.

Mr. Francis has given what seems to be one principal cause of the great prevalence of immorality. Whether he is right in his contention that regulation is preferable to suppression of immorality is a question which is far from being settled among social workers. Theoretically, there should be no compromise with immorality such as is involved in regulation. Mr. Francis believes that the theoretical program can never be successfully carried out, and that the attempt to do so leads to worse evils than regulation.

Mr. Cromie has shown in a striking manner some of the causes and results of modern methods of eating.

THE MAY ISSUE

Mr. Fitzpatrick considers a question which is probably a burning one with many just at this season, "Vacation or No Vacation?"

Mr. Cromie has a splendidly illustrated article, "Exercise for the Middle-Aged."

Dr. H. J. Achard, in "Diet in Tuberculosis," takes a position varying from much of the recent teaching on the subject.

Health Commissioner Evans, in "Dollars or Deaths?" makes an earnest appeal for more efficient health departments.

Edward Hatch, in "The Organized Fly Fight," considers one of our most important health problems.

Dr. D. H. Kress, in "The Uses of Water in the Treatment of Disease," gives some valuable suggestions for home treatment.

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Washington, D. C.

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A FEW HEALTH BRIEFS

Efficiency is largely a matter of diet.

❧

But not entirely.

❧

An automobile with an insufficient supply of gasoline will not go very far.

❧

But most machines give out for other reasons than lack of fuel.

❧

All the gasoline in the world will not help out in a breakdown caused by poor tires or defective engine.

❧

While food is a most important requisite in the attainment of efficiency, it is not everything.

❧

There is heredity.

❧

Many an unfortunate child enters the world with a handicap which no amount of food can entirely remove.

❧

Then there is early environment, education in evil habits, and the like, calculated to nullify the effects of the best dietary.

❧

Cigarettes, drug habits, lasciviousness, which go together and to which the child of weak heritage is particularly prone, form a combination that will ruin any boy.

❧

But whatever the conditions otherwise, the character of the diet has a marked influence.

Even the imbecile, the feeble-minded, and the physical weakling are better off for being well fed.

❧

And the normal child is much worse off if he has to undergo a course of under-feeding.

❧

When the child is growing, he should never be stunted in the body-building materials, else he will not attain full development.

❧

The powers of digestion and of assimilation are much stronger in the growing period, and a quantity of food that would be injurious to a person of fifty will be handled with impunity by the boy of fifteen.

❧

Do not try to raise the child on starch.

❧

Starch makes a good paste, but it is not a complete food for youngsters.

❧

Be sure there is sufficient protein in the the food to nourish the growing body.

❧

A diet with not more than ten per cent protein is hazardous for a child.

❧

The proportion of protein should be larger during the growing age.

❧

Mother's milk is very rich in protein. Do not take the little one off mother's milk to put him on a starch diet.



HOME CARE of CONSUMPTIVES

By
H. J. Achard, M.D.

Fads in the Treatment of Tuberculosis

FOR some years there have been two fads, if I may be permitted to call them so, or two great points, which have been insisted upon in the treatment of consumptives, which have now, fortunately, run their course, I am quite sure, to a large degree, because in their extremes they are harmful. The one was the open-air treatment run mad; the other was forced feeding, also run mad. Both ideas have been made fetishes of, and, in the opinion of some people, both physicians and laymen, it would seem as though there were no salvation, no possibility of controlling tuberculosis, except by their means, and, worse still, that they are bound to be successful. We have often heard it said that if a consumptive will just go out and live in the open air all the time and rough it, or go out in the country and lie in a chair on the veranda all day, and sleep in the open air, he is bound to get well. Then, of course, he is to eat three square meals a day, supplemented with a great many eggs, until he is ashamed to look a chicken in the face. Some prescriptions call for as high as two or three dozen eggs a day,

and three or four quarts of milk, until the poor patients are almost fed to death, and certainly into a pitiable condition of malassimilation and malnutrition. Anything that is against reason must necessarily do harm; and in the care of consumptives there is perhaps nothing quite as important as this very question of fresh air and of diet.

The Value of Open-Air Life

Fresh air is necessary, undoubtedly. Nobody can gainsay that; and the more the patient can be in the open air, and

the more sunshine he can enjoy, the better it will be for him. It is, naturally, of advantage for him to breathe into his sick lungs invigorating oxygenated air, which should be as pure as possible, free from dust, free from contaminating micro-organisms, and should contain a proper percentage of humidity. Again, it is manifestly of importance to the patient that he shall enjoy the greatest possible amount of sunshine, because the direct rays of the sun and diffuse sunlight are both beneficial.

As far as these points are concerned, the ideal treatment for consumption would naturally be



Air should be as pure as possible, free from dust, free from contaminating micro-organisms

the so-called climatic treatment. There are certain climates in this country of ours where the inhabitants very rarely have consumption—sometimes, I admit, because they have not been exposed to the infection; at others, undoubtedly, because the altitude, percentage of sunshine, the purity of the air, and a great many other factors, do not encourage the tubercle bacilli to remain alive very long, even if they have been deposited in the dust or on the ground by consumptives who may be sojourning there. But it is only possible to a comparatively small minority to find such climatic resources and avail themselves of the atmospheric, meteorologic, and other conditions especially adapted to their peculiar condition.

There are very few people who are able to seek other climates for their health; and a noted professor in Berlin said, rather cynically but truly, that the chances of a consumptive for cure depended upon the contents of his pocketbook. This is sad, but nevertheless true. But it is possible, as you have been told frequently, or have seen in the publications of the State board of health and in the popular writings of a great many physicians, to get the benefit of fresh air in your own city. It is quite possible to find pure air here; it is quite possible to protect yourselves so that you are not exposed to the disadvantages of an excessive humidity. For a city of our latitude, Chicago is very well favored with a fair

amount of sunshine, and in a great many ways the climate is, if not extremely favorable, still quite bearable. Very much the same is true for most portions of our country. If a proper and reasonable use is made of the open-air treatment, it can be employed almost anywhere with benefit.

It goes without saying that some climates are more favorable than others; but the superiority of a certain climate depends very frequently upon the individual patient. People with valvular heart lesions can not live with comfort in very high latitudes; the humidity of the marine air causes rheumatic trouble to some. Again, it has often been found that consumptives who had gained a very satisfactory degree of health in certain climates, say in New Mexico or Colorado or California, relapsed, on returning to their homes, and found themselves obliged to live permanently in that climate which had proved beneficial to them. As a whole, I agree with those tuberculosis physicians who claim that, whenever feasible, consumptives should be treated and, if possible, cured in their home climate or in a climate as nearly like it as possible.

If the craze for open air runs wild and goes too far, then a great deal of harm is apt to be done. If a consumptive patient is made to sit out in the open air all day long, no matter whether it rains, shines, or snows; if he is made to sleep outdoors, no matter what the condition of the weather, and no matter what the ther-



If a consumptive patient is made to sit out in the open air all day long, no matter whether it rains, shines, or snows—

mometer may show, he is almost certain to contract bronchitis, which, being an inflammatory condition of the bronchial mucous membrane, will simply tend to aggravate the diseased condition in the lungs; or he may be exposed to some influenzal infection, which, in his condition, would surely be extremely disadvantageous. He will be very liable to catch cold; he may be chilled through; he may be subjected to all sorts of discomfort.

You can readily see from these remarks that I am not exactly enthusiastic about those sleeping apparatus, tents, and other contrivances that have been lauded sky-high in recent years as absolutely necessary for the cure of consumptives. While all these things have their place, while they may be good in certain conditions, under certain very distinct restrictions, they have been abused very badly, and the outdoor sleeping especially has done a great deal of harm. Down south in North Carolina where I spent a number of years, we did not by any manner of means encourage outdoor sleeping, although conditions were rather more favorable than they are here [in Chicago]; and it always appears to me that it is entirely possible to regulate the ventilation in your bedroom so that you can get quite a sufficient amount of fresh air. And here let me suggest as a little practical point that if the patient's bed is too close to the window, so that the sharp air would strike him directly and produce cold or bronchitis, it is a very simple matter to rig up a little frame in the manner of a fly screen, in which, instead of the screening, a layer of the cheapest kind of cotton flannel is tacked (the cheapest because this is of the loosest weave), or three or four layers of cheese-cloth. Such a screen, if put in the window-frame, the lower window being raised to full height, will keep out the draft and

still permit a very free ventilation. While I have no grudge whatever against the night air, and am far from subscribing to the old superstition that it is harmful, I prefer to inhale it lying snugly in a bed, covered just comfortably, instead of having to dress for bed as if I were about to start on an expedition into the Klondike.

But, unnecessary as it is in itself, the outdoor sleeping would not be so objectionable if it were not for the two trips, from the warm room to the bed, and from bed back into the house for dressing. Unless you can have the door to your sleeping-porch built large, so that your bed can be wheeled out on the porch at night, and back into the warm room in the morning, I utterly fail to see how an exposure can be avoided, which is dangerous in itself, and becomes doubly so through its constant repetition. And how many consumptives are able to command the services of the builder and carpenter to that extent? The people who are sufficiently well off in this world's goods are not nearly as frequently affected with the disease, which has very truly been called a disease of crowded quarters, of misery, of want, and of poverty.

Of course in summer, when the nights are balmy and warm, outdoor sleeping is rather a pleasure. In winter I personally should flatly refuse to do it, if I were so ordered.

The orthodox way (to-day) of taking the cure consists, aside from outdoor sleeping, in sitting in the open air all day long, no matter what the meteorological conditions may be. It seems to me that a very slight amount of reasoning will be sufficient to show that, although fresh air is salutary, it should be enjoyed only when conditions are favorable, and that the patient should be absolutely protected from direct wind and storm, as well as from rain and

snow, and, in summer, from excessive sunlight. This is especially true for fever patients, who may benefit considerably from being wheeled, lying in bed, on a properly protected porch, even if the air is brisk, but they should not be exposed to any rough winds.

The Question of Exercise

With the open-air life comes the question of exercise; and that is a very important one. While it is imperative that consumptives breathe all the fresh air they can, and while it is beneficial for them to take some exercise, an excessive amount of this is just as harmful as is a too lazy life, if I may be permitted to say so; and it is undoubtedly true that a great many attacks of bronchitis, a great many acute exacerbations in the course of consumption, have been due to overexertion. Above all, a consumptive who runs a temperature of 100° F. or more, should not be permitted to exercise, but should be put to bed until the temperature has gone down. If a small amount of work causes an undue fatigue, causes cough, causes free perspiration, the exercise should be stopped; because then it does harm.

On the other hand, if a consumptive patient is doing well, is progressing favorably, and if he can easily and without fatigue walk a block or even two blocks, which exercise does not bring up his temperature, then a certain, definitely prescribed amount of work is beneficial to him. In fact, patients who are well enough, and who do not experience a rise in temperature on moderate exertion, do much better not to rest too continuously. In the last year or two such patients have been encouraged to accomplish a certain amount of work by way of exercise, which was carefully regulated, with the happiest results. But

such work, and all exercise, should on no account be overdone. If it causes fatigue or raises the temperature, it should be interdicted. One tuberculosis physician in Arizona says:—

“I believe that almost every so-called cold to which tuberculous patients are subject can be traced to a recent over-exertion. Any exercise or exertion which produces fatigue, with subsequent malaise, anorexia (want of appetite), elevation of temperature, and general depression, is a positive and decided injury, and should be prohibited. When the temperature in the evening reaches only 99.5° to 100°, short walks or drives may be allowed the next morning, at which time the temperature is usually normal or below; but an evening temperature of 100.5° or 101° is an absolute contraindication to exercise. Frequently patients will be met who have little or no rise in temperature, but a marked degree of tachycardia (rapid heart action), which is an even greater contraindication to exercise than is a rise in temperature.”

This problem has been studied very carefully, particularly in some English sanatoria, and recently in the Adirondacks, and it has been found that patients who were made to do a certain amount of work which was very, very carefully regulated, the temperature being taken every hour, progressed more favorably than the patients under very like conditions who did not accomplish the work. The theory is that the organism, through the stimulation of the work, produces a certain amount of antitoxin, which acts upon the toxins of the tubercle bacilli in the body, and thus overcomes the harmful action of the infection, and also the harmful action of the toxins which have been produced.



THE CONQUEST OF TUBERCULOSIS

By the Editor

THERE are many things we have learned — and unlearned — since we began, in 1880, the first intelligent attack on tuberculosis; but we know fairly well this much: Tuberculosis is not due entirely to the germ. If the disease were merely a matter of germ exposure, hardly any would escape its ravages. The outcome in any case is decided by the balance between the virulence of the disease germs and the resisting powers of the tissues of the person invaded. It is not sufficient to say, "Avoid exposure to the germ and you will not get the disease;" for perhaps all have been exposed. A large proportion of all post-mortem examinations show signs in the tissues of tubercular infection, but in most cases, the disease never makes progress enough to be recognized during life. On the other hand, it is not the whole truth to say, "Live an open-air life and you will avoid the disease, or will cure yourself if you already have it." In the main these statements

are true. One who avoids unnecessary exposure to infection, and who secures an abundant supply of oxygen and nourishment, runs small risk of contracting the disease, and has everything in his favor, if he has the disease in an early form.

Many of the most important problems regarding tuberculosis are yet unsettled, but it is now generally conceded that the greatest danger is from personal infection due to continuous exposure to a person having the disease. In houses where there is insufficient room, poor ventilation, and lack of sunlight, with the other concomitants of the poorer districts, if one member of the family has the disease it is almost impossible to prevent its infecting others, especially the younger members of the family.

For this reason segregation of advanced cases in hospitals, where it has been done on a large scale, as in England, has been accompanied by a remarkable decline in the amount of tubercu-

losis. Where segregation is impracticable, the next best result is obtained by the visiting nurse carefully instructing the sick one and other members of the family regarding the best means of preventing infection.

For the early cases, removal to a san-



TUBERCULOSIS PORCH IN FRONT OF HOUSE

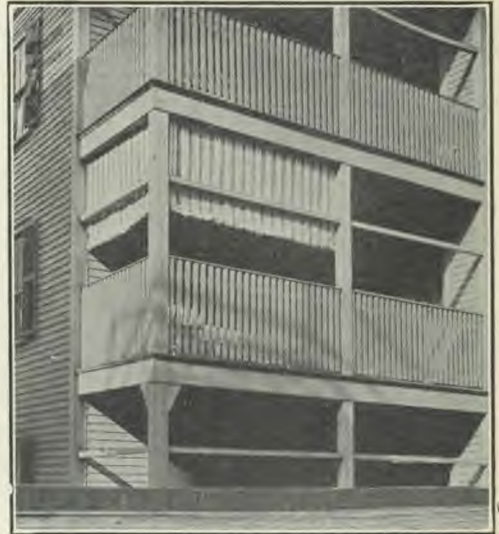
itarium is excellent; but where a proper régime can be established at home under competent direction, and where arrangements can be made for outdoor sleeping, equally good results can be obtained, and there is the advantage that the patient is not separated from the associations of home.

While we recognize that tuberculosis of the lungs is largely, if not entirely, a result of infection from some other person, we should not forget that the tuberculosis of infants, gland tuberculosis, bone tuberculosis, etc., is very largely the result of using milk from tuberculous cows. Infants should never be fed raw milk unless the milk is known to be from a dairy of tuberculosis-free cows, as determined by the tuberculin test. If necessary to use any other milk, it should be pasteurized.

Far better is it, however, for every mother to nurse her own child. The theory that modern mothers can not nurse

their children has been disproved. There are several important reasons why a child should have mother's milk, even if the mother is unable to furnish all the milk the child needs. A child fed on mother's milk runs far less danger from the diseases incident to childhood.

Dr. Achard in this issue protests against the abuse of outdoor living for the cure of tuberculosis, but he does not thereby mean that open air is not an excellent thing for the consumptive. No one who has had an opportunity to observe can fail to perceive the advantage of life in the sun and air to those having incipient tuberculosis. On the other hand, acute bronchitis is often made worse by a little exposure to drafts or during unsettled weather. So it is not true that every one with a cough will be benefited by sleeping outside in all kinds of weather. The writer has seen cases of cough which persisted, notwithstand-



TUBERCULOSIS PORCH IN REAR OF HOUSE

ing careful treatment, until outdoor sleeping was given up.

In the fresh-air cure, the attempt should be made to have the patient comfortable. The sunny side of the house should be chosen, and when possible the

view should be one that is attractive; for unquestionably the mental state has a notable influence for or against recovery.

We give herewith views of a number of sleeping porches, one being a good inside view. The accommodations while plain should be neat and attractive, as much so as the financial condition of the patient and the family will permit. An outdoor sleeping tent is also shown. Such a tent has some advantages, especially when it is not practicable to arrange a sleeping porch, or when one wants to move out away from a congested locality. The isolation of the patient is a good thing for himself, and avoids exposure of the rest of the family. It should be remembered, however, that with a thoroughly educated consumptive, the danger to others is comparatively small. It will be noted that this tent has a floor, and a fly (a second roof to protect from the sun), and that the walls are raised, for better ventilation.

Tents are often arranged more elab-

often provision must be made by means of netting against flies and mosquitoes.

The tendency of the victim of tuberculosis is to be optimistic. In a way,



TUBERCULOSIS PORCH, INSIDE VIEW



TUBERCULOSIS PORCH AT SIDE OF HOUSE

orately, and in many cases made on a frame permitting instant opening and closing of the cloth windows. Very

hope and courage are excellent qualities. In fact, in many diseases they are more than half the battle; but in tuberculosis they often lead the patient to overestimate his powers, to draw on his scanty source of reserve vitality until he is bankrupt. They lead him to walk when he should be resting. They often lead him to fancy he can care for himself without the aid of a physician. Perhaps he can; some have done so successfully; but many more have tried self-treatment to their undoing. Above all things, a tuberculosis patient needs the constant supervision of a conscientious and thoroughly competent physician. He will find that the advice of that physician will be very little in the line of drugs, and very largely in the line of regulating the diet, exercise, rest, and bathing of the patient.

GAS-PIPE THERAPY

By ARTHUR J. CRAMP, M.D.

The Modern Substitute for the Rabbit's Foot and Other Amulets and Charms — No. 2

In the first of these articles the birth and growth of that phase of quackery which has been called gas-pipe therapy was discussed, and the original instruments—the electropoise and the oxydonor—were described. Hercules Sanche, the “inventor” of these devices, also received some share of attention. The present article deals with two more recent modifications of Sanche’s original fakes.

The Oxygenor King

THE success with which Sanche met, produced the usual result,—imitators. Probably the most widely advertised of these is the “oxygenor,” or “oxygenor king” (Fig. 1), whose owners were sued by Sanche for infringing on his patent. It is worth noting, in this connection, that the United States courts decided that Sanche’s instrument was not of sufficient value to entitle him to standing in a court of equity.

The oxygenor is the most elaborate of the gas-pipe cures. Instead of having but one cord to attach to the patient, it has two—one from each end of the cylinder—terminating in a copper and zinc disk, respectively. The copper disk is supposed to be fastened to the wrist and the zinc disk to the ankle of the user. A third cord, shorter than the other two and joining the others at a short distance from the cylinder, is designated the “force-controlling cord,” and may be attached by a screw cap to any one of three points on the cylinder.

The cylinder, instead of being empty, as in the electropoise, or containing a stick

of carbon, as did the oxydonor, is filled with a dull, almost black powder. The composition of this powder is a matter of interest, as claims and results of analyses differ so widely. According to its exploiters, the cylinder is—“specially charged with a delicately adjusted but permanent combination of rare and costly metals, chemical agents, and conductive elements.”

On the other hand, the chemists in the laboratory of the American Medical Association examined this powder and reported that its composition was essentially as follows:—

| | PER CENT |
|--|----------|
| Sulphur | 66.85 |
| Sand | 29.82 |
| Lead carbonate (chief constituent of white lead) | 1.64 |
| Charcoal | .90 |
| Moisture | .12 |
| Brass | .19 |
| Iron | trace |

Ninety-seven per cent sand and sulphur, with minute quantities of lead, copper, zinc, and iron! Rare and costly metals, indeed!

What Is Claimed for the Oxygenor

The claims for the oxygenor are just as ridiculously false as those made for the earlier instruments.



FIG. 1. The most elaborate of the gas-pipe cures—the oxygenor. This piece of metal pipe, filled with sand and sulphur, sells for \$25

Bright's disease, epilepsy, locomotor ataxia, paralysis, and yellow fever are but a few of the multitudinous diseases which this nickel-plated piece of pipe is said to successfully treat. In fact, it is said to possess "complete mastery over all curable diseases." And how?—

"This instrument introduces in a special way the curative agent allotrophic oxygen, or ozone, directly into the circulation through the pores."

Is there no limit to human credulity?

Oxyopathy and the Oxygenator

The latest exponent of the gas-pipe cure is the Oxygenator Company, which has established agencies in many cities for the sale of the most recent modification of Sanche's instrument,—the oxygenator (Fig. 2). Like the oxydonor, it is exploited in connection with a specially invented "force," called in this case "oxyopathy"—a word which the company claims to have trademarked. The oxygenator, too, consists of a cylinder, with two cords and disks; and its action, of course, is said to depend on its oxygenating powers. It sells for from twenty-five to forty-three dollars.

This instrument, too, has been subject to a coldly critical examination of those who are not financially interested in humbugging the public. The State board of health of Vermont a month or two ago investigated the oxygenator and called on the laboratories of the University of Vermont to determine the nature of the substance with which the instrument was filled. Here is what was found:—

"The hollow interior . . . is filled with a black powder which analysis discloses to be a crude mixture of inert substances, apparently

the waste or biproduct of a manufacturing plant. . . . The powder is a rough mixture of iron filings, clayey material, and a dark-colored carbonaceous mass, . . . apparently nothing more than coke dust or carbon-black."

In view of these findings it is not surprising that the Vermont state board of health, in prohibiting (Fig. 3) the sale of this fake, declared officially:—

" . . . the oxygenator is physically and therapeutically inert. . . ."

The method by which this particular piece of piping "oxygenates" the human body, is not quite clear. In one part of the descriptive booklet which its exploiters send out, we are told:—

"The oxygenator renders the body strongly *positive*; it [Which, the body or the gas-pipe?] is then in a natural condition to *attract* the negative oxygen."

So far as can be determined from this ambiguous sentence, the claim seems to be that the oxygenator causes the body to *absorb* oxygen. But farther on in the same booklet we read:—

"The oxygenator, pumping in magnificent manner that great God-given purifying element, oxygen, in vast quantities through the pores of the skin, attacks with maddened vigor the accumulation within the lungs."

Here again the ambiguity is confusing. It is hard to conceive a piece of nickel-plated tubing "attacking" anything "with maddened vigor," especially anything that is within the lungs. In fact, such an attack would seem highly undesirable, if not actually painful. Or is it

meant that the oxygen does the attacking? In any case it plainly states that this piece of metal pipe can pump oxygen "in vast quantities through the pores of the skin." This is a statement which, on the face of it is as false as it is foolish.



FIG. 2. The oxygenator, because of the claims made for it, is the most vicious of the gas-pipe cures. According to the analyses made by the State of Vermont, this fake is a piece of brass pipe filled with a mixture of iron filings, clay, and coke dust. It sells for from \$25 to \$35

The Power of the Oxygenator Not Unlimited

Even according to its exploiters, the oxygenator will not cure everything. We are informed:—

“The oxygenator will not cure cancer and tumor, nor will it restore a lung or other organ of the body that is gone.”

The United States government, in prosecuting its cases against the “cancer cure” frauds, has been so uniformly successful that one wonders whether discretion has prompted this studied disclaimer for the oxygenator as a cure for cancer. That it is due to any inherent modesty on the part of the manufacturers is unthinkable. In fact, the statements are contradicted elsewhere within the same book, when the following claim is made relative to Bright’s disease:—

“Oxyopathic treatment has been remarkably successful in the cure of this [Bright’s] disease, and many of the cases cured were in advanced stages.”

When it is remembered that in the advanced stage of Bright’s disease, the kidney structure has actually undergone destructive changes, the fraudulence of implying that a cure could be brought about by the oxygenator, becomes evident.

Cruel and Heartless Deceit

Particularly vicious are some of the claims made for this device. For example:—

“DIPHTHERIA: This overwhelming child’s disease finds its supreme master in the oxygenator. No earthly power except the oxy-

genator can take the slowly choking child, and, with speed, simplicity, and safety, bring it back to health.”

This attempt to persuade ignorant or distraught parents to rely on a nickel-plated piece of gas-pipe for the cure of a child desperately ill with such a malignant disease as diphtheria, is either an expression of criminal ignorance or a cruel and wicked deceit, more especially so when it is remembered that there has been found for this one-time scourge a treatment whose efficacy marks it as one of the great triumphs of medical science. But in the realm of quackery greed reigns and conscience is dethroned.

Testimonials

To sum up: It may be said, conservatively and frankly, that, aside from the element of suggestion which such devices as those that have been described may induce in those who use them, the electropoise, the oxydonor, the oxygenor, and the oxygenator have no more therapeutic value than that possessed by an empty tomato can with a string tied to it. But, ask the credulous, if these things are worthless, how are we to explain the testimony of those who claim to have been benefited, yes, cured, by their

use? The explanation is to be found in the opening paragraphs of these articles—the human weakness to credit to artificial agencies the results of the operation of natural laws.

In certain rural districts of England it is common to find the natives carrying

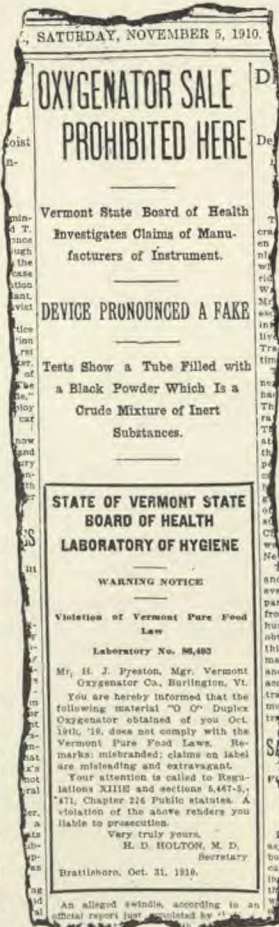


FIG. 3. Photographic reproduction (reduced) of part of a long article in the Burlington (Vt.) Free Press, giving the results of the Vermont State board of health's investigations of the oxygenator.

around on their persons a small bone from the skeleton of a sheep. The ruralites call it a "cramp bone," and believe that it possesses wonderful properties in the prevention and cure of the painful affection whose name it bears. That the common horse-chestnut, "buckeye," possesses curative virtues is a belief that is fairly wide-spread, and in the rural districts of the middle West the power of a small bag of asafetida, hung around the neck, to protect the wearer from catching infectious diseases, is still acknowledged. The only reason that we have no sworn and published testimonials on these devices is that no one has an exclusive right to the sale of "cramp bones," "buckeyes," and bags of asafetida. Imposing and convincing testimonials would have been produced long ago to prove the therapeutic efficiency of the rabbit's foot, if some one had an exclusive proprietary interest in the sale of rabbits' feet.

Testimonials, therefore, when genuine, as many are, usually denote that their writers have been unable to differentiate between a sequence of events and cause and effect. As a federal judge put it concerning the oxydonor and oxygenor:—

"It would be just as reasonable for an Iowa farmer to say that his barn was not destroyed by the last thunder-storm because there was a lightning-rod on Mount Pisgah, as for a man to say that his restoration to

health was brought about by the use of an oxydonor or an oxygenor."

To the value of testimonials in general no one is better able to testify than Judge Goodwin, the assistant attorney-general to the postmaster-general. For some years past, Judge Goodwin has had to pass on the question of fraudulency in an enormous number of cases in which "fraud orders" have been issued by the government against concerns that were using the United States mails to defraud the public. Of medical testimonials, he says:—

"Speaking generally, it may be said that in all my experience in this office never has a medical concern, no matter how fraudulent its methods or worthless its treatment, been unable to produce an almost unlimited number of these so-called testimonial letters."

Conclusion

The various devices now on the market for exploiting what has been called "gas-pipe therapy," have, in themselves, just as much curative value as a four-inch piece of gas- or water-pipe, and no more. The testimonials detailing the virtues of these devices, while possibly documentarily genuine, are scientifically worthless. The chief and practically only beneficiaries of this attempt to capitalize the modern substitute for charms and amulets are two,—the manufacturers of the instruments, and those not-too-particular publications that aid and abet this humbugging of the public by carrying the advertisements.





BILIOUS HEADACHES

J. R. LEADSWORTH, B.S., M.D.



N

O more distressed class of patients can be found than those suffering from the so-called "bilious attacks." Generally they begin with a severe headache, sometimes located on one side of the head, or over the temples. The patient often feels sick at the stomach, and frequently vomits a quantity of food mixed with bile. The bowels are invariably sluggish or obstinately constipated. The frequency of these attacks varies from once in two or three days to once a month. When the condition has existed for some years, it is often found that the attacks grow in frequency and severity.

The most common cause of sick-headaches is due to faulty elimination. The human body contains the most deadly poisons, but these are made innocuous as long as the body is in a high state of resistance. To illustrate: We have phosphorus in the blood, hydrochloric acid in the stomach, potassium sulphocyanide in the saliva, and even arsenic as a normal ingredient. We are told by one authority that the saliva of some men is nearly as poisonous as the venom of a serpent. Also that the juices of various glands when injected into the blood will kill an animal as quickly as a rifle bullet, but entering the blood from the glands in a normal way, not too much at one time, they preserve the balance of the body and prevent disease.

Bouchard, the French investigator, was among the first to recognize this condition of self-poisoning. He says: "Man is constantly standing, as it were, on the brink of a precipice. Every moment of his life he runs the risk of being

overpowered by poisons generated within his system."

Enough has been said to make apparent the most common cause of "bilious headache." A case recently in the hands of the writer will illustrate the treatment. First, it was designed to limit the intake of poison-forming substances. Secondly, an effort was made to keep the eliminative organs prompt and active, so that the minimum amount of poisonous excretions would be reabsorbed and carried back into the circulation.

The first of these objects is attained by a carefully-selected diet. Raw and cooked fruits are excellent if the digestive organs will allow of their being taken freely. Then comes zwieback, well-cooked or toasted grains, rice, macaroni, baked potato, cauliflower, and other well-cooked vegetables, buttermilk, and cottage cheese. The case under consideration was kept almost exclusively on fresh buttermilk for several weeks, with the addition of zwieback and sterilized butter. Later other articles enumerated above were allowed.

Treatment to counteract the influence of natural body poison consisted of hot applications over the liver and stomach, with a short ice compress applied between each fomentation; this to be repeated three times, the whole process lasting about twenty minutes. This treatment should be given once daily and oftener in severe cases. A cold wet girdle with a flannel applied on the outside should be worn at night. In the case above mentioned hot leg packs were given three times a week, the head and neck being

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The Law of Rest in the Healing of Disease

By C. D. Ballou.

This is the last of this series. The first article appeared in October, the second in December, and the third in March.

The Mental Attitude

NOTHING is more helpful to a correct attitude than suggestion. But this term has been so surrounded with mysterious glamor by teachers of this subject that the teaching is of little value to the common mind. Suggestion is the use of promises, assurances, and hopeful sentiments in such a manner as to induce a change of mind in the afflicted one in reference to his own case, so that he will look with hopefulness on the outcome of his own troubles.

No one has a patent on this method of dealing with discouraged human minds. In order to obtain perfect rest and peace, man needs confidence in and the assurances of a power able to provide for all past, present, and future trouble. Human assurances and aid may provide well for most present difficulties, but in dealing with future trouble and dangers they stand baffled and helpless. The Bible enables man, through confidence in God's promises, to divest his mind of unhappy moods, and makes it possible for him to think and believe differently and better than his old habits of thought would permit. A generous, grateful condition of mind generates peace and quietness,

while covetousness, greed, and unthankfulness develop a hard, ugly attitude, devoid of all rest or peace. A spirit of resignation to circumstances, of patient endurance, saves the vitality that would otherwise be lost on repining, regretting, and fretting.

We observe different effects of mental attitude in work and play. In play there is an exhilarated, expectant, buoyant state of mind. And the body will stand an immense amount of wear and tear without an ache or a pain; but introduce irksome labor, and it wearies and grinds out the life. The mental attitude which would make labor easy is the playful, joyous, expectant, hopeful, cheerful condition, and this will make the day of toil end in a pleasurable weariness rather than in the dispirited weariness of unenjoyable labor. Love lightens labor; hope and expectation make physical toil a pleasure, from which the body quickly rallies. It is enough for the body to consume energy in labor without an additional loss because of the drudgery. If joy, gladness, and love help to generate force in the body of the laborer, there will be a credit of vitality to help balance the loss from the labor. And if

the labor could be evenly balanced with physical rest and mental recuperation, there would be no wearisome conditions.

How it helps to balance up the vital loss-and-gain accounts when old friends meet and hold happy converse for a few days or weeks. Life's burdens lighten and the pathway brightens as they exchange hopes and joys and renew confidences. Even the neighborhood picnic may be made to contribute to the health of the community, provided it is conducted with common-sense simplicity, and there is not too much preparation of unwholesome food, and too much gratification of appetite.

The mental attitude during meals has much to do with the way the body will handle food. Joyful good cheer, prefaced with gratitude to the all-bountiful Giver, and accompanied by a measure of mirthfulness that leads to hearty laughter, is almost indispensable in some cases to shake up the physical organs of digestion and get them again into working order. But if the person with a weak digestion uses up a lot of energy in the fear that the food will hurt him, or in worry because he has eaten too much, he will have less vitality with which to handle the food which he has eaten. Such individuals need outside help, and one who undertakes the job of getting this kind of mental attitude subdued will know, before he gets through, the meaning of the adage, "It takes a steady hand to lead an elephant by the ear."

The mental attitude in the church is not what it ought to be. If it were, there would be fewer sufferers seeking professional aid. Church fellowship ought to breed gladness, confidence, and trust. But distrust and pride take away the rest, and comfort, and communion, and leave hearts barren and cheerless, and the bodies as well as the souls of men too often return from church service as unrefreshed and weary as the slave from the treadmill.

Society needs renovating in mind, heart, and soul. Mental moods and attitudes favorable to health should prevail everywhere. This will remove most of life's unhappy burdens, and make existence a continuous pastime. Forget the unhappy, unpleasant things, the disagreeable things, the sordid, selfish, lustful, proud things,—forget them all. There is no confidence or rest in worry; therefore, fret not. Read Psalm 37. "Finally brethren, whatsoever things are



Even the neighborhood picnic may be made to contribute to the health of the community

true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Paul, in Phil. 4:8.

Physical and Mental Methods Contrasted

There are two distinct classes of healers. The members of one class, given almost entirely to studying physical causation and using physical remedies, have largely ignored mental causes, and but

few of them have used mental therapeutics. But it has been often observed that the jolly, happy doctor, who is full of assurance, is the most successful. Some medical men refer to diseases due to mental causes as being purely imaginary. This error is fatal to the success of all such practitioners; for these ailments are as real and distressing as any due to physical causes. Do not the stomach, liver, bowels, and kidneys become disabled under the pressure of mental agonies and worries? Then is it not a mockery to give medicines, or massage, or electricity, or baths for such cases, only in so far as these means may be used in connection with mental influences to produce a permanent diversion from the adverse moods?

It is useless to tell such patients that nothing ails them. The medical man has often failed, and seen his patient go to the mental science healer, and in a few days come out happy, contented, and caring little for any further attentions of the medical man. The other class of healers, the mind curists, while perhaps more divided socially than the medical fraternity, are able to accomplish many things where medical men have failed. However, all of this class frequently meet their Waterloo because they persistently deny all physical causation. But they do bring relief to a majority of those who patronize them.

To have these two great systems, the physical and the mental, lined up in practical opposition to each other is certainly not for the good of humanity. Medical

men are slowly coming to see the importance of the mental phase; but they are in a maze of difficulty in trying to separate the occultism from the so-called divine element that is supposed to be inseparably connected with the cure.

If what has been said in the previous articles of this series, is appreciated, the great law of rest will appear as the foundation of all the mental cures, and occultism and the assumption that there is anything divine in the modern systems of mind cure will be placed in their true light. It is the peace and rest coming through trust and confidence that liberate the body from its burdens and permit life to reassert itself in the physical domain, and we deny that absence of physical aid, and sudden restorations give evidence of divine working. As we have already shown, these same results may be and are secured fully by those who make no pretense to divine power. The Bible has taught men to believe in divine healing; so when healing comes through hidden or



The jolly, happy doctor, who is full of assurance, is the most successful

mysterious means, the people are easily led to think that there is something divine about it. We do not wish to be understood as denying that there is such a thing as genuine divine operation. There are times when—both physical and mental means having failed—in answer to the humble prayer of faith and the restful confidence that the Creator will do all things well, he does interfere, with supernatural aid, and raises the sick to life and health.

To restate briefly the whole truth we
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COMMON SENSE EATING and DRINKING

BY
WILLIAM J. CROMIE

THE people of the American nation are becoming noted for their feverish haste in the pursuit of fame, power, and riches. Every person one meets seems to be late for the train. Hurry is stamped in the wrinkles of the American face; and we pride ourselves upon being busy men, — men who make recreation even out of business. While waiting for the train to reach the station, we can not sit still, but stand on the platform in order to be off the moment the train stops. We go faster and faster as the years go by; we stretch the silver cord of life until it snaps; we turn on more and more steam until the boiler bursts. We have even changed the type of our diseases to suit the change of constitution; our forefathers died of lingering diseases, while we die from heart-disease. The grim reaper has certainly adopted our terrible pace.

The busy business man drops into his chair at breakfast time with one eye upon his watch. (Who but an American would time each mouthful, and this habitually?) He bolts down fruit, cereals and cream, fried eggs, ham and potatoes,

hot muffins or buckwheat cakes, washes them down with a torrent of scalding coffee. His whole body is tense (standing on his tiptoes as it were), and when he hears the whistle of the distant locomotive, he takes a final gulp of coffee, rushes madly down the avenue, catches the handle of the rear car, and breathlessly sinks into the rear seat. His head throbs madly; his heart thumps dangerously the next ten minutes, and he thinks it is due to nervous worry, and never gives a thought to the fact that an outraged, distended stomach is beating against heart and lungs in order to get room to digest its incongruous load. When his head aches all day, and an ugly purple color suffuses his face as he stoops to pick up some object, he attributes his condition to business cares, never thinking for a moment of the outrage committed on the most valuable organ in the body, the stomach.

We censure this man on account of his folly; but he is not wholly to blame, as he is a victim of environment or circumstances. As a child he was constantly urged to take more food after nature had already said, "Enough."

When he cried from the effects of having been overfed, the stuffing process was repeated. In fact, feeding became a panacea for every ill. The stomach was consequently distended unnaturally, and eventually became enlarged. When the



As a child, he was constantly urged to take more food

infant became old enough to go to the table, he was the most prominent object of attention and conversation, and each contended for the honor of feeding his little stomach. He must, of course, like what the rest liked, tea, coffee, condiments, and other injurious things. This process went on, until he acquired the habit of overeating. The arrangement of our modern tables tempts him as a man more than as a child, because his stomach has become too large, and the habit has become fixed. When he has consumed as much of one article as he requires, another dish is brought on.

This business man's suffering during the day from his hurriedly eaten break-

fast, is augmented by improperly prepared foods. Water can not readily penetrate a well-greased piece of shoe-leather, neither can gastric juice digest a well-greased egg, especially when it is bolted down and not thoroughly mixed with saliva. A man working at manual labor in the open air may assimilate this heterogeneous assortment of foodstuffs, but the sedentary worker will always find it a source of injury. It is said that one man's food is another man's poison; consequently, each person should understand the great laws and principles of physiology, and apply them, with the aid of experience, to his own case.

We are inclined to eat too much. Some



He was the most prominent object of attention and conversation

of the greatest men were small eaters; Sir Isaac Newton was exceedingly rigid with himself; Benjamin Franklin sometimes ate very little food; Dr. Dwight endeavored to subsist on twelve mouthfuls a day. The Roman soldiers in the best days of Rome subsisted on rations which were scanty as well as simple, and

yet they carried armor which in these days would be deemed unsupportable. The peasantry of China and Japan subsist almost wholly upon rice. President Jefferson once said, "No man when he comes to die will ever repent of having eaten too little."

Meats and highly seasoned foods should be partaken of very sparingly by the office, shop, or factory worker. Much mental effort immediately before or after a meal is injurious, as the blood

is called to the brain when it is needed by the stomach; there is not enough blood in the organism to supply muscles, brain, and stomach at one time. No careful horse owner will feed his animal immediately when he comes in, tired or overheated. Food swallowed under such conditions will be digested with considerable difficulty by man or horse. Irregularity in eating, tight clothing, and alcoholic liquors pave the way to stomach disorders, and should be shunned.



BILIOUS HEADACHES

(Concluded from page 233)

thoroughly cooled by cold compresses. As is the usual condition, the bowels were sluggish. For this, high colon irrigation was prescribed, using cool water at a temperature of 85° F., containing a teaspoonful of salt to the quart of water. Taken two or three times weekly, the colon flushing encourages a free osmosis of the stagnant excretions into the large intestines. Teaspoonful doses of vege-

table charcoal taken a short time after meals, will have a marked influence toward deodorizing and disinfecting the intestinal tract in cases where there is such a marked tendency to sluggishness.

If the skin is inactive, take a sweat bath once or twice weekly. Persistence in these methods will modify the frequency and severity of these attacks, and often result in a complete cure.

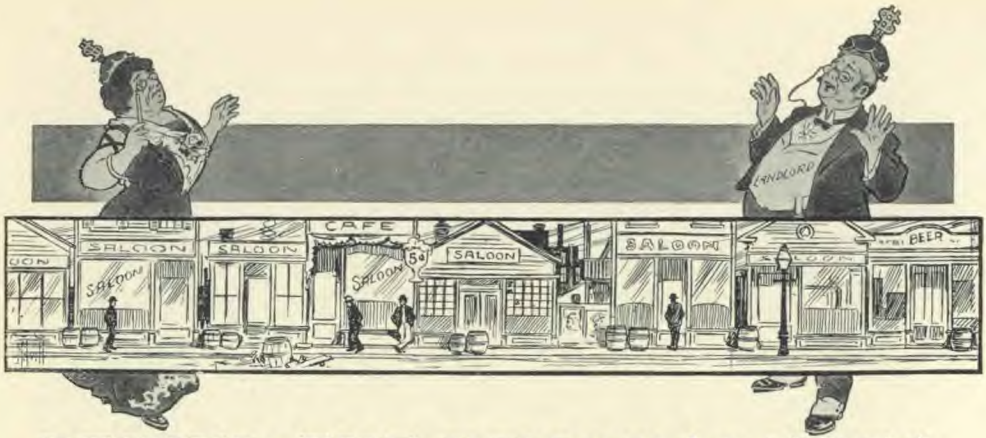
THE LAW OF REST IN THE HEALING OF DISEASE

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have tried to express: We ought to have confidence and trust in everything worthy of confidence. We may trust in our fellow men to a certain degree. We may have some confidence in our civic surroundings. We may trust in nature, and all the time we may trust in creative power. Lawful trust in every legitimate object will tend to bring man back to rest in the Creator himself; and this rest and

repose will do more to keep mankind in health and well balanced every way than the world has yet been able to appreciate. Let no one be satisfied with a patched-up peace which needs constant tinkering.

This law of rest thus applied will enable men to relate themselves rightly to physiological laws, and secure a more harmonious condition in all the relationships of life.



BEHIND THE IMMORALITIES

By HENRY WALDORF FRANCIS

THAT in every large and small city in the United States vice is openly paraded and winked at for the money tribute it pays to those whose duty it is to enforce the laws, is a statement which has become a triteism. The figures which represent the sale of dissipation, the immense tolls which the providers of immorality pay to the powers that be for the privilege of defying and breaking the laws, ignoring the statutes, and debauching the community, particularly the young of both sexes, are to the thinking mind startling beyond the power of words to convey, but they are not at all exaggerated; if anything, they are underestimated, as any one who has studied the conditions can testify. It is, as has been correctly stated, a "business," and everybody knows it and tacitly admits it—an admission which carries its own terrible comment.

The "respectable business man" and "best citizen" holds up his hands in horror and is shocked to his inmost vitals when he reads the disclosures occasionally publicly made, as if he was not aware of the facts, but he never for a moment thinks to ask himself if he is not responsible for the awful conditions, and never takes any of the blame for them unto his virtuous self. Politics, the police, the saloon interests, the prosti-

tutes are responsible for it all—not he! And yet, to speak the plain, unvarnished truth, *he* is the *real* crime breeder. None of these things could exist to the extent they do, and the traffic in vice be so openly and flagrantly conducted, the sale of dissipation go not only tolerated but countenanced, if the so-called "respectable element" in the community did not by inaction permit them. For be it remembered that the "respectable, law-abiding citizens" are so greatly the majority of a city's inhabitants that in comparative numbers the vicious class are dignified by being denominated even "a minority."

A mere cursory consideration of this fact eloquently indicates where the blame for the existence of the privilege of selling dissipation belongs, and who morally should be shouldered with the greater responsibility. It is a startling statement to make, but nevertheless true, that the degree of vice and immorality which prevails and is allowed to exist in a community is not the measure of the morality of its lower classes but of its upper classes. No sane man or woman expects a modern city to be a Utopia, any more than any ancient one was, or to be able to make of it, under existing conditions of what we are pleased to call "our civilization," a garden of Eden before

the fall. The passions of men, particularly ignorant men, can not be brought wholly under control, especially in a community not homogeneous but composed of different nationalities and different races, educated to different standards of morality, and accustomed to different methods of thought. The "most ancient profession in the world," as Bernard Shaw calls it,—prostitution,—will continue to exist as long as human nature is what it is. The outcry is not so much against the immorality itself as against the conditions under which it flourishes and is made a source of revenue to the police and others "higher up," among whom there are numbers of "highly respectable business men" and "ladies of wealth and unblemished reputation." Every once in a while there is a crusade such as that Dr. Parkhurst

conducted in New York years ago, but no permanent improvement results. On the contrary, actual harm is done. The lawbreakers driven out of a locality which had become known as theirs and tacitly allotted to them, scatter all over the city and spread the disease. They can not be summarily executed, they must live; and the result is that districts which were reputable become contaminated, and vice is distributed over a larger area, with worse effects, because of the secrecy with which it has to guard itself, and with consequent larger tolls to the police and political powers for protection.

At the basis of vice is the liquor traffic, into whose coffers in all large cities flows

at least half as much as the population pays for food. The saloons, we are told, pay a heavy license and yield a large revenue to the tax fund. What nonsense! It matters not how great a license fee a saloon may pay, the harm it does, the increased expense for police and courts it entails, is and always will be far in excess of the tax or license fee; and so of the "dance halls," which are most glaring shames in many American cities. With a great blare of trumpets Chicago a while ago increased the license fees of

its saloons, and announced that hereafter their number would be limited. It is now—or supposed to be—a supposition based upon ignorance of the reality—one saloon to each five hundred inhabitants—which does not prevent three, four, or more on a single block. Just think of that. Calculate the number of women and

children included in the five hundred, and then realize if you can the quantity of liquor each man must consume to make the saloon pay. And what was the result of this reform in Chicago?—Some "respectable" saloons were forced out of existence; the other kind increased their side lines of vice to make up the outlay; and the owner of a saloon in the city because of the limited number has become the possessor of a valuable franchise, with a recognized and increasing market value. A fine method of reform, is it not? His satanic majesty must have indulged, if he is not still indulging, in a loud and prolonged chuckle.

But who is responsible for these sa-



RECENT CLIPPINGS FROM MILWAUKEE JOURNAL

loons, the lower classes?—No, most decidedly no. The eminently respectable brewers and the eminently respectable owners of the property, who derive large rentals from allowing their lands and buildings to be occupied for purposes which yield an income they could not if they were devoted to moral uses or legitimate business. Hence, who are the *real* crime promoters, the *real* lawbreakers, the *real* dangerous element?—*These eminently respectable gentlemen and ladies.* And until public opinion and society put the brand upon them that they should, instead of loading the whole stigma upon the unfortunate and ignorant class, but little progress in genuine, lasting reform can be looked for by even the most optimistic. If there are

forty-eight saloons clustered about the rear entrance of the stock-yards on Ashland Avenue, Chicago, whose fault is it? Can it by any stretch of the imagination be claimed that such a number is a "public necessity"—the criterion by which saloon licenses used to be hypothetically granted in New York? These miserable, ramshackle buildings bring in large rentals to their owners; and that is why they are there; and it is the owners who are morally responsible for the resulting vice,

immorality, and crime. To a greater degree this statement appeals to the places of prostitution, houses and apartments; but in this case the owners are not the only offenders.

It has been stated in the public prints on the authority of one of the antivice societies of Chicago that seventy-five per cent of the girls employed in the large department stores are immoral. This percentage the writer believes is a gross exaggeration, but that the number is large is beyond question. The police have verified the fact frequently in raids upon alleged hotels. How about the "respectable" owners of these "hotels"? How about the owners of these stores, who pay such starvation wages that a girl can hardly keep body and soul together upon the



STORES WHICH PAY STARVATION WAGES

pittance? How about the "bargain hunters" who in a measure force the scanty pay of wage-earners? Are the blame and shame to be placed wholly upon the girl? or are not these sharers in her vice, in plain English, promoters of vice? Yet the community and the press are silent when it comes to pointing a finger at the "respectables."

Here is a vice that has existed from the dawn of history, which no religion, no philosophy, no civilization, no nation,

has been able to crush out, and which, in the nature of things, as all human experience has shown, can not be exterminated. Yet when a suggestion is made that it should be regulated, placed under a control that would effectually do away with its paying toll to the police and politicians, and insure a degree of safety to the public, who are loudest in an outcry against "giving vice legal recognition," as they are pleased to term it? — The ministers of the gospel, who quite well realize the impracticability of destroying the resorts, and *the keepers of the resorts*, who much prefer to be left a free hand to stand in with the official birds of prey. And yet when a prostitute is fined in a police court, the city takes the proceeds of her shame without a blush. I have mentioned Chicago by name but not to particularize. The same conditions prevail in New York, Boston, Philadelphia — everywhere in the United States.

We may as well give over our fool crusades, our periodical blasts against the sale of dissipation, corrupt police and politicians, and our one-sided trampling upon the unfortunates — the lower, vicious class, as we call them — until we get ready to place the blame for the disgraceful conditions where it belongs. Blazon out the names of the "respectables" who close their eyes and share the profits of sin, so all may know who they are; enforce the penalties which the ignored statutes provide against them, and stop making scapegoats of their "agents." Raise the tone of the people so that they will recognize that the tempter is worse than the tempted, he who partakes of the wages of sin is himself a sinner and an enemy to morality, and the horrors which now shame — or ought to shame if they now only disgrace — our large cities will be reduced to a minimum. For whatever conditions prevail in a community, that community is respon-

sible. When the people of New York arose against Tweedism, Tweedism fell; when the people became slack in their vigilance again and their duty as citizens, corruption again raised its head. Communities may sleep; corruption never does. It is always alive and waiting for its opportunities. To repeat: The degree of vice and immorality which prevails in any community is not the measure of the ethical standard of its lawbreakers alone or even in greatest part; it measures the laxitude in *public* morality of its best citizens. This is the truth we must be forced to learn. When we do learn it and understand it, *real* improvement in civil life will commence. So long as we tolerate and do not prosecute the supposedly high-toned citizen who deems it no offense but rather a laudable thing to defraud the government in the payment of taxes, we can not expect the ignorant to view robbing the individual as a serious matter. One is just as guilty of larceny morally and legally as the other. So long as the keeper of the dive of whatever character is allowed to conduct it unmolested by paying tribute — *forced* to pay tribute by public tolerance of evil politics — and is regarded as an outcast, while the owner of the property used for unlawful or vicious purposes, including the saloon, is permitted to wring an extortionate rental, the very disproportionate amount of which to the value of the property indicates the use to which the property is being put, and goes unprosecuted, even is considered as "respectable," so long will the government of American cities be a stench in the nostrils of civilization, and the sale of vice and dissipation continue. It will be a long step in progress when the rule of law is enforced that looks to the principal as well as the agent. If it is impossible to crush out vice, it is *not* impossible to minimize it.

THINGS EVERY ONE CAN DO TO PREVENT TUBERCULOSIS

From a Circular Distributed in New York City

NO one citizen, or group of citizens, alone, can abolish tuberculosis. Neither money nor action by public officials can stamp out this disease, unless supported by all classes.

While no one man can do everything, every man can do something. Every man, woman, and child can do one or more of the following things which will aid in preventing consumption.

Keep Well and Talk Health

You can tell people that the germs of tuberculosis are much less dangerous to those who are in sound physical condition; that they find their most favorable soil in those who are ill and whose powers of resistance are lowered through bad habits and adverse conditions of life.

Live in Homes Well Lighted and Ventilated

You can refuse to rent apartments with dark rooms. If you are living in rooms where the ventilation is poor, move to other apartments where you can have more light and better air. You can see that some windows are kept open in your home both night and day, in winter as well as in summer. You can provide properly ventilated rooms for your servants.

Insist on Proper Ventilation Where You Work

You should insist that some windows be opened, or partly opened, frequently where you work. No man has a chance for a fair fight against this disease who is compelled to live or work in dark or badly ventilated rooms.

Protest Against the Dry Sweeping of Streets

Dry sweeping of streets is a menace to public health. It stirs up disease germs, which are inhaled by passers-by. You can protest against this dangerous practice, and insist that the streets be cleaned with water.

Stop Using Feather Dusters

The feather duster does not clean; it simply stirs up the germ-laden dust, which floats in the air, and finally settles again. Your family may become infected by breathing this germ-laden dust. You can refuse to permit the use of the feather duster in your home or where you work. Insist upon the use of moist cloths, which collect the dust and do not distribute the germs.

Exterminate Flies

Flies spread many diseases, and among them is tuberculosis. They carry the germs from the sick to the well. You can keep flies out of your house by properly screening the windows. You can refuse to purchase fruits, vegetables, and meats that are not properly protected from flies. You can keep your food covered so as to protect it from germ-laden dust and flies. You can destroy the places where flies breed by keeping your home and premises clean.

Get at the Disease in Its Early Stages

You can learn to recognize the early symptoms of this disease. Consumption is curable if taken in time. A word of kindly suggestion to one who is run down, or has a cold that hangs on, or is suffering from afternoon fever or night sweats, may lead to an early recognition of the disease, and the cure of the patient.

Save the Children in Time

In half of the families where an older person has tuberculosis one or more of the children contract it from him. You can have your children examined by a doctor if you suspect they have the disease. You can see that their teeth are kept in good condition, and are cleansed thoroughly every day. You can teach your children to sleep with the windows open, to eat proper and nourishing food, and to observe the laws of health. You can keep them in the fresh air and sunshine as much as possible, and not allow them to begin work at too early an age. You can teach them to put nothing into their mouths except food. The protection of the children is the greatest means of preventing tuberculosis.

Remove Consumptives to Hospitals

Consumptives in advanced stages are frequently a source of danger to those around them. You can see that such persons are removed to hospitals where they themselves will receive better treatment, and where the danger to their families will be removed.

Prevent the Infection of Well People

You can arouse public sentiment against promiscuous spitting. If it is necessary to spit while on the street, spit in the gutter. When in the house, or office, or shop, spit in a spittoon, or into a cloth or paper that can be destroyed. You can see that every consumptive you know understands about the danger from the germs in his sputum, and can tell him the best methods of destroying it.



GREEN PEAS, CORN, STRING-BEANS

George E. Cornforth

Green Corn

IN a ripe or mature grain of corn the carbohydrate is in the form of raw starch. In green corn the carbohydrate is largely in the form of sugar, which turns to starch in the process of ripening. When a grain of corn is planted, the raw insoluble starch is turned again to sugar, which is soluble, in the process of sprouting. Green corn is only about one third as nutritious as corn in its mature state.

When thoroughly masticated, green corn is an easily digested and wholesome food; but if the kernels are swallowed whole and unbroken, as they often are, it is almost indigestible, the body gets little or no nourishment from it, and it may cause digestive disturbances.

FOOD VALUE IN CALORIES PER OUNCE

| PRO. | FAT | CAR. | TOTAL |
|------|-----|------|-------|
| 3.6 | 2.9 | 22.9 | 29.4 |

Corn on the Cob

The verdict of most lovers of corn, no doubt, is that corn is never so nice as when served on the cob. It is a summer delicacy which can be had in no other season. The corn is nicest if picked only a short time before it is cooked. The ears should be well filled with the kernels, and the kernels full of a delicious, sweet juice. When the kernels have become hard and tough, the corn is too old

to be used as green corn. To prepare the corn for cooking, strip off the husks, and use a small vegetable brush to remove all the silk. It seems to me that steaming is the better way to cook corn. It should be steamed from fifteen to twenty-five

minutes according to the size of the kernels and the age of the corn. To boil, put it into sufficient boiling water to nearly cover it. Cover the kettle tightly, and cook from five

to fifteen minutes from the time the water begins to boil after putting in the corn. Too long cooking hardens the kernels. The older the corn the less it may be cooked without hardening. It should be served hot as soon as cooked. It may be served in a napkin to keep hot.

Roasted Corn

Leave the husks on the cob. Put the ears in a slow oven, and bake for one-half hour. Remove the husks and silk and serve at once.

Stewed Corn

After removing the husks and silk, cut the tops from the kernels with a sharp knife, then scrape out the pulp. To one pint of pulp add one-half cup of cream and one-half teaspoonful of salt. Cook in a double boiler three fourths of an hour. Cold cooked corn on the cob may be cut from the cob and cooked in this manner, but will require only long enough cooking to thoroughly heat it.

To Use Canned Corn

Turn the corn from the can into a double boiler. Corn is very apt to scorch if heated

in a dish set directly over the fire. Season with salt and cream or oil and cook till the corn is well heated through.

All foods put up in tin cans should be turned from the can as soon as opened. This will prevent poisoning, which has frequently occurred when this precaution has not been observed.

Corn Pudding

$\frac{3}{4}$ qt. corn, either raw or cooked cut and scraped from the cob
 $\frac{1}{2}$ cup milk
 2 eggs, beaten
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ cup crumbs of shredded wheat, granose, or rice biscuit, or toasted wheat or corn flakes, or toasted bread or cracker-crumbs
 Mix the ingredients, put into an oiled pan, and bake till set.

Corn Croquettes, No. 1

1 pt. corn pulp
 1 small onion grated, if desired
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup flour
 1 tablespoonful oil
 1 egg, beaten
 Heat the milk to boiling, and thicken with the flour rubbed smooth with a little cold milk. Add to this the remaining ingredients. Allow it to get cold, then form into croquettes. Dip them in egg, roll in zwieback or cracker-crumbs, and bake ten minutes in a hot oven. Serve with egg sauce.

Corn Croquettes, No. 2

1 cup corn pulp
 $\frac{3}{4}$ cup mashed potato
 1 tablespoonful oil
 $\frac{1}{2}$ teaspoonful salt
 Mix well together, and proceed as directed in the preceding recipe.

Corn Griddle-Cakes

1 cup corn pulp
 1 egg
 1 tablespoonful flour
 1 teaspoonful white corn-meal
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ cup milk
 Mix all the ingredients except the egg. Separate the egg. Mix the yolk with the other ingredients. Beat the white very stiff, and fold it in carefully. Bake in small cakes on a slightly-oiled griddle.

Dried Corn

Left-over corn on the cob may be cut from the cob, spread on a pan, and dried in

a warm oven or near the stove. When thoroughly dry, put into a cheese-cloth bag and store in a cool, dry place. To cook the dried corn, soak it overnight, then stew slowly till tender, and season the same as stewed green corn. Dried corn is excellent for making—

Corn Chowder

Soak half cup of dried corn overnight, then cook in the water in which it was soaked. Cook one small onion, cut fine, in one tablespoonful of oil. When the corn is nearly tender, add the onion and oil and one cup of diced potatoes. Cook till the potatoes are tender, then add one pint of hot milk and three-fourths teaspoonful of salt. Allow it to cook for five minutes. Serve with crackers. Left-over baked potatoes, peeled and diced, may be used instead of the raw potatoes. They are an addition rather than a detriment to the flavor.

Green Peas

| FOOD VALUE IN CALORIES PER OUNCE | | | |
|----------------------------------|-----|------|-------|
| PRO. | FAT | CAR. | TOTAL |
| 8.1 | 1.3 | 19.6 | 29.0 |

The difference between green peas and dried peas in nutritive constituents and total nutritive value is the same as the difference between green corn and the mature grain. However, there is little difference in nutritive constituents and total nutritive value between green peas and stewed dried peas.

Stewed Green Peas

Shell the peas, wash them, and put to cook in one cup of boiling water for each quart of peas. Boil gently till they are tender, which will require from twenty to fifty minutes according to the age of the peas. When tender, season with salt and add sufficient cream to make as juicy as desired. The juice may be thickened with flour. If preferred without milk or cream, two tablespoonfuls of cooking oil may be used to the quart of peas. The juice may then be thickened or not as preferred. A sprig of mint cooked with the peas gives them a pleasant flavor. Or a small bunch of parsley, four small onions, and the washed leaves of one head of lettuce may be cooked with one quart of peas, and removed when the peas are tender. Season as before.

Canned Green Peas

Drain the water from the peas, rinse them well in cold water, add fresh hot water, heat, and season like fresh peas.

Shelled Beans

FOOD VALUE IN CALORIES PER OUNCE

Cooked green Lima beans:

| PRO. | FAT | CAR. | TOTAL |
|------|-----|------|-------|
| 4.6 | .8 | 16.9 | 22.3 |

For comparison

Dry Lima beans:

| PRO. | FAT | CAR. | TOTAL |
|------|-----|------|-------|
| 21.0 | 4.0 | 76.4 | 101.4 |

Dry Lima beans, cooked:

| PRO. | FAT | CAR. | TOTAL |
|------|-----|------|-------|
| 6.0 | 1.1 | 21.8 | 28.9 |

It is a somewhat common idea that the mature legumes are very nutritious, a concentrated form of food, but that green shelled beans are a green vegetable and not very nutritious. A little thought will show that this is an erroneous idea; for while the dry, mature legumes are from three to four times as nutritious as the green beans, yet one pound of dried beans makes from three to four pounds when stewed or baked, which would make the beans of both kinds, when ready to eat, not very far apart in nutritive value. Let this not cause any one to lose faith in beans as a valuable article of diet. It is often said that beans contain as much, or even more, of the proteid food element, which is the characteristic element of meat, than meat itself contains. This is true of dried beans. But one of the objections to meat is that it contains too large a proportion of the proteid element, so that, as Professor

Chittenden says, "It is practically impossible to eat any meat at all and not eat too much proteid." Thus, if beans, as we eat them, were as rich in proteid as we have thought, there would be the same objection to them that there is to meat. The fact, then, that baked beans, for instance, are not as nutritious as we have believed them to be, is a fact in their favor rather than the opposite. This shows, too, that green shelled beans are of more value as a source of nourishment than they have been given credit for.

Shelled Beans or Lima Beans

Shell and wash the beans. Put to cook in enough boiling water to cover well, and cook, not until they are just barely tender, when they have a disagreeable, raw, beany taste, but, to have them at their best, cook for two or three hours, when they will be rich and delicious, and that peculiar beany taste will be gone. Season with salt and cream or vegetable oil.

Succotash

This dish is borrowed from the native Indians. The word is taken from the Narragansett Indian word *m'sickquata-sh*.

Cook one pint of fresh Lima beans. Cut from the cob sufficient corn to make one pint. When the beans are tender, add the corn, and cook them together fifteen or twenty minutes. Season with cream or vegetable oil and salt. Canned corn may be used instead of fresh, and stewed dry Lima beans instead of fresh beans.



THE PREPARATION OF STRING-BEANS

String-Beans

FOOD VALUE IN CALORIES PER OUNCE

| PRO. | FAT | CAR. | TOTAL |
|------|-----|------|-------|
| 2.6 | .8 | 8.6 | 12.0 |

String-beans are about equal in nutritive value to carrots and turnips, but have a little larger proportion of proteid. Their value as a food is due more to flavor and mineral elements than to nutritive material. They are less easily digested than shelled beans or green peas, on account of the amount of cellulose in the pod.

To Cook String-Beans

Wash the beans. Break off the stems and points in such a way as to pull off the strings from both edges of the pods. If it is desired to more thoroughly remove the strings, pare both edges of the pods. Lay a handful of the beans side by side on a board and cut them all at once into three-fourths-inch lengths. Or if it is desired to have the beans more dainty, split the pods lengthwise, cutting through the pod from one side to the other, not from one edge to

the other; then, instead of cutting the pods square across, cut them diagonally into one-and-one-half-inch lengths. Put to cook in sufficient boiling water to cover, and cook from one to three hours. Season with salt and cream or vegetable oil. The juice may be thickened with a little flour, if desired.

Canned String-Beans

Drain the water from the beans. Rinse them in cold water. Add fresh hot water. Boil a few minutes, and season the same as fresh beans.

String-Beans with Gravy

Cook one tablespoonful of chopped parsley and one tablespoonful of chopped onion in two tablespoonfuls of oil. Add cold string-beans and enough gravy (left-over nut gravy or tomato gravy would do very well) to moisten the beans. Heat together for fifteen minutes. Beat two egg yolks, add some of the gravy to them, then add them to the gravy. Serve hot.

String-Beans Maitre d'Hotel

Boil string-beans according to directions already given, letting them cook down quite dry. Season with salt, oil, chopped parsley, and lemon juice.



Corner of Mr. Cornforth's dining-room, Sanitarium, Melrose, Mass.



THE PUBLIC HEALTH CONFERENCE, BALTIMORE

THE doctor is a teacher. That is the meaning of the word.

If medical men in the past have attempted to maintain their art by not teaching the people, in that much they were not doctors. But nowadays it is a rare thing to meet a physician who does not attempt earnestly to instruct his patients in the way of more healthful living. This attitude, of winning the confidence of the patient, of helping him to appreciate the value of right living—especially along social lines—is becoming more general in the profession every day.

Too often when patients fail to give up bad practises the fault is chargeable not to the doctor, who has given careful instruction along with his medicine, but to the patient, who, having paid for the medicine and not for the advice, values each according to its cost to him; he takes the medicine and forgets the advice, even though the physician has tried to impress on him the fact that the advice is more important than the medicine.

In addition to this instruction given in private practise by many physicians, there is much educational work carried on by associations of physicians, sanitarians, and social workers. The antituberculosis crusade, the propaganda against unnecessary infant mortality, against the social evil, and the like, are of this nature. An organized educational effort was recently held in Baltimore, under the auspices of the Medical and Chirurgical Faculty.

A number of committees of the faculty have been working for some time on public health problems,—committees on tuberculosis, social hygiene, mental

hygiene, infantile mortality, infant blindness, etc.

Last year a series of popular lectures were given; but, while they accomplished some good, they were not so fruitful in the awakening of public interest as was desirable. For this reason it was determined this year to concentrate the effort within one week and secure the co-operation of ministers and newspapers in advertising the meetings.

Dr. Welch, in opening the conference, briefly referred to the educational health campaigns of the past, and explained the need of the present conference. In a popular government, health legislation is not likely to be passed except as it is demanded by the people, and the people are not likely to demand such legislation until they have been convinced of its importance. The most important, or at least the first step in securing adequate health laws is a campaign of public education.

The physician of to-day, as stated by Dr. Welch, differs from the doctor of the past; he has a message, because of the new knowledge of the cause and prevention of disease, the result of scientific discovery, a knowledge which if applied by practical means would result in enormous saving of life and increase of happiness. As long as this knowledge is not better utilized, the medical profession will continue to teach in season and out of season.

We physicians believe in no school or sect, said Dr. Welch, in substance. This is particularly true as regards matters relating to the public health. This conference is a health conference; its scope, everything that has to do with the wel-

fare of the community. But our limited time will permit the consideration of only certain topics this year. We hope in the future to take up other topics.

Dr. Welch then spoke of what had been accomplished in the conquest of yellow fever, cholera, malaria, etc. Referring to the high death-rate from typhoid in Baltimore, he said, "It is a disgrace to us, but we expect with our new water supply to reduce this great mortality."

Dr. Woods Hutchinson favored the idea that the average heredity is good enough. It is always interesting to listen to Dr. Hutchinson. By means of a dry humor, partly spontaneous, perhaps even unconscious, and partly prepared for the occasion, he always keeps his audience in good spirits, and generally carries them with him, much more so than would a close reasoner.

Dr. Hutchinson, whatever his failings and his freaks, does much good. Occasionally one in reading an article queries as to whether he wrote it as a "pot boiler," or for the notoriety, or whether he honestly believes what he writes. He certainly follows Emerson's advice to be no slave to consistency. His past utterances do not stare him in the face. When he speaks, he sees one side and that only, with all intensity—a good quality in a man before an audience. It matters not that some of his printed articles give a different impression. On the rostrum he is not balancing between two doubts, he is driving home a thought. And he works to that end. Not that the doctor has many doubts; but one would hardly think from some of his past written statements,—for example, I believe he once stated that men over five feet six inches are degenerates,—that he would take the position that practically all men are sufficiently endowed by heredity, or as he stated it at the Baltimore meeting, "The raw material is all right."

I am inclined to think many physicians—and scientific physicians at that—would take him up on that proposition. In fact, Dr. Goddard, who lectured in the same hall the very next night, gave the scientific proofs of the hereditary transmission of feeble-mindedness, which must have caused many of the audience to think of Dr. Hutchinson's bald utterances of the night before. But they would doubtless, on talking calmly with Dr. Hutchinson, learn that he thinks about as they do. It is in action that he seems stirred to take his positive stand in order to carry his audience with him.

His propositions divested of verbiage are:—

1. The raw material is all right. The baby has enough vitality if given a chance.

2. The first requisite in the proper rearing of a strong people is abundant nutritious food. "Food is the gasoline of the bread-and-butter motor; and the work done will be proportionate to the quantity and quality of fuel that can be burned." "I do not believe in the gospel of starch." "It is all right for coolies and rabbits." "There is no such thing as a cheap food for a child." "I have no use for soup kitchens. Soup is hot water with a smell to it." "You should live on the things the doctor eats; not what he orders for his patients." "You can feed a child to any degree of efficiency or you can starve him to any degree of criminality." Such was some of the red fire with which the doctor illuminated his lecture.

3. The greatest crippler, next to poor food, is contagious disease. "Diseases of metabolism," which cut off men after the prime of life, are now known to be the result of acute diseases neglected.

Smallpox, thanks to vaccination, has ceased to be a problem. Tuberculosis is our modern problem. The doctors are working at it faithfully, but they need

the earnest co-operation of the laity.

Dr. Henry H. Goddard, of the New Jersey Training School for Feeble-Minded Children, Vineland, N. J., speaking on the topic, "The Feeble-Minded Child as a Menace," said in substance:—

We are passing through a transition stage in our attitude to others. We have come to realize that many do things which are displeasing to us because they are incapable of understanding what we want done. They are not capable of keeping up with others in the race of life. They are bad because they can not help it.

I am here to speak of the menace to the community of certain groups, not the idiot or imbecile, which, though a grievous burden to their relatives, are not a menace, because they are helpless, but the group of children which present so fair an appearance that they are not recognized as feeble-minded—the group for which the word "moron" has been coined in order to distinguish them from the lower grades of feeble-mindedness.

If you go into a schoolroom and ask the teacher if such a pupil is feeble-minded, the reply will doubtless be: "Not at all! Well, he may be a little slow in his studies. If he only had more power of concentration, he would come out all right." But that is just the point. He does not concentrate because he can not. He is born without the capacity, and no amount of mental training can ever make him a normal child. [Woods Hutchinson would say, "Feed him enough beefsteak and he'll come out all right!"]

This child is dangerous because we misunderstand him, and by trying to force him through the ordinary school, we are wasting his time; for such a training does not prepare him to earn his own living; and as a failure he drifts into crime, or pauperism, or, if it is a girl, into prostitution; for our investigations show that a large proportion of prosti-

tutes are of this weak-minded class, and from twelve to thirty per cent of criminals are feeble-minded. We are wasting his time in school because under right training he might be taught certain useful occupations by which he could afterward be self-supporting and self-respecting.

My contention is that it is possible to select these feeble-minded children in early school life, and by proper training in special schools, to make them useful citizens instead of criminals, prostitutes, and paupers. The city of Baltimore could furnish two thousand children needing this specialized treatment. Until we have separate institutions for the treatment of such children, we should have separate rooms in the schools, in which the teacher has no more than twelve pupils to care for.

Our purpose should be to teach these children such things as they can make practical use of in later life; and we must deal in the concrete. They are incapable of grasping any abstract ideas, and can not work problems not connected with their own experience. But in manual work they can be made to excel; for they will listen patiently to instruction, no matter how often it is given, and if patiently dealt with they will learn the technique of routine work even better than more gifted persons. But they can not adapt themselves. If they have been carefully instructed how to make up a single bed, for instance, they will make it even better than normal children; but they would be utterly lost in the attempt to make up a double bed. They must be showed how to do every new process.

We find nearly always the "incorrigible" boy has a deficient mental development. The feeble-mindedness of the high-grade moron type is a dangerous thing; for this class is very prone to have children, whether married or not, and a large proportion of the children are apt

to be feeble-minded. Sixty-five per cent of the children in the Vineland institution are hereditary cases. A large percentage of the low-grade defectives, however, are not due to heredity. They may come from the best families; and the cause is not heredity.

✧

Another Force in the Warfare Against Disease

AT the fourth annual meeting of the Association of Life Insurance Presidents, held in Chicago in December, 1910, Dr. Eugene H. Porter, State commissioner of health of New York, by invitation delivered an address urging the insurance companies to take active work for the prevention of unnecessary disease — not that such work has not already been done by individual companies. Dr. Porter called the attention of his hearers to the fact that "sanitary science has in its process of development become a practical science, and it is now recognized as such. We have learned that if we allow our neighbor to wallow in filth, we must expect to suffer some of the consequences."

He then showed that the improvement in the death-rate among the adult population as a result of public health work done in the past is far from satisfactory, but he has been encouraged by seeing that "the skirmish lines of the opposing forces have come together, and we have discovered the enemy in force, strongly entrenched, in our front."

"Blocking our way stand the troops of selfishness and ignorance. These are always the twin foes of progress. If a proposition is made to provide for proper sewage disposal, or to install a protected

water-supply in a town, selfishness objects because of the tax, and ignorance objects because where brains are wanting, folly reigns."

The doctor sees in the insurance organization a body of trained workers well fitted to conduct a system of education with their policy-holders, and the increased length of life will more than repay the companies for the outlay.

"If the prevention of disease is to be the crowning glory of our civilization, a campaign of education must be undertaken. The knowledge now possessed by our trained sanitarians and expert laboratory workers must be carried to every home and read at every fireside. The great and brilliant work of our laboratories is robbed of its greatest value if hidden on dusty shelves behind closed doors; and the most notable and distinguished papers of our most famous experts on science are of little practical aid if clothed in technical terms that lie buried in professional journals."

"To the insurance companies the appeal of this enlarged field of usefulness must come with peculiar force. To enter upon public health work is to discharge one of those higher duties which the people are now expecting from all our great organizations."

Already the life-insurance companies are entering energetically into this field, and some companies are even carrying their campaign of education to those not policy-holders, in this way taking up work that is purely benevolent and non-remunerative. They are coming to realize that a corporation, though it is impersonal, need not be entirely without a "soul."



AS WE SEE IT

Some Diseases Yet to Conquer

WHILE we are conquering certain diseases, such as typhoid, yellow fever, and the like, there are certain other diseases which are becoming a national menace. Pellagra, which can not have been very prevalent a few years ago, is causing much concern to medical men. It is wide-spread, and seems to be increasing in its area of activity and in the number of victims. The worst feature is we not only do not know how to cure it but we do not know how to prevent it. There are several good reasons for doubting the theory that the disease is due to the use of spoiled corn.

Another disease which has made rapid progress is the hookworm disease, confined once largely to rural districts in the South. We know now that many of the miners, East and West, are infected with the disease, probably in most cases by immigrants from Europe or Asia, many of these immigrants having hookworm infection. Whether on the farm or in the mine, if the decency of a privy is dispensed with, the soil becomes contaminated with the hookworm eggs, and others, coming in contact with the soil, are infected. A census of 4,800 American farms shows that less than one half have privies.

In the matter of this disease we are fortunately better off than with pellagra. We at least know the means of prevention. Success in its eradication will depend on bringing these facts to the attention of careless mine owners and ignorant miners and farmers. It is estimated that there is a heavy pecuniary loss to the mine owners through the inefficiency of men having hookworm disease. If the mine operators can be made to see the fact that the disease

means dollars out of their pockets, and not merely sickness for the laborer and misery for his family, they will do more to provide sanitary facilities in the mines. The miners also need to be taught not to pollute the mines. Such pollution means more than uncleanness, it means disease. In the cities, with their sewer systems, the danger of hookworm infection is remote. There may be many cases in the cities, but they are those who have brought the disease from the old country, and they can not while in the city readily infect others. It is when these infected persons—from Europe or Asia or the southern farms—go to the farms or the mines, and get back to primitive methods which infect the soil, that the disease is spread.

We know this much, and knowing it we can work intelligently. With pellagra our first problem is to ascertain the exact cause of the disease.

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"There's a Verdict"

ONE of the most interesting pamphlets we have read recently is the one bearing the title "The \$50,000 Verdict," sent out by *Collier's* magazine. The extracts from the court proceedings, showing how the great food man was grilled by the attorney for *Collier's* make "mighty interesting reading," and are certainly good for the blues.

The publishers of *Collier's* are to be commended for bearding the lion in his den, and compelling a public recognition of the fact that money and influence can not always win out against truth.

Collier's won one suit for libel, because of the publication as advertising matter in many newspapers of the statement that *Collier's* had attempted to

blackmail the food company into advertising with them. *Collier's*, it seems, has another suit entered against the food company for a later libel, and now the food company is paying for full-page advertisements containing its account of the trial and making derogatory statements against "a certain weekly." Why, in this last attack of the food company, is the name *Collier's* omitted? "There's a reason." The reason is it would give opportunity for another libel verdict. The company has learned one lesson.

It is not likely the newspapers will say much about this trial. They are apt to be silent regarding anything derogatory to the big advertiser (there's a reason), but doubtless *Collier's* will mail a free copy of the pamphlet to any applicant.

The pamphlet shows that extravagant claims have been made for the cereal and the "food drink;" that the law has compelled from time to time a change in the wording of the cartons; that prominent government chemists have testified that the statements on the cartons and in the advertisements regarding these preparations are not true; that the testimonials are obtained by offering prizes for them, and that they are changed in wording after they are received. It was impossible in court to have the original testimonials produced. The great food man was also shown to have been a mental healer before he entered the food business. Then he taught that with right thinking it made little difference what one eats. Later, when the foods, at fifteen cents a carton, became the source of a great and growing income, right thinking *plus* the use of these specially advertised foods, was the way to get on the road to Wellville. "There's a reason" evidently for the change from mental science to mental science *plus* breakfast foods.

O, we are a suggestible people!

Other Agents Besides Drugs

If the modern sanitarium has done nothing else, it has helped to demonstrate the fact that there are other agencies beside drugs that are useful in the warfare against disease. In fact, the only reason why patients pay expensive car fare and go long distances to sanitariums, is because they have not obtained at home the relief they desired.

A stay at the sanitarium, with a practical experience as to the effects of a changed life, gives the patients a new outlook, and they return home with more faith in preventive methods as against curative.

Perhaps the secret of their failure to obtain the desired relief at home is that given by Dr. Overlock in his new book, "The Working People; Their Health and How to Protect It." On page 141 he says that if forty per cent of the advice given by physicians was utilized, there would be less sickness and millions of dollars would be saved. He continues:—

"As it stands to-day, a man or woman goes to a physician with a bad attack of indigestion, for instance. The physician prescribes for their temporary relief, and then lays great stress upon the importance of what they should eat and how they should eat it, and tells them if they would find permanent relief, they must practise self-denial. Do they do it?—*No!* They take the medicine prescribed, receive temporary relief, and then at the next opportunity they fill their stomachs with the very things the doctor has advised them to avoid."

The physician realizes that a changed life is more important than the drug, but he does not succeed in impressing that fact upon the patient. But at the sanitarium the patient sees from day to day the effects of changed living, and hears the experience of other patients, until the idea finally "soaks in," and is afterward a part of his mental make-up. Perhaps physicians in private practise might, with advantage, use more of the

sanitarium methods. As the *Journal of the American Medical Association*, Nov. 20, 1909, says:—

"While it can not be said that qualified medical men ignore the therapeutic use of water (unless here and there some isolated individual, like one who a few years ago objected to bathing as unsanitary), it can safely be admitted that most physicians do not habitually employ hydrotherapy in many ways in which it might be beneficial to their patients."

A more general use of physical means, with more careful advice to the patients, would do much to break up the tendency of patients to depend on patent medicines, the drug-store counter, and the like, and patients treated in this way could be better taught regarding the principles of personal hygiene.



Health Conference a Success

THE health conference held in Baltimore early in February was a decided success. The evening meetings were well attended from the first, and toward the last of the week it became necessary to have overflow meetings and repeat the lectures. A general interest was manifested in the exhibit. One afternoon several thousand of the Baltimore children were escorted to the medical faculty building to see the health exhibit and to view the motion pictures, "The Man Who Learned" how to run a clean dairy.

Dr. Price was gratified at the general interest manifested in the display, which included matter pertaining to the prevention of infant mortality, and to tuberculosis and other preventable diseases.

An exhibit of particular interest consisted of three show-cases exhibiting some sixty consumption cures, containing morphin, opium, chloroform, ether, cocain, and other drugs. Over these cases were the signs:—

"Consumption Is a Disease Absolutely Incurable by Any Medicine."

"The Patent Medicine Bill of This Country Is \$100,000,000 per Year."

"The Patent Medicine People Spend More Than \$40,000,000 per Year in Newspaper Advertising. Do You Help Pay the Bill?"

"The Cure for Consumption Is Fresh Air and Good Food."

Near by were posted the advertisements of fake remedies carried in the Baltimore papers.



Football, Good or Evil? A PAPER by Morris Joseph Clurman, A. B., M. D., a true lover of athletics and outdoor sports, recently appeared in the *Medical Record*, entitled, "The American Game of Football: Is It a Factor for Good or for Evil?" It presents some of the statistics of injuries, and gives the opinion of various physicians and professors as to the influence of the game. "If it were left to the physician to advise the best sort of exercise," says Dr. Clurman, "he would recommend games which do not tax the individual to the utmost point of endurance, and in which many could participate and take an active part instead of a mere handful of specially picked and overtrained men, as is the case with football. It is not the strenuous and exhaustive exercise kept up for a comparatively brief period that is of value, but the daily graded and moderate exercise kept up for years, that develops a man to the highest grade of physical efficiency."

He wonders at a university or a college specializing itself so intently upon the training of a small squad of men and neglecting the physical education of the mass of students.

The attitude of medical men toward college athletics is given by Dr. Clurman. They believe (1) in the symmetrical development of the body, so as to leave it stronger and more able to withstand disease; (2) they condemn all athletics that are so strenuous and fatiguing as to leave the mental faculties impaired; (3)

they believe that athletics should be reformed, considering the physical necessities of all students instead of a favored few; (4) that any athletic sport which constantly involves an element of death should be abolished.

Were athletics reformed in accordance with these specifications, encouraging the mass of the students to take a reasonable amount of training and recreation instead of sitting on a bench and yelling for their favorites, there would be less objection to college athletics.

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More Rascality for Gain

THE internal revenue collector of Chicago being appealed to for a license to manufacture opium for smoking purposes, in view of the fact that it is not permitted to import opium except for medical uses, asked where the opium was to be obtained. The reply was that the intending manufacturer proposed to raise the opium himself in this country, and that he had a plantation already started for this purpose.

Once capital embarks on a scheme to produce opium in quantity, it will be about as difficult to obtain laws to control the output as it is now to secure adequate liquor legislation. Whether in the matter of tariff or parcels post or liquor or tobacco, it is "big business" that is the "power behind the throne" that influences reactionary legislation. And yet this is a government of the people, for the people, and by the people. But *what* people? The Big Business People, spelled with capital letters. The People (caps.) govern the people (lower case). Are you a Cap. or a lower case? Sometimes the Cap. by way of euphony is expanded into "Captain of Industry." They are the People. You and I are the

people. They say Brewers, Distillers, Prostitution, Prize Fighting, Gambling (all caps.), are here to stay, and what are you (people, lower case) going to do about it?

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Era of Low Death-Rate

IN 1909, according to the returns of the Census Bureau, the death-rate, based on the provisional estimate of population, was, for the registration area (embracing something over one half the population of the United States, and consisting of some nineteen States and a few cities in other States in which the laws enforce registration of deaths with sufficient completeness for statistical purposes), 15 per thousand of the population. This rate, which was the lowest up to that time, was afterward lowered to 14.4 per thousand when a more accurate enumeration of the population was made, based upon the recent census. Never since the bureau of vital statistics has been in existence has there been such a low death-rate.

The gradual lowering of the death-rate does not necessarily mean that where people formerly lived to be fifty or sixty-five they now live to be seventy or eighty. It means, more likely, that fewer infants are permitted to die unnecessarily. As has been shown, the number of deaths in the latter part of life from kidney disease, diabetes, diseases of the circulation, cancer, etc., is rather on the increase.

The returns for 1910 thus far show that the death-rate will be slightly higher than in 1909. Still the year 1910 is considered a very favorable year, by Dr. Cressy L. Wilbur, chief statistician for vital statistics of the bureau of the census.

THE MEDICAL MISSIONARY AT WORK



HELPING THE HELPLESS IN SYRIA

[It affords us pleasure to present to the readers of LIFE AND HEALTH this month a report from Mary P. Eddy, M. D., of Beirut, Syria, sent to her friend, Miss Comstock, in New York City. While she is not connected officially with the medical missionary work of the people this journal represents, still the noble work Dr. Eddy is doing in Syria deserves more than passing notice, and is well worthy the support of those desiring to help suffering humanity.]

MY work began in a very quiet way three years ago, and grew out of the dire needs of my dispensary patients. Those showing signs of tuberculosis were obliged to conceal the symptoms as long as they could, and always then it would be too late to save them; and, too, their families had already been infected. I began with two beds. I had a memorial gift from Washington, D. C., another from New Jersey, and another from Ohio. These, with

other help received, enabled us to build a beautiful sanitarium building four thousand feet up on Mount Lebanon, and another for the winter at Juneh Bay, ten miles from Beirut.

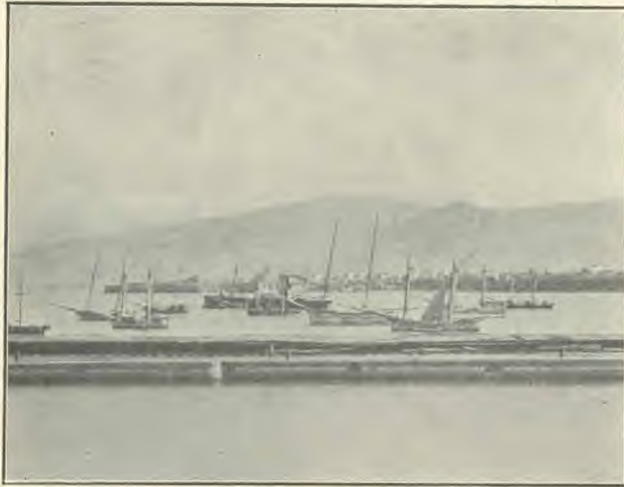
I returned from America July 1, and have been busily at work ever since. I send a photograph of my staff of helpers. The lady next to me is my head nurse from Scotland; the next one is my Bible woman; the next, a Syrian nurse from Jerusalem. Directly behind her stands a



MRS. EDDY AND HER COMPANY OF WORKERS

young girl trained in a German school. The old woman in the back row is the only woman servant in all these three years that we have found in Syria willing to serve the patients. I have traveled and searched and advertised, but the only answer is, "I am afraid." The tall doctor in white standing behind me has been my house doctor for two years. He is just leaving for his home in Bagdad. The old man next to him is a cook. We had to hunt for him two months. He is sixty-seven years old, and is the only

she was taken for a few weeks into a city hospital. Being incurable, she was sent out. She went around all day, and no one would give her a seat on which to rest a moment, or allow her to pause before his or her house or shop. Finally, a dry river bed was her last resource, and there she lay exhausted, in the burning glare of the summer sun, five days. During this time she subsisted on scraps of food left on the river bank by picnic parties. Then in response to her cries for help, a tiny shelter of boards was put up for her, but without roof, on the lonely hillside above; but even here she could find no peace. The nearest neighbors, though far distant, threatened nightly to pour coal-oil on her hut and bed and herself, and burn her up. She did not dare to sleep, and started at every sound, lest they should be coming. Then she found a home here, and the best of beds, and care, and food, and clothing.



THE HARBOR OF BEIRUT, SYRIA

man servant willing to sleep in the house, on account of the supposed deadly atmosphere of tuberculosis surrounding us.

You have no conception of my difficulties in obtaining some one to wash the clothes and the bed linen of the patients. We are obliged to pay quadruple the ordinary prices, and then the washing is done in the open, and the clothes dried on thorn bushes away out on the hillside.

But, on the other hand, what are our troubles in comparison with what some of the patients themselves have been passing through before finding refuge here. One upstairs this very minute was first carried to a pine forest and there left alone. After untold misery there,

who will come to me next week. She has been five weeks without shelter, having been put out of her home. The doctor who found her is my friend, and wrote saying that when he discovered her, she had been out all night, with her bed on the wet ground in the rain. He said her case was the saddest embodiment of the results of ignorance, fear, and human brutality he had ever known.

I have no funds at all for these pitiful cases, but I am taking them in, and I have firm faith and hope that their support will be sent, as the hospital and all its needs have already been supplied, through faith and strong endeavor and loving friends.

Our greatest need was for a tuberculosis pavilion, as a guide in the erection of similar pavilions in the future. Miss Emily Wheeler, of New York City, sent out such a pavilion for four beds. The patients are greatly interested, and the photographs of the pavilion, which came with this mail, are being passed around, with many curious remarks. We have a plentiful supply of postal cards and posters from the New York headquarters of the National Society for the Study and Prevention of Tuberculosis. Dr. Carrington, assistant secretary, is a most helpful and interested coworker, as he

has been in Turkey and knows what need there is for even our small beginning. We have had patients from Russia, Germany, Roumania, Egypt, Mount Lebanon, Damascus, Jerusalem, Haifa, and Nazareth.

We are in great need of games and illustrated papers to entertain the patients, many of whom are in an advanced stage of the disease, and can not walk or even leave their beds. The only address needed is Dr. Mary Eddy, Beirut, Syria. If you could be the means of sending a little cheer and light into these lives, I would be so thankful.

MEDICAL MISSIONARY WORK IN BOSTON

AN institute of health has been opened in Tremont Temple, to be conducted regularly every Tuesday afternoon. This institute is to embrace lectures and demonstrations on dietetics as related to health, temperance, longevity, refinement, and spirituality.

There were thirty-nine ladies and gentlemen at the opening meeting Tuesday, Jan. 24, 1911. Dr. Mann, Mr. Cornforth, Mrs. Starr, two nurses, and the writer all contributed to the program. The many questions asked and the excellent attention given, gave evidence of the interest awakened in those present.

Four schools of health are also being conducted in parlors in different suburbs — at Cambridge, Somerville, Roxbury, and Lynn. We also have requests to speak to three hundred mothers assem-

bled in East Boston, and to the deaconesses at Brookline.

A supper was furnished the Everett Baptist church some weeks ago, at which one hundred twenty-five persons ate a vegetarian meal, and afterward listened to twenty-minute talks from the writer, Dr. Mann, and Mr. Cornforth. They expressed great satisfaction with the success of the experiment. Arrangements are now under way for two more suppers to be supplied.

We are glad to report sixty patients in the sanitarium. We have averaged this number all winter, and at times have had as high as sixty-five. We are all very busy inside and outside the institution. God is raising up many friends and opening many doors, for which we praise him.

G. B. STARR.



THE CHRISTIAN MISSIONARY NURSE

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

IN his letter to the Corinthians, the apostle Paul writes of that greatest of all human or divine virtues, love, telling us, among other things, "Love beareth all things."

There is a breadth and depth of meaning in these four simple words that almost defies our comprehension. But their direct application to the life of a Christian nurse must be obvious to all. The successful Christian nurse must learn very early in her career to bear all things; not grudgingly but willingly, not roughly but gently, not sulkily but kindly, not impatiently but patiently, not in a dilatory fashion but with diligence, always with faithfulness, and always in a spirit of love and tenderness.

Willingness is one of the prime qualifications of a good nurse. There is a world of difference between the service that is done willingly, and that which is done merely from a sense of duty. The cheerful, willing spirit is contagious. It inspires the sick patient, and gives new hope and courage; and speedily there is that necessary and close co-operation between nurse and patient which is of vital importance to the progress of the patient.

The willing, cheerful nurse must be equally gentle and quiet in all of her movements and speech, that she may have a calming influence in the sick-room. She has learned the secret of finding rest even in work, and is able to do everything so silently and unobtrusively, and yet at the same time expeditiously, as to have a soothing effect upon the patient.

What a marked contrast between the gentle touch and the rough touch! One is soothing and healing, the other irritating and painful. Exquisite, tender gentleness, manifested even when others

may be excited and the patient worried, has a powerful effect for good. When a nurse has fully acquired this important quality, there will be little lack of occupation, for such a nurse is always in demand.

Neither willingness nor gentleness are of themselves complete without an intimate combination with kindness, which seems to be the cream of these virtues. The touch of the nurse in administering treatment must be kind as well as gentle. Kindness is a virtue which writes itself in bold letters upon the countenance. This character can not be hid even for a moment. The kindly face has a sweet smile for the patient, for associates, and for all others; and the words uttered are verily like "apples of gold in pictures of silver." Kind words never die, never bear the slightest sting, are always inspiring, always welcome. Kind words never bear the slightest taint of gossip, for they tell only the sweet things, the uplifting things, the encouraging things, those which are of good report. And the Christian nurse can never afford at any time to speak other than kind words.

An inexhaustible fund of patience is necessary in order to be willing, gentle, and kind always. The patient nurse has learned the great lesson of forbearance. To be able to bear and to forbear always, requires a touch of the divine, for it is not a natural or a human characteristic; but, thanks to our loving Redeemer, these characters are free gifts, and when he creates within us a new heart, he takes away the old character and gives us a new one embodying these virtues.

Diligence is another virtue of equal importance. The Christian nurse has acquired the art of work. The whole life is thrown into the daily service. Only the work in which we take pleasure can be truly successful. There is real joy in hard, earnest, strenuous work just

¹Address delivered to the graduating nurses, Caterham Sanitarium, England.

as truly as there is pleasure in success.

Faithfulness is another characteristic of the Christian nurse. Work is not only done expeditiously, but with loving and untiring faithfulness. The Christian nurse is trusty, and can always be relied upon.

"But the greatest of these is love," and the nurse that takes the name of Christ, and truly bears his character,

lives a daily life of sweet, loving service that is of itself divine. Without a full measure of the divine love of Christ in the heart, it would be impossible to show forth the virtues we have described. This divine love, this spirit of the good Samaritan, is the mainspring of the nurse's daily life. Without it every other virtue would fail, but with it there can never be failure, for "love never faileth."

FROM A CHINESE DOCTOR'S NOTE-BOOK

WELL, my good woman, what is the matter with you?" we asked one morning of a patient.

"A bedbug has crawled up into my head through my ear and is squirming around in my brain. My brain feels *very* uncomfortable."

I thought it might if such were the case. A patient told us of an infant who died after nineteen days' illness, during the last seven of which it was unconscious. The native doctors told the mother that it died because the phlegm ran from its abdomen up into its brain.

Into the dispensary one morning came a man with a very precious little package. It contained a live frog. For twenty long years the bearer had been suffering from an ulcer of the leg. A

native doctor had told him to apply to the leg a frog poultice, to be made by cutting a live frog open and applying it to the sore for fifteen minutes. At the end of that time it would have drawn out a worm. Frogs desire to eat worms, so why not? After using six frogs and extracting six worms, the ulcer would begin to heal. I can still see that grown man's look of patient expectancy, as, having sliced his frog in half, he sat there with it applied to the ulcer, waiting for a sight of the worm. It never came. At the end of half an hour, he got up and angrily declared that he had been deceived. At the expiration of an hour, he had really made up his mind to get up on the dressing-table and have his leg treated by foreign methods.





THE INDIGENT CONSUMPTIVE AND THE SOUTHWEST

IN the early days, when climate was per se supposed to be a specific in the treatment of tuberculosis, he who was fortunate enough to be the possessor of sufficient capital to afford a stay in the West or Southwest was advised to try the life-giving air and sunshine. He was packed off either with friends, relatives, trained nurses, or what not, or told to betake himself to the mountains and rough it, in the belief that a winter spent under such conditions would effect a cure.

When well cared for, a marked change for the better resulted, and the man returned to his eastern home a happy and contented citizen. On the other hand, when thrown upon his own resources and forced to live as conditions permitted, even the climate with all the patient's money failed to effect a cure so-called.

At that time people in moderate circumstances or those who had little if any of this world's goods were content to remain at home and make the best of what the home country, good friends, and sympathetic relatives could give. Now, however, all this has changed. The climatic faith has been so fostered by physicians and laity in the East and North that people, regardless of their pulmonary condition or the state of their finances, are wont to chase the phantom cure and seek the end of the rainbow in the mountain regions and arid plains of the West and Southwest. The pendulum of climatic cure has swung too far, and it is high time that the average consumptive was enlightened as to the ac-

tual conditions existing in this so-called fairy-land for the tuberculous.

It may be well to state at this point that I am a firm believer in climate in the cure of tuberculosis, lest some of my readers in this favored corner of the world may think me hypocritical and misjudge the intentions of this article. Far be it from me to discredit the wonderful cures made here under the proper conditions, and further be it still to dampen the ardor or discourage the health seeker who can come here and enjoy the life-giving power of New Mexico's dry air and sunshine under the care and guidance of men who know the conditions and who are in a position to advise intelligently.

I am not writing to the patient who can afford the luxury of climate. He, indeed, is to be pitied if he has not been advised by an honest physician that his chances of recovery are far greater in the Southwest than elsewhere in this country, and, having been advised in this way, has not heeded this counsel and come to the land that God apparently set aside for those unfortunate victims of the fickleness of health who are unable to pass the allotted time of existence in less barren regions.

On the other hand, I am sending a word to his less fortunate brother—a word to discourage the chasing of a will-o'-the-wisp in far-away lands, away from friends and home care, among people who are struggling for existence, and have little time and less money to care for the poor sent here by the commonwealths in the eastern and northern

sections of our country. We have no means to provide for the care of the indigent consumptive. Our almshouses and county hospitals are full to overflowing with our own poor. No State or Territory is too small to have its poor crying for aid. They are as constant as the everlasting sunshine that floods our country daily. These we must of necessity care for; but is it just to add hundreds to the already long list merely because they have consumption and because some doctor has decided, after taking a year or more to make up his mind, that the only hope is to fling them penniless upon the Southwest and let them shift for themselves, in the hope that the climate will cure them?

Climate, my friends, is not a specific. Climate and doctors will not cure you. To get well in New Mexico or any other State in the Union you must have proper care, proper advice, and proper food. These are lacking in this far corner of the earth if you have not the money with which to buy them. Better by far stay at home and chase a cure under favorable surroundings, with good care, good food, and as pure air as your home climate offers, than come here without money and be forced to work for a living when you should be flat on your back, saving your wasted energy to fight the meanest and perhaps deadliest of all enemies, the tubercle bacillus.

The home doctor who sends a patient to this country or any other with the advice to "rough it," is committing a crime, although he may not know it. What a consumptive needs is rest, good food, and fresh air. Exercise under the guidance of a patient's own inclinations is almost as deadly as a bullet through his brain. You say, "This one and that one went West, lived on a ranch, rode horseback, played cowboy, and what not, and they got well." But, my friends, they came back to tell the tale. How

many others, could you but know, did the same things and to-day are lying in forgotten graves on the plains and hillsides of the great Southwest? Their resting-places are pitiable examples of how not to get well of the great white plague.

If we did not know that the crusade against this disease by the establishment of State and municipal sanatoriums, makes it possible for people without money to learn to get well, then we would feel that we were doing these charity patients an injustice by advising against the more favorable climates. On the other hand, it is just that fact, the establishment of such institutions, that makes us feel that we are justified in not wanting the indigent consumptive in our midst. Back home in the institution built for him his chances for recovery are far better than here in a poorly ventilated tent on the plains or hillsides, cooking his portion of fried stuffs, in a vain endeavor to have the climate put new lungs into his sunken chest and add another lease of life to a career that can offer only invalidism at best.

It is estimated by the National Association for the Study and Prevention of Tuberculosis that over seven thousand persons hopelessly ill with tuberculosis go or are sent annually to the West or Southwest, and that over sixty per cent of these people have not sufficient means to provide for the necessaries of life, with the result that they die from lack of care or are a burden to the commonwealth in which they endeavor to regain their lost health. Is it any wonder, then, that protests come from these sections, and that some States are taking steps to prohibit the entrance of hopelessly ill or financially embarrassed consumptives?

What now is to be the remedy for all this waste of life and hopes? The answer is simple,—education. And by

education I mean both lay and professional. The layman must appreciate the fact that climate alone is not curative, that he must have time and money to get well of tuberculosis, and that time and money and all things else will not cure when the disease has made such inroads that the stamp of death has already sealed his fate. Let the physician be honest and tell his patient the truth. And above all do not advise a change of climate until you know the patient can live in idleness for at least six months, and longer if necessary. Explain conditions as they exist. Tell the man or woman who desires a change that to live properly one must have at least fifty or sixty dollars per month. Living expenses in the Southwest are high. Foodstuffs cost two or three times as much as in the East, and everything else in proportion.

These facts, if known by the average man of intelligence, will show him the utter folly of changing the comforts of home and State sanatorium for a will-o'-the-wisp in the barren regions of the Southwest.—*Leroy S. Peters, M. D., in Journal of the Outdoor Life.*



The Danger of Tuberculosis From Meat

THE danger from eating tuberculous meat is second in importance only to that of milk. Although the tubercle bacilli are destroyed by thorough cooking, this may not occur when the meat is eaten rare. About one half of all animals slaughtered for food in the United States are inspected by the Bureau of Animal Industry. Of this number about two and a half per cent of hogs and one per cent of cattle are found to be tuberculous. The percentage of sheep infected with this disease is infinitesimal.

As all meats intended for interstate and for foreign trade must bear the government stamp, those animals that can

not pass government inspection and which are intended for food will be sold to unsupervised slaughter-houses, and will be consumed within the State. It is needless to add that those abattoirs having government inspection use the greatest care in selecting animals for slaughter, in order to avoid loss through condemnations. These evils can only be corrected by having local ordinances framed whose standard of inspection will be equal to that of the United States government.

All carcasses should be examined immediately after slaughter by inspectors who should be veterinarians qualified to determine by thorough examination of the entire carcass whether the animal is fit for food. Especially is this true in tuberculosis, as the muscular tissue is but rarely affected in this disease. The thorough inspection of meat requires a large force of inspectors. This is made more difficult [so difficult, in fact, that under the most favorable circumstances the inspection is never adequate.—*Ed.*] by slaughter-houses being generally some distance from one another. If municipalities would designate certain districts within the confines of which slaughter-houses should be constructed, the difficulty of maintaining the same in sanitary condition, and the inspection of all slaughtered animals and meat food products, would be materially reduced.—*R. G. Broderick, M. D., in Monthly Bulletin, California State Board of Health, September, 1910.*



Nature of Disease, and Its Cure

DISEASE being an attempt of the body to restore itself to its usual condition by ridding itself of destructive agents, the treatment of disease must be directed toward helping the body to this end, by putting the mental and muscular forces at rest, by proper nourishment, and by such antitoxins and drugs as aid

it in its natural efforts to rid itself of harmful conditions. Better still are the efforts toward prevention of infection and other injuries by the avoidance of intemperance in eating and drinking, by breathing fresh air, by cleanliness, and by such other means as the body demands to keep it in its best working power. Lastly, the mind should be trained not to meddle too much with bodily affairs, save as it observes the laws of hygiene, and it should be educated to deal readily with the trials and vexations of life in the way that will not affect the general health by depressing emotional discharges.

Our modern faith-healers make no difference between diseases as regards cause. In their ignorance, they deal with all sickness alike. While the condition of the mind has much to do with some diseases, with others it has little or no part in the cure. . . . The faith-curist, in the conceit of his ignorance, takes the credit for the cures which, through good fortune and a grain of mental stimulation, often come to pass under his administrations, while he who has studied into the physical nature of disease is perfectly aware that when his patient recovers he has only assisted nature more or less in what she would probably have accomplished without his help, though perhaps not so easily nor completely, and sometimes not at all.

It is this humble knowledge of the limitations of his art that makes the physician the more anxious in this age to prevent disease; for he realizes that it is much easier to remove the cause than to help the body in its efforts to throw off the attack. By the purification of drinking water he has greatly reduced the amount of disease from typhoid. By furnishing pure milk, sickness and death in infancy have become much less. By recommending life in pure air, tuberculosis is less frequent.

Mere faith- or mind-cure has done and can do nothing of the sort. Medical teaching has also warned against intemperance of all kinds, and against other insidious destroyers of bodily harmony. — *Dr. James Frederick Rogers, of Yale, in Popular Science Monthly, July, 1910.*

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Treatment of Boils

BOILS have nothing to do with constitutional states, but are due to local infection with staphylococci. We see them breaking out as small epidemics at times. Some rowing crew composed of young men in superb physical condition develops such an epidemic. One of their number contracts a boil on his hand, and others of them get boils from handling the oars. Surely here is no vice of constitution, but a pure infection. Boils are most often seen on the back of the neck. Surely there is no constitutional condition conceivable that would cause them to limit themselves to that region. They appear there simply because the back of the neck is subject to slight traumatism, as from the rubbing of a rough collar or a collar button, and this gives the chance for the pus organisms to find entrance into the skin. Boils are frequently seen in diabetes, in which there is a grave constitutional disorder. But they are seen frequently also in scabies, in which there is no question of a constitutional disorder. In both instances their presence is due to the slight traumatism of the skin caused by the scratching to relieve the itching, and the consequent opportunity for the entrance of the pus organisms.

It need not surprise us that boils are as frequent as they are. The surprise is that they are not more frequent, the special fungus being so common that it is often found on damp cloths hung up in a room. The only explanation of their comparative infrequency is that, as in

ringworm of the scalp, there is some peculiarity of the tissues of some individuals that makes them more susceptible to infection, while the majority of individuals are protected by an absence of such peculiarity.

For a quarter of a century I have treated all boils, no matter where located, according to the method taught me by my friend, Dr. George H. Fox. Scores of such cases have been treated by me both in public and private practise with uniform success.

For the treatment of boils all that is necessary is a small piece of stick sharpened to a fine point, a little absorbent cotton, a ninety-five-per-cent solution of carbolic acid, and a five- or ten-per-cent ointment of salicylic acid. As soon as the boil has pointed, and it has usually done so when the patient comes to us, a small bit of the cotton is wound about the pointed stick, dipped in the carbolic acid, and bored into the softened point of the boil. This gives a chance for the pus to escape, and thoroughly disinfects the cavity of the boil. The boil is not to be squeezed. The surface of the skin in the neighborhood of the boil is then washed over with peroxid of hydrogen, or a solution of bichlorid of mercury, one in one thousand, and the salicylic acid ointment, spread on old washed cotton or linen cloth or several thicknesses of gauze, is laid over the boil and the adjacent region. That is the end of that boil, as a rule. If it is a very large boil, the operation may have to be repeated the next day. The ointment is to be kept constantly on the affected part for a week. Of course, a few new boils may appear for a few days in the region, the result of the infection of the skin follicles before this treatment was institu-

ted. They are to be treated in the same way, and a cure will soon be attained.

There is no question that warm poulticing will relieve the pain of a boil, because it relieves tension of the skin. If such a dressing is thought to be necessary, there is no harm in using compresses of hot boric acid solution. It is not necessary if the boil is punctured with pure carbolic acid, because the acid produces anesthesia in a few moments. Many times have I seen patients who have been kept awake for nights by the throbbing pain of the boil, go home and sleep quietly after the carbolic acid has been used.—*George Thomas Jackson, M. D., Professor of Dermatology, College of Physicians and Surgeons, Columbia University, New York, in Therapeutic Medicine, January, 1910.*



Modern Stomach Worship

CIVILIZED man has developed the eating habit to such a pitch that it has become with him more or less a matter of duty to eat everything in sight, and it seems a serious and unrighteous act to even pass by the dessert after a full meal has been previously encompassed, although his true appetite, if he had one, was long ago appeased. The primitive man often fasted for days from sheer necessity, but the human species of the twentieth century is fearful of passing over one of three overabundant meals in a day, lest the machinery of the body suddenly cease its working and he become as naught. The man who fasts for a day is surprised by his own continued existence, and is astonished at his own prowess.—*Dietetic and Hygienic Gazette.*

Abstracts



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

LOW PROTEIN DIET

ORGANIC foods may be subdivided into carbonaceous and nitrogenous. Carbonaceous foods may be further subdivided into carbohydrates and fats, while the nitrogenous foods are represented by proteins.

Liebig taught that muscle tissue is disintegrated by muscle work. On this basis he believed that the greater the work required of the muscular system, the greater the amount of lean meats and eggs required as food. Following the ingestion of large quantities of lean meats and eggs there is a proportionately large quantity of nitrogenous excreta. If one were to arrange his diet on the basis of Liebig's assumption, giving protein foods in proportion to the amount of work required of the muscular system, he would find that nitrogenous excreta appear in proportion to muscular work performed. It is thus very easy to see how Liebig and his school could fall into the fallacy of accepting as a law of nutrition that "nitrogenous excretion [urea, uric acid, etc.] is proportional to muscular work."

The fallacy in Liebig's theory did not appear until Fick and Wislicenus performed a prodigious amount of work (the ascent of one of the Alps) during a fast period. As a result they found that muscular work was accompanied by no appreciable increase in nitrogenous excretion, above the rest period which immediately preceded, nor of the rest period which immediately followed the

work. The only interpretation possible was that nitrogenous excretion is practically independent of muscular work. This result, absolutely contradictory to the teachings of Liebig's school, was put to the test in the several university laboratories before it was accepted; but these tests uniformly confirmed the results of Fick and Wislicenus.

The first important work directed toward the establishment of a dietetic standard was that done by Voit and Pettenkoffer in their laboratory in the University of Munich. The epoch-making activities of this laboratory extended through at least two decades, being at the maximum between 1880 and 1890. This period was especially devoted to problems of nutrition and metabolism. Voit introduced two new ideas; namely, the idea of nitrogenous equilibrium, and the idea of "luxus consumption." The first of these expressions sets forth the fact now universally recognized, that in the animal body in a perfect state of nutrition the nitrogenous excretion perfectly balances the nitrogenous ingestion, thus establishing a state of nitrogenous equilibrium.

The second expression refers to the fact that ingested proteins over and above the amount necessary to make good tissue waste are promptly oxidized, and the nitrogenous element excreted in the form of urea, uric acid, etc. Nitrogenous equilibrium may be maintained within a wide range of variation

of nitrogenous ingestion. The lowest limit of nitrogenous equilibrium is reached when the ingestion just balances the waste of nitrogenous tissue, while the highest limit is reached at the point of highest nitrogenous excretion, or when the liver would be unable to elaborate more, and the kidneys unable to excrete more urea and uric acid. This lowest limit represents between fifty and sixty grams, or a little less than two ounces of dry protein, while the upper limit has never been established but is probably five or six times as great, or ten or twelve ounces of dry protein.

One of Voit's contributions to this subject was a definite though arbitrary fixing of the distribution of the diet between proteins, fats, and carbohydrates. He used the following amounts respectively for a man at moderate work: Proteins, 118 grams; fats, 56 grams; carbohydrates, 500 grams; representing a total value of about three thousand calories. To a man at hard work he assigned: Proteins, 145 grams; fats, 100 grams; carbohydrates, 450 grams; with a total of about thirty-three hundred calories.

About a decade later Atwater, as a result of extended experiments, modified this apportionment as follows: A man at moderate work: Proteins, 125 grams; fats, 125 grams; carbohydrates, 450 grams; representing a total of thirty-five hundred calories. A man at hard work was assigned: Proteins, 150 grams; fats, 150 grams; carbohydrates, 500 grams; representing a total caloric value of about four thousand.

During the last decade a good deal of experimental work has been directed toward the establishment of a more accurate basis, scientific men generally feeling that this assignment above mentioned was largely guesswork.

Voit's early experiment, reported in the year 1889, of a vegetarian weighing

about one hundred twenty-five pounds, showed that he was able to maintain the body in a condition of nitrogenous equilibrium for a considerable period on a diet containing 52½ grams of protein plus the usual amount of carbohydrates and fats. Breisacher reported in 1891 an experiment on himself in which he maintained nitrogenous equilibrium for a period of thirty days on 67 grams of protein daily, his menu representing a total value of 2,866 calories.

Notwithstanding these and other experiments, all of which showed conclusively that the body may be maintained in nitrogenous equilibrium on about half the amount usually given, still about a whole decade elapsed before there was much tendency to depart from the arbitrarily assumed protein requirement of one hundred to one hundred eighty grams of proteins for men in different kinds of employment and under different climatic conditions.

The most recent epoch-making series of experiments in this field have been made by Professor Chittenden, of Sheffield Scientific School, Yale University. As a result of these experiments, which were performed with such scrupulous care and scientific accuracy as to win the ready acceptance of the whole scientific world, Professor Chittenden has positively demonstrated that the body may be maintained, not only at nitrogenous equilibrium but in perfect physical condition and distinctly improved physical efficiency, on a diet containing somewhat less than half of the protein content provided in the dietary of Voit and Atwater.

The practical application of all this is not far to seek. We should use very much less meat. When eggs are used instead of lean meat, one or two eggs should be the limit. Vegetable proteins are abundant in cereals, legumes, and nuts. Milk is also rich in protein, about

one third of its thirteen per cent of solids being protein. From these sources one can get an ample supply of protein without the use of any meats, but if one craves meat, it is probably wisest to retain it in the dietary, the only precaution necessary being to use it very abstemiously.

Professor Chittenden in his summary hinted at the overwork of the excretory organs through excess of protein in the diet. The writer would emphasize the importance of this point, and urge the very great hygienic importance of reducing the proteins to a point considerably below the usual amount of this foodstuff. When proteins are taken in excess of the absolute needs of the body, they are promptly oxidized and broken into a carbonaceous portion and a nitrogenous portion. The carbonaceous portion yields the same amount of energy per gram as starch or sugar. The nitrogenous portion is promptly excreted by the kidneys. When one considers the fact that a pound of protein costs several times as much as a pound of sugar, and yields no more energy, the economical advantage of the sugar over the protein is made strikingly apparent.

Finally, proteins may undergo putrefactive changes in the alimentary canal if they are taken in excess of the ability of the digestive organs rapidly to digest them. As a result of these putrefactive changes, toxins are produced in the alimentary canal, and, in part at least, absorbed into the blood and distributed throughout the body, where they do no small amount of injury. From consideration of these facts it seems evident that the last word of the science of nutrition admonishes us to live abstemiously in general, and to choose a low protein diet, represented largely by the proteins of eggs and milk, of cereals, legumes, and nuts. There are periods

of life, however, when the protein of the diet should not be reduced; namely, infancy and puberty, the periods of rapid growth.—*Winfield S. Hall, Ph. D., M. D., Professor of Physiology, Northwestern University, Lecturer on Nutrition and Dietetics, Mercy and Wesley Hospitals, Chicago, in the Dietetic and Hygienic Gazette, February, 1911.*

Truths About Infant Feeding Worth Repeating

FIRST of all, let me emphasize the most essential point in infant feeding, and one that can not be brought forward often enough; namely, there is only one natural food for the human young during the first nine months,—human milk,—and other foods are poor substitutes.

Aside from being the only physiological food for infants, mother's milk imparts to the nursling a certain amount of immunity from the mother's blood; and the fact that most mothers have had at some time or other measles, diphtheria, etc., explains why nursing infants are so rarely attacked by some of these infectious diseases. While cow's milk can impart immunity to the calf, it will never do so to the human being.

If we will make an honest effort, and insist that our patients nurse their infants, and if we will not accept the frequent flimsy excuses brought forward by misguided or selfish women, who think more of their pleasure than of their duty, infant morbidity and mortality will be materially reduced, not only during the nursing period but also during the subsequent years.

Do not let us be discouraged if the baby does not get enough food from its mother by the end of the first week, but let us persist in trying, and sometimes we will see an abundant supply established as late as the end of the sixth week; and let us not forget that a par-

tial supply of breast milk once or twice daily, is far superior to unnatural feeding altogether.

One point which will help in establishing a good milk supply is regularity in feeding. Do not offer the breasts at all during the first twenty-four hours. The infant does not require anything during this time further than rest, and rest is what the mother requires. Put the baby to the breast twice during the second twenty-four hours, three times during the third, and from then on not oftener than every three hours in the daytime and twice at night, until the infant has completed its sixth week, when you may put it on four-hour intervals.

Formerly I had my little charges taken up from sleep so as to get them trained to regular habits of life, but of late I have given this up, and find my results better. The key-note in infant feeding, natural as well as unnatural, is to guard against overfeeding, because this is the one principal cause of digestive disturbances.

Next in importance comes the milk supply. Sterilizing and pasteurizing will not make a wholesome food out of a carelessly produced and preserved milk. We have to pay more attention to the condition of the dairy. We can not expect good results from the milk of any

old variety of cows, and greater attention should be paid to the breeding of cattle for this purpose. In my opinion, the Holstein-Friesian breed, which gives milk with a uniform percentage of about three per cent cream, is the best for our purpose. These cattle are also quite resistant to tubercular infection, and as they are good milkers and well acclimated, it would pay the dairymen to adopt them as standard cattle. Milk from these healthy, tuberculin-tested cattle should be delivered twice daily; and if it is produced under the best hygienic conditions, we can do away with all methods of sterilization.

The key-note of Jacobi's infant feeding is whole milk containing not more than three per cent cream diluted with cereal water or gruel made from the whole grain, and of varying strength, according to age, and cane-sugar. Barley is the grain usually chosen, but in cases of constipation, he uses oats instead.

I do not want to say that this is the only kind of food which will agree with a healthy baby, but from my experience I can state that it is the simplest and best, and one that gives uniformly good results.—*Carl G. Leo-Wolf, M. D., in New York State Journal of Medicine, January, 1911.*



SOME NEW BOOKS

Chemistry of Food and Nutrition, by Henry C. Sherman, Ph. D., professor in Columbia University. The Macmillan Company, publishers, 66 Fifth Ave., New York; \$1.50 net.

This book, prepared to meet the needs of a teacher of collegiate and technical students, based on several years' experience in the class-room, gives an excellent résumé of the present knowledge of the chemistry and physiology of digestion and nutrition.

It gives briefly the essential facts which have led up to the present beliefs, and at the close of each chapter gives references to authorities for those who desire to make a closer study of the subject.

The subject of body requirements, and the steps that have led to our present knowledge, the most recent findings regarding the passage of food through the intestinal canal and its final fate in the body, are treated in a careful manner; and a topic not usually given sufficient attention, the inorganic foodstuffs, receives due consideration.

One chapter is devoted to the value and economy of foods.

A number of useful tables accompany the book.

Perhaps the most interesting part of the book is that on which the "doctors disagree." How much food, especially how much protein, does the average person need daily? The question is answered after considering the arguments favoring the high and the low estimates. Though it is not written by a physician, it is a book which almost any physician could read and study with advantage to himself.

The Blues (Splanchnic Neurasthenia): Causes and Cure, by Albert Abrams, A. M., M. D. (Heidelberg), F. R. M. S., illustrated, fourth edition. E. B. Treat & Co., 241 West Twenty-third Street, New York; \$1.50.

A fourth edition of this excellent book has just been issued, containing as new

matter, directions for augmenting the tone of the splanchnic circulation. The third edition increased the value of the work by the addition of a chapter on intestinal auto-intoxication.

Dr. Abrams is remarkably clear in presenting what he has to say, and, though his books are intended primarily for physicians, this work can be readily understood by any one of ordinary intelligence. However, we would not suggest that any one having the blues obtain this book with the thought of self-treatment. The treatment of the blues, when it is a settled condition, is not a matter of individual effort. The victim of the blues is not capable of obtaining a right perspective of his own case; he needs outside help.

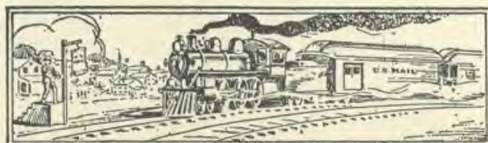
This book ought to enable physicians to locate some obscure causes of nervous troubles.

Confidences: Talks With a Girl Concerning Herself, by Edith B. Lowry, M. D. Forbes & Company, 325 Dearborn Street, Chicago, publishers; fifty cents.

The instruction as to the care of the health, and particularly the functions which make the woman, is excellent. The girl applying this instruction will receive much that will make life more useful and more enjoyable. Nature study is presented in an interesting manner. The book is healthy and frank in tone, and no girl can read it without being benefited.

Truths: Talks With a Boy Concerning Himself, by E. B. Lowry, M. D. Forbes & Company, 325 Dearborn Street, Chicago, publishers; fifty cents.

Books on this topic usually do not go far enough, leaving in the boy's mind a gap, a query, which this writer attempts to satisfy. That knowledge which is most essential to a growing boy is told with scientific accuracy, but in such a careful manner that it will not be found objectionable by thinking parents.





Discussion of Articles on Hygiene and Kindred Topics Which Appear in the April Issue of the Magazines

Pearson's Magazine

It may be a surprise to many to learn that baldness is more frequent among women than men. Dr. J. J. McCarthy, in "A Cure for Baldness,"* in the April *Pearson's*, gives a careful account of the different forms of baldness, with their causes and prevention. He shows that the loss of hair is often caused by the head-dress which women wear in order to increase their attractiveness, and that the "beauty parlors" and the barber shops are responsible for a considerable proportion of the bare heads of our civilization. Any one whose thinning hair is causing him anxiety will be glad to obtain a copy of *Pearson's* for the cautions and preventive measures suggested in this article.

The Designer

Readers of the March *LIFE AND HEALTH* will remember Mr. Fitzpatrick's treatment of "The Servant Question." Helen Christine Bennett, in *The Designer* for April ("No Servant Problem Here"*), tells of remarkable apartment-houses occupying one block in New York City where the two hundred fifty-seven families have no servant problem. One may be losing some of the old family traditions in the modern apartment, but there are certainly compensations. At any rate, the new system wears a very rosy tint on paper. One reading the article might almost wish himself in New York to try the syndicated service. "The Home Medicine Chest"* gives a number of excellent rational home remedies for common household accidents and emergencies.

"Carpets Made of Paper"* relates a successful and economical experiment in floor covering.

The World's Work

Over two thirds of the medical schools of the United States and Canada are utterly hopeless. They have no future. So says Abraham Flexner (who conducted the investigation of schools in the United States and Canada for the Carnegie Institute), in the

article "Medical Colleges,"* in the April *World's Work*. He believes, however, that this condition can be remedied, and that it ought to be remedied by the people; for these low-grade colleges, being in the majority, will block all attempts on the part of the better colleges to make an effectual improvement in standard which shall be binding on the poorer ones.

Immigration, now largely from South-eastern Europe, is not affecting our health and morals so seriously as it is our standards of living. The steady stream of unskilled laborers pouring into our factory towns and mining camps, is both lowering the wage and establishing a more unsanitary method of living. Jeremiah W. Jenks, in "The Urgent Immigration Question"* (*World's Work*), based upon the report of the Immigration Commission, makes it clear that immigration should be checked, and that steps should be taken to promote the assimilation of immigrants now here.

The Delineator

"As the joyous Eastertide comes late in April this year, there will be plenty of green vegetables for the menu, delicious and crisp, vastly different from the hothouse variety that comes to us in March." "An Eastertide Luncheon,"* by Rose Lampman, tells how to prepare a charming Easter dinner, though one or two of the dishes might be tabooed by some of our readers.

Signs of the Times Monthly

"Transmission of Disease Through Milk," by D. H. Kress, M. D.

The Ladies' Home Journal

"What to Eat and How," by Mrs. Rorer.

"How Can I Keep Young?" by Dr. Lillian L. Bentley.

"My Past, My Present, My Health," by Mme. Sarah Bernhardt.

"The Price a Woman Pays for Alcohol," by Dr. Henry Smith Williams.

* The articles designated by the asterisk have been read by the editor of *LIFE AND HEALTH*.

Good Housekeeping

"Clean Food Campaigns in Indiana, Michigan, and Oregon: Stories of Progress."

Country Life in America

In April 1st issue, several articles on nature, etc., calculated to get folks out into the open air. April 15th, the Little Gardens number.

The National Food Magazine

"The Science of Health," by Victor Ayer.

"Pure Foods and Little Sidelights on Living."

American Motherhood

"Infant Mortality," by Minnie Cage.

"Habits, Good and Bad," by Della T. Lutes.

"Emergencies and Accidents in the Home, and How to Deal With Them," by Minnie G. Morse.

"Games for the Baby," by Louise Lamprey.

"Fathers of Boys," by Harry Barstow.

"Sanitation in the School Building," by Avis Gordon Vestal.

"The Girl, and Her Relations With Men," by Mable W. Brewer.

The Housekeeper, New York

"Saving Babies by the Philadelphia Plan," by L. Lamprey.

"Wrinkles Versus Massage," by Dorothy Hamilton.

"The Value of Dried Fruits," by Jeannette Young Norton.

Hookworm in Asheville.—An examination of the public school pupils of Asheville, N. C., shows that between twenty-five and forty per cent harbor hookworm.

Nevada to Fall in Line.—The Legislature of Nevada has been contemplating a bill restricting the sale of liquor and prohibiting the sale of cigarettes. Even Nevada!

Must Paper Walls According to Law.—An ordinance is proposed which requires that before papering any room or building in St. Louis, the old paper must be removed from the walls.

Lowering the Cost of Living.—The reported edict that all Chinamen must have their queues cut off ought to reduce the cost of living by lowering the price of rats and switches in this country. So suggests a contemporary.

Child-Welfare Exhibit.—The city of New York had on exhibition from January 18 to February 12, a remarkable exhibit pertaining to the health and welfare of children. It was the most extensive exhibit of the kind ever assembled.

Tuberculosis Day.—In accordance with the request of the National Association for the Prevention of Tuberculosis, April 30 has been set aside as tuberculosis Sunday, and will be observed by the pastors of two hundred thousand churches as a day on which to give instruction on the prevention of tuberculosis. It is a most excellent thing for the churches one day in the year to devote a time exclusively to the study of a disease which we recognize as the greatest foe to mankind.

State of Milk in Kansas City.—The tuberculin test has shown that of the cows supplying Kansas City with milk, nearly fifty per cent are tubercular.

West Virginia and Prohibition.—A bill has been passed by the West Virginia Legislature providing for the submission of a State-wide prohibition amendment to the people of the State.

Moving Pictures for the Insane.—The Central Asylum for the Insane at Lakeland, Ky., is to give a moving-picture entertainment to the inmates twice a week, using six films each time.

An Excellent Number.—The Temperance number (March 7) of the *Youth's Instructor* is the most artistic and the most valuable Temperance number that has yet been issued, and doubtless will be even more popular than the previous Temperance issues.

The Registration Area Increasing.—A number of Texas cities have complied with the requirements entitling them to admission in the registration statistics of the country. Texas as a State has not yet been admitted into the death registration area.

Water-Drinking.—Two laboratory workers in a laboratory of physiological chemistry of the University of Illinois, as a result of an exhaustive series of experiments, have arrived at a number of conclusions more or less technical; but the last one can be readily understood by the ordinary reader. It is, that the drinking of a large amount of water with meals is attended by many desirable and by no undesirable features.



A Magazine With a Purpose.—The *Journal of Preventive Medicine*, published at Oshkosh, Wis., under the auspices of the Wisconsin Medicine Woman's Association, is an excellent periodical, giving in simple, attractive form the truths the "common people" need so badly regarding the care of the body.

An Evangelistic Health Magazine.—There is published monthly, ten issues a year, at Loma Linda, Cal., a magazine, the *Medical Missionary Evangelist*, giving medical missionary news, and instruction in hygienic living and in rational treatment. It is an excellent little magazine, well worth the price, fifty cents a year.

Why Do Mosquitoes Bite?—An experimenter by careful work has learned that it is not odor that attracts mosquitoes, but a warm current of rising air. It is the radiation of warm air, rather than sight, sound, or smell, that attracts the mosquito. This being true, it explains why the mosquito is usually active during the cool of the day, when the surrounding air is cooler than the body.

Low Infant Mortality.—The year 1910 has shown the lowest infant mortality on record in England. If the rate had been as much as it was in 1904 there would have been 151,000 more infant deaths than there were. There is a steady decrease in deaths from year to year. In 1901 there were 151 deaths per hundred thousand; in 1907, 118; in 1909, 109; and in 1910, 106. The London rate for this year was only 102. The cause of this gradual decreasing death-rate among infants is the campaign of education among mothers, which is an evidence that such educational work pays.

No More Unsafe Matches.—The Diamond Match Company, at President Taft's solicitation, has given to the nation the use of the patented process, which permits of the manufacture of matches without causing the decay of the jaws of the workers. The process was a monopoly, which of course worked to the financial advantage of the owners, but they have, in view of the great damage to life in the old process, finally relinquished all rights. The next step will possibly be the passage of the Esch bill, providing that all matches be of the safety, non-poisonous type.

Spitters Arrested.—In New York City one hundred sixty persons have been arrested since January 1 for spitting unduly. Only fourteen of this number escaped punishment.

A Diphtheria Carrier.—A Cleveland schoolboy aged seventeen, in apparently perfect health and with no history of an attack of diphtheria, was detected as the one who had infected nineteen other children in a period of several months. Two other children were found in the school who were carriers.

Hair of Plague Victims.—A report from St. Petersburg has it that plague victims in the streets of Manchuria are invariably found without queues, certain enterprising Germans having taken up the work of abstracting the queues, which are shipped to Europe to supply the false-hair market. O, ye who wear rats and switches, take warning!

A Heavy Fine for Adulterated Brandy at Budapest.—A number of deaths occurred last year that were traced to a particular make of brandy which was found to contain methyl alcohol. The maker of the brandy was fined twenty-eight hundred dollars. As is generally known, methyl alcohol is apt to cause blindness and death when taken inwardly.

The Cat Came Back.—The crusade against the "patents" by *Collier's* and *The Ladies' Home Journal* led to a general cleaning up of the magazines; but money counts for more than principle, and honesty is only skin deep; so the March magazines are advertising a number of quack remedies which have for some time been tabooed. Shall we have another house-cleaning?

New Regulations for British Health Officers.—The new regulations discountenance as far as possible private practise on the part of health officers. The reason given is that health officers in performing their duties necessarily offend their patients. The central board recommends that several towns where a health officer does not have sufficient public work to keep him busy, join together so as to secure the services of one competent health officer who can devote his entire time to public health. The recommendation urges that sufficient salary be given to attract capable men.

Pellagra and Corn.—The report of the Surgeon-General of the Marine Hospital Service, in view of the wide-spread belief in some relationship between pellagra and the use of corn as food, suggests that it is hazardous at present to disregard this theory until the contrary is proved.

Tuberculosis Sunday.—The National Association for the Study and Prevention of Tuberculosis has asked the churches to give a service on or near April 30, to the consideration of tuberculosis. The association also desires to secure the co-operation of the churches in collecting statistics on tuberculosis. Millions of circulars are to be distributed and thousands of posters are to be displayed on bill-boards, teaching the gospel of good food, fresh air, and cleanliness.

Typhoid in Washington.—The recent annual report of the Surgeon-General of the United States Public Health and Marine Hospital Service, states regarding the typhoid investigations in Washington that the large number of children infected leads to the strong suspicion that more cases are caused by milk and by contact than can be proved to be the case. As ten per cent of the cases during the past three years have been definitely traced to infected milk, the report favors the pasteurization of all milk.

International Hygiene Congress.—The Fifteenth International Congress on Hygiene and Demography is to be held in Washington, D. C., in 1912. The Department of State has assumed the responsibility for the conduct of the congress. It is thought that the government will furnish sixty thousand of the one hundred thousand dollars necessary for the expenses of the congress, the remainder to be raised by membership fees. The fourteenth congress was held in Berlin, in 1907. This is the first of the series of Congresses to be held outside of Europe.

Tuberculosis Posters.—The National Association for the Study and Prevention of Tuberculosis has announced that twenty thousand posters on consumption will be displayed throughout the United States during the next three months. The National Bill Posters' Association has donated free space; the Poster Printers' Association has offered free printing, and nine paper manufacturers have given the paper. The posters, printed in three colors, show how fresh air, good food, and rest cure tuberculosis. Any antituberculosis society in the country may receive, free of charge, except for transportation, as many of these posters as can be hung on the boards in its territory.

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Internal Combustion Engines and Carbon Monoxide.—The explosive engines used in motor-cars, boats, aeroplanes, etc., have furnished cases of poisoning from carbon monoxide gas. Suggestions have been made to prevent this. First, adjust the supply of benzine and air as near as possible to secure complete combustion. Second, see that the cylinder fittings do not leak unduly. Third, secure as good ventilation as possible.

Dr. Koch's Last Public Words on Tuberculosis.—Dr. Koch, in an address which was recently published in Germany, stated his opinion that the decrease in tuberculosis is largely due to sanatorium care and hospitalization of tuberculous patients. In the countries where this has been most thoroughly done, the decrease in tuberculosis is greatest. Another very important factor is the housing conditions. Small, crowded rooms favor tuberculosis. The reason why tuberculosis is so frequent in the country is that farmers and their families generally occupy the smallest and poorest rooms in the house for sleeping purposes.

Bread Reform in London.—There is a remarkable agitation in England, especially in London, against the use of white bread, and an effort is made to get a more nutritious loaf. In the past, medical journals have protested to a certain extent against white bread, and vegetarians especially, realizing the need of a more nutritious dietary, have earnestly protested against the modern bread. The bakers sell a brown bread consisting of a mixture of flour and bran. The people are crying for the old cream-colored loaf, which they term "standard bread," containing at least eighty per cent of the wheat. The movement has assumed such proportions as to be termed revolutionary.

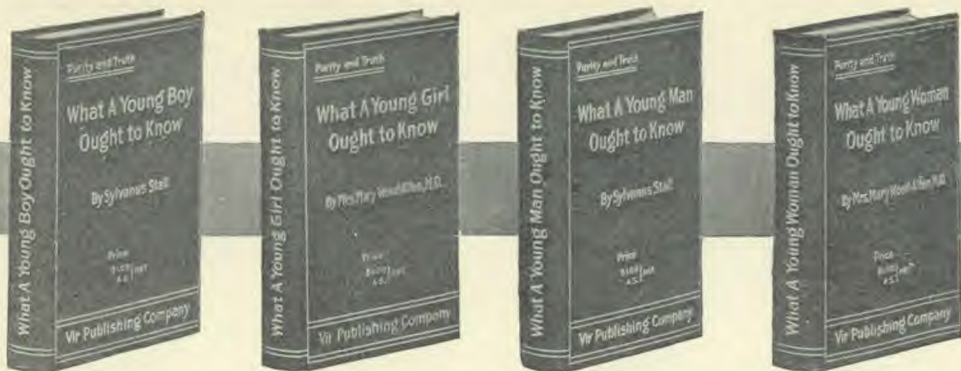
Some Echoes From the International Food Congress.—Sufficient phosphorus for the growth of the brain is found in ordinary foods.—Unpolished rice contains about four times as much fat as polished rice, together with more protein and ash. Practically all the nutrition in rice is in the form of proteid.—Bread made from Durum flour, is not so white as some grades of flour, rather creamy instead, but it holds moisture better, and in bread making is as good as other flours.—Slow mastication is apparently more favorable to complete digestion of starch than is cooking beyond the stage of paste formation.—Giving the protein in the form of milk rather than of meat retards intestinal putrefaction.—Fruit and nuts added to a mixed diet are well digested

by healthy persons and are equally healthful constituents of the diet, at least in California.—The iron of the diet can be increased without increasing the protein by the use of vegetables, fruits, and coarser mill products of cereals, especially when accompanied by milk.

Is Cancer Contagious?—Dr. Geo. D. White, of Jersey City, N. J., reports in the *Medical Record* of February 25 that five persons in one family, living three in one house and two in another, had cancer, with four deaths between 1905 and 1910. These people were either related by blood or lived in the close association of husband and wife. There were three women and the husbands of two of the women. Each husband, after the death of his wife, continued to use the same bed on which the wife died.

Smallpox Among Our Southern Neighbors.—At the Fourth International Sanitary Conference of the American Republics, it was shown that in Panama, Honduras, and Costa Rica, where vaccination is enforced, there is practically no smallpox; whereas in Chile, which has no law of vaccination, and in Salvador, which does not enforce its law, the disease is very prevalent and fatalities are frequent. The delegate from Chile counts smallpox as the most damaging of the infectious diseases in his country. In one smallpox hospital they had in one year three thousand eight hundred cases with three thousand seventy-one deaths. If vaccination was as general as in some of the other countries, deaths from smallpox would be very infrequent.

Detroit Sex Hygiene Campaign.—Detroit has recently conducted a campaign in sex hygiene which has been so thorough as to reach nearly every inhabitant in the city. For more than a year, a number of physicians and social workers have been formulating methods for the campaign. The publicity work began by a series of lectures given by Prof. Winfield S. Hall, of the Northwestern University. Between Friday and Monday he lectured to the boys of three high schools, to the Federation of Woman's Clubs, and other organizations, to the teachers, to the boys at the Y. M. C. A., and to a mass-meeting of men. Following Dr. Hall's campaign, various organizations took up the work in local churches, clubs, schools, factories, etc. In order to establish the work on a permanent basis, a society has been incorporated, entitled the Detroit Society for Sex Hygiene. Great credit is due the newspapers for their work during the entire campaign.



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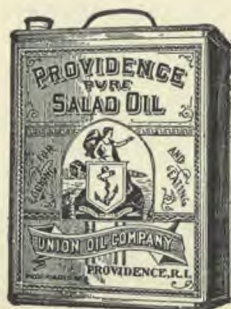
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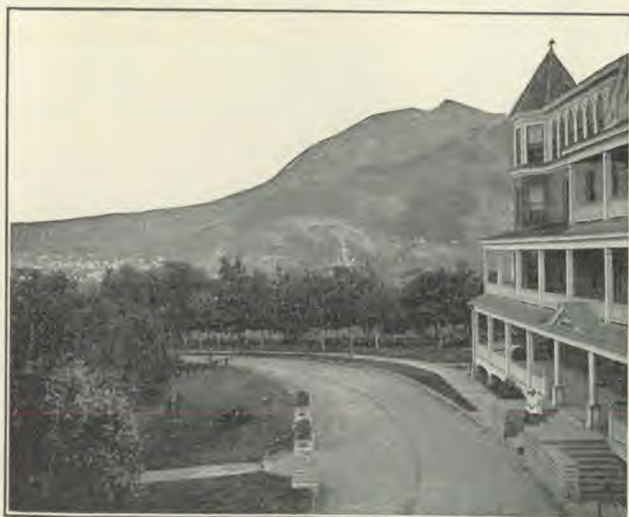
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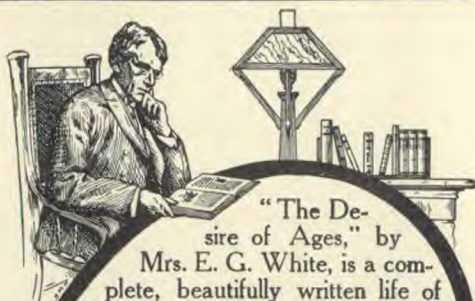
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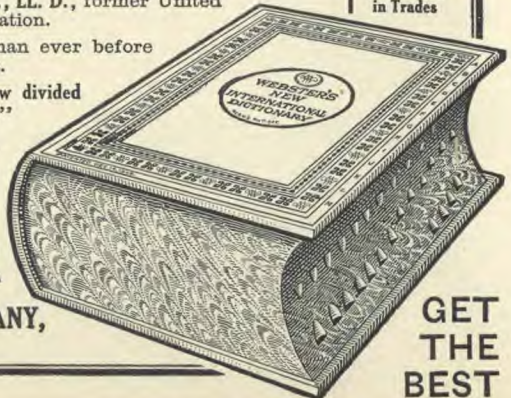
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