

# Life & Health

THE NATIONAL HEALTH MAGAZINE

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JANUARY

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and the new year is ushered in, what would be more appropriate than to let the mind dwell for a time on the great world movements, those that affect the nations; what they are and their significance?

LIFE AND HEALTH readers have the privilege of studying these great events of the day in the light of prophecy, in the January *Signs of the Times* magazine just out. Some of its articles are:—

"China in the Light of Prophecy," by the editor. Mentioned in the Bible years ago. Brought to our attention now. Worthy of serious thought.

"The Future of Europe — What Is It?" by A. O. Tait. Outlined completely in the Scriptures, even to its closing acts. A picture of the future, that you can depend upon.

"The Monster — War; Its Genesis," by M. C. Wilcox. 1911 had its wars, 1912 bids fair for its share. How long will this continue? What is the reason of it? A good square look at the situation.

"The Coming Great Political Struggle." An absorbing topic. Can we expect a change for the better. What says the Word? The Christian's hope.

"The influence of the United States." The leading world power. The reason for this. What is her place in the history of the world?

"Glimpses of China," by our correspondent, F. E. Stafford. The first of a series of unusually interesting and beautifully illustrated articles.

"Some Sabbath Questions Answered," by T. E. Bowen.

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Garden City Sanitarium San Jose, Cal.

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The Author



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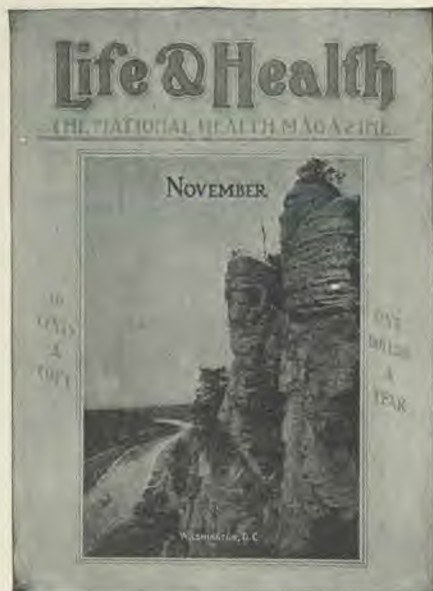
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# THIS ISSUE



R. GEORGE WHARTON JAMES has begun another series on God's Great Out-of-Doors, to continue into 1913. Every article is a lay sermon by a man who, as he comes in contact with nature in her various moods, seems to hear or see everywhere a message of love and cheer from the Creator.

Dr. Henry H. Goddard has prepared, after long and careful study, an investigation of causes which lie at the bottom of the prevalence of feeble-mindedness. The editor heard him deliver two illuminating lectures on this subject, and determined that the readers of LIFE AND HEALTH should have a similar treat.

Dr. Laretta Kress is known on three continents as a teacher of hygiene, especially hygiene in the family and with the young. Her "Experiences of Two Mothers," of which we give the last instalment this month, embodies the results of the ripe experience of years. This instruction, given in story form, will find readers who would not relish the same instruction in a matter-of-fact way. Those who desire the entire set for missionary work can still obtain back issues.

Socialism is a word some men swear by, and other men swear at. It does not always mean the same thing to its friends, and it is certainly not always understood by its enemies, some of whom even associate socialists with anarchists. Socialism is on trial in Milwaukee. Will it make good? The socialists believe that the health problems of the city can be solved only by the socialistic formula. Mr. Carl D. Thompson in this issue begins a series of articles explaining how the present administration in Milwaukee is handling the public-health problem.

## NEXT ISSUE

George Wharton James: "The Spirit With Which To Go Into God's Out-of-Doors."

Carl D. Thompson: "Food Inspection in Milwaukee."

Mrs. Agnes McGiffert Bailey: "Junior Civic Leagues."

Mrs. Robert H. Park: "The Home's Responsibility for Immorality."

F. W. Fitzpatrick: "Uncle Sam's Own Boys."

Dr. John F. Gunshanan: "Tuberculosis Among Working People."



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Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

## QUESTIONS AND ANSWERS

(See Department, Page 49)

**Pain From Old Injuries.**—"A working man struck both elbows on a cement wall; there was no outward show of bruises, but for more than two years there has been soreness, which at times is much worse than at other times. Fomentations and compresses give no permanent relief. What treatment would you advise?"

I should suggest that the patient see a surgeon, and have a thorough examination.

**Corns.**—"Is there anything besides so-called corn cures that will remove hard corns?"

The corn cures usually contain some escharotic or corrosive substance, salicylic acid being the most common one. One formula is as follows: Salicylic acid, 30 grains; concentrated lactic acid, 20 grains, dissolved in enough collodion to make one fluid ounce. It is probable, however, that the druggist may charge more for making up this preparation than he would for some ready-made preparation that he has on sale. A dram of one of these collodions should be sufficient.

**Excessive Salivary Flow.**—"What causes an excessive flow of saliva? Sometimes, when excited, it troubles me some in speaking, as I must swallow so often. Can anything be done for it? Is there anything to take to check it temporarily?"

The best thing for you would be to maintain such a feeling of calm and self-possession before an audience that you would forget this nervousness. One can check the flow temporarily with a tablet of one two-hundredth grain of atrophine. This, however, is a more powerful drug even than strychnin, and the effects are not confined to the mouth by any means. Its use in such a case, I think, is not advisable. It is much better to get that control of your emotions which will avoid the necessity for any drug.

**Heartburn From Acid Fruits.**—"Why do unsweetened acid fruits produce heartburn when the same fruits fresh or cooked with sugar do not?"

I do not know. I do not think this is the usual experience.

**Why Dates Disagree.**—"I find dates disagree with me. Are they really a good article of diet?"

It is exceptional that dates disagree with any but a very delicate stomach, if proper precautions are taken. Dates are very nutritious. The Arab goes all day with only a few dates for his food. If one eats too heartily of this rich food, he may have trouble. A meal of bread, butter, and dates will disagree with very few. I am inclined to think that the blame attached to the date should be placed upon poor combinations of food, and that the date should be given the verdict, "Not guilty."

R. S. I.


**Poison-Oak.**—"Is internal medication necessary to rid the system of poison-oak which has become so deep-seated as to occur frequently on the delicate parts of the body without any possible contact with the plant? Would nothing in medicinal springs effect a cure? What home treatment would you suggest?"

I should first want to be sure the trouble was poison-oak, and not something more serious. So far as is known, poison-oak does not cause the return of a constitutional trouble. I should refer one afflicted this way to the experience of Dr. Bulkley, of New York, who found that many of these supposed recurrent attacks of ivy-poisoning were cured entirely by the use of a strictly vegetarian diet. By referring to LIFE AND HEALTH, June, 1911, page 396, an abstract of Dr. Bulkley's paper on this subject will be found.



# THE BENEDICTION OF THE SNOW

GEORGE WHARTON JAMES



**S**OME there are, like the Eskimo, for instance, to whom snow is an every-day affair, as unclouded sunshine is to the South Sea islander, and they would be unable to see much of a benediction in a new downfall. But to the thoughtful man, and especially to the Christian, who regards all manifestations of nature as for his edification and instruction, there should never be a fall of snow but that it comes to him as a benediction.

See how, even as God's rain, it falls upon the just and the unjust, the beautiful and the ugly, the pure and the impure, the moral and the immoral, the clean and the dirty. A landscape may be hideous in its barren ugliness, but the snow falls and every unpleasant thing is buried, every loathsome thing is covered. While there is no such thing as hiding moral iniquity permanently, how beautiful a world we might make of it, if, like the snow, we covered with a beautiful mantle of charity the weaknesses, foibles, and errors of friend and foe alike. It is so easy to be charitable and kind to those we love; but why not be kind to our enemies? We have the example of the snow and the rain, and better still, of the Lord of the snow and the rain, whose teaching and life agree, and reveal to us how we may even love our enemies.

I have seen a sweet woman pass through the slums, where sin, sorrow,

desolation, wretchedness, despair, horror, and remorse were on every hand. Never condoning wrong, never ceasing to be faithful, she yet shed a benediction wherever she went,—into every room, by every miserable bedside,—like the snow by the sweet, pure gentleness of her demeanor, her kindly words, her encouraging smile, and her faithful prayers. In one of his poems, dedicated to his dead wife, Robert Browning suggests the thought that wherever her foot fell, there blessing abounded. How precious the thought, and what a glorious life to strive after, that we may be so privileged as to make beautiful every life desert on which we walk. Do men and women regret your absence when you have gone? Do they feel that you have brought them something, or come to get something from them? Blessed indeed that person, whether man or woman, who has learned the lesson of the snow, and who brings benediction wherever he goes.

The snow falling on mountain, valley, cañon, tree, and landscape, has inspired many a beautiful poem, many an exquisite allusion in literature. I could fill a hundred issues of this magazine with nothing but quotations upon the snow taken from the master writers of all ages. So beautiful words and deeds stimulate and inspire other beautiful words and deeds, and the blessed influences never die. What are





VIEW FROM INSPIRATION POINT

Even the majesty and glory of the great Yosemite Valley were caused by the tiny flakes of snow.

you passing on, reader, to those who hear and see, you?

Several times I have stood on the floor of the great Yosemite Valley, and climbed up the trails to Glacier Point and the many other scenic outlooks of this wonderfully beautiful valley. Men and women from all parts of the world come to worship at this shrine of majesty and picturesque glory. How was it made? The old idea was that in the mighty crash and roar of an earthquake the walls were opened, and then the floor of the valley dropped through with the interior of the earth. But now no scientist nor philosopher accepts this theory. He listens to the gentle voice of John Muir, who propounds a new theory, and exemplifies it, demonstrates it, proves it. He shows that it was all caused by the snow,—the falling of the gentle flowers of the sky; not in crash

and whirl of gigantic forces, but by the tiny and silent snowflake. Millions of them fell together. Alone they were powerless; united they were strong. They fell upon a vast area of granite so solid that it seemed as if nothing could penetrate it. Five thousand feet thick the snow lay high in the Sierras as they first emerged above the primeval ocean. But the snow fell in myriads of tons; then it packed together in the warmth and fervor of the sun, and became *névé*, or glacial ice; then it became more and more solid, and developed into an actual glacier, and finally, slowly but surely, began to move down the mountain slopes into the valley beneath. One year's movement might have meant nothing, but with God a thousand years are as one day, and these quiet workers were his servants, his messengers, and century after century they toiled. More





EGYPTIAN CORN, IMPERIAL VALLEY, CAL.

The desert became fruitful and productive when the artesian wells, fed by the mountains' snows, were tapped.

snow fell each winter, so the glacier was renewed, and each year the sharp lower edges of the ice cut deeper and deeper into the granite, and the apparently unyielding rock was ground down, down, down, until, in the fulness of time, a cañon valley, three thousand feet deep, was carved out of the solid mountain, the glacier carrying away its own rock "shavings" to make soil in the valley below, where, centuries later, men would come to live and toil.

And all the majestic domes and spires and pinnacles that make of the Yosemite Valley such a place of delight to the visitor were carved and planed down in the same manner and by the same forces. Who, then, shall speak of the weakness of the snowflake, and its puny influence in the world? Many of the most wonderful and fascinating mountain landscapes of earth have been formed by its power, guided and controlled by the supreme mind of God.

But I love to see the snow in the mountains and the forests, on the plain and in the ravines where glaciers are not, and where, perhaps, they never will be again. For even there it means good, and good only, to mankind. Whence comes all the water to refill the springs and the wells, the brooks and the rivers, without which the world would soon be a barren waste, and man's life be as a puff of air? It comes from the snow. Seeping in gently and quietly, silently and surely, drop by drop finds its way into the subterranean reservoirs of God, and there, guided by his unerring wisdom, the springs are restored, the rivers are replenished, and all nature is preserved against drought. Thus again, the snow brings its benediction to mankind.

In Southern California, for thousands of years the Colorado Desert has stretched out its barren wastes for the sun to shine upon, and countless millions of tons of sand have been the plaything





ORANGE GROVE, RIVERSIDE, CAL.

Even as the melted snow on the western slopes had made the rich orange groves, so—

of the winds that have tossed it to and fro. Soaring above this desert are three towering mountain peaks, eleven, twelve, and thirteen thousand feet above sea-level. Snow rests upon the summits of these peaks or in sheltered ravines throughout the year, and in the intensest heat of summer one may go there and find coolest shelter under an ice bridge or on a bank of snow.

Man came and saw this desert, and

even though he saw the snow upon the mountains close by, he shuddered at the barrenness and desolation, and called the desert "God-forsaken." He hurried over it at night-time if duty compelled him to traverse its awful solitudes, and he wondered that even the hardy Indian could find a meal upon its arid bosom. The railroad was built across it, and transcontinental passengers pulled down their blinds and tried to forget the deso-



DATE PALMS, NEAR CALEXICO, IMPERIAL VALLEY, CAL.

They will make the rich date orchards of the eastern slopes.



lation outside in the fastidious interest of some thrilling story or novel.

At last a man possessing an unusual degree of power of thought and philosophy, came and saw this desert, and also the snow fields of the mountains above. He put the two together, and reasoned that the melting snow was likely to flow east as well as west. West the melted snow had converted the country around Riverside and Redlands, Ontario and Rialto, into a forest of orange groves. Why could not the melted snow be found on the eastern side, and if not found above the ground, then below? Accordingly he proceeded to bore for artesian water. A hundred feet was pierced,—no results; two hundred, nothing; three hundred,—the skeptics began to laugh; four hundred,—his friends tried to dissuade him. Silently he gritted his teeth, looked at his bank account, gazed again upon the snow-banks on the mountain summits, and gave the order to proceed; and at last, at about five

hundred feet, the water welled forth, shot up into the air in a great gushing well, and his faith was rewarded. Today a half hundred or more such wells have been bored, and the wild, desolate, arid desert has become the most fertile and profitable region of Southern California. Dates are planted and grown most successfully, and soon, I doubt not, the whole date market of America will be supplied with the fruit that comes from this region alone.

What a benediction the mountain snow has thus become! It has transformed the desert. It has given beautiful homes to scores of men, women, and children. It has produced delicious fruit for the delectation of thousands of workers who otherwise might not have had it, and thus has ministered to their comfort, their pleasure, and their health.

O, that every human life might possess within itself—as it certainly may—the power to be a benediction, like God's beautiful snow!



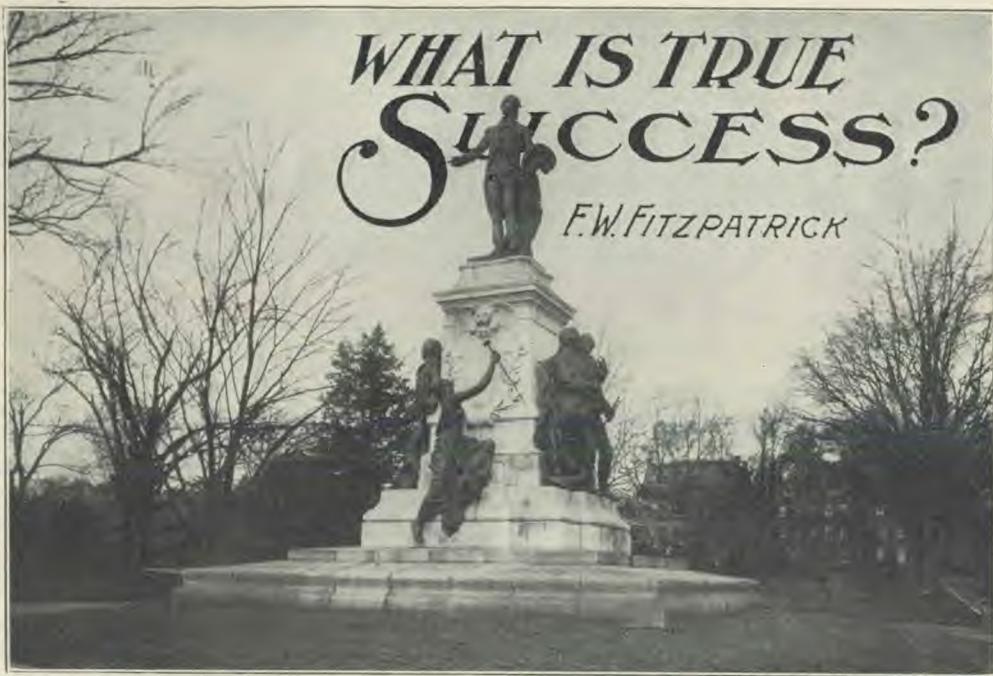
VIEW NEAR CALÉXICO, IMPERIAL VALLEY, CAL.

What had been barren, desolate, arid land now became the richest part of Southern California.



# WHAT IS TRUE SUCCESS?

F. W. FITZPATRICK



**ONE** is inclined to place an interrogation point after this title, and pass it on as a query to the next man. One feels reasonably sure he knows what true success is, but, nevertheless, he is anxious to have another, perhaps many others, speak their little pieces before he is called upon to deliver his. After all, it's a very personal affair. At first sight, success seems a simple enough term, while in truth it is susceptible of as many logical definitions as there are answers to the query. To one it means the possession of more or less wealth, dependent upon the individual's environment and acquisitiveness, and to others it means the "empty praises of the world." How many there are who would willingly barter their soul's salvation for a column puff in a great newspaper!<sup>1</sup> To one nation, true success spells domination over the world; to another, it means excelling in all the arts of peace; under

an equatorial sun it means a blissful existence, a "sipping of sherbet and gazing into eyes of midnight darkness;" under polar skies it means the possession of much blubber and dried bear meat.

Who is there among us to say authoritatively and uncontrovertibly what really constitutes success in life? At court a judge has the laws of the land, endless precedents, and an accepted equity upon which to base his opinion, and even then it is liable to reversal; but what criterion, what standard, what law or precedent, is there to justify any one in asserting that his notion is the only true test of final and ultimate success?

However, I ask permission to give my readers the result of a rather strange and long-continued investigation of the sayings of dying people, which has had a most potent influence in molding what was at first a mere notion into a firm conviction.

No matter how wealthy a man may be, and how earnest his pursuit of wealth may have been, when death comes he is never glad nor proud of his conquest in that field; he will talk about that

<sup>1</sup> Undoubtedly many of the sensational suicides are committed for the newspaper notoriety they will give. Men literally barter their lives for notoriety.—Ed.



money, dispose of it in a will, and all that, but it is merely a care, the performing of an irksome duty; there is no satisfaction about it. He may speak with pleasure of some good he has done with it, but the chances are that the greatest satisfaction he has at that supreme moment is that he has helped some one. I have never heard of a rich man's expressing any satisfaction at the last for having founded colleges, built churches, or made other such gifts; but many and many, at the crucial moment, have thanked God they had not defrauded widows and orphans, or that they had led cleanly lives.

Great statesmen, generally, when the end comes, forget their honors and the glories of leadership; the affairs of nations seem trivial to them, and yet it is not the fear of their future that dims all else in their eyes; usually they meet the grim messenger bravely, even willingly, but it would seem that some intensely human yet soothing influence was at work, for it is most often that some simple little kindly act of their lives pleases them most. A great Russian who died recently was more solicitous about the happiness and welfare of two young people, no kin of his either, whom he had helped to marry and to make comfortable, than he was about the whole empire. Another's only worry was that he could not complete some reforms he had begun in the taxation of the poor. And another, a Norwegian, grieved sorely that the task he had set himself as an amateur bacteriologist, the destruction of certain harmful germs, was left undone; and when told that a French doctor had been working along the same lines and had succeeded, he seemed well content, and when dying repeated again and again how glad he was that the discovery had been made. No jealousy in that, was there?

Great soldiers generally dislike being

in any way reminded of their victories, or even of their profession. I know of one whose last wish was that a faithful horse be well cared for; another was sorely worried because he had unwittingly injured another's character twenty years before, and had never been able to repair the wrong.

Great scientists, doctors, or clergymen seem to die happier in the knowledge of the good they have done in the world than in the satisfaction of honors conferred upon them, distinctions gained, or in any of the other what we generally call successes of life.

Men of lowly station, who have had to skimp and pinch and work hard for every penny, are most solicitous for the welfare of their families; if these be only moderately provided for, or in position to be easily self-helpful, then is the battle well won, and a peaceful, resigned death is theirs.

A brutal murderer was hanged some years ago,—not a passionate man, but a cold-blooded wretch, who did not hesitate to take life when it stood in the way of his robberies. A few hours before the execution, he told me that the thing that gave him the most pleasure then was that he had once taken the blame and the imprisonment for a theft, in order to shield the memory of a dead man whose good wife knew not of his wrong-doing. It was not that he hoped that one good act might help him hereafter (he had scant notion of a hereafter at best. He told me, not in bravado but as a natural conclusion he had reached, that if there was a hell, he supposed he would go there, for he certainly merited it), but just simply a wee, small spark of true humanity, left still glowing in a mass of very dead ashes. And, by the way, just such tiny sparks may be found in the vilest natures. Examine such lives well, and you will always find some little redeeming feature that will prove to you that the



wickedest is not wholly bad through and through; that that tiny spark is what is left of, perhaps, a glowing fire, and that under proper care that same tiny spark could at any time be fanned into a very generous flame. O, ye uncharitable ones, ye self-righteous and undefiled! there is but a very fine line separating you, at the point of departure, from the scorned and defiled; a trifling accident, one faltering step, has made the whole course of life this way or that. One's own volition has had but little to do with it. A rubbing-up with all kinds of people, good and bad, studying their lives, appreciating their limitations, witnessing their death, makes one wondrously charitable, unexact, and tolerant.

In woman the "mother instinct," some call it so, comes uppermost at death; solicitude for the welfare and happiness of her young, her loved ones,—for the mother heart can enfold more than her own progeny,—shows itself in her last thoughts, her parting words. The most beautiful death I can remember was that of a Catholic nun who had done great good in her short, but active life. She was not, as so many religious people are, exclusively wrapped up in the saving of her own soul. She had seen the world, had lived in the fashionable set, had won almost renown by her writings, and was accomplished in many of the arts,—an intelligent, brilliant woman. She died after a very brief illness, her faculties all unimpaired by any wasting disease. Her case was pathetic, but absorbingly interesting to study. There was no regret expressed by her at leaving; she was ready. She humbly prayed that the Master she had tried faithfully to serve would be lenient with her at the judgment; but if I may call it so, that prayer was almost perfunctory: her real anxiety was to see her father and mother reunited (he had lately gotten into evil company and ways). Finally he came to her,—he was

not a bad man; a bit careless and headstrong,—listened to and was touched by her sweetly given admonitions and prayers, and resolutely and honestly promised to mend his ways. To my dying day I shall never forget the beatific expression on that sainted face as she reunited her parents' hands in hers, and asked her God to bless and protect them; then yielded up her pure spirit without a tremor or regret, in perfect and unselfish love.

But you will ask me, What does this rather lugubrious and rambling disquisition prove? What is it for? Where does success come in? And I admit I feel I have made out but a poor case, though it has strengthened me in my own belief. Convincing argument was never in my line. It seems to me, however, that one reveals, at the approach of death, his truest and inmost sentiments.

Divest these of any maudlin or half-scared prating, make allowances for the mental weakness so liable to accompany physical dissolution, and you still have left that which the mind has always clung to, however extraneous influences may have obscured or stifled it.

I believe that what we term successes in life — honors, wealth, happiness, power, and what not, commendable and legitimate as their pursuit may be — are, after all, ephemeral in the extreme, mere adjuncts to life, extraneous matters; that one's nobler impulses, the exalted ideals of adolescence, the higher ambitions of young manhood and young womanhood, are the true lodestones of our lives. We may be all unconscious of their very existence, or at least indifferent to their attraction, yet there is that within each of us — we see it most fully revealed at death — that makes that particular point or ambition our Mecca; and the nearer we approach it, the more truly may we be said to be attaining or to have attained our particular goal of true success in life.



I am speaking now of our race and time. What that success is, is purely personal. It assumes different forms with different individuals, but always along those lines of the finer human feelings. Our education, our civilization, the prejudices, the religious ideals of ages, are responsible for them; whatever their cause, we can hardly dispute their existence. The yellow man and the red man may have different ideals,—we are not concerned with them just now,—and yet neither is a stranger to self-sacrifice, to the nobler impulses, the finer traits of humanity.

There is a time in youth, however sordid its environment, when the mind, or call it the soul if you wish, yearns for something not of the earth, earthy. In some lowly natures, that something may seem to us of a pitifully inferior stand-

ard; still it is an ideal. It will impress itself upon that mind, however groveling the mind may be. It will crop out in the most unexpected times and places, and that individual will make attempts to reach it, feeble ones perhaps, but attempts nevertheless, and I feel certain that even to that lowly soul that particular point is, after all, his highest ambition, his final measure of success.

To do something for some one else, to better the world in however slight a degree, to shed light upon some obscure and useful truth, to point the way, to forget self, to follow at however great a distance in the footsteps of Him who even upon the cross prayed, "Father, forgive them; for they know not what they do," is, I firmly believe, what really leads to, and, if accomplished, actually constitutes true success in life.





# THE EXPERIENCES of TWO MOTHERS

LAURETTA KRESS, M.D.



[In the November and December issues an account was given of the experience of Mrs. Franklin, recently married, whose ignorance of the principles of child hygiene would have cost the life of her baby boy, had it not been for the friendly advice of Mrs. Lake, a neighbor whose good fortune it was to know how to care for the health of her household, baby included.]

**A** SHARP, shrill whistle informed Mrs. Lake one bright morning in early October that the postman was at the door. She hastened to open and to examine her mail. One letter was so full of good cheer that she read it aloud.

"C—, New York, Oct. 10, 1910.

"MY DEAR MRS. LAKE: I am writing you these few lines to tell you how thankful I am to you, and how happy I have been for the last six weeks. I came to this place to visit my parents four weeks ago. I had no time to run over to see you before leaving, there were so many little things to do before my departure. Since reaching my mother's home, I have thought of you often and intended writing you long before this. I expressed to you my thankfulness, but words fail to tell you all I feel. My own health is better than for many years, and baby is a changed child. He sleeps for hours at a time, and seems so contented. I could not have believed it possible that such a change could be made in a few short weeks. My mother thinks me quite strange with these new ideas. I am hoping that she may be influenced to adopt these reforms, for she certainly is in need of them. I shall return home next week to try the experiment still further in my own home, and to see how it works. I shall be pleased to have you visit me again when I come home. With kindest regards to you and yours, I am,

"Yours gratefully,

"ANNIE FRANKLIN."

Mrs. Lake folded the letter and returned it to the envelope with a smile of satisfaction, and an expression of hope that Mrs. Franklin might continue to keep in health and be a blessing to her

home. To her husband, who sat near reading his mail, she said: "I shall be very interested in seeing Mrs. Franklin demonstrate these principles in her own home. She has had much to make her way hard and difficult since her marriage. She was married, as so many young women are, with no education along domestic lines, and knowing very little about home economy or the care of children; so all along she has had many difficulties to contend with. It does seem a great pity that young women, before their marriage, do not receive more instruction from their mothers. How much happier the union would be! And how many more children would grow up strong and healthy if these beginnings were what they ought to be!" As Mrs. Lake glanced up at her husband, he seemed to appreciate all she was saying.

"How old is Mrs. Franklin, do you know, wife?" asked Mr. Lake.

"She is only twenty-five, I think," answered Mrs. Lake.

"She is young enough, then, to be taught all these things. You must help her all you can, dear. A young woman under those circumstances needs help, and I think Mr. Franklin, also, would be very grateful to you," added Mr. Lake, with a look that told his little wife that he appreciated her education on these





She allows him to play in the sunshine, and old Sol has painted his fat cheeks with beautiful roses.

subjects; for he remembered, evidently, her excellent management of their home from the beginning of their married life, and the good care and regular treatment of their son.

"As soon as Mrs. Franklin returns home, I shall accept her invitation to call, and do all I can to help her," said Mrs. Lake.

"Well, wife," remarked Mr. Lake one morning after breakfast in early winter, "I met Mr. Franklin yesterday with his wife and baby, and they are looking fine. Mr. Franklin says they are all well and in good spirits after months of careful living according to your directions. Mrs. Franklin looks a new woman. She has gained much in weight, and looks so neat and pretty in a real 'health' dress. Baby is a fine, rosy boy. She allows him to play in the sunshine nearly all the day, and old Sol has painted his fat cheeks with beautiful roses. She had his little legs

well covered, and his arms also. It did my soul good to see this; for only a day or two ago a young woman came into the office with a weak, sickly looking child, who had bare legs, and was coughing all the time. I could not help noticing the contrast between these two children. I wish you could meet this young mother and tell her how to clothe her little one."

"My dear husband, you forget that it is very hard to mention these things to people who have been reared so differently all their lives. They have thought it toughened the children to keep their knees and legs exposed to the cold air; that to cover them with one or more thicknesses of wool was 'coddling' them, and they would surely die of croup or influenza. Many mothers have never heard of dressing young children with long drawers coming down to the ankles, and drawing up over these, long, woolen stockings to cover the knees. If mothers could only see the good effect this has



A young woman came into the office with a weak, sickly looking child, who had bare legs, and was coughing all the time.



on the health of their children, they would be persuaded that much of the ill health in childhood is due to improperly clothing the legs, and their doctors' bills would be reduced to the minimum."

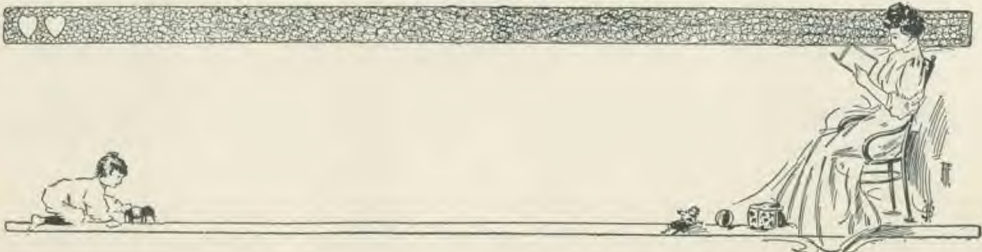
"Why don't you, dear, have a little meeting with some of the women in our vicinity, and tell them all about this?" said Mr. Lake with his usual enthusiasm; for he had seen these principles demonstrated in his own home; and his bonny, rosy Harold, at one and one-half years, had never known what a cold was, nor had ever been disturbed one night with pain since his birth. Mrs. Lake laughed aloud and said: "One would think, my dear, that I was a lecturer. How funny I should feel giving such a lecture! I will do all I can, in a quiet way, in my visiting to help every woman who needs help."



MRS. FRANKLIN'S SENSIBLE  
COSTUME

"There is a large field of usefulness in store for you, then; for, as I have observed in the past few years, there are not very many children clothed properly. Look at the enormous death-rate among infants all over the world. Their eating and drinking and clothing has much to do with this, together with their sleeping in illy ventilated rooms," answered Mr. Lake.

"True, there is an alarming increase in the death-rate, and much depends upon these things you have mentioned. We ought to feel so thankful for the good we have received through knowing how to live, and the real benefit it has been to others with whom we have come in contact. I am sure Mr. and Mrs. Franklin have received lasting benefit from the things they have learned," said Mrs. Lake.





# HEALTH WORK *in* MILWAUKEE

CARL D. THOMPSON



CITY HALL  
MILWAUKEE



THE problem of public health is essentially a labor problem; for the public health depends upon the food the people eat, the clothes they wear, the houses they live in, the air they breathe. And all these are determined by the incomes they have, and the wages they get. Superficially, of course, the public health is a problem of a proper building code, and of its enforcement; of an efficient health department to inspect dwelling conditions; and of proper police regulation to compel obedience to necessary sanitary laws. But the real problem lies deeper than that. Deeper than the building code and its enforcement, the problem of public health becomes a problem of

rapid transit. For if the facilities for rapid transit are good enough and the fares within reach of the people, they can live out where the sun shines more, where the houses are better and farther apart.

But deeper still the health problem is a problem of a right adjustment of the ownership of sites; for if the sites in the crowded centers were not so valuable, every inch would not be so crowded with renters; and if the crowded tenement were not so enormously profitable, it would have come down long ago. If the site values which are created solely by the accumulation and concentration of collective activities, were turned into channels of social betterment instead of private profit and aggrandizement, we should not have these millions of humanity struggling with death in the dark. And the appropriation of the social increment arising from site values to the task of better transportation, better housing, better wages, is absolutely essential to better public health. And thus the problem runs down into a matter of land tenure and taxation.

But once more and fundamental to all the rest, the problem of public health is a problem of wages and labor conditions. For if those who labor received a sufficient wage, the tides of suffering humanity would turn naturally from the dark toward the light; from the slum toward the cot-



DR. KRAFT, HEALTH COMMISSIONER OF MILWAUKEE



tage; from the burning pavement toward nature's caress of sunshine, grass, and open sky. Never a dying plant in a dark, damp cellar stretched so beseechingly its pale tendrils toward the light that alone meant its healing and life as does the soul and body of man struggle for the wages that will enable him to live in the sunlight and the open.

So, then, the problem of public health is not merely a problem of inspection, regulations, building codes, or hospitals. Viewed broadly, it is a problem of labor, of transportation, of land tenure, and taxation; in short, it in-



Tenement dwellings crowding the alleys and insanitary courts.

volves the whole social problem. It can not be solved apart from that.

But at every step in the effort to solve the problem of public health, we shall encounter the opposition of certain interests. The capitalistic interests that are making money out of the slum dwellings will naturally be opposed to any measures that limit or restrict their incomes. Private profits would be affected, and would have to be surren-

dered to some extent, to say the least, if better transportation facilities are acquired. And those who profit from the



A MOTLEY ASSORTMENT, UNSIGHTLY AND DISEASE-BREEDING  
A strange accumulation found in a slum dwelling, and cleaned out by the health department.





Rag-shop; barns, containing six horses; basements having dark rooms; water-closets in cellar, no light, no ventilation.

unearned increment from land values will, of course, oppose the readjustment of land tenure. Thus the present situation is entrenched behind a whole series of capitalistic interests.

However, there is no way to a solution of the problem of public health except through the readjustment of these matters. It is futile for us to try to make ourselves think that we are doing much for the public health until we solve these problems. It is futile for us to deceive ourselves into believing that we are helping the sick, binding up the wounds of those who are bruised, recovering the sight for the blind, or that we are doing very much of that infinitely more blessed ministration of preventing it all, so long as we potter around with the effects of a disease whose cause we lack the courage or wisdom to remove.

It is the frank acknowledgment of this magnitude of the problem that characterizes the view of the present health department of Milwaukee. Yet recog-

nizing fully all its difficulties, it accepts with joy the task it knows it must sooner or later assume. Conscious that the battle will be a long one, that results at first must be meager, but that in the end the victory will be won, the department goes forth to its task.

#### Housing and Tenement Conditions

One of the serious problems that the health department of the city confronts, of course, is that of the housing of the people. The conditions in Milwaukee are especially bad in the Third and Fourteenth wards. In spite of the fact that the city is a relatively small one and comparatively new, there are many cases of fearful overcrowding. The health department is doing what it can to remedy this. In this direction the usual difficulties are encountered. Dr. Kraft says it is easy enough for us to drive them out of the places where they are overcrowded, but where will they go? Until, as a city, we are ready to make some pro-



vision for them elsewhere, about the only result that our work effects is to lessen the overcrowding in the basement, and increase it in the story above.

However, even these conditions may be greatly improved in many cases. Sometimes the overcrowding has been remedied by simply compelling

the people to move out. A constant and faithful effort is therefore made through inspection and watchfulness to induce and, if necessary, to compel better conditions.

But the greatest difficulty is that experienced in persuading or compelling the owners of these dwellings to put them into sanitary condition and to keep them so. Here the department encounters that holy of holies of the capitalistic system — private profit. Any effort or order that assails that, meets most stubborn resistance.

Some dwelling-places need only to be repaired or cleaned up. In this line some most curious and astonishing things were discovered, — eccentricities, habits of filth and loathsomeness, and certain manias for useless and disease-breeding accumulations.

In some cases defective sewers are the menace;



THE FAMOUS BROWN ROW

Condemned by the health department, protected by the courts.

in others, it is a matter of properly repapering the walls, or a coat of whitewash. "About once a week," says Dr. Kraft, "the health department is called upon to prevent somebody from placing new wall-paper over old. Somebody attempts to blot out environment. Recently a Milwaukee real estate

owner objected to a health department order telling him to clean and whitewash a south-side house. He said he could not whitewash. His reasons follow:—

"The house is occupied by six families. These families boil many dinners daily. The dinners give off steam. Thirty persons breathe heavily all day, and the moisture from their breaths combines with the steam. The whole gathers on the walls. If whitewashing were attempted, the lime would fail to dry."

The vermin that breed in such conditions move from house to house and threaten public comfort. These walls cause pneumonia and diphtheria and threaten public health, wherefore the law says, "Thou shalt not," and thus your department is charged with enforcing it.

In some cases, however, dwelling-places have gone beyond reclama-



THE FAMOUS BROWN ROW, A CLOSER VIEW



tion. Nothing but destruction will do the necessary work. Two hundred such dwelling-places have been torn down at the order of the department during the year. More ought to come down. But here Dr. Kraft encountered the "beast." It showed its teeth.

#### The Courts Interfere

In the very heart of the city, and in the shadow of one of the finest structures, the Germania Building, is a row of ramshackle tenements, known as the Brown Row. The conditions in these buildings are very bad, almost unspeakable. Filth, vermin, and unsanitary conditions prevail to an alarming extent. Every one realizes that this is one of the menacing things of the city.

The health department inspected these buildings, and found them in such desperate conditions that they immediately ordered them torn down. The inspectors went to carry out this order. Then something happened. They were served with the following order of the courts:—

#### STATE OF WISCONSIN

Circuit Court, Milwaukee County

ALBERT ERBSTEIN AND  
MAX ROUNTT, Plaintiffs,

vs.

CITY OF MILWAUKEE,  
GEORGE P. MILLER, AND  
H. A. J. UPHAM, Trustees  
of the Estate of John  
Plankinton, deceased.

"To the City of Milwaukee, defendant, and Edward V. Koch, Building Inspector of the City of Milwaukee, and D. W. Hoan, City Attorney of the City of Milwaukee.

"You and each of you will please take notice that on the 30th day of July, 1910, an injunction and order was issued by Hon. L. W. Halsey, Judge of the Circuit Court, restraining the City of Milwaukee, Milwaukee County, and every department thereof, from in any manner interfering with the property known as Brown Row, in the Fourth Ward of the City of Milwaukee, Wisconsin, and known as lots Thirteen (13) and Fourteen (14) in Block Fifty-six (56) in the said Fourth Ward in the said City of Milwaukee, and that said injunction and order was served upon said City. That said injunction is still in force, and has not been in any manner modified.

"That on the 10th day of January, 1911, without authority from the above Court, and contrary to the expressed terms of the said injunction, the City of Milwaukee, through its health department and other departments, caused to be put upon the premises above described, notices or placards, informing the public that said building is condemned and is unsanitary, and that the same is untenable; thereby seriously injuring the business of the plaintiffs in this action, and greatly damaging them in their further prosecution of their business, and violating the injunctive order of the Court above mentioned. That the plaintiffs herein will hold you, and each of you, accountable and responsible for any damage sustained by them, and do hereby give you notice that the plaintiffs will maintain that your action, as above specified, is contempt to the Court, and that you will desist from similar action.

"That the above action has not yet been reached, and the question as to whether or not the said building is a nuisance, has not yet been determined by a court of competent jurisdiction.

"Signed ALBERT ERBSTEIN,  
"MAX ROUNTT.

"Kehr and Muskat, Plaintiff's Attorneys.  
"Dated Milwaukee, Wis., Jan. 12, 1911."

Needless to say the Brown Row is still there doing its deadly work, and drawing its dividends to the glory of our city and the honor of the courts. The law must be respected.

#### City Planning and the Housing Problem

So, then, the housing problem is deeper than mere health regulation. It involves civic foresight and city planning. Mr. C. B. Whitnall, the present city treasurer, has stated perhaps better than any one else the views of the present administration upon these matters, and has pointed out from time to time the bearing of city planning, platting, and parking, upon the general problem of public health. He has issued a little pamphlet on "Milwaukee City Planning," which it would be worth the while for any one to get and read. He starts his pamphlet with the proposition, "City planning involves public hygiene and political sanitation, which in turn involves economic equity in the conservation of

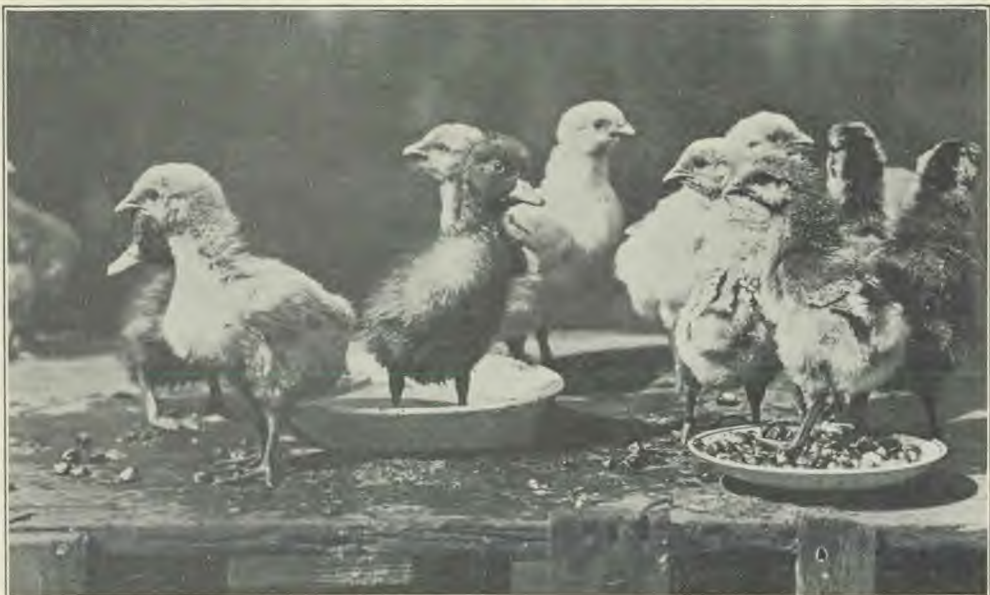


humanity." Mr. Whitnall has pointed out that the neglect of proper city planning and conservation of natural topography in a city has resulted in a depreciation of real estate values involving a net loss to the city of one hundred thousand dollars a year in taxes. But this was only the beginning of a downward trend, for the neglect of the sewerage problem and proper regulation also caused a change in the nature of the population. Those who were able to, have been fleeing from the section of the city that was made insanitary by these conditions, and slum territories are encroaching upon that section. The Metropolitan Park Commission, in which Mr. Whitnall has been deeply interested for years, has recommended that the city acquire the land bordering on all three rivers flowing through the city. The administration has already taken the first steps for the acquiring of this edge-water land on the north Milwaukee River. This is the first step toward a

drainage system of park area, the object of which, among other things, is to avert the pestilential development of waste. Mr. Whitnall says:—

"There is no question about disagreeable surroundings being unhealthful. This is what has influenced owners of Grand Avenue property to make a shift. But there are conditions creeping upon the locality by far more serious than many are conscious of. The lives of the children and adults in the factory are as sacred as those on the hill who flee. And while the factory district is commonly cited as being the cause, it has suffered itself to be made a cess-pool in consequence of the insanitary habits of the residents close by. The fact of the matter is, people of the Grand Avenue vicinity are fleeing from their own filth. The addition of the industrial waste is but trifling, although important, being chiefly smoke, dust, and noise. The sewage from the residence area alone has been emptied into the districts where thousands are employed—being forced to choose between insanitary working conditions and a living."

Thus proper foresight on the part of the municipal authorities, city planning, care of the streams and their banks,—all these things are involved ultimately in the proper care of the public health.






# *The* SIGNIFICANCE of FEEBLE MINDEDNESS

HENRY H. GODDARD, M.D.

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 SATISFACTORY religion is a blessing, a good theology is a great help to a man, but a false theology is a damnation to the individual and to society. We are to-day the partial victims of a false theology, through a misinterpretation of certain scriptures and a thoughtless following of our own tendencies. We have come to believe that every child who does not do the things that we expect and wish him to do, acts from pure maliciousness and wickedness.

We have been among those of whom Lowell speaks, "who have just one rule for knave and fool, it saves so much confusion." It is so much easier to account for the things that are happening all about us on the theory that the perpetrators are profoundly and inherently wicked, than it is to hunt for any other cause; and when such a culprit is captured, it is vastly easier to deal with him as if he were wicked. We can shut him up for years or for life, or we can even hang him. If, however, we account for this supposed crime on the ground that he is feeble-minded or insane, then we must take care of him; we must educate and train him. We would not be allowed to dispose of him in such a summary way or in such mean quarters as we would if he were a criminal, and could be thrown into jail.

These, among other considerations, account for the fact that we have been slow in recognizing the relation of feeble-mindedness to our other social problems. When we could see idiocy and imbecility

staring from the faces of the unfortunate victims, then we recognized it, and refused to hold them responsible for their deeds. We provided homes for them, and cared for them as long as they lived. We are now learning that the term feeble-minded covers a much larger group of persons than was formerly supposed. In fact, it has come to the point where thoughtful persons first ask the question in the case of a criminal, "Is he responsible?" or they say: "Perhaps he is feeble-minded, and could not help it."

Recent studies have shown that at least two per cent of schoolchildren are so defective in mentality that they are incapable of taking care of themselves. They are incapable of managing their affairs with ordinary prudence, or of competing with their normal associates in modern social life. Teachers have always known that some pupils were slow, or dull, or stupid; but they have thought this was due to perversity, to innate wickedness or laziness, to anything, indeed, but the real cause. We are now recognizing that these people are inherently weak; and just as some children are born physically weak, so these children are mentally weak. They do not learn, not because they *will* not, but because they can not. These children are often sound to outward physical appearance. The neurologist may find them perfectly normal in all their functions and in all their vital processes, and yet they can not conduct themselves as children of their ages ought to. A great responsibility rests upon society in the rec-



ognition of these children and their defect. Whether it be by the help of the teacher, the physician, or the specialist, in some way we must learn to recognize this condition in time, and to treat it rightly. Too many times the physician says the child will outgrow it. It is true that sometimes a child manifests a peculiar disposition that is later outgrown, but these instances are comparatively rare. Since parents go to physicians with such difficulties, it is necessary that the medical profession should give some attention to this matter, and should have at hand some method of determining whether the child is really feeble-minded, or has only a temporary peculiarity.

The Binet measuring scale of intelligence now furnishes a very satisfactory method of determining this matter. There is no reason why any physician, with a little time, may not master this method, and be able in a few minutes to determine the situation in regard to any child that is brought before him.

The importance of this early diagnosis lies in the fact that the method of treatment and training should be radically different in the case of the feeble-minded from what it is in the case of the child that is merely backward. The feeble-minded child will never be able to make his way in the world under any circumstances. He has not brain enough to develop the power of judgment and reason sufficiently to enable him to live properly in our complicated society. He is bound to be a burden upon some one. The only question is, Is he to be a total burden? Shall he become a pauper or a criminal, or shall we, by right training, make him partially self-supporting, and a fairly happy and endurable person?

I am speaking now of that high-grade defective whose mental infirmity is not so easily recognized, not of the idiot or imbecile type. It is this child that is only slightly defective, that is making all the

trouble for us in our social problems; not being able to make a living in an honest way, he has to become either a pauper or a criminal.

A child that is *merely* backward, who is one or two years behind what he ought to be according to the Binet scale, may, by special care and effort, be taught book education, at least sufficient to enable him to get along fairly well in the world; but the child that is feeble-minded, that is to say, *more than three years behind* according to the Binet scale, can never catch up, can never be a normal person, and he can not learn book matter. He has no power of dealing with abstractions. This is his limit. If a teacher attempts to give him, even at a slower rate, the material that is given to the ordinary child, his time is merely wasted.

The danger here is still greater, because, as often happens, he has a good memory, and can memorize a great deal that is given him; consequently the teacher thinks he is learning it, is understanding it, and is able to profit by it. This in many cases is absolutely untrue.

If, however, his condition is recognized, and when sent to school he is trained in manual work of all sorts, the case is very different. He can learn these things, he can deal with the concrete; and usually being very amenable to suggestions and directions, he is willing to practise until he becomes perfect. Hence he can be taught to do a great many kinds of work, and may become a most excellent workman; but he is usually slow, and always lacks judgment. Consequently, it is not possible for him to go out in the world and earn a living by himself. Under the direction of a person who feels a certain responsibility for him, and is willing to put up with a great deal, he may get along fairly well.

All this indicates, of course, that the only suitable place for such persons is in a colony where the conditions of life are



simplified for them, and where all the more complex things are managed by persons of normal intelligence.

The worst feature of all this is the fact that this condition of feeble-mindedness is strongly hereditary; sixty-five per cent of all cases of feeble-mindedness show a strong hereditary element. There are strong indications that this follows very closely Mendelian law. It has been demonstrated that when both parents are feeble-minded, their children are all feeble-minded. When one parent is feeble-minded, about half the children are normal, unless the other parent is alcoholic, in which case all the children are still very apt to be feeble-minded.

The research department of the Vineland Training-School for Feeble-Minded Children has been carrying on investigations in this line for about five years, and has determined the facts already mentioned, and many others. We now have the family histories of over two hundred children, and from these we find many surprising things. For instance, we find that the children in the institution have, on an average, at least five feeble-minded relatives. In many cases we can point to a feeble-minded man or woman three generations back, of whom we can say, "Had that person been taken care of, from ten to twenty-five feeble-minded persons would have been saved from being a burden to society." But this problem was not understood two generations ago, and consequently nothing was done. To-day we are beginning to understand it, and we must begin to take active steps to prevent the recurrence of such things in the future.

Now, what can be done for these feeble-minded individuals that we know of to-day, in order that they shall not have in the second and third generations from now, from ten to twenty or fifty feeble-minded descendants?

There are two solutions to the prob-

lem: One is permanent custodial care; that is, build institutions and form colonies where these persons may be cared for, and may be kept from reproducing their kind. When one generation is thus taken care of, the problem will be reduced enormously. But there are many difficulties in the way of this. In the first place, many of these people are so high-grade that they do not get into institutions, and it is all but impossible to get them there. If they are children, their parents will not consent; if they are adults, they are sometimes bright enough to evade all law, and sometimes of such a temperament that they really do not come under the law, although their whole life is one of dependency upon the public.

The other method of preventing this tremendous hereditary stream of bad protoplasm, is to render sterile all persons who are incapable of producing normal children. While there are probably some objections to this, they are mostly sentimental, and we can overcome them if we will. Under careful safeguards to prevent abuses such a practise could be carried on, and a large proportion of these persons could be prevented from populating the world with potential paupers and criminals. The work has begun in Indiana, where over eight hundred criminals have been sterilized.

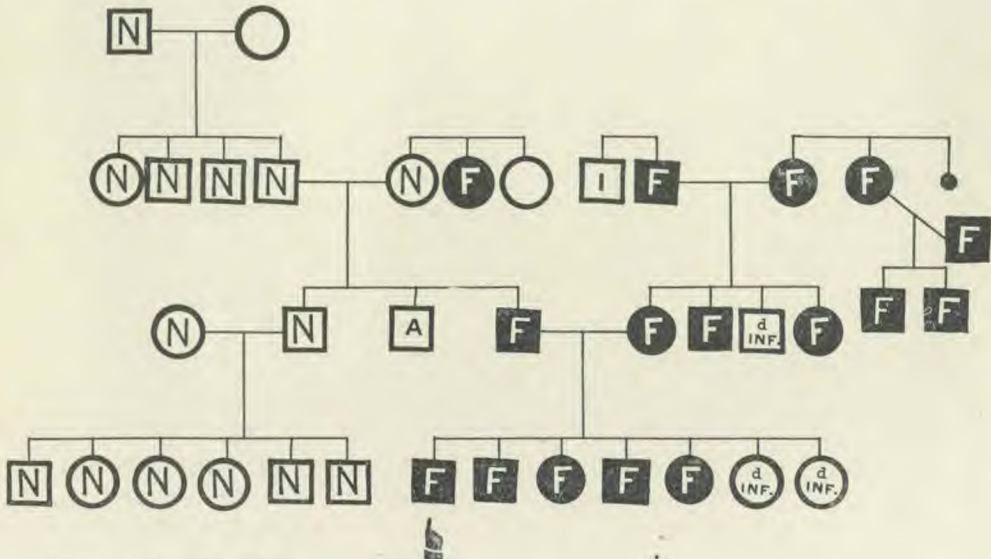
Even if there are objections to this practise, it must be resorted to; it is only a question of choosing the less of two evils. When we recognize that probably thirty per cent of criminals are feeble-minded, and have performed criminal acts because they were feeble-minded and incapable of self-control; when we recognize that an equally large per cent of prostitutes are feeble-minded; when we know that twenty-five per cent of the children in our reform schools, both boys and girls, are feeble-minded, and are there because they do not know any better than to do the things they did;



when we recognize that a considerable percentage of pauperism, no one knows just how much, is due to the same cause, we see how our whole social problem is honeycombed by this one condition, and that we only attack these problems at the root when we attack the problems of feeble-mindedness, and thus remove at least a part of the cause.

By way of making clear to the reader the significance of feeble-mindedness, I present one family chart, a fairly average one, by no means extreme, as we have many that are much worse than this, it being one out of two hundred similar ones that we have obtained. It will be seen that the child in the institution is one out of a family of seven, with no normal children in the group, since all are the children of two feeble-minded parents. The father is from the better family of the two; he has an alcoholic brother and a normal brother; their

father and mother were normal, but the mother had a feeble-minded sister, which shows that there is feeble-mindedness in that branch of the family also. The mother of these children comes from a very different line. She had a brother and a sister who were feeble-minded; they were the children of two feeble-minded parents, the father having a brother who was called insane, although this may possibly have been feeble-mindedness also. The mother had a sister, feeble-minded, who married a feeble-minded man, and they had two feeble-minded children. Most of these persons are high-grade feeble-minded, and there is no doubt that if we could count up the mischief they have done in the world, it would be appalling. How long are we willing to allow such things to go on? And when will we take the matter in hand, and see to it that this stream of bad protoplasm is cut off?



Square represents males.

Circle represents females.

Square or circle with nothing in it means conditions undetermined.

The white F on black background means a feeble-minded individual.

D Inf. means died in infancy.

N inside the square or circle means that the person was normal.

All persons on the same horizontal line belong to the same generation.

Those dependent from the same horizontal line are brothers and sisters.

A vertical line leads up to the line connecting the parents of the group.

The small black circle means miscarriage. I stands for insane.

A, alcoholic.

The index-hand points to the child or children in the training-school at Vineland, N. J.





## THE USE OF THE PAPER BAG IN HYGIENIC COOKERY

George E. Cornforth

**T**HE "Paper-Bag Cookery" referred to in the October number of *LIFE AND HEALTH* will be found to be an excellent substitute for frying. The tasty cooking of foods which are commonly fried has been a difficult problem for the hygienic cook to solve,—the cooking of croquettes, cutlets, patties, which are healthful and palatable substitutes for fried eggplant, fried potatoes, fried tomatoes, and such dishes. We have had to bake these, but that dries them so much that they are often far from satisfactory. But such dishes can all be cooked to perfection in paper bags. The mixtures which we call roasts are sometimes spoiled in the baking because they are dried too much; but if the roast after being packed in a baking-pan as usual, is enclosed in a paper bag, it will be properly cooked without drying. The bag is first oiled. This renders it more nearly air- and water-proof. Then the food is put into the bag, the open end of the bag is folded over two or three times and fastened with paper clips, so as to make the bags as nearly air-tight as possible. The bag, with its contents, is then put into the oven on a wire rack, and left for the required length of time. The oven should be moderately heated—not hot enough to burn the bag. The food will cook properly with little evaporation. Croquettes, after being formed, may be placed in a bag, and put into the oven for fifteen or twenty minutes, when they will be nicely heated, but not dried. Eggplant,

after being prepared as for frying, may be enclosed in a bag, a little cream poured over it, and put into the oven for thirty or forty minutes.

Most of the recipes for the cooking of vegetables which are given in the "Paper-Bag Cookery Book," sold with the bags, are useful. But I fail to see the advantage of cooking apples, prunes, and puddings in a bag. The bags are not entirely water-proof, and foods which contain much water, or which are liquid, must be put into a dish, and the dish put into the bag, and nothing is gained by enclosing such things in a bag. The difficulty which will be encountered in cooking beans and the other legumes in a bag is the keeping of the oven at the proper temperature for a sufficient length of time. The temperature must be sufficient to keep the food cooking, but not hot enough to destroy the bag before the food is cooked. The recipe book tells us that the temperature should be 275° F. With an oven thermometer the temperature can easily be regulated; but a little experience will enable one to regulate the temperature without a thermometer.

Beans cooked in a bag are mealy and delicious. After washing one cup of beans, soak them overnight. In the morning drain off the water, and put the beans into a small basin. Add one small teaspoonful of salt, one tablespoonful of oil, and one and one-fourth cups of water. Enclose in an oiled bag. Place on a rack in a moderate oven for two hours. This is a shorter time than would

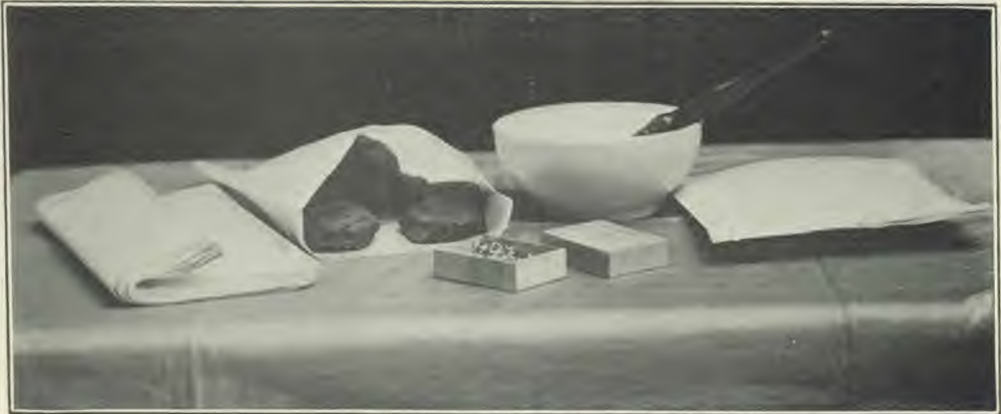


be required to cook the beans well in the ordinary way. Other legumes may be cooked in the same way.

A substitute for fried eggs may be made by breaking the eggs into a lightly oiled pie tin, enclosing the tin in an oiled bag, and placing in the oven, where it should remain from one to four minutes, according as it is desired to have the eggs lightly cooked or well done.

The bag may also be used as a substitute for a double boiler in cooking cereals. To cook cereals in this way, a

small basin with a tightly fitting cover is needed. Measure the water and heat it to boiling in the basin directly over the fire. Add salt, and sprinkle in the proportion of cereal which would be used if the cereal were to be cooked overnight in a double boiler. Cook, stirring, till the cereal takes up the water and does not settle. Cover, enclose in an oiled bag, and place in a moderate oven for from one-half to three-fourths the time required to cook the cereal in a double boiler.



PAPER-BAG COOKERY

A pile of bags, a bag filled and ready to be closed, a box of paper clips, a dish of oil, a brush with which to oil the bags, and a bag ready to go into the oven.



# GLUTEN BREAD

George E. Cornforth



HERE are directions by which any one can make gluten bread, for this method does not require gluten flour, which is expensive and can not be obtained everywhere.

## Preparation of Gluten

Make a dough of one quart of cold water and three quarts of sifted, good bread flour. Knead the dough well, then allow it to stand in cold water from one-half to one hour. Then work the dough with the hands in the water. As the water becomes milky, pour it off, and add fresh cold water. Continue to work the dough and pour off the water, pouring on fresh water till it remains clear. You should then have one and one-fourth pounds of pure gluten,<sup>1</sup> a tough, rubbery substance. Drain this gluten well. It is sufficient for one loaf of bread.

## Gluten Bread

1½ pounds gluten prepared as above  
2 cakes yeast, dissolved in one tablespoonful warm water  
½ teaspoonful salt  
¼ cup oil  
8 oz. bread flour

Work it well till you have a perfectly smooth dough. Set it in a warm place to rise. When risen, work it down. Allow it to rise again, then mold it into a loaf. Set the loaf in a warm place to rise till it is one and one-half times its original size. Then bake it one hour.

This bread, if made from flour which is 10% gluten, will be about 20% gluten bread; if made from flour which is 12% gluten, it will be about 24% gluten. (Bread flour is usually from 10% to 12% gluten.) Ordinary bread is from 8% to 10% gluten. A loaf of bread made according to this recipe would contain about six ounces of starch, five and one-half ounces of gluten, two ounces of fat, and the rest water.

<sup>1</sup> In using the term "pure gluten," it should be with the understanding that it is only approximately pure.

The starch which was washed from the flour might be saved. To do this, turn the milky water obtained by washing the dough into a large dish, and allow it to settle. The water may then be poured off from the top. The starch may be used for thickening or in making puddings, but would have to be used soon, or it would sour. To get the starch in dry form so that it may be kept, allow it to stand till it sours, then turn off the water; add fresh water, stir well; allow it to sour again, turn off the water, then add more water, stir it up well, and allow it to sour again. Continue thus till it does not sour. Turn off all the water that can be turned off, spread the starch out in a thin layer, and allow it to dry. It may then be used as dry corn-starch. The philosophy of this process is that raw starch will not ferment. The other substances which are contained in the milky water will ferment and be dissolved and poured off with the water. Thus the raw starch, which will not ferment, will be freed from the other substances, which will ferment.

## Pure Gluten Biscuit

Take the pure gluten after it has been obtained by washing the starch from the dough, cut it into pieces, and form them into balls about the size of small walnuts. Place these pieces on a baking-pan, and bake them in a slow oven till lightly browned. They will puff up and become very light.

## Nut Gluten Biscuit

One fourth as much chopped almonds as you have gluten may be mixed with the gluten before it is formed into balls.

## Laxative Gluten Biscuit

Mix with the gluten one eighth as much wheat bran as you have gluten.



# THE MEDICAL MISSIONARY AT WORK



## THE EXPERIENCES OF A NURSE IN URUGUAY

Frances M. Brockman

**I**N relating my experiences in this field, I shall begin with the time when my hand was crippled for three months, as the result of two severed tendons. I am happy to say that it is almost as straight as before, and that, contrary to the surgeon's expectation that I would never give another massage, it does not bother me in any of the movements. Though I did no professional work during those three months, I was not idle. I found plenty to do in canvassing, visiting, and giving Bible studies in two families, besides studying.

Though I have had many experiences, perhaps none would interest you more than that with one family. Since February I had visited the home each month with the health journal, *La Salud y Vida* [Health and Life], but until June I had seen only one daughter. I felt impressed that these people needed help, yet the girl told me nothing. Often she would keep me talking for half an hour, but she never spoke of their condition. One day when I had been telling of our nurses' work and our training, her sister came in, even more shabbily dressed than she. I told them we also had a sanitarium in Argentina.

"O!" she said, "would they take us in training?"

Gradually, by questioning, I learned their poverty-stricken condition, but it took several months to do it. The father is a heavy drinker. For three years the

mother and three daughters had not been out of the house for lack of clothes. Piece after piece of furniture and clothing had gone for the rent. They wished to take the nurses' course, yet had no clothes, and no way to get them. Something impelled me to help them. I bought goods, and had the girls help me sew; and one by one, I clothed them and found positions for them. When I began, they had only one thickness of clothing, and I, although warmly clothed, was cold. They are not the kind of people who will take all they can get, and it was only by really prying that I could find out their true situation. They have paid back part of what was spent for them.

But to be brief, the way opened for readings in the home. Then when I was called away, Miss Kerr continued them, and now one daughter is taking the nurses' course at the sanitarium in Entre Rios, and the boy is in the college, serving as call-boy at the sanitarium to pay his tuition. Although they still owe us over one hundred dollars, yet if they prove to be what we hope, it will be worth all the effort. Reports from their work are encouraging. Sometimes we were almost at the point of desperation, trying to help them to rise above circumstances; yet the still, small voice said, "Don't give up." Recently the mother and another daughter accepted the full gospel message. The other daughter is acting as nursery governess



in an English family, but I feel sure that, had she opportunity to study with us, she too would accept the message.

One of our patients recently came to the limit of endurance with her drinking husband, and it seemed best that she take her four children away from his influence. So she has gone to Buenos Aires, to be with her sister. She was a faithful soul, and we were sorry to see her go. I shall never cease to be thankful for the health journal; it is truly the entering wedge into these homes.

Only to-day I had some blessed experiences as I went from home to home. We feel so thankful for the arrival of our long-looked-for comrade nurses.

"Am I happy in my work?" Really, I never supposed I ever could become so contented in a foreign field, but we have found kind friends, both Spanish and English, and the daily evidences of God's leading and the sure and certain

fulfilment of prophecy in all the world tend to make one forget the pleasures of home in the desire to warn God's dear children who know not of Christ's soon coming. To-day one woman, as I was telling her of the plan of salvation and the new earth, said, "O that I might go there!" Just to find a few who are longing for the gospel is worth all the sneers and rebuffs of the enemies of truth.

To give you a brief outline of my professional work here since my hand has healed: A week on a mental case—died; six weeks on surgical case, getting acquainted with four men surgeons, who were well pleased with my work, and have since sent for me again; two weeks at British hospital, with special case; then a week in hospital as general night nurse; another mental case; then four weeks on surgical case.

Between cases I canvass and visit interested ones.



VIEW NEAR WINDSOR, ENGLAND



## THE WORK IN SAMOA

T. Howse

**T**HE Samoan field comprises four large islands and some smaller ones. They are under the rule of the German and United States governments. The population is about forty million, there being also a large number of Chinese, besides Germans and other Europeans, and natives from other islands.

There are four other denominations working here, the London Mission Society, Wesleyans, Roman Catholics, and Mormons. Most of the natives are members of the London Mission. Christianity has been established in these islands for about seventy years, and although practically all the natives profess to be Christians they sadly lack the power of Christianity. In accepting the gospel and becoming church-members, they were allowed to bring into the church their heathen customs, which are licentious and corrupt. This is the state in which we find the people in general.

We have been here a little over eighteen months, and have had some interesting experiences with the people. Much of our time is taken up in studying the language, of which we realize we must have a good knowledge in order to work for the people intelligently.

There is a company of five white believers and four natives here who have accepted the message for this generation. We are working with these; and although the work seems to move slowly, we are sowing in hope.

The little paper, *Tali Moni*, is meeting

with success, and its monthly visits are looked for by the people. As I visit the villages from month to month, I often have opportunity to speak to the people concerning Bible truths, and they listen with great interest while I explain the Word to them.

One day, seeing a native, one of my neighbors, somewhat intoxicated, I spoke to him. A few days later he called to see me, and we had a good talk together. He said he wanted to be a child of God, but could not give up his bad companions and evil habits. I then pointed him to Jesus, who can keep a man from sinning. This was a new thought to him, and he seemed helped.

Another case was that of a young girl who had been sick for three weeks, her physician being unable to help her. By invitation she came to us, and after ten days' treatment the large ulcer on her arm entirely healed. She promised to give up her harmful practises, and left us renewed in strength and vigor. She is a grandchild of one of our converts.

Although we do not as yet see much fruit of our labors, we know we are winning the hearts of the people, and we have confidence that ere long some of them will turn to the Lord.

While we are laboring here among these dark-skinned people, we ask that you remember the work both by prayer and by gifts, that the gospel may reach every kindred and nation, and that the establishment of God's kingdom may be hastened.







## THE MONDAY EVENING CLUB

**T**HIS is a club consisting of parents, teachers, physicians, and others interested in civic improvement in the District of Columbia. It meets, usually, the second Monday of each month, except during the summer. It does not meet merely to talk, it does things.

One work it now has in hand is the passage through Congress of a "Loan Shark bill," a measure very much needed in Washington. The bill has passed the Senate, and will probably be brought up in the House this session.

Last year the club had as a general topic for discussion and work, The Physical Betterment of Schoolchildren, and to this end they enlisted a great many of the teachers and educators in the work.

This year the general topic is Public Health, and a number of prominent physicians and men from the government departments have been enlisted to cooperate with the club.

The tentative program for the winter is:—

October—"Moral and Social Prophylaxis."

November—"Housing." With report (stereopticon) by club's study committee.

December—"The Conservation of Health."

January—"A City-Wide Campaign Against the Ravages of Tuberculosis."

February—"Annual Banquet."

March—"Hospital Care of the Indigent Poor. A Plea for a New Hospital."

April—"Infant Mortality."

May—"Summary of Year's Work."

At the meeting Monday, October 16, Dr. Geo. M. Kober, professor of hygiene in Georgetown University Medical School, read an excellent paper on the evils of vice and the inadequacy of the present methods of prevention, and urged that we cease to foster such an evil by our policy of silence. At present we are ashamed to discuss the subject, but not afraid of its results. If we were a little more enlightened, we should not be ashamed of the discussion, but terribly afraid of the results of the evil.

Comparing the army records of different countries, he found that the admission rate for venereal cases per thousand soldiers in the different countries was as follows: United States army, 194; United States navy, 159; Great Britain, 75; Spain, 67; Russia, 60; Austria, 54; Japan, 37; Belgium, 26; Netherlands, 21; Prussia, 18; Bavaria, 15.

He attributed the great excess of disease in the Anglo-Saxon armies, not to a greater tendency to immorality, but to prudery, and fear to mention those subjects as "indelicate."

He found the army and navy recruits to be not from the dregs of population, but mostly sturdy country boys above the average, and entirely free from sexual contaminations, which they get after recruiting, not from the barracks, but from the civilians surrounding the barracks. He thinks, therefore, that the condition of the army is a good indication of the condition of the entire country.

He believes, on this basis, one sixth of our youth from sixteen to twenty-four have contracted vice diseases.



Dr. Kober went on to say that gonorrhoea and syphilis are alike in that they are insidious. One may have the diseases and not be suspected. And both diseases may be given to innocent persons and transmitted to the unborn. Many or most of the childless marriages and many of the still-births are due to this cause alone. Moreover, many of the children who live inherit horrible conditions, which they, perhaps innocently, pass on to future generations.

To do away with these diseases would, according to Dr. Kober, do away with the need of half our institutions for the blind and for paupers, as well as with half of the hospitals, and would greatly lessen the expense of government. Some favor segregation and regulation. The objections to such measures are: (1) Regulation is looked upon as an official sanction of vice; (2) it gives a false sense of security; (3) the inspection of women and not of men, who are equally dangerous, is futile as well as unfair.

Dr. Kober earnestly urges a campaign of education, and gives great credit to the *Ladies' Home Journal*, which for a number of years has had the courage to conduct such a campaign.

Dr. Kober emphasized the statement that sexual indulgence is *not a physiological necessity*, and that the impulse can be overcome by cold baths, vigorous physical exercise, clean thought, and the *avoidance of a meat diet and condiments*. He referred with approval to the recommendations of the New York Committee of Fifteen on Moral Prophylaxis. Among these recommendations are:—

1. Prevent overcrowding in tenements.
2. Substitute purer and cleaner amusements.
3. Improve the material conditions of the earning classes, especially of the young women. In numerous cases actual physical want leads young women to ruin.

### Total Abstinence as a Business Proposition

LESS than a century ago it was commonly believed by physicians as well as laymen that any one who did not use intoxicating liquors was in danger of disease and death. Even life insurance companies were influenced by this absurd idea. Previous to 1840 the British companies actually charged an extra premium for total abstainers.

Gradually, very gradually, but certainly, the old superstition has disappeared. Hospitals which once used large quantities of alcoholic stimulants have reduced this item to almost nothing. Physicians formerly prescribed alcohol in some form for almost everything. Now it is unusual to prescribe it, and some physicians use no alcohol medicinally under any circumstances.

A similar change of attitude is manifest among the insurance companies. For periods varying from twenty to seventy years, English, Scottish, and Canadian life insurance companies have been classifying abstainers separately from drinkers, and an experience amounting to a total exposure of more than five hundred thousand years, shows a mortality of less than fifty per cent of the expected mortality as given by the mortality tables.

The report of the Scottish Temperance Life, covering a period of twenty-five years, shows in the general section 64% of the expected mortality, and in the temperance section 46% of the expected mortality, a marked gain in life for the abstainers.

The United Kingdom Temperance and General Provident Institution of London, England, has an experience of sixty-one years in dealing with more than 60,000 lives insured on the whole-life plan, almost equally divided between the temperance and the general sections.



The mortality in the general section averaged 36% higher than in the temperance section. The experience of this institution demonstrates that out of 100,000 lives at thirty years of age in each of the two sections, 11,207 more abstainers than non-abstainers reach the age of seventy, 5,193 more of the abstainers than of the non-abstainers reach the age of eighty, and 533 more abstainers than non-abstainers reach the age of ninety.

This is not argument, nor theory, mind you; it is the result of the actual experience of this one company as shown by the mortality tables in a period of sixty-one years. It is not a comparison between abstainers and hard drinkers, but between abstainers and moderate drinkers. The insurance companies reject hard drinkers as unfavorable risks. Thus the cold mathematics and statistics of the insurance companies preach a startling temperance sermon to those who have ears to hear.

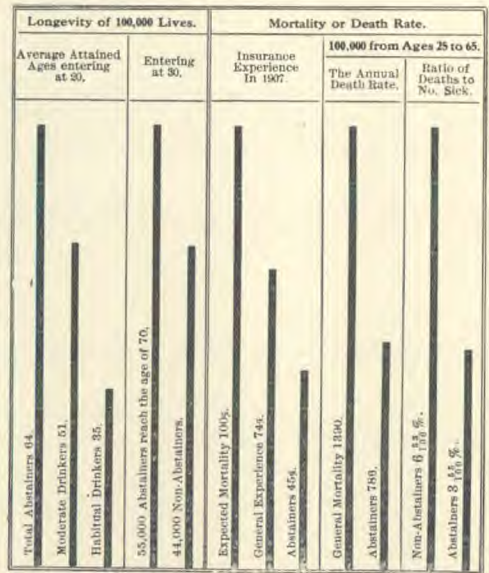
Another remarkable showing is that of the Scepter Life of London, which selects its policy-holders almost entirely from church-members—a high class of risks. This company also has a general section and a temperance section, the former having a mortality of 79.71% and the latter of 52.94% of the mortality tables, showing that even among church-members, who may be considered as living exemplary lives, the abstainers have a decided advantage over the non-abstainers. They live longer, more of them reaching advanced age. They are decidedly better insurance risks.

The Security Mutual Life Insurance Company of Binghamton, N. Y., has since 1900 kept a separate record of abstainers insured in the Total Abstinence department of the company. These total abstinence policies each year draw *increased dividends*, which materially reduce the cost of insurance.

It may be explained that many insur-

ance companies issue annual dividends or refunds based upon the actual gain of the companies, resulting from the fact that the actual mortality is less than the calculated mortality shown in the tables. In the temperance department the dividend or amount returned to the policyholders is considerably larger than it is in the general department, because the actual mortality in that department is less proportionately than in the general department.

The Security Mutual Life sends out circulars, which are themselves strong temperance sermons. Below is given one of the graphic charts sent out by this company.



### Report of the Minneapolis Vice Commission

**T**HIS commission was appointed by the mayor of Minneapolis, in response to a petition signed by prominent citizens. The city had passed through the usual history of vice toleration common to nearly all cities. Notwithstanding the fact that the State laws provide prison sentences for those who keep im-



moral houses and for those who resort to such places, the city had contented itself, during a certain period, with rounding up at intervals some of those engaged in the business and assessing a regular fine, which in effect amounted to a license fee. After a time, this fining was discontinued; and under the present mayor it was determined to enforce the law and break up the business, at least its open manifestation.

It was after the closing up of the "red-light district" that the commission was formed and began its work. The commission is composed of some of the most able public-spirited men and women of the city,—pastors, judges, educators, physicians, social workers, and others. They came together with various ideas and theories as to the proper remedy for the vice evil.

For months they continued their investigations in Minneapolis and other cities in this country and Europe; and when they made their report, they were a unit, many of the members, as a result of the investigations, having arrived at opinions entirely opposed to those they formerly held.

They have come out unqualifiedly in favor of enforcing the law, of driving out the evil. They find that the stamping out of the "red-light district" in Minneapolis has not increased the amount of disorder in other neighborhoods, and has not been followed by some of the dire evils predicted. In fact, they find that the morals of the city are better than before. One of the greatest menaces to the growing generation they find in the public dance-hall. To quote:—

"The public dance-hall, your commission believe, and speak advisedly, is one of the most demoralizing social influences present in the modern city, directly or indirectly leading to the downfall of more girls than any other one agency. While outwardly decorous, these places, through their broad opportunities for the mingling of the sexes without adequate

discrimination as to age and character, and without home or neighborhood surveillance, constitute a most dangerous menace to the social welfare.

"More drastic police regulations and surveillance might effect some improvement in conditions; but your commission believe that the real remedy is not here. The development of neighborhood social centers, using the schoolhouses, churches, and other public buildings, with the parents showing an active co-operating interest, we believe to be the most practical step toward bettering this situation. A keener sense of responsibility for the welfare of their children on the part of the parents is one of the fundamental necessities of to-day; that there is a growing carelessness in this regard is generally admitted."

Among their suggestions are: (1) A thorough educational campaign; (2) larger recreation facilities (in the line advocated by the Playground Association); (3) better economic conditions, wages, sanitation, etc.; (4) travelers' aid for young girls coming to the city.



### Conserve the Children

WE would invite the careful attention of teachers and parents to two articles in this issue, "The Significance of Feeble-Mindedness," by an expert, and "Prevention of Nervous and Mental Diseases Through Extension of Medical Inspection of Schools," by a specialist. These men, working in different spheres, one in a school for the feeble-minded, the other among the so-called normal children and adults, bear practically the same message; namely, that the increase of feeble-mindedness presents a real menace, and that these feeble-minded children and the community at large can be best helped by giving to the unfortunates an education adapted to their capacity, and calculated to fit them for a fair degree of usefulness. There has been no greater mistake made in our educational program than the effort to mold all youthful brains in one mold, as outlined in a certain text-book course of study.



# AS WE SEE IT

**What's in  
a Name?**

DR. HOWARD suggests that in the place of the term "house-fly" we use the more sinister but expressive term "typhoid-fly." If the name ever becomes common, it will at least help to awaken some to the danger that results from allowing this pest to breed.

Another good suggestion is that we change the name "colds" to "fouls." The old expression, "I have caught a cold," hides the real fact and perpetuates an old superstition. The name malaria — bad air — inappropriately applied to the mosquito disease would be a more appropriate name for what we call "a cold."



**An Argument for  
Total Abstinence**

WHATEVER their differences in other directions, social workers in Europe seem to be agreed on one point; namely, that one who is working to save victims of the drink habit, must, in order to be successful, be himself a total abstainer. Experience has shown that a moderate drinker can not work with advantage for the permanent uplift of drink victims. Total abstinence is the only safe ground for one who has been a drinker; and the only one who can inspire in a drinker the ambition to be absolutely free from the habit is one who is himself a total abstainer. This fact, conceded even by some who favor the restriction as against the abolition of the liquor traffic, is a strong argument in favor of total abstinence, on the principle stated by Paul: "Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend." 1 Cor. 8: 13.

**We Must  
Return to the  
Fundamentals**

REV. E. C. DINWIDDIE, of Washington, D. C., addressing the World's Prohibition Confederation at The Hague, September 13, said:—

"It would have been impossible for the liquor interests of Maine to wage war against constitutional prohibition with any hope of success if the temperance people had not neglected the fundamental principles of this reform. There has been too much dependence on legislation and too little on education, and as a result a generation has grown up in Maine that does not know the liquor traffic. We can not place all our reliance on prohibitory laws to the neglect of education. No law will take away the desire to make money through the weakness of others, and no law can take away from man the desire for liquor. No law can be expected to do away absolutely with the use of liquor. At best, it can only minimize the evil. If we had kept up our educational work, this fight, now on in Maine, would never have come.

"As you in Europe work for prohibition, do not make the mistake we have made in the United States, allowing agitation and education to go by default as soon as you have obtained prohibitory laws."

Mr. Dinwiddie is right. Those who depend on legislation alone to carry on the warfare against the drink evil have either failed to realize the strength and magnitude of the evil, or they have formed an exaggerated idea of the function and the scope of legislation. Nothing can take the place of persistent educational effort, in season and out of season, in the warfare against the rum traffic.



**Drink and  
Higher Education**

SOME time ago Mr. Crane, of Chicago, stirred up a wasp's nest when he published, as a result of carefully conducted investigations, his opinion that higher education is a curse, that ninety per cent



of the college students drink and are dissipated, and that fifteen per cent are ruined by their dissipation. Naturally, there was a vehement protest against such a sweeping charge.

The publishers of the *American Advance*, immediately after the publication of the report, took up the matter of investigation; and while they believe that Mr. Crane's estimates are a little too high, they find his accusations to be "beyond controversy," and express their conviction that "conditions in our great universities are bad, unbelievably bad."

What can be expected for the future of our country if those who are to be its merchants, its editors, its lawmakers, are trained night after night in the atmosphere of the saloon, and the disorderly saloon at that?

But the *Advance* expresses the opinion that the condition is improving. Well, it needs to. Mr. Crane's investigations were made about eight or nine years ago. Since then the territory of some of the college towns has become dry, or practically so. There is a better understanding of the physiological action of alcohol in small quantities, and the thoughtful are not so ready as formerly to give way to this temptation, to enter into a convivial life; but with all this, there is room for vast improvement as regards the influences which are brought to bear on the young man who leaves the home roof for the college campus.

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"After All"

AT the Los Angeles session of the American Medical Association Dr. Boardman Reed read a paper entitled "How Our Therapeutics Can Be Improved." This was later printed in the *Journal* of Nov. 11, 1911. Dr. Reed believes no one can set bounds to the possibilities that may develop from the new lines of treatment recently introduced, but with his preference for drugs he concludes with the

following very significant paragraph:—

"After all, however, our best and most permanent cures will not result from drugs or other special lines of treatment alone, but from supplementing these with hygienic measures, by inducing our patients to live regular and temperate lives, eating and drinking simply and never to excess, chewing all food thoroughly, taking sufficient exercise and sleep, spending as much time as possible in the open air and sunshine, and through abundant ventilation night and day, breathing pure air, whenever practicable."

When doctors can induce patients, or rather clients, to do these things while they are in good health, without being forced to it by illness, they will have truly entered the stage of preventive medicine, and the use of drugs will be practically eliminated. As it is now, preventive medicine is largely the function of health officers. It should be the principal work of practising physicians as well. In other words, they should be doctors rather than physicians; consulting hygienists for a list of clients, rather than healers for a list of patients.

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#### Unpasteurized Milk

THE investigation of an epidemic of sore throat in the vicinity of Boston in which about a thousand persons were affected, forty-eight of whom died, showed it to be due to the use of milk from one of the best dairies, which has conducted its farms in the most careful manner, and has employed a competent laboratory worker to control the entire process. The investigation failed to reveal any neglect or carelessness on the part either of the company or of the bacteriologist.

Similarly there was an epidemic of diphtheria among the students of the University of Minnesota, which was traced to the use of milk from one of the model dairies of Minnesota.

The fact that from two of the best-regulated dairies in the country have sprung serious epidemics, is a strong argument in favor of the position of those



who believe in the Pasteurization of all public milk supplies.

It is true that disastrous epidemics from clean dairies are comparatively rare, but possibly there are other epidemics, less severe, which are not traced to their source because not fully investigated.

Pasteurization, properly performed, is open to little objection, except where it is used as a substitute for cleanliness; and if it were more generally used, it would doubtless materially diminish the risk of infection from the use of milk.



**Mistaken Kindness** ON a car west-bound from Union Station, Washington, D. C., a well-dressed woman sat talking with her escort, who was standing; she coughed occasionally, and remarked that her lungs were sore.

"I know just what to do for it, and will attend to it when I get home. I've been so bad at times that people thought I would die, yet I recovered."

Presently a mother with a fifteen-months-old child came in, and a place was given to her beside the woman with the sore lungs, who was immediately charmed with the baby, began talking to it, playfully stroked its face with the end of her black (and germy!) fur, talked right down into the face of the little one, and even kissed it. The mother complacently enjoyed the entire procedure. Meantime an occasionally hacking cough of this woman sent a shudder down my vertebræ, as I thought of the possible consequence to that baby.

If the little fellow comes down with acute bronchitis or an attack of grippe which carries him off, the agonized mother will doubtless remember sometime when one opened a car door and let in a little fresh air to chill her babe.

**Antityphoid Vaccination** A COMMISSION appointed by the Paris Academy of Medicine has reported:—

"There are grounds for recommending the voluntary employment of antityphoid vaccination as a rational and practical method of diminishing, by a sensible proportion, the frequency and gravity of typhoid fever in France and in the French colonies. This recommendation is addressed to all whose profession, whose usual or accidental methods of alimentation, whose daily or frequent association with the sick or with bacillus carriers, expose them to direct or indirect contagion by the bacillus of typhoid fever."

Public Health Reports, in quoting this recommendation, is careful to state that though vaccination is useful under certain circumstances,—

"it should not lessen the precautions at the bedside; the disinfection of typhoid excreta in the household; the keeping of water-supplies, both private and public, free from contamination; the purification of public water-supplies where indicated; and the supervision of the production and sale of milk and other food-stuffs."



**The Letter Killeth** A CLERK in England had taken hydrochloric acid. A druggist was asked to give an antidote. He refused, saying this was not his business, and that the patient should be taken to a hospital. He was next asked for some chalk and water, and this was refused. The man died soon after arrival at the hospital, and the surgeon testified that his life might have been saved if he had received the chalk and water. Here was a druggist, following strictly the letter of the law, but in doing it, he "was wanting in both common sense and humanity," as one writer comments. A layman, because he was not a surgeon, might with as much reason let a man with a cut artery bleed to death without attempting to relieve him. The law was never intended to prevent the performance of a humane act in case of emergency.





# ABSTRACTS



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

## PREVENTION OF NERVOUS AND MENTAL DISEASES THROUGH EXTENSION OF MEDICAL INSPECTION OF SCHOOLS

**M**ANY believe that medical inspection of schools is a comparatively new idea, still in the experimental stage, and that no really adequate test has been given it except as a preventive of epidemic diseases. As it happens, medical inspection of schools has long been systematically employed on the other side of the Atlantic. The movement is national in scope in England, France, Belgium, Sweden, Switzerland, Bulgaria, Japan, the Argentine Republic, and, to all intents and purposes, almost so in Germany. For nearly a quarter of a century, France has had obligatory medical and sanitary inspection in all its schools. Even Japan, for the last twelve years, has had medical inspection over all the empire. England's medical inspection act which became operative Jan. 1, 1908, is national in its scope, and most thorough in its provisions. The United States, lamentably in the rear, has no national law requiring the medical inspection of schools. It has just one State, Massachusetts, making medical inspection compulsory; four other States have a permissive law, and a few States have limited inspection laws.

Medical inspection of schools in Massachusetts and in New York City is at its best development in this country. By no means the most important phase of the subject, as now practised, is that relating to epidemic diseases; but our views

broaden. Of the number of cases of children sent home from the Boston schools in 1904, only 16% were suffering from contagious diseases, the other 84% representing cases of disabilities not contagious, but serious enough to require the child to be sent home to preserve its health.

A very careful study has been made of the most complete statistics obtainable of defective pupils in New York City schools. The result showed that very radical changes are necessary in our public schools, and that further extension of the principles and practises of medical inspection is highly desirable.

The average number present in the public schools of the United States is five thousand less than the official enrolment. Irregular attendance is considered one of the chief causes of retardation, and it is admitted that illness plays an important part in absences; and, again, that retarded pupils become discouraged, and at the earliest age allowable leave school.

Two aspects of retardation have up to this time especially attracted attention,—irregularity of attendance, and the large percentage of physical defects. Diligent investigation shows that normal children, so-called, also show a large percentage of physical defects.

The most careful study of the results of investigations made, leads to the unavoidable conclusion that the present sys-



tem of education requires radical reconstruction, and that medical inspection of schools requires immediate extension and far greater thoroughness.

No reason advanced for the enormous percentage of retardation satisfactorily explains it. What is very clearly brought out, however, is that only the brightest children are equal to the prescribed courses of study; that these courses are beyond the powers of the average pupil, and far beyond those of the slower one; also, that children having physical defects make from only 6% to 8.8% less progress than those having no physical defects. There must, then, be other factors which have not heretofore been sufficiently considered, and chief of those the mental capacity and mental status of the retarded children, and the effect upon their future of this disastrous competition with brighter pupils.

For medical inspection to approach anything like a careful scrutiny to determine the mental status of schoolchildren is the exception, not the rule. During the school year, the inspector sees, as a rule, only those children referred to him by the teacher. But teachers are largely unable to estimate the importance of symptoms indicating nervous affections and mental deficiencies, whose early recognition makes the difference between the possibility of future health and deterioration.

Government statistics estimate the number of feeble-minded in the United States needing institutional care, at not less than one hundred fifty thousand. Only about one fifth of the number of feeble-minded are in institutions specifically for such; and teachers are struggling, to their own detriment and that of their normal and merely dull children, with the other four fifths. Out of a total of nearly two hundred thousand insane admitted to hospitals in 1904,

31,525 were under twenty-five years of age. From six to fifteen is the age of development in which subsequent physical and mental welfare is largely predetermined. It is during this age that the child needs not merely the observation of parents and teachers, but also the thorough examination and following up which only adequate medical inspection of our schools can assure the large majority of public-school children. This is not work that in its details can be relegated to the best-trained teachers. Their assistance will prove a great aid, but can not reasonably be offered as a substitute for the technical knowledge of the experienced physician.

"The study of defectives and failures," says a professor in Cornell University, "brings home to us most forcibly a fundamental fact of economics,—that certain persons are adequately endowed for small demands, but are bound to fail under excessive demands." The psychopathologist too often has occasion to recall the truth here expressed, as he notes the number of children, youth, and adults illustrating it. Their heritage or environment or both have been such that small demands upon the nervous system could, perhaps, have been adequately met; but in this day of large demands upon nerve centers, they have gone bankrupt, and are the victims of various forms of nervous disorders or insanities.

The plea is made that the work in the schools is not too much for the normal child; but specialists are having hard work to find the normal child in the majority.

It is not work but worry that kills. The continual spurring on of children by teachers themselves under pressure favors or induces the development of such conditions as chorea, neurasthenia, hysteria, and insanity. The period from six to fifteen is preeminently the period



of preparation for puberty, and puberty entails a complete upheaval of mental and bodily powers, a revolution, a reconstruction, a readjustment.

Chorea is essentially an acute disease of childhood, developing between five and sixteen years of age. One third of the cases have several attacks. Chorea is insidious in its development, and apt to be overlooked by parents and teachers until a rather serious stage has been reached. Loss of voluntary attention and diminished muscular coordination are early symptoms, and likely to occasion reproof from elders, as also the characteristic irritability and extreme sensitiveness increasingly manifested in disobedience and in quarrelsome and passionate outbursts. Suicide and juvenile crimes not infrequently are among its results.

Hysteria and neurasthenia increase in frequency to the fifteenth year, and reach their height at puberty. Speech defects, especially stuttering, convulsive contractions of the eyelids, trembling of the extremities, depression without cause, egotism, lack of voluntary attention and logical thought, deception, treachery, unreliability, and withdrawal from normal thought and activities into a self-created dream world,—all point to the hysteric, and when unrecognized, create a fertile soil for a formidable harvest in after-life, a continuance of nervous disability, if not a transition to mental disease requiring the attention of the specialist. "It is exceptional," says an eminent authority, "for well-developed cases of hysteria to regain absolute health." Finally, hysterical mania is a form of insanity well recognized, and unfortunately by no means uncommon.

Neurasthenia is caused by fatigue of the central nervous system, and may be attributed to a weak nervous system, nervous strain, insufficient sleep, malnutrition, or a chronic toxic condition.

Whatever acts as a depressant of the nervous system, whether it be overdemands upon it, worry, anxiety, or physical ailments, interferes with vigorous mental action, and is a predisposing cause of fatigue. Sustained attention becomes an impossibility, and the defaulter incurs the reprehension of teachers and the ridicule of classmates. Neurasthenia is not self-limited; as its onset is masked, so its tendency is toward chronicity. Notwithstanding remissions, it persists, and may prove the prelude to mental disease.

Let us profit by the warning that 31,525 of those admitted to hospitals for the insane during 1904, were under twenty-five years of age. Acute mania is a disease of youth, and is often recruited from the class at school known as "robust dunces," some, perhaps, of those so-called "dull children," the estimated 10% of the school population. Again, dementia præcox is essentially a disease of the first twenty-five years of life, and is marked by characteristic symptoms of mental enfeeblement, serious disturbance of the faculty of attention, of judgment, of emotional balance, with consequent morbid manifestations in the domain of conduct, observable in the initial stage more especially in peculiar than in retarded children.

And so the student of psychopathology might go on multiplying references to nervous affections and mental diseases with an incipency traceable to the earlier years of school life; but it would seem that enough has been presented to show the increasing necessity for parents and for educational boards to extend medical supervision beyond the detection of physical defects.

The majority of the inmates of our criminal courts, prisons, reformatories, jails, our street corners and park benches, our poorhouses and institutions for the feeble-minded, our sanitariums



and insane hospitals, with diseased minds as well as diseased bodies, at some age sat within the walls of a public school. Let it, therefore, be indelibly impressed upon the public consciousness, that on mental soundness, in its fullest, truest meaning, no less, but more, than on physical soundness, will depend the value of the child to the state when he passes the limits of adolescence. Any expenditure which will aid in securing this will be an economical expenditure, for it is never so expensive to a community to do the wise and right thing as to leave it undone. Pedagogy and medi-

cine must join forces to send out children both physically and mentally fit for the duties of citizenship. The healthy brain and bodily vitality of individuals will be in their aggregate, the common capital upon which this great republic can confidently depend and freely draw for true superiority and leadership; without both there must be national deterioration and decay. The history of other lands bears witness to this truth, and we know full well that history repeats itself.—*Amos J. Givens, M. D., read before the Stamford Medical Society, Stamford, Conn.*

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## CURRENT COMMENT

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### THE BREWERS' SHOW

**T**HE convention of Ananias and Sapphira is in full blast in our city of Chicago.

The most artistic, persistent, and extensive liars in the world are the liquor manufacturers, and the men of that class who tell the most damaging falsehoods are the beer-makers. In advertisements, in subsidized news articles, and in editorials, their grotesque and ridiculously exaggerated statements are found.

The beer-makers start out to do what Lincoln said could not be done, i. e., "fool all the people all the time."

They try to fool the farmers by telling them that hundreds of millions of dollars flow into their pockets from the brewery industry, when, as a matter of fact, less than two per cent of the grain raised in America is used by the brewers.

They try to fool the merchants by persuading them that beer-drinking is

good for business, when, as a matter of fact, there is nothing more damaging to business.

They try to fool the common man by telling him that beer is a food and a stimulant, helpful to all the natural processes of the body, when, as a matter of fact, beer is not a food, and is not even a stimulant, but always and everywhere a poison and the greatest hypocrite taken into the human body.

So the lies are manufactured, and flow as freely as the beer on the behalf of which the falsehoods are told.

Ask any reputable physician what his experience is in treating people who are regular users of beer, and he will tell you that they defy an intelligent diagnosis. The beer-drinker's condition is so clouded, so confused, so out of the normal, that the physician is unable to treat confidently the ailment. The beer-



drinker has defeated his successful treatment at the hands of his physician.

Ask the employer of labor as to the effect of beer upon his employees, and he will tell you that the beer-users are dull, irresponsible, are morose, hard to handle, a class of people whose value is constantly lessening as they continue in the business, and that beer is a slow but sure destroyer of the higher faculties of man.

Ask the German emperor, and he will tell you that the ravages of beer are so great among his people that he has warned them against its use, and has advised army and navy to give up beer-drinking, he himself setting the example. The emperor has discovered that upon the walls of the German universities and gymnasiums, as well as in the barracks of his army and on the ships of his navy, there are few trophies won on the field of international athletics. Flabby, beer-guzzling subjects have so weakened their hearts and so enervated their bodies as to be unable to compete in the manly games of the nations, and, being a kindly, wide-eyed father, he has thus most wisely admonished his children.

Ask the college professors and the other teachers of the older young people, and they will tell you that the beer-drinkers are not the prize-winners nor the leaders of their classes, but are dull and sleepy, logy of body and foggy of mind.

Ask the social worker what his experience is among drinkers, and he will tell you that the most repulsive drunkard known to modern society is produced by beer. For ugliness, for bad odor, for hopelessness, for all the dregs of the drinker's cup, the beer consumer reaches the very bottom.

Ask the reformer, whose soul burns with the desire to save society, who has made wide investigation in the field of social vice, and he will tell you that there is no one agency so abundantly used of the devil for the overthrow of virtue,

for the destruction of youth, for the murder of maidenhood, as is beer.

Remember these Ananiases who are in Chicago now, blatantly blazing forth their lies, paying high prices for accommodation in hotels, meeting-halls, and the public press, are out for filthy lucre. They are reaching for the dollar, caring nothing at all for the health, prosperity, and happiness of their fellow beings. A more conscienceless crowd of pirates never sailed the social sea. A more designing, cunning, cruel set of men never invaded our country.

It is fitting that the brewers' congress should be held in the Colosseum where the First Ward balls were given, thus coming to the home of her most legitimate daughter; for the brewers' congress is the mother of the First Ward ball and the sponsor for every saloon dance-hall in the country.

When will the American people awake? When will the public press, the pulpit, the educators, and other wide-awake guardians of the nation's health, combine to brand with the mark of Cain this murderer of humanity, and write under the word beer another word which is its perfect synonym, *poison*?—*Rev. M. P. Boynton, D. D., in American Advance.*



### Barring Truth From United States Mails

**R**ARELY has a party made so many blunders in succession as the present Republican administration at Washington.

The inexcusable removal of Pinchot, the two years of petty official persecution of Dr. Wiley's Pure Food Bureau, the nauseous toadying to the brewers in offering the nation's Secretary of Agriculture as an "honorary" president for the booze-makers, and the unjustly forced retirement of Special Officer William E.



Johnson are but samples in the record which has been made during recent months — every item an open and shameless bid for the support of special interests, of which the liquor traffic is chief.

But it has remained for the Republican Post-office Department to go to the limit of official impertinence in an opinion just handed down, which excludes from the mails the famous report of the Chicago Vice Commission.

Whatever local functionary was first responsible for holding up the report may be dismissed with the assumption that he was either a blockhead or an ignoramus, or both, but to have the head of the service at Washington solemnly class as "obscene literature" this epoch-making document designed for the study and perusal exclusively of statesmen, educators, and reformers, reveals such a low order of intelligence as to provoke world-wide ridicule.—*American Advance*.



### Alcohol and Tobacco

THE members of the British Medical Association were one morning entertained at breakfast by the president and committee of the National Temperance League at the Grand Hotel, Birmingham.

Prof. Robert Saundby presided, and spoke of the disproportionate amount of money wasted on alcohol in this country, and its economic and moral effects. At the same time he pointed out that there

are other poisons which have been causing harm of late years, notably that of tobacco. A few years ago, he said, one seldom saw a case of excessive tobacco-smoking. Now the German merchant smokes all day; the English merchant formerly never smoked at his office, only perhaps after meals. But since cigarette smoking has become popular, men smoke all day long, and the practise does a great deal of harm. The president declared that even tea, coffee, and cocoa are not harmless. Taken in excess, they produce dyspepsia, cardiac trouble, and other ailments which might often be removed if people were temperate.

Dr. Arthur Evans, addressing the gathering in behalf of the league, dwelt on the relationship of alcohol to microbic diseases, and showed how the consumption of drink lessens the resisting powers of the blood. A small amount of alcohol, especially if taken by the young and growing boy or girl, produces an immoral effect upon the mind and brain, liberating passions that would otherwise be kept in control. Since only a small amount becomes a source of peril when the young leave home to fight their hardest battles, what a responsibility rests upon us when we let such a potent drug get into their hands. People ought to know that at the time of peril through which all young people pass, the strongest safeguard any young man or girl could have is total abstinence. Alcohol, he concluded, is the ally of disease and death.—*Birmingham Evening Dispatch*.







# QUESTIONS & ANSWERS

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

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

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

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

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

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

**Scalp Tonic.**—"Please give rational tonic for a dry scalp. The hair splits at the ends and falls out; many gray hairs come in their place, which fall out before they have grown very long."

The best tonic for an atrophic scalp is regular and thorough massage. First cut the hair quite short; and at least twice a day, by means of the spread fingers, manipulate the scalp in such a way as to produce vigorous friction of the surface, and also to cause the scalp to move back and forth on the deeper parts. A little liquid vaselin or mineral oil rubbed into the scalp is often of very great advantage. It is necessary, when using this treatment, to protect the pillow-slip by means of a towel or similar article. One should not be discouraged if immediate results are not obtained. The treatment should be persistent and thorough.

**Eye-Strain.**—"Please give treatment for eyes that have become inflamed and burn constantly when taxed by study."

The proper and only treatment in a case of this kind is to secure properly fitted glasses from one who is competent to furnish them.

**Vinegar and Pickles.**—"Please tell us through your columns why vinegar and pickles are objectionable."

One objection is the interference of the acid with the digestion of starch. Pickles themselves are very difficult of digestion, and contain very little nutriment.

**Sauerkraut.**—"Is there any objection to the use of sauerkraut as a food?"


Sauerkraut is a product of fermentation, but whether that in itself would be an objection is a question that we think has not been fully answered, for often persons who can not use fresh milk are able to drink fermented milk, either sour milk or buttermilk, with comparative impunity; and some who can not use ordinary bread find the German pumpernickel, or fermented black bread, to be a real benefit to them. There are doubtless those who can not use the unfermented cabbage who might be able to use sauerkraut.

**Sour Fruits.**—"We are told that fruit should be put up with its natural state changed as little as possible. Such fruits as apricots, raspberries, and plums seem to be much more acid when cooked. Can this be prevented? Is it unhygienic to add sufficient sugar to make the fruit as sweet when cooked as when fresh?"

I know of no method of preventing the increased acid from the cooking of such fruits, except to add some alkali, which I do not think is to be recommended. Sufficient sugar to make such fruit palatable certainly should not be unwholesome to the average person. Sugar, when cooked with acid fruits, usually turns to what is known as invert sugar, which, though less powerful as a sweetening agent, contains as much nutriment as the ordinary sugar, and is less likely to be irritating to a delicate stomach.



# SOME BOOKS



**The Family Food**, by T. C. O'Donnell, \$1, net. Published by The Penn Publishing Company, Philadelphia.

We do not know Mr. O'Donnell's claim to authority, whether he is a professional cook or not, but he has certainly put up a creditable book, creditable in that it is sane; that is, based on good common sense. The author shows familiarity with recent writings on dietetics, and also an ability to think for himself. He aims, as he says, "to state in a simple and practical way the means by which health and efficiency may be increased, and the doctor's and grocer's bills decreased," and he has stuck to his text.

He suggests a dietary consisting of the products of the vegetable kingdom, with dairy products and eggs. He gives two objections to the use of flesh foods,—the absence of carbohydrates, and the presence of poisonous wastes. The first objection is, of course, met by the addition of bread, potatoes, etc. A more serious objection would seem to be the excessive protein of a heavy meat diet.

A number of tables showing the nutritive values of foods and of selected dietaries, comparative economy, etc., are given, more perhaps than the average reader will make use of. The various foods are described with directions for their preparation.

A chapter at the end is devoted to the preparation of food for various diseases.

**The Smoke Nuisance**, by Frederick Law Olmstead and others. Post-paid, 25 cents. America Civic Association, Union Trust Bldg., Washington, D. C.

A new edition of the Smoke Nuisance Bulletin has just been published, to which has been added "The Railway Smoke Problem," by a prominent railway man, and "Smoke Nuisance and the Law," by a member of the Cleveland Chamber of Commerce.

"The Smoke Nuisance" is an excellent

missionary pamphlet to use in a smoking city or town. It explains, first, the pecuniary loss that comes to the owners of smoking chimneys, as well as to others; tells just how smoke may be abated without expense, and gives instruction, legal and otherwise, to help the public-spirited citizen in his work for a smokeless city.

While this subject is an important one from an economic and esthetic standpoint, it is not without its importance from a health standpoint. Any one who has seen at the tuberculosis exhibit the blackened lungs of city workers, and compared them with the lungs of persons who have lived in a clean atmosphere, will not need any argument to convince him that the carbon of a smoky city is bad for the lungs.

There is every reason why smoke should be abated, and none why it should not. This little bulletin should have a wide circulation.

**The Health of the City**, by Hollis Godfrey, published by Houghton Mifflin Company, Boston. Cloth, 372 pages.

This book, the result of four years of personal investigation of the health problems of the city dweller, is written in plain every-day English for the use of non-medical readers. While it is true that every one can not specialize in public health problems, all will be better off to know something of the nature of such problems, and thus be the better prepared to cooperate with, rather than obstruct, the work of health officers and inspectors.

The tendency ordinarily is to look upon the health official as a public enemy, for the reason that in the performance of his duty to the many he causes personal inconvenience; and one not familiar with the importance of the problems involved will regard the health work entirely from the personal standpoint. The book can not but make better citizens of all who read it.



# IN THE MAGAZINES



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

### The Chautauquan

THE January number of the *Chautauquan* has an article on "Compressed Air," by Carl S. Dow, a further instalment of his series on American Engineering; also an article on "The Latest Methods of Transportation," by E. H. Blichfeldt.

### Pearson's Magazine

"Perhaps it seems like an exaggeration to compare bad air to sewage. It isn't. Perhaps it seems disgusting. That's exactly what is intended. For defiled air is as foul as polluted water, and as harmful; and bathing in the one is no different in principle from breathing in the other," says Lewis Edwin Theiss, in "Sealed Houses,"\* a forceful arraignment of the prevalent custom of shutting out the pure air in winter. Mr. Theiss tells the danger in language any one can understand, and also tells how the danger can be offset. "If you will read the story and heed it, you will save many doctor's bills."

### The Designer

"I know that a great many plain-looking girls get husbands, but no one denies that the pretty girls are most in demand; and so, after thinking the matter over seriously, I decided to make an attempt to improve my looks by working on hygienic and rational lines."

In these words are recorded the decision of a young woman, who confesses that she was "positively plain" at the time she began to care for her looks. "How I Made Myself Pretty,"\* tells just what she did, and she says: "It is amusing to encounter friends whom I have not seen for a long time, for they nearly always exclaim, 'How you've changed!' meaning, 'You used to be so very plain, and now you're almost pretty.'" My native chivalry, of course, prompts me to say that none of my readers need such assistance. "By-Products of the Kitchen,"\* a valuable and timely article in these days of rising prices. "Yule-Tide Goodies,"\* a series of delicacies for the Christmas table.

### World's Work

Those who have come to believe that the relation of employer and employee is necessarily one of antagonism should read about the 2,000,000 workers who have been protected from tuberculosis as a result of the "Overlock Agreement," in the article "Driving Tuberculosis Out of Industry."\* Melville G. Overlock, M. D., the writer of the article, who is State inspector of health in the eleventh Massachusetts District, recently published a book entitled "The Working People; Their Health and How to Protect It." Dr. Overlock in making his rounds as inspector, saw an opportunity to interest mill owners in the health of their employees, and as a result there sprung the great movement known as the "Overlock Agreement." The doctor has rightly recognized that the control of tuberculosis is a social and industrial problem, one that can not be solved without intelligent team-work in which employers and employees have a part. It was in response to numerous inquiries regarding the "Overlock Agreement" that the doctor wrote this article.

### Technical World Magazine

Oyster- and shrimp-canners in the South, employing children as young as four years,—wages not over ten cents a day,—"but a good deal of Northern capital is most profitably invested in the canneries, and the big dividends they yield are largely derived from the labor of mere infants"! Such is the startling account by René Bache in "Shrimps and Babes."\* In the shrimp-canning industry the little ones have their hands, clothes, and shoes eaten by an acid which is so strong that it corrodes the cans. One agent reported children from three to twelve years old working from three in the morning until four in the afternoon, with no intermission for dinner. It is very difficult for investigators to get photographs and evidence in these cases, because of the caution of the owners. But not alone in the South are the children exploited. The article goes on to tell how Negro slavery has been replaced by child slavery in other parts of this country. There is certainly need for child-labor legislation. But I trust every interested reader

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



will peruse the entire article by René Bache.

By means of a series of anecdotes G. F. Canfield, in "The Hidden Handicap,"\* illustrates the fact that nearly every person who is not in superb health, and practically every person who through ill health is making a failure of life, is in this condition because he is unwittingly doing something which, though hidden to him, is nevertheless a serious handicap. Mr. Canfield has indicated what some of these handicaps are.

#### The Mother's Magazine

A series of excellent articles on "Home Nursing" has been prepared by Dr. Edith B. Lowry, which every woman ought to read, and save for possible future reference. "Food in Relation to Health," by T. C. O'Donnell, is the beginning of another series of articles dealing at length with the entire process of

digestion. The fact that Ella Flagg Young has contributed some information in "How Rationally to Know the Child," is sufficient to warrant its value and interest to parents. We are never surprised at the work that a woman will undertake, even when the work is cleaning up a city. That is what Mrs. Caroline Bartlett Crane has done, and Elizabeth Howell has furnished an interesting account of her "business career." "Food—the Fuel of the Child's Body," by Florence B. Cleveland, is a practical article for mothers, because it tells what and when a child should eat, and points out the great importance of proper food for the child's future health and happiness. "Baby's Realm," by Kate Davis, is, as usual, practical and helpful to mothers. "The Woman as Physician," by M. A. Leach, amply illustrated, is an interesting account of how women are trained to be foreign medical missionaries.

**Outdoor School in Louisville.**—In the near future the Louisville, Ky., board of education will provide an outdoor school for anemic and debilitated children.

**Two Open-Air Schools.**—Cincinnati now has two open-air schools,—one for anemic children, the other for tuberculous children. The former had an initial attendance of sixty pupils, the latter of twenty.

**Imprisonment for Adulteration.**—An East Side (New York City) grocer who had been fined a number of times for adulterating his cream with gelatin was finally given a thirty-day prison sentence. Good! Fining is not a sufficient procedure to curb this breed of beasts.

**Purifying by Light.**—Philippine army surgeons report success in purifying foul water by means of ultra-violet rays generated by means of a dynamo and a small gasoline-engine, so as to furnish each man of a regiment with a quart of pure water daily. Not only the parasites but the bacteria are destroyed by the rays. The method of purification by violet rays is also in practical operation in France.

**Cremation in Berlin.**—In preparing for the administration of the new law permitting the disposal of the dead by cremation, it has been ordered that before the cremation of a body a most thorough examination must be made by autopsy, as soon as possible after death, to determine the presence of any evidence of crime in connection with the death. The physician's certificate must be very explicit as to the cause of death, and the family of the deceased must be closely interrogated regarding the course of the disease. After a body is cremated, it is too late to obtain evidence of poisoning or foul dealing.

**The National Insurance Bill.**—Mr. Lloyd George is renowned for his ability to bring factions to the place where they can see alike; but thus far he has failed to find a platform upon which the friendly societies and the doctors can stand together. The doctors, for some strange reason, object to being exploited by the friendly societies.

**Cold-Storage Legislation.**—At the recent meeting of the Association of State and National Food and Drug departments, a committee was appointed to study the cold-storage question, and to draft a bill that shall justify and reasonably yet efficiently provide for the regulation of cold-storage plants. From the personnel of the committee, which includes persons of extensive experience, it may be expected that an efficient bill will be drafted.

**Epidemic of Typhoid at Lincoln.**—The United States Public Health and Marine Hospital Service has, at the request of the Lincoln, Nebr., authorities, sent men to investigate the outbreak of typhoid in that city. It is a pity that those who oppose a national department or bureau of health can not understand that it is this kind of work, and *not* interference with the practise of medicine, that is contemplated by a national health department.

**The Secretary of Agriculture.**—The minister of agriculture of Holland honored the International Anti-Alcohol Congress by his presence, and honored himself in accepting its presidency. The Secretary of Agriculture of the United States, in accepting the honorary presidency of the *beer* congress, rendered questionable honor to a cause which no presence could honor, and certainly did not honor his own name. Many of the Secretary's former friends will think "Ichabod!" if they do not say it.





**Cholera Prevention.**—In view of the danger of cholera importation through the port of New York, the *Monthly Bulletin* of the New York State Department of Health published in September a careful paper of instruction to health officers regarding practical measures to be adopted against cholera.

**Death by Coffee.**—According to a certificate filed with the city health department, too much indulgence in coffee caused the death of the wife of a rancher of Clearwater, Cal. It is said that she took no solid food for the last thirty days preceding her death, having grown to depend almost entirely upon the coffee. The drug seems to have shattered her nervous system.

**Health Day.**—Friday, October 6, was observed as Health day, by the Boston public schools. In each school a circular was read which discussed health, success, and efficiency. The dependence of moral health on cleanliness and sunshine was emphasized. In the lower grades instruction was given in the care of the teeth, eating a good breakfast, slow mastication, bringing lunch to school, etc.

**Medical Service for the Common People.**—The New York *Tribune* recently published an article describing a proposition by a New York surgeon for the establishment of an institution to furnish medical aid to people of small means. The rich, of course, can pay well for good services. The very poor get excellent help in the hospitals and dispensaries. Often those who are not poor enough to get free treatment fare even worse than the paupers. Such an institution might be a great advantage to this class.

**So-Called "Scientific" Temperance.**—The brewers have issued what purports to be a scientific demonstration of the value of beer as a temperance drink, and have placed this in libraries all over the country, and in the hands of teachers. The result is that when school-children preparing to compete for the prize offered for the best temperance essay go to the library, they find these brewery-inspired books. The want is felt by the temperance workers for a truly up-to-date scientific work showing the real position of beer in its relation to the temperance cause.

**Infant Protection Congress.**—In September the Third International Congress for Protection of Infants was held in Berlin. There were representatives from all civilized countries.

**Prohibition in Abyssinia.**—The king of Abyssinia has made his country "dry," as far as the natives are concerned, by a very simple but effectual expedient. He has announced that any one who furnishes liquor to the natives of Abyssinia shall be shot.

**Health-Education Work in Pittsburg.**—The Pittsburg Tuberculosis League, at the recent industrial exposition in that city, had an exhibit showing measures for preventing human and bovine tuberculosis and infant mortality, which was opened seven weeks, and was visited by 70,000 persons.

**England's Probation System.**—For two years England has had a probation law which provides that convicted children shall be under a probation officer for twelve months, and that during this time they *must* be abstinent. By means of the advice of the probation officers, homes of the laboring classes are being transformed.

**Washington Health Lectures.**—The Woman's Clinic of this city has secured the services of a number of able physicians, and of scientific men connected with governmental departments, to give lectures in various parts of the city. A series of five lectures has been arranged for: (1) First aid in case of accident or emergency; (2) contagious diseases; (3) the hygiene of childhood; (4) sex hygiene; (5) miscellaneous topics.

**Better Babies.**—Under the auspices of the West Side Y. M. C. A., 318 West Fifty-seventh St., New York, a series of ten lectures will be given on the general topic, "A Better Crop of Baby Boys and Girls." Dr. G. Stanley Hall, president of Clark University, will deliver the opening address, "Breeding Men." No better introduction is needed for the lectures. Among the topics to be considered are: "Breeding Men," "What We Inherit and Why," "Is Breed Stronger Than Pasture?" etc.



**Compulsory Notification.**—The city of Detroit and the State of California require notification to the health department and registration of all cases of venereal disease.

**Antituberculosis Symbol.**—Measures are to be taken to prevent the misuse of the double red cross, the symbol of the antituberculosis crusade, for commercial purposes.

**The Next International Tuberculosis Congress.**—The International Tuberculosis Congress, which was postponed on account of the presence of cholera in Italy, has been appointed to meet in Rome, April 11-13, 1912.

**Negroes and Cocain.**—The Hinds County, Mississippi, grand jury in its report bewails the fact that "the use of cocain is alarming, principally among the Negroes, who in some sections of the county, when short of cash, have actually bartered their farm products for the drug."

**Smallpox in the United States.**—A notable fact regarding smallpox in the United States during the last ten years, is its unusual mildness; but in 1910 there was a marked increase in the number of cases in many of the States, and in some of the States the disease assumed the virulent type. From this fact it is reasoned that the mild type of the past ten years is not due to the protective effect of vaccination, but to a milder type of "germ."

**"No License" and Good Order.**—Mastertown, New Zealand, is a "no-license" town. In a former issue we referred to the excellent order of the place. A recent newspaper clipping states: "The supreme court sittings opened here to-day, before Chief Justice Sir Robert Stout. There were no criminal cases on the calendar, and the judge was presented by the sheriff with a pair of white gloves. His honor, in addressing the grand jury, congratulated the district upon its immunity from serious forms of crime." If "no license" were more general and strictly enforced, there would be many places with a record like Mastertown.

**Yeast as Food.**—Experiments are being made in Germany with yeast as an article of food. Thousands of tons of yeast are made as a by-product of the German breweries. It is said that the yeast contains two and one-half times as much proteid as meat, and that the bitter taste of the yeast can be removed by means of sodium carbonate. The yeast spores, of course, can be killed by heat. If this proves to be a healthful food, it will be of great value to the poor, for brewers' yeast is very cheap. But what a pity the poor people could not have the grain before it is partly consumed in the production of beer and yeast!

**How the Law Works.**—In Massachusetts they have a law against the public drinking-cup. A passenger stepped onto a Fall River boat, and asked the stewardess for a drink. "There is the water," she replied, "but I can not furnish you a glass. But if you will wait until the boat passes the Massachusetts line, I will set out a drinking-glass."

**Pneumonia Treatment.**—Dr. Robert Lee Hammond recently published an article in the *Medical Brief* on the treatment of pneumonia, in which he emphasizes wetting the extremities,—head, hands, and feet,—and vigorously fanning to effect the rapid radiation of heat from the nerve-centers. He reports excellent results from the same.

**International Council and Tuberculosis.**—The public health committee of the International Council of Women has requested the twenty-two national councils of women to study for six months the various plans being used for preventing advanced cases of tuberculosis from being a source of danger to the community, and also the best means of caring for such patients, and to report on the same.

**The Soft Drinks Next.**—Dr. Wiley, now stronger than ever in his position since the discomfiture of his enemies, will proceed soon to put out of business many of the so-called "soft drinks" containing caffeine and other deleterious substances. The Bureau of Chemistry, in connection with the District Health Department, has absolute police power in the District, and doubtless Dr. Wiley will soon let the soda-fountain men know what is legitimate in the way of soft drinks.

**Hydrophobia From Fox Bite.**—In England, hydrophobia is rare. The disease was supposed to be entirely stamped out, and every precaution has been taken for a long time to prevent its fresh importation by means of rabid animals. But recently there was a case of undoubted hydrophobia, the result of a fox bite. The patient died on the fourth day of his illness, about one day after the development of hydrophobia symptoms. He was not anticipating any serious results from the bite.

**Acid and Cholera.**—In view of the fact that text-books recommend acidulated water as a preventive of cholera, it is interesting to note that the experiment has been tried of having two hundred persons take very dilute sulphuric acid as a beverage. At the end of four or five days they began complaining of digestive disturbances, and one of the two hundred came down with the cholera; the experiment was discontinued for the reason that it is known that a disordered stomach strongly favors the disease.



**Infantile Paralysis.**—Two investigations have reported, as a result of careful experiment, their belief that infantile paralysis is spread by means of room dust.

**Antityphoid Vaccination.**—Major-General Leonard Wood has issued an order making compulsory the vaccination of all officers and privates under forty-five years of age in the United States army.

**Louisville Tuberculosis Tax.**—The trustees of the tuberculosis hospital have entered into a contract to care for all the tuberculosis patients of the city of Louisville. The city is to raise the money by a tax, which is not to exceed two cents on each one hundred dollars.

**Schoolchildren's Teeth.**—About sixty per cent of the children so far examined in the New York schools have been found to have defective teeth. The establishment of a free dental clinic and of a regular system for the inspection of pupils' teeth is being agitated as a result of this investigation.

**A New Disease.**—In the vicinity of Boston there has been an epidemic of "septic sore throat," a disease common in England, but new in this country. It has been traced to the use of milk from one of the large dairies. The experts have urged as a safeguard the Pasteurization of the milk supply.

**Chewing-Gum Therapeutics.**—Dr. Le Grand Kerr has advocated in *American Medicine* the use of chewing-gum as a cleanser of the teeth by children who object to the conventional tooth-brush. He advises the use of a brand-new piece for each chew, and of course no swapping of gum.

**A Michigan Leper.**—The municipal authorities can find no place for Jensen, the unfortunate man who is suffering with leprosy. Application has been made to other States having leper colonies to receive him, but all of them have refused, and it is probable that Houghton County will have to provide for him. It is feared that his oldest daughter is afflicted with the disease.

**Tooth-Brush Unhygienic.**—Two writers in the *British Medical Journal* have paid their respects to the tooth-brush. They found that after the brush is used once, each bristle becomes infected with germs, and may become an inoculating needle by which the germs are introduced under the skin, thus causing pyorrhea, and possibly anemia, gastritis, and arthritis. Their suggestion is that a new brush be used each time, that the brush be boiled five minutes after each use, or that it be kept in a one-per-cent solution of trikresol or in a ten-per-cent solution of formaldehyde.

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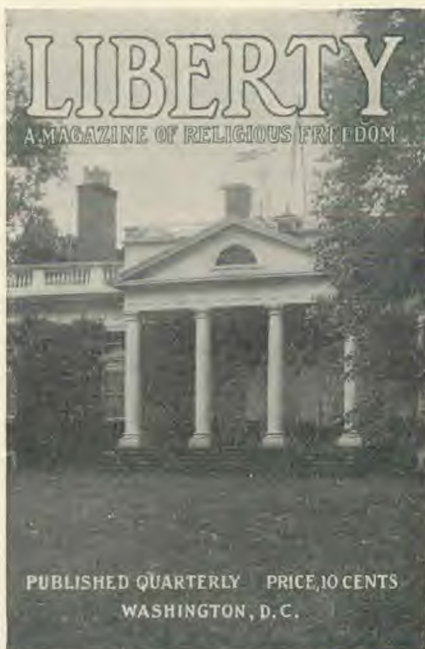




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