

# Life & Health

THE NATIONAL HEALTH MAGAZINE

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MARCH 1912

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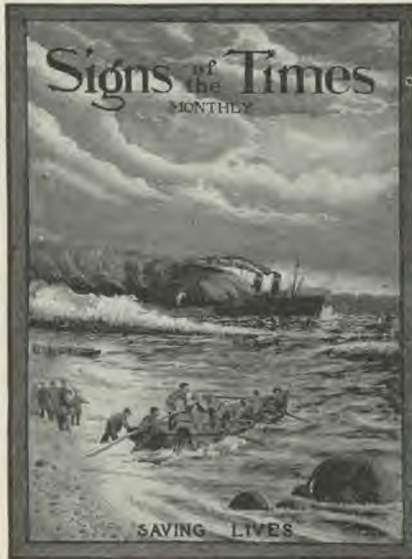
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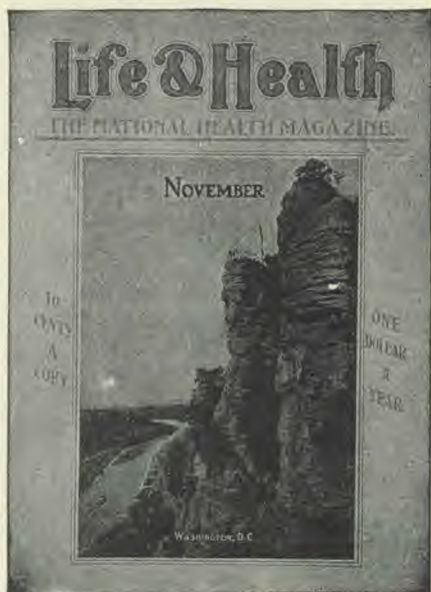
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# Our Contributors



REGARDING Dr. George Wharton James we can not do better than quote the statement of a Boston man in an article entitled "A Bostonian in 'Frisco," which appeared in a recent issue of the "National Magazine:"—

"For among our guests was the one man living who best knows California—Dr. George Wharton James. In the two hours during that dinner we learned more of the real nature of California than we succeeded in picking up in all our reading and conversation during the rest of our fortnight's visit to that State. No wonder the governor of the State told Dr. James that he envied him his knowledge of California. 'You know California better than any other man,' said the chief executive. And we think we learned something of the reason for this, as Dr. James told of his life on the desert, sleeping under the naked skies, where no human being has ventured before him, and where it is a common experience for wild animals to show no alarm at his presence."

Our readers are familiar with, have enjoyed, and have profited by, Mr. Fitzpatrick's articles in "Life and Health," and these have covered a wide range of subjects. His versatility is remarkable, and he is known as an authority upon each of those subjects. But in this article he is in his own especial field, his chosen professional ground; for by profession he is an architect. He has become a consulting-architect, and has given a large part of his life to the study and application of fire prevention. In that field he is acknowledged to be not only an authority, but is known as the "Father of the Fire Prevention Movement" in this country, and the very highest authority in the world upon fire-proof construction.

Mrs. Agnes McGiffert Bailey needs no introduction in those cities and towns where her influence has been felt. She is earnestly and rapidly impressing her ideal on the younger generation.

Carl D. Thompson, connected with the administration which believes that the preservation of the health of all the people, poor as well as rich, is a function of the city government second to no other in importance, gives in this issue the last of his series on the health work in Milwaukee. The series began in January. In this connection, it is interesting to note that a number of important cities and towns have elected socialist officers. The people evidently have confidence that the socialists will give a clean, efficient government.

George E. Cornforth, whose articles on cooking have been much appreciated by "Life and Health" readers, begins in this issue the first of a series of articles on the cooking of protein foods. The next issue will consider the preparation of legumes.

## Other Features of the Next Issue

An article by Dr. George Wharton James on "Fogs." The title may not captivate, but the article will.

"The Witches of Hazel," by C. M. Dexter. A story of witch-hazel.

"A Factory in a Garden," showing the exemplary work of an English industrial firm in providing for the health, comfort, and general welfare of their employees.

"Reform Clothing in Dresden."

"The Use of Soothing Sirups," by Wm. C. Woodward, M. D., health officer of the District of Columbia.

# CONTENTS FOR MARCH

GENERAL ARTICLES	PAGE
The Surprises of God's Great Out-of-Doors, <i>George Wharton James</i> .....	136
Fire and Fire Prevention, <i>F. W. Fitzpatrick</i> .....	142
Health Work in Milwaukee, <i>Carl D. Thompson</i> .....	147
The Organization of Junior Civic Leagues, <i>Mrs. Agnes McGiffert Bailey</i> .....	152
 HEALTHFUL COOKERY	
Legumes, <i>George E. Cornforth</i> .....	157
 THE MEDICAL MISSIONARY AT WORK	
In Upper Burma .....	161
One Woman's Loving Ministry .....	162
 EDITORIAL .....	
Shall Right and Truth Be Embodied in Law? — The Tabooed Subject — Saved to Serve.	163
 AS WE SEE IT .....	
The Appalling Fire Hazard — Prevention Versus Cure — A Worthy Enterprise — Dresden Exhibits to Be Permanent — Why? — "Uncle Sam Is Our Partner."	168
 ABSTRACTS .....	
Foreign Missions and the Liquor and Opium Traffic — We Want Aid, Not Interference by the Federal Government — Changing Habits.	171
 CURRENT COMMENT .....	
Diet and Health — How the Cigarette Does Its Work — Evils of Specialization.	173
 QUESTIONS AND ANSWERS .....	
SOME BOOKS .....	177
NEWS NOTES .....	179

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Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

## HEALTH MAXIMS STOLEN AND REVAMPED

Spare the cure, kill the child.

❧

Fresh air is the best life insurance agency.

❧

Colds are easily "caught" but hard to lose.

❧

Good health is priceless, yet it is without price.

❧

Alcohol is a preservative, but not of the health.

❧

Coddle yourself and you invite pneumonia.

❧

"Dope" for colds is "dough" for the doctor.

❧

Why be afraid of a little fresh air in winter?

❧

Coddling; preparing for consumption and pneumonia.

❧

The best defense against disease is the simple life.

❧

Cheap candy — expensive funeral. Why take chances?

❧

Colds are not caught from fresh air, but from stuffy air.

❧

To neglect sore throat is to give the undertaker a job.

❧

Pure air makes pure blood; pure blood makes you disease-resisting.

❧

Sixteen to one. An ounce of prevention is equal to a pound of cure.

Health is not put up in bottles, and can not be bought at the drug store.

❧

Don't wait till to-morrow if the child has sore throat. Call the doctor at once.

❧

The more sunlight and fresh air in your house, the less the need of a doctor.

❧

What some thrifty (?) people keep from the doctor they give — to the undertaker.

❧

Tea, coffee, and alcohol are stimulants — not foods. They lift one up to drop him hard.

❧

Don't hibernate; ventilate. Plenty of fresh air will make the fires of life burn brightly.

❧

Do not forget that the pores of the skin need to be open in winter as well as summer. Bathe often.

❧

The chest-protector man should throw no stones at the woman with peek-a-boo waist and lace hose.

❧

Robbing one's self of sleep is putting a mortgage on future health and happiness. Nature will surely foreclose.

❧

Chew your food; your stomach has no teeth. The hen swallows her food without chewing, but she also swallows grinders.

❧

Don't begrudge the doctor his fee. See him when needed and pay him cheerfully. The undertaker charges higher than the doctor.

# *The* SURPRISES of GOD'S GREAT OUT-OF-DOORS George Wharton James



**F**IRMLY believe that one of the secrets of a happy life is to preserve a childlike simplicity of mind that never becomes blasé at the sweet, pure, true, and beautiful. To such a mind nature affords innumerable delights, one of the chief of which is her astonishing and marvelous surprises. Her charms are so many and various, her manifestations so apparently infinite to man's limited capacity, that the more he seeks to know of her the more marvelous and wonderful she becomes. With her, at least, the old adage is ridiculous, "Familiarity breeds contempt;" for the more one knows of nature, the more interesting, fascinating, dear, and attractive she becomes.

I never experienced these surprises more forcefully than when I first began my systematic studies of the Colorado Desert, in Southern California. There, in that Sahara of the United States, I was constantly meeting with facts and

things that I did not expect to meet. To find within four and a half hours' journey from my own home, in beautiful Pasadena, a desert region that "out-Saharas" Sahara in the three things that go to make a desert, was indeed surprising; for the Colorado Desert is hotter, drier, and has a larger area below sea-level than the Sahara itself.

The colors of the desert had always appealed to me, but as I enjoyed the sunrises and sunsets day after day, week after week, an entirely new world of color seemed to be opened to me.

In the winter the exhilarating atmosphere of the desert was a perpetual surprise. It was like breathing odorous nectar which possessed a stimulating quality that inspired one to run, shout, and laugh with very exuberance of joy. And those odors! How delicious and distinct they were! You could readily distinguish a half dozen different odors, the senses seemed so keen and alert, and



PALM CANYON, NEAR PALM SPRINGS, CAL.

The surprise to find great groves of palms, in hidden recesses on the edge of the desert.

yet they blended into one exquisite fragrance that titillated the senses with a new and strange delight.

Then the verdure of the desert! One can not begin on this topic without writing things that to the uninitiated must seem like foolish rapture. The gigantic palms, native to this region, how sublime, majestic, and stately they are, whether in isolation or in clusters! The mesquite-tree provides, for the dependent Indians, shelter, food, sugar, candy, fuel, drink, and medicine, as well as shelter for beasts of burden. The weird smoke-tree, the strange palo verde,—the tree of green sticks, which in winter bursts out into a gorgeous bloom of richest and deepest purple,—the Chilopsis, or desert willow, that surprises you in the most out-of-the-way places,—all these are a never-ending source of unexpected delight. But I have not yet mentioned the

infinite of varieties of cactus and yucca that reveal their charms to only those who study and love them. When I speak of cacti of hundreds of varieties, each one having its own peculiar fascination, and the flowers of which, in delicacy of petal, exquisite tints and shades of coloring, and subtle fragrance, surpass anything I know in the floral world, I speak only the fact. Then, too, to find in the thorns of these cacti the most artistic designs,—this was a great surprise. And as for the flowers! Words absolutely fail to suggest the gorgeousness and glory, the variety and beauty, the splendor and profusion, found in the untraveled and virgin desert valleys into which I have wandered after the winter's rains, to be surprised and delighted beyond the power of words to describe.

John C. Van Dyke, who wrote that classic description of these unknown re-



THE SURPRISE OF THE DESERT FLOWERS

Words absolutely fail to suggest the gorgeousness and glory, the variety and beauty, the splendor and profusion found in the desert valleys.

gions, entitled "The Desert," says that if such masses of flowers exist on the desert, he never saw them. I can only regret that he was not with my assistant and myself some few winters ago when we entered a valley in the heart of the Colorado Desert. It must have been some forty miles long and fifteen or twenty miles wide, and from one end to the other was one rich, gorgeous, glowing, blazing mass of variegated color, many of the flowers being a rare and delicate kind seldom seen away from the desert, and even there, as a rule, found only in small quantities. Here, where nature had been storing these precious seeds for centuries, the winter rains had made them germinate all at once, and, although I have seen many floral displays at different times throughout the world, I can say truthfully that all the flowers I have seen in my whole fifty years of life put together did not equal what we saw in this marvelous nature exhibition.

Then the silence of the desert! Who that has lived in the whirl, roar, bustle, and confusion of a large city can even comprehend it, much less understand and enjoy? City dwellers seem to learn in time to love noise and racket and turmoil; but there are times on the desert when everything seems so hushed that nature herself is in so deep a sleep that

her breathing is imperceptible. You lie on her bosom and hear absolutely no sound, see absolutely no movement, and the only sounds or signs of life are within yourself and the few growing things, the movement of the sun, or, if it be night-time, the more solemn and less ostentatious march of the stars.

Yet out of the heart of such silence, quiet and calm, I have experienced a storm within a few hours where the wind has blown at a cyclonic rate, and the temperature has so rapidly increased as to almost suffocate man and beast, while the whirling clouds of fine sand have filled the air in every direction and obscured sun, mountains, trees, and every other object that was more than twenty feet away. I have gasped through a night of such a storm, with the thermometer at 128 degrees at midnight, and had to wrap up the heads of my horses in blankets to keep them from suffocating, and pour a few scanty drops of water down their throats out of a bottle, to keep them from perishing of thirst.

And yet on this same desert I have experienced bitter cold blasts that seemed as if they were fresh from the heart of an arctic winter, and that, owing to the extremely rarefied condition of the atmosphere, penetrated to the very marrow, and seemed as if they would par-



SUNSET, SALTON SEA, CALIFORNIA

The surprise to find a sea, 65 miles long and 25 miles broad, in the heart of the desert.

alyze the heart and lungs and freeze the very blood in one's veins.

Who can imagine my surprise one night when sleeping in the heart of this almost untracked desert, to be awakened by the buoyant and hearty singing of a mocking-bird? It was one of those rich, clear moonlight nights that we speak of as being "as bright as day," when the moon came up some time after sunset. We had had a long, hard tramp that day; our burros were exceedingly weary; and night had come upon us before we had been able to reach the next spring. We were compelled, therefore, to make a "dry camp." There was plenty of a peculiar kind of desert grass, known as "gallinas grass," which the burros ate with avidity. In the dim distance to the right was a winding line of verdure, clearly indicating a winter water course when the rains came. It was from these trees that the flood of liquid melody burst upon us about two o'clock in the morning, and wakened me by its thrilling sweetness. It seemed so exactly like the mocking-bird's song with which I am so often agreeably awakened in my own home, as to make me for the moment look around for my familiar surroundings. To add to the charm, the moon had arisen and flooded desert and far-

away mountain ranges and peaks with brilliant, vivid moonlight. That was a surprise I shall never forget. Then, too, I have seen robins, linnets, larks, thrushes, canyon wrens, cactus wrens, flickers, jays, blackbirds, and many other birds on the desert, and have wondered what pleasure they found in these regions that to man, as a rule, seemed to be so appalling and terrible.

The clarity of the desert air is always a surprise, especially to those who know only the atmosphere of moist countries. To see mountains a hundred, a hundred fifty, and even two hundred miles away with intense clearness is a startling experience, and even those who are habituated to it never get over their sense of delight and surprise whenever they think about it. And the sharp-cut outlines of the mountains! I can see them now in mental picture, their sharp ridges silhouetted against the absolutely cloudless sky, without a single tree or shrub to soften their rigidity. In my library are several paintings of these desert mountains, showing their clean-cut outlines. When my friends, unacquainted with the desert, see them, they can not believe that they are true to nature. How I wish they could see the reality!

A railway crosses a portion of this

desert, and when travelers approach the desert, most of them pull down the blinds and try to forget in the pages of a book the few hours that it takes to cross. This is one of the greatest mistakes that can be made, especially if the trip be in the early morning hours or in the evening. On a moonlight night especially should one be wide-awake to see what the desert has to present.

Yet one day this very railroad gave me a desert experience that was one of the surprises of my life. My companion and I were riding along, not far from the railroad track. The wind was blowing in the same direction that we were going, so that we could hear no sound. It was a frightfully hot day, and the heat waves were ascending in every

direction. Suddenly there appeared, seemingly a mile or so away, a monster sea-serpent, with a waving, undulating body that extended into the far-away horizon, rapidly approaching us with threatening mien. Its head was large and expansive, and seemed to have the power of expanding and contracting. Noiselessly this weird, tremendous, awful object approached us. Needless to say, my heart stood still with fear and alarm, and only resumed beating in an irregular and spasmodic manner, clearly indicating the shock of surprise it had received. In a sudden return of mental

control, I wondered whether I was being subjected to a hallucination, or whether my comrade was seeing the same terrifying object. A glimpse at his horror-stricken face revealed that he was as scared as I. We awaited with alarm the approach of the horrifying creature. In a few moments it whirled by us, and

left us untouched, unscathed, and unalarmed. It was a monster freight-train drawn by two engines, the puffing clouds of smoke from which gave the expansive and contractive appearance to the head of the monster, and the undulations of the body were caused by the heat waves and vibrations upon and over the long train of cars, that were strong enough completely to hide the identity of the objects that so terrified us.

One of the greatest surprises connected with the desert is that a few years ago it was found that underneath a large portion of it was a vast reservoir of artesian water. This reservoir was tapped, and now a thousand artesian wells are bubbling forth their life-giving waters to make the desert blossom as the rose. From Indio to Mecca the Coachella Valley is one rich mass of cultivated green stuff. Trees, shrubs, plants, vegetables, grow with a profusion and vigor totally unknown in colder climes. Land that a few years ago you would not have accepted as a gift, is now bearing crops



IRRIGATING CANAL, CALEXICO, CAL.

The surprises of growth that come with water on the desert.

that justify the paying of a thousand dollars an acre, or more, for it. Industry and energy directing the flow of the water, and the utilizing of God's abundant sunshine, have produced these surprising results.

One of the surprises connected with this fact is that I had not the foresight to realize the possibility of these changes and locate on one hundred sixty acres of this desert land while yet it was a part of Uncle Sam's domain. Yet I am glad that others were able to avail themselves of this great privilege, and that their foresight and industry will secure to them a competency for life.

And yet this desert country is a land of mirages, of deceptive visions, that oftentimes have led men to their death. When one gets on the subject of mirages, it is pretty difficult to know how to begin and where to end. I have seen thousands of mirages, but I have never seen one of the fantastic nature pictured by some writers. The powers of imagination undoubtedly have much to do with seeing gorgeous cities overtopped with spires, and domes of temples and

castles, but all of the mirages I have seen have been of a different character. The experts in books tell us that real water and mirage water are very different things to the trained eye, but I have seen the Salton Sea, a lake sixty-five miles long and twenty-five miles broad, the confines of which I knew perfectly, merged into a boundless mirage sea, and I defy any living person, expert or otherwise, to tell where the real water ended and the mirage water began. Desert mirages are certainly sources of great surprise, and in nothing more so than in the great differences that exist between them and the mirages of books.

When I started to write this article, I had no conception that I should confine myself to the subject of the surprises of the desert, and yet I have said nothing of the climatic surprises, the remarkable air currents, the active hot springs and mud volcanoes, and the interesting families of reptiles that make this their home. I could write by the hour about each of these subjects and still not exhaust all that the desert contains of surprise and interest.



COTTON-FIELD, IMPERIAL VALLEY, CALIFORNIA

One of the recent greatest surprises on the Colorado Desert is to find cotton growing there superior to that of the South.



# FIRE AND FIRE PREVENTION

F. W. FITZPATRICK.

Dynamiting buildings in a vain attempt to stop the San Francisco fire.

**T**HE reader may think that this subject concerns only municipal reformers, insurance companies, fire departments, architects, and engineers. I submit that it also interests, and most intimately, employer and employee, professional man and laborer, teacher and pupil, the mother and babe, for all they own and their very lives are at stake. All of us spend much time in our homes, office buildings, or shops; and at least a third of this time we are asleep and helpless.

Of the more than twelve million buildings in this country, perhaps ten thousand show some slight effort made at fire prevention. A very few — not over sixty in the entire land — are absolutely fire-proof, but in most of the so-called fire-proof buildings the effort at prevention has been so slight that everything within those buildings can be destroyed, and the structures them-

selves can be damaged anywhere from five to eighty per cent of their cost value by fire. So that in most of those ten thousand buildings, and in *all* of the others, there is a constant danger, a peril to life and health and property, by fire. From twelve hundred to seven thousand lives are destroyed, and from fifteen to twenty thousand injured, by fire in this country yearly; and every day thirty-six thousand people get out of buildings just in the nick of time.

The elimination of wood and such combustible material in our buildings is absolutely necessary. We have used more wood than any other nation has, because it has been so available and heretofore so cheap; but there is no longer economy in using wood.

In most of our cities, buildings of very great height are compulsorily of fire-proof construction, so-called. But life and property are as unsafe three



The huge pall over San Francisco.





Hundreds of houses are burned every day because of faulty construction.

stories above ground as fifteen or twenty stories. The great mass of low buildings of inflammable construction makes the conflagration hazard very imminent, and in case of fire makes it certain that even those fire-proof structures will be greatly damaged. It takes the most perfect construction to withstand such a blast as was directed against the Baltimore and San Francisco sky-scrapers by the immense and intense fire in the inflammable buildings.

Besides insisting upon no more inflammable buildings being erected, the business man should demand that all buildings be conspicuously labeled by the building department, as to their kind of construction, "fire-proof," "ordinary," "dangerous." Unprincipled owners boldly call their fire-traps fire-proof, and thus frequently obtain tenants under false pretenses. It should be a severely punishable offense to call a building oth-

erwise than it is officially labeled. The man with the sign "dangerous" affixed to his hotel, or apartment house, or store, would have some difficulty in renting it. And there would soon be few buildings so marked, because they would be so unremunerative that their owners would be forced to replace them with better buildings.

The first great principle in fire-proof construction is to have nothing inflammable enter into the making of a building. Many materials, such as granite, marble, and other natural stones, generally supposed to be imperishable materials, while not in themselves combustible, are greatly damaged by intense heat and flames. Granite can be utterly destroyed by fire, and so with marble, and sandstone, and limestone, and a hundred other incombustible materials.

Let me give you my idea of a perfectly fire-proof building, which now has be-



Unprotected steel in a supposedly fire-proof building.

come a commonly accepted standard. I would build external walls of brick and terra-cotta, the materials that are least damaged by fire. All windows and skylights would be of wire glass. Even some of the most expensive "fire-proof" buildings have their windows absolutely unprotected, just as if fire would refrain from that point of attack to spend its efforts on the solid walls. Nearly half of our fire loss is directly attributable to the lack of proper window protection. This protection can be put upon old buildings as well as new, and thus greatly diminish the fire hazard. The framing would be of steel, and every part of it would be protected by hollow fire-proof-

ing tile. The floors and partitions would be of this same tile. It is light, inexpensive, fire-proof, and easily put in place.

All stairs and elevators would be enclosed with self-closing doors at every story. These great open stairways and elevators, ten, fifteen, twenty stories high, vertical shafts inducing terrific drafts, are wonderful spreaders and conductors of fire. Frequently you will find fire in the attic of a building a very few minutes

after it has been discovered in the basement. It has traveled via the easy and rapid route afforded it by the elevator and stairs.

Not only would I close off these two vertical communications, but I would also di-



The big buildings of Baltimore after its historic fire.

vide up floor spaces into as small units as possible, with fire walls just as frequently as the nature of the business would allow. The smaller each unit of space, the more confined will be any fire that originates there, and the easier it will be to handle it. If you close off each story of a six-story building, you virtually have six separate one-story buildings, and you know that it would be much easier to control fire that occurred in any one of six such buildings on the ground than it would be in a building that was all open six stories up.

Not only would I have frequent partitioned divisions of hollow fire-proofing tile, but in those partitions and throughout the building I would have hollow

steel doors and steel-door trimmings. These are absolute cut-offs, and stop a fire as effectually as a wall. These doors complete the perfect isolation of each room. To build without them is the most false of economies.

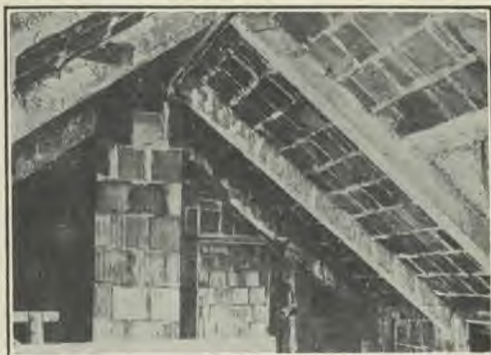
This isolation of stories is all-important. I would make all the interior decoration of metal or marble or simply colors on the plaster; no wooden wainscoting, nor wooden paneled ceilings, nor wooden floors. Cement and such non-combustible things should be used in such places. Then I would put as little wooden furniture in the building as possible. Better, safer, stronger, and cleaner furniture is made of steel than you can get in wood.

Then I would have ample fire-fighting facilities, hose, etc., about the building, so that fire in any one unit of space could be quickly extinguished and at little dam-

age. And I would have employees properly drilled as to what to do in case of an incipient fire. There would also be intelligent handling of heat and power plants, the storing of waste paper, refuse, etc.

Such a building would be virtually everlasting, one in which life and property would have the maximum of safety. It would be a profitable as well as safe investment, and would attract tenants long after neighboring fire-traps had ceased to tempt even the most gullible.

While these specifications apply to public structures and commercial buildings, the same principles apply to the humblest home. There is no longer any excuse for building a frame house.



Fire-proof walls and roof—hollow tile and concrete.

Only ignorance or carelessness can prompt a man to do so. Inexpensive homes are now being built with external walls of hollow fire-proofing tile, of common brick stuccoed, of concrete, and other forms of unflammable construction, for working men, houses of two thousand dollars and upward. The materials used in the big commercial building are adapted to the flat, the row of houses, or the isolated dwelling.

To build a house so that fire can not destroy it or damage it to any appreciable extent costs some little more initially; but considering the repairs that have to be made on the frame house almost as soon as completed, the difference in deterioration, the permanence of the investment, the fact that little or no insurance need be carried, all these considerations affect the investment so that within five years' time the absolutely fire-

proof house means a less total investment than the frame house; and that frame house from that point on is becoming more and more costly, so that, as a matter of fact, it is only the rich man who can really afford the luxury of a frame house. The shyster "speculative builder," still builds them, and as flimsily as an all-too-lenient law permits him, because he paints them up attractively, and gets rid of them to the gullible, innocent purchasers before the paint is dry.

If you are still wedded to precedent, and still like shingle effects, cottagely style of work, use an asbestos shingle, that looks like wood, but does not burn,

and it will last, I may say, forever.

To see that a building conforms in a general way, at least, with what is here described as ideal would certainly not require any very great technical, abstruse, or mystic knowledge. The average layman is surely capable of impressing upon his architect that it is only such a building that he cares to have erected, and then, if endowed with only average intelligence, he surely can see that he is getting it. It is a simple business proposition. The business man will understand it, and to him is my appeal made for drastic and prompt legislative action that will stop the continued waste to which we now abjectly submit.



THE BEST-BUILT SECTION IN THE WORLD

It was in this "best-built section of down-town New York" that a fire in a so-called "fire-proof" building recently threatened disaster to the financial center of the world. There are buildings that are properly called fire-proof and there are near-fireproof buildings that are little more than death-traps.—Ed.

# HEALTH WORK *in* MILWAUKEE

CARL D. THOMPSON



CITY HALL  
MILWAUKEE

**I**N spite of the fact that Milwaukee is a comparatively small and relatively new city, many of its industrial conditions are serious. Especially in the working-class districts, where there is considerable crowding, and where conditions are bad, the infant mortality is very high. Private philanthropy has been wrestling with this problem for many years. There is a visiting nurses' association, a society for the care of the sick, and a maternity hospital association. What is needed is some central organization to coordinate these various forces and to supplement them with such assistance as will make their work more effective.

Moving in this direction, the commissioner of health appointed one of the visiting nurses as a deputy inspector, with authority to enter all houses where children were born, make investigations, and render such assistance as was possible. Miss Edna Finch, a trained nurse, was chosen for this position, and began work at once in the fourteenth ward. Her work very soon revealed the great need of assistance among the mothers of the poor. Lack of knowledge of the needs of children and how to care for them, and particularly the difficulty in securing wholesome milk, were problems met with here, as they are in every crowded population.

It soon became apparent that this whole work, in order to be properly coordinated and carried forth, would require expert assistance. Accordingly, in May, 1910, Mayor Seidel appointed a child welfare commission, and the council appropriated five thousand dollars for its work.

In July an investigation was begun in the fourteenth ward, covering a section of thirty-three blocks. A child-welfare center was established, and four nurses and seven physicians were engaged to assist in educative and preventive work among mothers and babies for the prevention of infant mortality. Meanwhile a column of information and advice on sanitary and hygienic matters pertaining to young children and infants, was conducted by the commission through the columns of the daily press.



Miss Edna Finch, sanitary inspector of the health department, who gives special attention to the conditions of women workers.



There are many alley barns with insanitary manure heaps.

### The Great White Plague

Tuberculosis has come to be recognized more and more as a distinctly working-class affliction. The conditions of labor in factory, workshop, and store, with their enervating tendencies, render the working men and women especially liable to the attack of this dread disease. Naturally, therefore, the present administration is deeply interested in every phase of the anti-tuberculosis fight. It is making special effort to cooperate with and coordinate the various forces of the city that are working with this problem.

The first step in the organized fight against tuberculosis was taken many

years ago, when the representative of the social Democratic party in the city council introduced a resolution to bring the antituberculosis exhibit of the National Antituberculosis Society to the city. This resolution was strongly supported by the trade-unions of the city, who passed resolutions supporting the measure in the city council. Later private philanthropy organized an antituberculosis association, which has been carrying on the work. This association had erected a sanatorium for tuberculosis patients.

When the present administration came into power, it gave prompt recognition to the fact that tuberculosis is a community prob-



Insanitary refuse heaps in close proximity to alley dwellings.

lem. The council authorized the mayor to appoint a commission on tuberculosis, to "aid in the study of the causes and prevention of the disease; to cooperate with and assist all organizations that were working upon this problem in the city; to carry on a campaign of education on the causes, prevention, and cure of this evil; and to aid and act in an auxiliary and advisory capacity to the city authorities."

Mayor Seidel immediately appointed upon this commission, among others, Dr. John M. Beffel, who had been his political opponent in the last campaign. Thus the administration is endeavoring to bring into line every possible force now working toward the common end — the control of tuberculosis.

I wanted to get the view of the work of the Milwaukee health department from the standpoint of those who had been a long time in service. So I asked permission to see Mr. Derfus. Mr. Derfus has been in the service of the department in Milwaukee for over eight years. He served first under Dr. Schultz, who was for many years commissioner of health; later, under Dr. Bading throughout his entire term; he was in the department during the term of Dr. Rucker, and is at present the chief sanitary inspector. I asked him to tell me about the work of the department, but

I found him to be a modest man, who is evidently given more to doing than to talking. So I asked him a number of questions, and in reply to them he told me he believed that there had never been a time in the history of the health department of Milwaukee, since he had been with it, when there was so much real effective work done as now. There were times, he said, when there was more done that raised a disturbance and got head-line notices in the papers, but never as much quiet, consistent, effective work.

#### General Sanitary Matters

A discussion of the work of the Milwaukee health department would be incomplete if some mention were not made of matters which do not fall under the topics already discussed. A former administration, for example, had appointed a sewage commission. The



Wanted — a playground.

problem of sewage disposal is one of great importance, not only to the people living in Milwaukee, but to all the people in cities on the banks of the lakes. Our problem here is how to dispose of the sewage without contaminating the water-supply of the city and without devitalizing the soil; and finally how to secure from the sewage the commercial values which it contains. These latter must be extracted and returned to the soil. On this whole problem of sewage disposal the

commission of experts has been at work for some time. Their report is being awaited by the present administration with interest, and the work of sewage disposal will be undertaken vigorously



His only playground, the alley.

as soon as the lines of advance are suggested by the experts.

#### Rats

Many complaints have been received from commercial concerns from time to time of the destructive work of rats in the city. Heretofore no attention has been given to the matter, and no effort made to handle it. The present department, however, recognizes the evil, and has begun a campaign against the rat. The health department's bulletin of April states that rats have damaged property to the extent of at least fifteen thousand dollars each year in Milwaukee — perhaps more than that. The health department has decided upon a municipal war against the rat. It is making a series of tests to discover the best method of removing the pest; for it is not only a matter of commercial loss, but is also a menace to the public health.

#### Public Education in Sanitary Measures

A special effort is being made by the department to disseminate knowledge on sanitary matters among the people at large. A health department manual has been printed and circulated to all who are willing or able to use it, and seems to be in demand; for when I called on

the department the other day for a file of the back numbers, I was told that they were all gone. The people are eager to know the truth about health. Dr. Kraft seems to have a way of making otherwise technical subjects so simple and plain that the common people can understand them.

In his bulletin are printed simple and plain directions and helpful suggestions, more in the kindly spirit of the pitying father than as the orders of police regulation regarding pneumonia, diphtheria, and other dangerous diseases. There are also some interesting suggestions to mothers on the care of babies, with special suggestions concerning the summer months; hints about ventilation; about the cleanliness of attics and cellars; about the necessity of large and well-ventilated bedrooms — Milwaukee is noted for its small bedrooms. All these matters are to be gathered up and printed in leaflet form for general distribution.

Last summer a great mass-meeting



A poor man's kitchen — no light, no ventilation.

was held at Lapham Park. Nearly three thousand persons were in attendance. It is the plan to hold at least three or four such meetings in various parts of the city this summer, for the instruction of the general public in all sanitary matters.

At least twice every month the factory



and sanitary inspectors are all called in for what the doctor calls a quiz class. At this time instructions are given to the men in regard to their work, and all are consulted concerning the conditions in their respective fields.

Thus the work of the health department of Milwaukee seeks to take its place in a large and comprehensive plan for the better physical condition of the people. It recognizes its limitations, but

it holds steadily toward the goal which the socialist administration has set for the people; namely, to make the city a better place in which to live, a place where the common health shall be better and the happiness more general.

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The illustrations on pages 148, 149, and 150 show some of the insanitary conditions which the Milwaukee health department is working to abolish.



John Deraus, chief sanitary inspector.



# The ORGANIZATION of JUNIOR CIVIC LEAGUES

MRS. AGNES MCGIFFERT BAILEY

Last month Mrs. Bailey gave a graphic account of the work being done by the boys and girls of the Junior Civic League. Every locality has its live boys and girls, with an abundance of steam, which, if utilized in no other way, often manifests itself in forms of

annoying mischief, but if directed under capable leadership, may be utilized in adding to the beauty, the attractiveness, and the healthfulness of the locality, and hence in contributing indirectly to the moral uplift of the community. This article gives some suggestions regarding the formation of local leagues.

**T**HE Junior Civic League is a banding together of young people to work for cleanliness, beauty, law, order, patriotism, and civic righteousness. While it includes the school garden and the playground, it differs from them, because it is with and by, as well as for, the children. Thus we are asking of these twentieth-century children, for whom so much is done, that they give of their talent to help their city and nation.

The first request is that they write essays on some such subject as, "What Can I Do to Improve My City?" The *American City*, a magazine devoted to civics, recently offered prizes for the best high-school paper on this subject, and some of our graduating classes devoted their entire commencement-day program to this theme. Think of what

it will mean when all our youth are using their brains on really vital questions. The best of these essays are usually published in the local papers, and are often wonderfully interesting, and contain advice that can readily be acted on. A little girl of the Chattanooga, Tenn., Junior Civic League wrote:—

"A little bed of flowers,  
A little pot of paint,  
Makes a pretty cottage  
Out of one that ain't."

Though not in elegant English, it is certainly true.

An eleven-year-old boy in an Ohio city wrote: "It is so dirty down here in Swedetown, nice people don't want to come here to live. I wish us boys could have a club and help to make it cleaner, so nice people would come here."

After the compositions have been written, some of them printed, and all of them talked about (it is agita-



MRS. AGNES MCGIFFERT BAILEY

tion that tells),—after the brains and tongues have been used, then the eyes are pressed into service. We have lectures illustrated with lantern slides of the “before and after” type showing what has actually been accomplished. We desire to have every league send us some pictures of this sort that we can use to encourage others. Some time ago I was in Pomeroy, on the Ohio River, a picturesque town full of magnificent possibilities, but in many places squalid and

aisles was a two-year-old baby in a go-cart. I had no idea that the child could utter an intelligible sentence until she electrified us by ejaculating, so that she could be heard for some distance, “Dis is a nawful dutty town.” With such a spirit in the very babies, thought I, what will not Pomeroy accomplish? And last spring, just one year from my visit, I received this “Before and After” from Pomeroy, making one of our greatest contrasts (see page 154).

After the illustrated lecture comes the organization of the young people. The teacher or the outside organizer will say: “Now we are going to *do* some of the things we have been writing and talking about. We will *be* a Junior Civic League,—young people joined together to help our city. Every school should be a Junior Civic League, every room a branch, every teacher a director, every pupil a member.

Among the grades the following has been used very successfully:—

I promise—

- To try to protect all growing things.
- To respect the property of others as my own.
- To keep my back yard as clean and beautiful as my front lawn.
- To love and protect the birds.
- Not to deface any fence or public building.
- Not to spit upon the sidewalk, or floor of any street-car or building.
- Not to throw waste paper or any other rubbish on the ground.
- Not to use profane or other bad language, or do anything unbecoming a good citizen.

CIVIC PRINCIPLES

We are patriotic citizens of the United States.

We are loyal citizens of our State.

We are also citizens of our city.

MY PLEDGE

I therefore, as a member of the Junior Civic League of —, do pledge myself to submit cheerfully to the laws and ordinances of my city, and to do nothing that will render it offensive or spread disease, and to assist in making it a cleaner, better, and more beautiful city in which to live.

Name .....

Grade .....



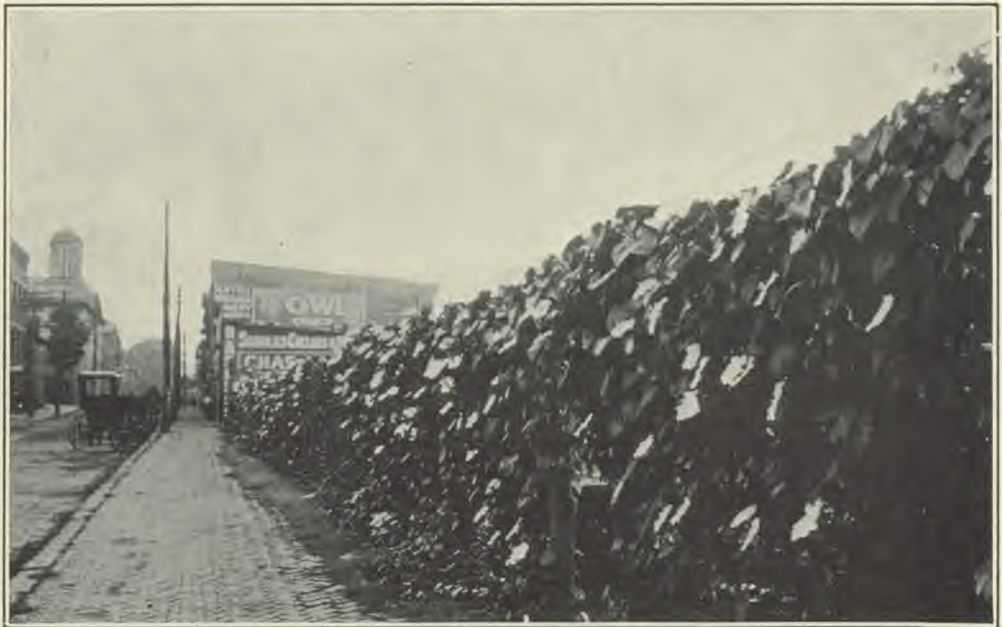
Many hands make light work.

unkempt. There was an illustrated lecture for the adults in the evening, and a men’s and women’s improvement society was organized at once. The next morning a stereopticon lecture was given to the children, and a Junior Civic League started. In one of the crowded



BEFORE

View from Biggs's, Second Street, looking east.



AFTER

View from same point, showing moonflowers.

Buttons like the accompanying cut are furnished to every member. In some places the adult Civic Leagues also wear the buttons. Officers are elected and committees are appointed in every room. Every pupil is on a committee. All are sent out to do something. As Nehemiah told the Jews in rebuilding the walls of Jerusalem, that each man should build over against



The league button.

his own house, so the first work of every member is to clean his own yard. After that, other duties may be assigned. Vacant lots, school yards, streets, — every place has its own need. The meetings occupy fifteen minutes of school time once a week. Some time is given in every school curriculum for literary exercises, nature study, singing, and moral teaching. This is all these, and more. The songs are a very inspiring feature. The board of trade in Cincinnati, much interested in the children's work, composed a song, which I have heard sung most lustily by hundreds of children in that city. Here is the first stanza: —

"There's a change in Cincinnati, great improvement in our day,  
The street's untidy litter, with its dirt, has passed away;  
We children pick up papers, even while we are at play,  
And we will keep right on."

And here is a chorus from Kalamazoo: —

"Hurrah! Hurrah! Our city clean and free!  
Hurrah! and beautiful as it can be!  
That's the work for boys and girls just like you and me:  
Love, serve, guard, our own dear city!"

Another is called —

#### The Wondrous Wise Man

"There was a man in our town,  
And he was wondrous wise;  
He threw some paper in the street,  
Right front of people's eyes.  
And when he saw that paper gone,  
With all his might and main  
He jumped into the street, he did,  
And picked it up again."

#### CHORUS:

"He put that paper in the can,  
As every man should do, sir;  
He went and joined the Civic League;  
And was that wise man you, sir?"

The fifteen minutes will pass all too quickly, but the right kind of a meeting is a too short one. One committee reports at each meeting.

During the winter the pupils write essays and make plans for their spring gardens. The head of the Home Planters' Association will help them. This wonderful association is free to all property-holders; and by forming chapters,



The sanitary squad.

splendid assistance may be obtained for local Junior Civic League work. The Junior Civic League belongs also to the American Civic Association, that great parent organization which is working for all that the league is working for and more; which, though not abating the local work, will carry the children's outlook also into the national, and will bring to them the burning question which

will in the future mean even more to us than now — the conservation of our national resources. The study of this great question vitalizes geography and history. The very preservation of such natural features as the Appalachian forests, the Arizona Grand Canyon, the Big Trees of California, the Hetch-Hetchy Valley, the preservation even of our greatest wonder, Niagara, is largely due to the efforts of this wonderful association, of which we are members, and the boys of a Cleveland Junior Civic League (they have been criminal boys in a detention school) made history when they wrote to Senator Burton begging him to save Niagara.

The winter is also a good time to secure from the mayor a clean-up day or week for spring. A committee of



Young horticulturists.

Junior Civic Leaguers in Ohio went of their own volition to the mayor asking him to appoint a municipal clean-up day.

The expense of starting this organization is borne sometimes by the board of education, sometimes by the chamber of commerce of women's clubs. The buttons may be obtained from U. P. James, 127 West Seventh Street, Cincinnati, Ohio, at two dollars per hundred. Seeds from the Home Gardening Association, Cleveland,

Ohio, are one cent a package. Shrubs and nursery stock may be secured from H. P. Phillips, Home Planters' Association, Rochester, N. Y. For information regarding lantern-slide lectures, address Mrs. Agnes McGiffert Bailey, 3729 Prospect Avenue, Cleveland, Ohio.





## LEGUMES

George E. Cornforth

**L**EGUMES is a name given to the bean family, which includes various kinds of beans, peas, lentils, and peanuts. The name pulse is also applied to this class of food substances. Legumes differ from other vegetable foods in that they contain a much larger proportion of protein, or nitrogenous food element, which is the muscle-, nerve-, and tissue-building substance, the food element which composes lean meat. In fact, the dried legumes contain a larger proportion of this body-building material than any other food, not excepting meat. This fact, combined with the fact that they are very cheap, makes them of great value where people must be fed at small expense.

One writer of authority upon the subject of foods says: "As a cheap and efficient method of supplementing the deficiency in nitrogen in a purely vegetable diet, their use is strongly to be recommended, and it is a pity that they are not more largely taken advantage of by those to whom economy is of importance; for unquestionably the pulses are among the cheapest of foods, and a

given sum will yield more protein if invested in them than in any other way." With beans at five cents a pound, and round steak at twenty cents, or sirloin at from thirty cents to thirty-five cents a pound, you can buy as much nourishment for ten cents when you are buying

beans as you can buy for one dollar when you are buying meat. And of the protein food element, which is the essential food element of meat, you can buy as much for ten cents when you are buying beans as you can get for fifty cents when you are buying meat. And when you buy the protein of the beans for ten cents, you

get the starch thrown in, which is a valuable food element and which you do not get in the meat.

The nitrogenous substance of legumes is called legumin. Its resemblance to the casein of milk enables the Chinese to make cheese from beans.

Next to cereals the legumes are the most valuable and the most extensively used of vegetable foods. They are largely used where people, either from choice or necessity, make little use of meat. The legumes have been used for

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"The work of the skilful cook is as potential for human welfare as is the work of the physician or the surgeon, for often culinary skill may save us from the physician's potion or the surgeon's knife. But is there in the profession of cooking, room for as deep study and investigation, room for such profound knowledge, as in the profession of medicine or surgery? Is there not equal responsibility of life and death? Certain it is that more people die of bad cooking than of either bad medicine or bad surgery. Cooking is a noble science, and need not blush among the other sciences."—*Youth's Companion.*

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CHICK-PEAS BEFORE AND AFTER COOKING

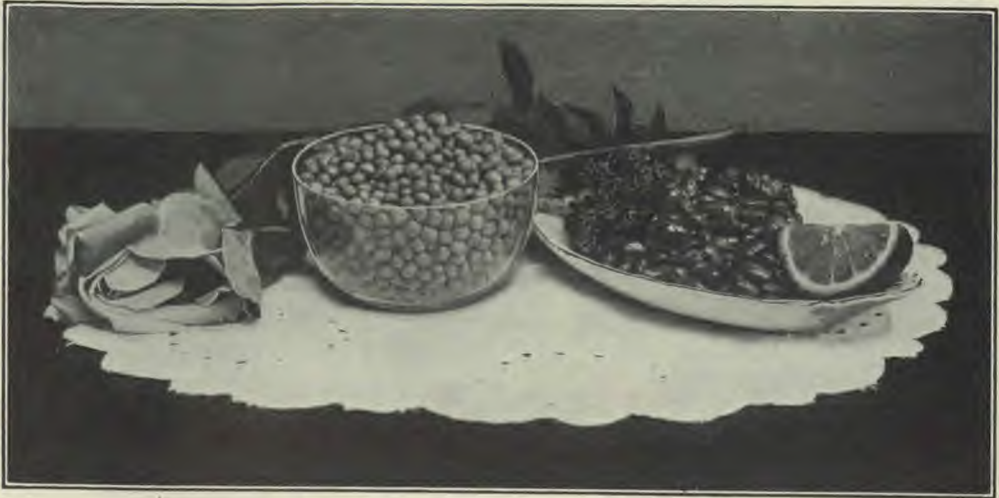
food from very ancient times. They have stood the test of time as a food product. They are noted in history all down through the ages. The red pottage for which Esau sold his birthright was made from red lentils. It was pulse upon which Daniel and his companions grew so fat and fair at the court of the Babylonian king. Beans, lentils, and pulse are mentioned as forming a part of the diet of King David; and Ezekiel was instructed to mix them with cereals and other seeds in making bread.

Legumes formed a large part of the diet of the builders of the pyramids. Beans were used by the Romans in voting and in certain ceremonies. When America was discovered, the Indians were found cultivating beans and peas. Champlain in 1604 describes the planting of what he calls the "Brazilian bean" in the region of the Kennebec. And to-day "Boston baked beans" are a staple article of diet. But why should we confine ourselves to Boston baked beans when there is such a variety of legumes, and they are all as deserving of common use as this one popular dish? In fact, peas and lentils are more easily digested than beans.

But beans have a poor reputation, a reputation for being proverbially hard to digest, so much so that only persons who are doing the most vigorous muscular work are supposed to be able to digest them. There are three reasons for this reputation: First, beans are almost always improperly cooked. In this age of hurry, when so much thought is given to money-getting and to everything except the proper care of the body, people wish to give as little time and thought as possible to the preparation of their food. This accounts, I believe, largely for the extensive use of meat; because when it is used, no thought need be given to the preparation of a meal till a few minutes before it is to be served providing the baker is patronized to supply the rest of the meal. Beans are therefore little used, and when they are used, sufficient time for proper cooking is not given them.

Second (and here is another reason why meat is so commonly used, the fact that it can be eaten quickly, without causing distress), they have been eaten like meat, and improperly masticated, leaving the skin which covers the beans tough and unbroken, in which





SOY-BEANS BEFORE AND AFTER COOKING

state it is apt to interfere with digestion.

Third, the large amount of pork fat which has been cooked with them renders them indigestible. These facts give us the key to the proper cooking and eating of legumes.

The tendency of beans to produce flatulence may be partly due to the tough hulls where the beans are improperly cooked and improperly masticated, and partly to the fact that beans are rich in sulphur, which gives rise to sulphureted hydrogen gas. Peas contain less sulphur than beans, and lentils still less. The objectionable hulls may be gotten rid of or pulverized by putting the legumes through a colander, thus making a purée of them; if dry enough, they may then be baked in the form of a loaf. Personally, I prefer to do my own purée-making with my teeth, as the beans taste better that way. The legumes are also rich in iron.

Many cooks believe it is necessary to add soda to beans, to remove some poison or to cause the beans to cook more quickly. A reasonable excuse for using soda can only be given when hard water is used for cooking them. Hard water contains salts of lime, and the legumin

of the beans is able to unite with it to form an insoluble compound. Therefore it is not possible to cook beans properly in hard water. The addition of a little soda to the water makes it possible to cook the beans in the water. But it is far better to use soft water for cooking beans. Rain-water is best.

People sometimes feel that if they discard all kinds of meat, their bill of fare will be very limited and lack variety; but if all the kinds of cereals, legumes, nuts, and vegetables are used and prepared in a variety of ways, there will be a much more varied bill of fare than is usually had with a meat diet, because when people use meat they are often contented with that and little else. Of the many varieties of legumes, the following are a few:—

The broad or Windsor bean	The Scotch pea (whole)
The kidney-bean	The split Scotch pea
The Lima bean	The yellow split pea
The scarlet runner	The brown or German lentil
The frijole	The red or Egyptian lentil
The black bean	The Virginia peanut
The cranberry bean	The Spanish peanut
The yellow-eye bean	
The soy-bean	
The chick-pea	

The chick-pea is cultivated in south-

ern Europe, Spanish America, and British India. It was used by the Romans. It is a large pea having a very prominent germinal point. It is much richer in fat than any of the legumes except the soy-bean.

The soy-bean is the most important legume of China and Japan, where it is made into a large number of different foods, which, in combination with rice, the staple food, make a well-balanced dietary. It has a remarkably high percentage of fat and protein, which causes it to resemble nuts in food value, all other legumes except the peanut and the chick-pea being low in fat. It seems to occupy a position between nuts and the other legumes.

The peanut is so much like a nut, and is put to such different uses from the bean and pea, that it is seldom thought of as a legume. But a study of the growing plant shows that it belongs to the bean family.

Food value in calories per ounce of some of the common varieties of legumes:—

	PRO.	FAT	CAR.	TOTAL
Lima beans	21.0	4.0	76.4	101.4
Navy beans	26.1	4.8	69.1	100.0
Soy-beans	39.4	42.7	39.1	121.2
Dried peas	28.5	2.7	71.9	103.1
Chick-peas	14.4	17.7	73.4	105.5
Lentils	29.8	2.6	68.7	101.1
Peanuts	29.9	101.9	28.3	160.1
Peanut butter	34.0	122.8	19.8	176.6

This is the food value of the dry legumes. As we eat them cooked, as stewed beans, peas, or lentils, their food value is only about one third as much, and the addition of a little fat of some kind for seasoning will make the proportion of fat a little higher. Therefore to find the food value of the legumes when stewed, divide the values as given in the accompanying table by three, and then add enough to the fat [except in the case of the soy-beans, chick-peas, and peanuts] to make it nearly equal to the protein.

For comparison we will give the food value of a few other protein foods:—

	PRO.	FAT	CAR.	TOTAL
Milk	3.8	10.6	5.8	20.2
Eggs	15.6	27.7		43.3
Lean meat	26.2	7.4		33.6



Ask your senator or congressman to favor the Owen bill for a national department of health.

# THE MEDICAL MISSIONARY AT WORK



## IN UPPER BURMA

**D**R. OLLIE TORNBLAD and her husband have found a location in the Shan states of Upper Burma, near the Siamese border. Of their experience and the country, Mrs. Tornblad writes:—

“The country is not thickly settled, but consists of small villages. The head man was here the other evening. He said he was head over eighteen villages, their population being 3,700; so you see there is work to be done.

“But miles and miles of land are lying vacant. Land is nominally given away. You pay a certain rate to compensate the man who has been cultivating it. If it is not cultivated, you pay nothing. It appears to me that if some young people wanted to do self-supporting missionary work, no better place could be found in all the world. Entire houses can be built out of bamboo, and a cozy, comfortable house can be built for \$150.

“Mr. Tornblad has spent six years endeavoring to start industrial mission work, and we will go right on with his previous plans. He has had experience in many lines of work, so he leads out with everything himself. His first trade was saddle- and harness-making, he having taken highest certificate in Sweden. After this he served eighteen months as apprentice to a blacksmith. Then he studied agriculture and horticulture, and later mining and prospecting. All these things he carries together; he works with his men, thus giving them a good experience. We have some men

whom we can trust with anything and everything.

“At present eleven men and their families are in our employ, so you see we have a nice little company at home. Some are as fine men as I ever met, and are so willing to do anything. When we are at home, we invite all in on the Sabbath, and have our Bible lesson; and almost every night as I retire, I hear some of the men reading the Bible.

“Our plan is to open up industries, and thus come in contact with a large number of people. We intend to open schools where are taught not only reading and writing, but also sewing, knitting, washing, and ironing, and in fact, all things that go to help the people to a higher plane of living. They work very hard, but have no method. For instance, they will work a piece of ground one year, then let it lie idle while they go somewhere else for three years, perhaps, during which time the land grows up to weeds; and when they return, they have to work twice as hard to keep the weeds down. They need to be shown how to work, and then have their hearts and confidence won so that they can be taught the gospel.

“Twenty-two miles east there is a government hospital, also a Baptist medical missionary; twenty-three miles west there is a native hospital assistant, also a railway doctor. As these are so far from us, there is great need of medical work here, and I shall have all I can do.

“We shall put up cottages, and entertain people from the plains. To our

workers rooms and treatment will be free, also fruits and vegetables; but other provisions they will bring with them. Other visitors will pay a small amount, but nothing like hill-station prices. Many people sicken and die because they can not afford a change. Some Baptist missionaries are coming in March. We shall put up bath-rooms, and be able to give them treatments.

"We are not so far from the Burmese line but that Burmese, or a corruption of Burmese, is spoken, so my Burmese language is what I need; but farther on the Shan language is spoken, and it is high time that some one came

to work for these needy people. The condition of the mission treasury should appeal to some one to come as a self-supporting worker.

"These people are honest and hard-working. My daily prayer is to have more of that power that will touch hearts. As the poor people come to me with their sicknesses, I long to give them something more than the remedy for pain. I know we are sowing, and the Lord knows those that are his. We do not know what little deed may be the means in God's hand of opening their eyes. Our work, of course, is just in its infancy."

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### ONE WOMAN'S LOVING MINISTRY



AS an illustration of the opportunities presented to an earnest, God-fearing woman, as she goes about among the people helping them in time of sickness and holding up before them, in the love of Christ, the Word of God with its messages of hope and good cheer, the following experience in South Africa is given:—

"On Sunday afternoon, November 26, Pastor R. C. Porter met with a company of interested people with whom Sister Clara Morgan has been reading the past few weeks, and spoke to them on the signs of the times. Sister Morgan is reading with something like seventeen families. She has a few readers among Catholics.

"Sister Morgan is working for all classes, passing none by who show a desire to know Bible truth. Three or four of her readers from among the colored population, are ready for baptism. She is also reading with some who are re-

lated to members of parliament, and she has awakened a keen interest among this class. And she does not stop here, but is letting the light shine into the homes of royalty, having sent Her Majesty Queen Mary 'Coming King,' and in response to this gift she received a beautiful letter of thanks and appreciation.

"Mrs. Morgan was invited to speak before a society holding district meetings, but she refused because of her timidity. Then a second and a third invitation came, and she accepted. When she saw sixteen honest, inquiring faces before her, her timidity was lost in the thought that some of them might be won for the Master. She has been invited to take the meeting again, and she now says she will not feel so timid about it. Sister Morgan says: 'Last month I gave forty readings, attended eleven other meetings, made 377 visits, sold 309 papers, and gave away 1,242 pages of literature, besides the treatments given.'"

# EDITORIAL

## SHALL RIGHT AND TRUTH BE EMBODIED IN LAW?

**S**UCH was a question propounded in an anti-saloon meeting, in favor of prohibition, by one who evidently thought there was only one answer to the question.

We would answer, Yes! most certainly if it is the sentiment of the people.

Any lawmaking which is not the cool choice of the majority, is not the government of the people, for the people, and by the people. To the extent that a minority in no matter how good a cause, secures law that is obnoxious to the majority, to that extent this has ceased to be a government of the people, and has become, instead, an oligarchy. The great body of the people then stand where the Filipinos now stand—as wards incapable of self-government.

Bad as is the liquor traffic, iniquitous as is partnership in this traffic by the government (through taxation and license), I am not prepared to say that the passage of even a good law in the face of the majority of a large unit, and under such circumstances as to make it impossible to enforce the law, is not a worse evil than the liquor traffic.

Shall right and truth be embodied in the law? Yes, if there is a majority to enact it, and the conditions make it possible to enforce it. *No*, if it is the sentiment of only a minority, and conditions are such that its open violation is inevitable.

And I do not think that a law secured by the hasty methods of an election campaign necessarily represents the sentiment of the majority.

Before such a law is passed,—a law

which involves changes in the habits and customs of a large proportion of the inhabitants,—there should be on the part of at least a majority of the voters a settled conviction, a public opinion that is stable enough to be a strong backing to the officers who are charged with the enforcement of the law.

As great as is the evil of drink, we have one that threatens to be even a greater evil,—the wholesale disregard of law as seen in the rapid increase of crime, in lynching, etc. That this is in a measure due to drink is quite possible; but that drink is not the great cause, is quite evident from the fact that in Great Britain, where more liquor is consumed than here, there is an attitude of respect for the law which is absolutely astounding to the American the first time he lands on British territory.

This spirit of anarchy which in America threatens to bring in a reign of terror must be charged very largely to the fact that we place on our statute-books laws which are repugnant to the majority of the inhabitants of certain places, and soon the sentiment prevails that it is not wrong to violate an odious law. Of course that sentiment always prevails among a certain lawless class of the community; but when laws are passed or forced on a community which is otherwise law-abiding, it causes many others to join the lawless class, or at least to wink at the violation of what they consider an unjust law.

What shall we say of the men who in Boston harbor threw overboard the tea? Were they not lawbreakers? And

yet the sentiment prevailed that they were justified because the law was tyrannical. Similar sentiment prevails in all communities where an antiliquor contingent has forced no license on a liquor contingent. Where the forces are nearly evenly divided, so that there are about as many who favor license as there are who object to license, the result can not help being disastrous to the sentiment of respect for law.

Another cause for disrespect for law is the great diversity of laws on subjects which concern morals, such as marriage and divorce; and it is to be hoped that the new "third house," the house of governors, will be instrumental in securing practical uniformity in the matter of such laws.

Another factor in the disregard for law is the issuance by the federal government of tax receipts in "dry" territory, thus placing federal approval on the violation of State laws.

What we need is cautious advance in legislation, especially where sentiment does not back it, and an attempt to secure harmony of action between federal and State legislation and uniformity between the States. This is a far-off goal, a future dream so far as this country is concerned, though it is the normal condition in England, because one Parliament legislates for the entire country, and a government does not dare to legislate contrary to the majority of voters, else it steps down immediately.

However much we may pat ourselves on the back, thinking we have the model government of the world, we have some problems to meet and some difficulties in meeting them that are not present even in the monarchical government of England.

To-day that government, with its waning upper house, is in many respects more a government of the people, for the

people, and by the people than our government.

England is governed practically by the lower house of Parliament, and that house is compelled to feel the pulse of the country much more carefully than our Congress.



### The Tabooed Subject

WHAT would you think of parents, who, knowing their children were in a hay-loft with matches, would say nothing, hoping the children would not learn the use of matches? But if that is an unfair parallel, what would you think of parents who, knowing the dangers of tobacco and alcohol, failed to instruct their children on these points, lest it be giving the children a "knowledge of good and evil"?

But such a strange conspiracy of silence has been maintained regarding what is perhaps the worst possible menace to the young. It is such a potent evil that we have hardly dared to discuss it among ourselves, far less instruct our children. We have, in fact, maintained a condition similar to the one when men believed in a malicious devil with full power to carry out his malevolent designs, who would appear on the scene whenever his name was mentioned; and of course his name was taboo.

If we were out from the influence of our environment, if we had come on a visit, say, from Mars, this hush about the sex question, this treatment of it as of an evil genius ready to come and devour us if we spoke of it, would astound us. But we have been in this atmosphere all our lives, and it seems natural to us, just as a fusty, unventilated room does to one who has slept in it all night.

But while we have been keeping silence regarding sex matters, we have not been keeping the children in innocence;

for from one to another the knowledge has passed, not as of a function that should be considered sacred, but as of a subject for loose joke and smutty story. The conspiracy of silence has never been able to guarantee the innocence of the children. They may not have drunk at the fountain of the knowledge of the sacredness of sex, but they, or many of them, have quaffed of the polluted sewer of sex perversion; for the child who has a knowledge of wrong sex life never keeps it, but passes it on to every one with whom he or she comes in contact. And the knowledge in its effect upon innocent minds is as infectious as smallpox. There is no natural immunity to this mental infection.

Why have we not sensed this, and realized that a vaccine of sex instruction was needed, with which, possibly at a loss of the innocence of the child (as far as ignorance constitutes innocence), the system might be made immune, or partly immune, to the virus of youthful impurity? As we are awaking from this nightmare, we rub our eyes and wonder, but we are not all awake. The tradition of centuries does not break in a moment or a week or a decade. While there are prophets of a better time pressing the standards forward, there are those, and they are many, who are wholly out of touch with the movement. Even now there are those who would blush if one in a mixed company spoke of the legs of a table. When the *Ladies' Home Journal* began its campaign, urging parents not to allow their children to grow up in ignorance of these matters, there were bitter protests from people of this class.

But now we see a mighty wave in favor of proper sex instruction, partly on the basis of disease prevention, partly in behalf of a higher moral ideal. All over there are being held conferences, in which some of our most able and most

respected citizens take part, where the sex question, the social evil, the venereal peril, the white-slave trade, and kindred topics are openly and fearlessly discussed. We have recently given notes from a meeting held by the Monday Evening Club of Washington, D. C.

Magazines are beginning to handle the subject fearlessly. The latest notable example is a series in *McClure's* by Jane Addams, who compares the campaign against immorality with the old abolitionist campaign against slavery, which, beginning with a few earnest souls fighting almost alone against entrenched privilege and the tradition of generations, finally, after a bitter struggle, resulted in a complete victory. Books on the subject of sex — from simple instruction on sex hygiene for children and youth to warnings against vice, and exposures of the capitalized system — are multiplying rapidly.

Vice commissions have been appointed in different cities. The Chicago vice commission issued a report which so exposed the iniquity of the organized and capitalized system of vice-slavery carried on in that and other cities that some "influence" caused it to be temporarily thrown out of the mails!

A report prepared by the Minneapolis vice commission, while not so lurid, is as full of information showing the need of united and determined action to rid our cities of this great entrenched evil.

Medical societies are sounding the warning, especially as regards the danger of infection with loathsome diseases from impure associations. And persons like Dr. Helen Putnam are working strenuously for the introduction into the institutions of higher education of courses in biology and kindred studies calculated to prepare the future teacher to teach properly the important subject of sex hygiene and sex purity.

The more forcibly a spring is stretched,

the more vigorously will it rebound if freed. Is it possible that those just freed from the repressive trammels of old tradition will fly to an uncautious extreme in the matter of sex instruction?

The New York *Medical Times* thinks this is a real danger. It suggests that if all this teaching proves to have a harmful effect, "the plan can not be readily stopped. The information given will be handed down, in more or less distorted form, by young boys and girls to younger ones, and it will be a decade, at least, before the effects of the movement can be brought to a standstill."

Regarding the natural functions of the girl, we are told in the same article that "the normal girl requires only the instruction and discipline which any mother or older sister of common sense possesses, and the abnormal girl, like any other sick person, needs careful, individual medical attention, not public lectures."

Instead of giving definite instruction regarding the intimate relations of the sexes, the *Times* believes "that the young girl should be taught to hold the marriage relation in the highest esteem, and to consider any lover's caress as an act of infidelity to her future husband and to her own character. Here is the proper place to draw the line. The girl who, under proper guidance, is not willing to draw it here, can not be trusted to draw it anywhere else."

Another objection raised by this journal is concerning who shall be chosen to instruct. One at least who volunteered for this purpose is said to have herself had a most shady experience in the past. Could the influence of teaching by such a one, even though repentant of the past, be wholly good?

The question has been warmly discussed whether sex hygiene should be taught in the Washington, D. C., schools. A series of lectures has been prepared on First Aid, Contagious Diseases, Hy-

giene of Childhood, and Sex Hygiene. The matter finally came to Superintendent Davidson for decision. He accepted the help for the other topics, but "regarding the series of six" lectures on sex hygiene he said: "In handling a subject so fraught with danger, we must be extremely careful. Men who can present the subject are hard to find. I want to assure myself that the lecturers on these topics are capable before I approve the series."

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### Saved to Serve

WE had just arrived in London from the Continent, and had barely caught a south-bound suburban train as it was moving out, and were congratulating ourselves that we had the compartment all to ourselves, when, the train stopping at London Bridge Station, a crowd of lively and noisy boys filled the compartment. The first disappointment that we were to be so crowded was instantly followed by an interest in the ebullition of the young urchins, who seemed to be having the time of their lives. Evidently they were boys from one of the poorer districts of London, having the very unusual treat of a day in the country.

Just before the train started, a rather elderly man, a laborer with a celluloid patch over one eye, or the place where there had been an eye, entered the compartment; and after the boys had rearranged themselves and crowded a little to give him a seat, he turned to us and asked if we would object to his smoking. As wife had not yet fully recovered from the effects of a rather rough sea trip, and tobacco smoke would only increase her trouble, I told him we had chosen the compartment because it was not a smoking compartment. Very cheerfully, he replied, "I suppose I shall be better off if I do not smoke."



Replying to the query whether he was taking out a Sunday-school class for a picnic, he said it was a boys' temperance club organized by himself. The boys, he told us, are not only abstainers themselves, but they decline to go to the public houses after beer for their parents. This attitude on the part of the boys has had an educative effect upon some of the parents. In one case, a man who had formerly belonged to the temperance lodge, but who had fallen away and become a victim of drink, had been induced through the influence of his boy to promise that he would again join the lodge and give up drink.

Here was evidently a very practical and efficient work for the temperance cause by a man with no special qualification except his love for the work. Under his influence, a band of thirty street urchins (some of them were in other compartments), who doubtless, without his influence, might have become bums or hooligans, are being trained to live upright lives.

But he is not doing this work without cost to himself. The fare of these boys, as he told us, would cost him thirty shillings, and in addition he would be out some for refreshments. He gives his boys an outing each fall, and a "tea" each winter. This must cost him the savings of many weeks' wages, for thirty shillings a week is much more than the average worker earns in England.

Exhibiting his hands, he said, "You see I am a working man, and do not earn

very much. I live closely myself in order that I may be able to do something for these boys, and save them from becoming drunkards. I was a drunkard once, though I have been an abstainer for twenty-seven years; and the money I once spent in drink I now spend to save others from drink."

The train came to our stopping-place, and as they were going farther, I did not obtain the name and address of this noble son of toil. He is one of the heroes whose fame may never be recorded here, but his work will live after him.

There is some truth in his assertion that if workmen in general would do as he is doing, they would get more real joy from the expenditure of their money than they now do from their drink, and the drink problem would soon be solved. But the drink traffic is substantially built on two foundation facts, the *weaknesses* of men and the *avarice* of men; and so long as these two characteristics honeycomb society as they now do, all attempts to eradicate the evil must be abortive. The trouble is with his "if." Not temperance societies alone, not settlement work alone, not healthful amusements alone, not local option or prohibition alone, will do away with the drink evil. All these agencies combined are scarcely able to reduce the per capita consumption of drink. We are only beginning to realize the real strength of the enemy, and the necessity for a united, determined struggle that shall acknowledge no defeat.



# AS WE SEE IT

## The Appalling Fire Hazard

WHEN we consider that we are burning, as shown by a recent report, buildings to the valuation of \$250,000,000 a year, \$5,000,000 a week, or \$500 a minute, and that these fires are the result of reckless building, is it not in order to give heed to the suggestions of Mr. Fitzpatrick, who, as an architect, asserts that absolutely fire-proof buildings can be erected at first cost not much exceeding the cost of the present fire-traps; and when cost of insurance and repairs are considered, at a final cost of much less? Why not build to prevent fires, and do away with the needless expense of fire insurance and fire protection, not to mention useless loss of life? It would seem that self-interest, to mention no higher motive, would demand better construction.

Mr. Fitzpatrick asked to have his manuscript until the last minute so as to include the latest fire incidents, but what's the use? There are no latest items. The day after his copy was handed to the printer, there was a \$30,000,000 fire in New York, a \$200,000 fire in Boston, a three-acre fire in East St. Louis, and a disastrous blaze in Flint, Mich.

In the "fire-proof" sky-scraper of the Equitable Life Assurance Company in New York, we have an illustration of the menace of elevator wells. "Sucked through huge air-shafts, the flames spread like lightning, and before the firemen arrived from six blocks away, the entire building was burning fiercely, every floor being on fire, with flames shooting from hundreds of windows on all sides of the mammoth structure."

## Prevention Versus Cure

THIS suggests the thought that prevention is the coming watchword in many lines of activity. We have societies for the prevention of tuberculosis, infant mortality, vice, crime, cruelty to children, cruelty to animals, etc. Rapidly in many lines of effort preventive measures are superseding curative measures. While the ambulances are still at the foot of the precipice picking up the wounded, an increasing force of workers is gathering at the top of the precipice to prevent disaster.

In medicine preventive measures are rapidly superseding curative measures. We used to attempt to cure yellow fever. We have learned its secret, and now we prevent it, by destroying the mosquito that transmits it.

We are still attempting to cure typhoid fever, at least in many places, because we have not stopped all the leaks — we have not yet located all the sources of the disease. When that problem is fully solved, we can rid ourselves completely of typhoid fever — if we will pay the cost.

We have discovered the cause of uncinariasis, or hookworm disease, and it is only a question of time when preventive measures will have been so fully inaugurated as to stamp out this symbol of uncleanly habits — if the people are willing to pay the cost.

Pellagra still stares us in the face as an unsolved problem, and we are powerless to prevent it, as we do not know its cause; but when in response to the work of patient investigators it yields its secret, we shall be in a position to eliminate this disease — if we will pay the cost.

Thus, little by little, we learn the causes of disease—and the means of prevention; and as fast as we come to the place where we are willing to pay the price, we get rid of one disease after another.

We are willing to go to any extreme to prevent plague, or leprosy, or cholera,—diseases that are unfamiliar to us,—but tuberculosis and typhoid seem more like old friends, and we are inclined to tolerate them. An awakening conscience, however, will eventually stir us to pay the price necessary to eliminate even these.

But preventive measures are not confined to the elimination of disease. Prevention of crime by educational and eugenic measures will gradually replace the old method of making criminals in order to punish them; and these preventive measures, by the way, will include the abolition of the rumshop, from which at present Uncle Sam gets a handsome "rake-off."

Prevention of feeble-mindedness, and insanity, and pauperism are possibilities, if we may believe those who are earnestly studying into the causes of these blots on civilization.

Prevention of the spirit of war by a campaign of education, not in our country alone but in all, by the establishment of world tribunals, and by other means, such, for instance, as an international organization of peace scouts, and by the international language, Esperanto, may yet usher in a time when governments will cease their hysterical farce of trying to see which can outdo the other in war expenditure. But none of these good things will come without personal sacrifice on the part of many. A considerable proportion of the community must desire these benefits sufficiently to struggle for them. Freedom came to a people who were willing to yield their lives in the cause of liberty.

#### A Worthy Enterprise

A YOUNG man stepped into the editorial office. His manner indicated that he had a mission, and he was not long in stating it. As he approached, I motioned to a chair, and requested him to be seated.

"This is Dr. Heald, I believe?" I admitted. "My name is Allen."

"Dr. Allen, I suppose, with whom I have been corresponding?"

"O, no; only plain Allen."

That was our introduction, but I soon found that Mr. Allen, a college man, has been doing things. He is at work establishing a school for the poor whites of the Southern mountain districts, and in order to support the school he has started a quarterly magazine, *The Mountain School Herald*, forty-eight pages, with office of publication at Berrien Springs, Mich. The subscription price is thirty cents a year. Just at present Professor Allen is going the rounds of the country getting up a rousing subscription list for his paper. And if the other numbers are like the sample I have before me, the subscribers will have their money's worth. The magazine is attractive, and "has ginger in it," as they say out West. Not only in regard to conditions in the Southern mountains, but in reference to national affairs the editor shows himself well informed.

And this reminds us that every effort for the amelioration of the condition of the Southern whites should have hearty support. No people on this continent are more typically Anglo-Saxon, none are more thoroughly American, none can boast of a better ancestry, than these Southern whites of the mountains; but generations of unfavorable conditions, including the hookworm invasion, have brought about deplorable conditions. However, the blood is there, and proper educational methods will yet raise that people from their unfortunate condition to one of activity and enterprise.

We bespeak for the magazine and for all the mountain white schools the generous support of every person interested in the uplift of his fellow men.

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**Dresden Exhibits to Be Permanent** IT is announced that the magnificent *Der Mensch*, or Mankind, exhibit of the Dresden International Hygiene Exposition, and the exhibits showing the history of hygiene, and the hygiene of the various races,—the parts of the exhibit having most popular interest,—will probably be preserved as a permanent museum for the people of Dresden. The condition on which this offer is made is that the city of Dresden will agree to house properly and to maintain the exhibits.

Mr. Lingner, the owner of these exhibits, who, we understand, financed the exposition and conducted the business management, has had liberal offers from other countries desiring to secure the exhibits. We are glad to know he, in loyalty to his own city, has refused all such offers.

Only two counts have we against this magnificent exposition,—its policy of holding a monopoly on all its good things and not allowing even notes made of the various exhibits, and its policy of running the exposition as a big beer-garden. These we do not hold against the medical men who had charge of the scientific part of the work.

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**Why?**

WHY is it that in France the officers placard the barracks of the soldiers with notices warning against drink? Why is it that British officers, accustomed to the moderate use of liquors, have become total abstainers as an example to the men? Why is the total abstinence movement in the British army so popular that forty per cent of the Indian troops are total abstainers? Why is it that the Ger-

man emperor is earnestly urging abstinence in the German army and navy? —It is because the leading army men in France, England, and Germany want efficient fighting machines, and they know that liquor even in moderate amount does not make an efficient soldier. What is the matter with prominent American army men who see no solution to the problem of the low resorts around the army posts but the army canteen?

We are asked by army men to return to the canteen system when creditable witnesses tell us that from the canteens drunken men formerly reeled out to enter the brothels just across the army lines!

The Anti-Saloon League proposes a constructive program, including, (1) education of the men of the army, from the commander down, as to the effects of alcohol; (2) legislation to create a zone from one to five miles wide around army posts where the corrupting saloon and brothel shall be outlawed.

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**"Uncle Sam Is Our Pardner"** SUCH are the words boldly and defiantly emblazoned by some Western liquor dealers on their advertising and campaign literature. "Uncle Sam is our pardner." How disgraceful it sounds! But is it not true? Is it not a fact that so long as liquor men pay the liquor tax, Uncle Sam stands behind them and authorizes them to debauch your boy and my girl? Is it not a fact that in the eyes of Uncle Sam the greatest crime the liquor manufacturer or dealer can commit, as regards the traffic, is to attempt to avoid paying Uncle Sam his share of the blood money?

It is true some attempt has been made to protect the Indians from the wiles of the liquor dealers, but even here a good man, Johnson, lost his position for no other apparent reason than that he was too energetic in pursuing liquor outlaws.



# 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.

## FOREIGN MISSIONS AND THE LIQUOR AND OPIUM TRAFFIC

ONE of the great problems the missionary meets is the liquor problem. In the East, liquor is easily and cheaply made. For five cents or less a native can produce enough liquor to make four men dead drunk. This fact, combined with the low resisting power of the native, makes drunkenness the rule instead of the exception. And opium is produced about as easily.

An African ship which carried three missionaries had on board a cargo of 240,000 gallons of rum so vile as to justify the appellation of "40-rod." This liquor sent into these countries comes from London, Liverpool, Vienna, and especially from Boston. This rum is of so low a grade that laborers using it are not fit for work for days.

There is a movement on the part of the nations to check the evil on the coast of Africa, but thus far there is little promise of success. I can say with certainty that the rum from civilized lands kills more natives than all the fevers and infectious diseases of Africa.

The shipment of liquor to Bombay in forty years has increased sixty-sixfold, and it is now used on all conceivable occasions. One can understand this atrocious increase in the use of liquor from the abominable system of tax, known as "the highest bidder monopoly," in which every three years the provincial government of each of the provinces of India advertises for sealed bids, and lets the privilege of selling liquor in the province for the ensuing three years to the highest bidder. This monopoly carries with it the privilege to open as many saloons as desirable and to do anything that will increase trade. Thus does the Christian government of England, for the sake of tax, debauch the native population of India. On one ride I counted 192 men rolled off the road, drunk! It is a shame to Britain, professedly Christian, that she allows it.

With the opium traffic it is even worse. The government has a monopoly of the pro-

duction of opium, and it is a crime for any one to have in his garden more than twenty poppy plants unless licensed to do so by the government; and all the poppies must go into the government establishments to be made into opium. Just as we have a Department of Agriculture, so they have a department of opium, but not for the benefit of the citizens; its one and only purpose is to secure a revenue for the government out of the sale of this debauching drug. The scarlet thread put into the ball of opium to identify it as of government manufacture is a badge of Britain's shame.

The missionary has raised the first cry against the debauching of the native by liquor or opium. The Hindu religion has nothing to say against the drink habit. And the Mohammedan, though he has abstinence in his sacred book, does not have it in practise. The Mohammedan Persians are the most drunken nation on the earth. Oriental religions have no message against the drink evil.

When I was going out to the field, I was met by a man who said he used to give to missions, but now he gave no more; for wherever he went in the East, he heard the cry, "The missionary is a meddler!" And I rejoiced at this good testimony. To meddle is the missionary's job—to meddle with the drink evil, to protest against the debauching of the natives, to fight government graft in high places.

And the missionaries are doing a good work for abstinence. Converts are not allowed to join the churches of the American missions without "swearing off." It is not strictly so with the British churches. As missionaries, we have been doing some educational work. I obtained a series of Mrs. Hunt's lessons for children on the effects of alcohol, and had them translated into seven languages, and now they are being studied by four million children of India.

A British member of Parliament, Mr. Cain, several times a millionaire, has been to India a number of times in the interest of temperance. He has himself spent a million dollars in the circulation of temperance literature, and as a result there are now five million Hindus who are total abstainers.

Later in our antiopium work in the Philippines we succeeded, *by the aid of funds from Chinese heathen*, in securing a prohibitory law for the Philippines. At the request of Chinese officials we drew up our argument against the use of opium in fourteen brief statements, which were used almost word for word in the edict issued four years ago by the Chinese government prohibiting the use of opium to one fourth of the human race.

My appeal to this body is that you open your eyes to your responsibilities, not only in the United States but in the world at large. The United States as a nation must make herself felt as a force for the uplift of humanity.—*Rev. Homer Clyde Stuntz, D. D., address before the Fourteenth National Convention of the Anti-Saloon League, Washington, December, 1911.*

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### We Want Aid, Not Interference by the Federal Government

My State and its officers at home and here in the capital, stand as a unit for prohibition. In harmony with the prayer "Lead us not into temptation" we want to be careful not to license an institution that is constantly leading others into temptation.

In Mississippi we are asking that we may have no opposition to our State laws by the federal government. We have a right to expect the aid and not the opposition of the federal government. We want State control of the liquor question, and we are asking the federal government to accede to that control.

We have the aid of the federal government to protect our hogs against hog,—to protect the hogs of our State from hog cholera coming across the line,—and to protect our cows against Texas cattle fever. Why should we not have protection against liquor coming across the line? The principle is the same, but behind the government stands the "interests,"—the capital which is concerned in making a market for liquor.

We have outlawed the liquor traffic—made it criminal—in our State, and we shall ask the federal government *not to license* in our State what the State has pronounced criminal; but even before that is settled, we want the federal government to forbid the carrying of liquor across the line. At present contracts for the interstate sale of liquor are enforced by federal laws, and we are powerless to protect our borders against this interstate invasion.

We want Congress to say that if it is a crime to sell liquor within the State, no one outside the State shall be upheld in the crime.

We are working for the time when our flag shall stand only for the uplift of individuals and nations, and shall countenance nothing which tends to physical or moral destruction. If we can not get that now, we want at least the flag to stand for the assistance of Mississippi in this matter.

It was prophesied by the liquor interests that when the liquor business was destroyed, schools, business, and prosperity would also go. The prophecy has utterly failed; the liquor, at least the open saloon, has gone, but the schools were never more successful, and business was never more prosperous.

If the federal government will give us as full protection or control as we have in the case of hog cholera, we shall not be long in ridding the State even of the hidden remnants of the rum traffic. You may count on our support at home and here in Congress for everything that means a forward march.—*Gov. E. F. Noel, of Mississippi, speech before the biennial convention of the Anti-Saloon League, Washington, D. C., 1911.*

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### Changing Habits

A FEW years ago water-drinkers were looked on as eccentric, even in temperance circles, because, although they did not drink alcohol, they drank all sorts of temperance drinks; they did not seem to like to drink water; but nowadays most men in the middle of the day drink water and nothing else with their luncheon. In all clubs there has been the greatest complaint of the falling off in the receipts in regard to alcoholic drinks, due to this most excellent change of fashion; and I hope that the fashion is one which is going to stay. Water, which is the best and pleasantest of drinks, has now regained favor with the public—a change with which you will all be thoroughly well pleased. It was not so many years ago that almost everybody was drinking whisky and water, a most abominable drink; and it was quite the thing to see women drinking whisky and water with their meals, and to hear them say they were doing so by medical advice.

Another evidence of change in habits is that formerly everybody kept beer for his servants. Then a change was made by giving beer money instead. That is now a thing of the past, and we do not hear anything about beer or beer money.

During fifty years the hospital expenditures for wine, beer, and spirits has dropped to almost nothing.—*Professor Saundby, president of the British Medical Association, speech at the medical temperance breakfast, Birmingham, England.*



## DIET AND HEALTH.

IT is an old saying that "cleanliness is next to godliness," and it is equally true that filth is incompatible with health. A pure mind and a pure body are the embodiment of true religion, and we should never permit ourselves to forget that there is a religion which pertains to the welfare of the body, as well as that which concerns the soul and the future state. The regulation of our daily habits so that the welfare of the body may be promoted to the utmost, is our incumbent duty, just as much as it should be our aim to obey those laws which were enacted for our moral guidance.

Moreover, by adhering rigidly to the observance of those precepts which teach us how we may direct our mode of life to such perfection that disease will be an unknown quantity, it will also make it much easier for us to live up to the moral standard to which it is the aim of every Christian to arrive. It is, however, the religion of the body we have more particularly to deal with at present, and to point out that man, and man only, is responsible for all, yes, every one, of the penalties, in the various forms they assume, and by which life is made a burden, and which, moreover, hasten the culprit to a premature grave, at which he arrives in abject despair, crushed and broken by untold suffering, all this being the result of his own reckless disregard of dietetic, hygienic, and sanitary laws.

What does the apostle Paul say? "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." And it is defilement of this living temple which is answerable for the lamentable, and I may add—more shame to us—preventable amount of disease and suffering which at present penalizes the human race. Wanton disregard of the beneficent laws which have been laid down for our guidance is a human characteristic, and, notwithstanding the daily, nay, hourly reprimands we are receiving, man goes on, a slave to habit instead of being guided by common sense. He permits his palate to take precedence of his stomach, and employs himself diligently in committing slow suicide, and in the cultivation of disease in its varied and innumerable manifestations, in place of ordering his mode of life in accordance with the capabilities of his organs of digestion, assimilation, and excretion.

I don't want to preach, but I must confess I do like to quote the very highest authority in existence in support of my arguments, and no one will dare to dispute that of the Creator, when he says, after having created man, and in this act so arranged his anatomical and physiological structure: "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree, yielding seed; to you it shall be for meat." And I venture to affirm that if man would only consent to carry out this diet, and conform to this law, as the animals in this respect do in their natural state, and where instinct is the ruling power instead of perverted intelligence, we should soon cease to inquire after each other's health, for the reason that there would be no disease. Another mode of greeting, therefore, would naturally come into vogue, such as, "Good morning! Glad to see you carry your years so well; let me see, you must have turned one hundred fifty, yet you have all the spring of youth and the elasticity of a sapling."

Disease is the direct result of filth in one form or other. It may be external to the body in the first instance, such as vitiated air, contaminated water, eating the flesh of animals, parasites due to uncleanness, the consumption of the numerous tinned articles, which may have undergone decomposition, or otherwise become dangerous by the absorption of chemical agents derived from the vessels in which they are contained. Or it may be attributable to the undue retention of offensive material within the body itself, in consequence of which absorption of toxic matter into the blood is continuously taking place. And I have no hesitation in affirming that this is one of the most potent factors at work in reducing disease-resisting power of the otherwise capable cells of which the body is composed.

Now, it is a remarkable fact that the flesh of animals, when entering into one's dietary, not only undergoes the most offensive form of decomposition, and gives rise to the most noxious of toxins, but also promotes the retention of these within the colon, and so favors their absorption, while the most erroneous impressions as to the nutritive value of butcher meat are prevalent. For example, a pound of whole-wheat-meal bread contains a little more than double the amount of food units

that are contained in a pound of beef; a pound of peas, three times as many; a pound of almonds, more than five times as many. If we consider the practical results of a non-flesh diet, we shall find that those who have solely relied upon this are not only longer lived, and have retained a higher standard of health, but have, in addition, been capable of very much greater endurance than the flesh eaters.

I would now draw attention to a most incontestable argument against man's indulging in a flesh diet. The alimentary canal in the carnivora is short, about three times the length of the body, and the colon smooth, so that the excretions, which very rapidly undergo decomposition, remain but a very short time in the canal. Now, in man the canal is long, twelve times the length of the body, and the colon sacculated; thus the food remains for a much longer period in the system before the residue is voided.

It is apparent, therefore, that a flesh diet, which rapidly undergoes decomposition, is not in any way suitable to man. Nay, more, it is not only unsuitable, but it is dangerous, and is, to a large extent, accountable for the many and more serious diseases to which the human race is subject. How can it be otherwise, when we know for a positive fact that uric acid is increased as much as three times above the normal in flesh eaters, and the amount of urea secreted by the kidneys is doubled by the use of a flesh diet? These important organs, therefore, are overtaxed. Can we wonder, then, that so many people suffer from rheumatism, gout, calculus, Bright's disease, and many other maladies, which are distinctly traceable to this potent poison?

Then, as I have pointed out on a previous occasion, the feces of a person who indulges in a meat diet are twice as poisonous as of one who lives upon a non-flesh diet, while the latter is the more robust and capable of greater endurance than the former, as already stated. Moreover, the toxicity of the urine is more than doubled. In addition to these evils, the flesh eater is more of a glutton than is he who adheres to a natural diet. Also, as a rule, he is more prone to give way to alcoholic excess and outbursts of ill-temper.—*Robert Bell, M. D., F. R. P. S., England, in the Dietetic and Hygienic Gazette.*

### How the Cigarette Does Its Work

FIRST, it irritates the delicate lining of the mouth, throat, and lungs, makes them sore, and less inclined to do their work; at the same time it partially paralyzes the nerves that control the breathing, and the boy suffers from lack of air.

Second, the cigarette weakens the nerve that controls the heart, and makes it beat

badly, too fast, too slow, stop, etc.; and while working much harder than before, it really accomplishes less, and the boy's blood begins to be purple instead of cherry red. This means that he is getting too little oxygen, and he feels nervous and blue.

Third, the tobacco makes the stomach more active in preparing juices to digest food. As the boy smokes "as tinkers take ale," all the time if he can, the stomach, being overstimulated and overworked, and secreting digestive juices when they are not needed and can not be used, soon grows weak, and fails to produce enough for use when really needed, and the boy, digesting badly, begins to be half-starved, pale, and weak.

Fourth, the cigarette boy soon finds it difficult to sleep as much as he needs; and, fifth, he becomes disinclined to exert himself, and neglects proper exercise. Naturally, at this stage, since he gets too little air, he has a weak heart, loses sleep, and begins to stop growing as fast as he should.

This is enough, but there is more and worse to follow. The intellect of the boy now suffers. The cigarette fiend grows careless, dull, and irresponsible; he loses interest in honest sport and studies, and he thinks more and more about his cigarettes; he is determined to have them, and often, if there is no other way to get them, will resort to stealing.

Morals are injured. The record of fifteen boys who were sentenced in one lot of crimes, shows that ten of them had stolen to get cigarettes. A judge of the supreme court of New York stated that in one year nine boys were discharged from his private office for stealing postage-stamps to buy cigarettes.

With all these arguments to present, it can plainly be seen that the use of cigarettes destroys the important business faculties of the young man. Business men do not wish to employ them, and in Chicago there is a large association of business men pledged not to employ any cigarette-smoking boys. And business men in many other parts of the country are following their example, on the ground that the average cigarette fiend is so inefficient and dishonest as to be not worth hiring.—*Child-Welfare Magazine.*

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### Evils of Specialization

THE middle-aged workman incapable of work outside a limited specialty, and even unable to think or talk of anything else, is as pitiful a sight as a broken-down actor; and modern industrialism is producing an increasing number for charity, so it is charged. Scientific management may thus save at the spigot and waste at the bung, if society is to be burdened with paupers worn out at forty-five, or even forty.—*Interstate Medical Journal.*





# 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.

**To Overcome Tobacco.**—"What in diet and treatment would you advise to help a moderate tobacco user give up the habit?"

First, a series of wet sheet packs, about one every other day, until the sheets cease to reek with the odor of nicotine. To give the pack, wring the sheet out of tepid water, and spread it on bed or cot, over two or three woolen blankets. Have the patient lie on the sheet, which should be wrapped snugly around him so as to bring all parts of the skin in close contact with the sheet and exclude the air. One side should first be folded over with the patient's arms raised, and should be carried down between the limbs, then the other side should be drawn over all, the arms of the patient being at his side. Make everything snug, and then wrap the blankets around closely, being sure to exclude all air; only the head should be exposed. The pack should be continued until the patient is in a vigorous perspiration, then followed by a spray or sponge, and a vigorous rub. Tea, coffee, and alcohol should, of course, be interdicted, and one will do better on a very simple diet, avoiding the use of flesh.

**Migraine.**—"What is the cause of headache, —one that comes periodically and is confined to the right side? The pain is shooting and almost intolerable. The attack usually lasts a day or two."

Dr. Haig has attributed this condition, which the doctors know as migraine or hemicrania, to an excess of uric acid in the organism; and yet it would be more proper to attribute it to the condition that is responsible for the excess of uric acid and other systemic poisons;

such as, gastro-intestinal disorder with decomposition in the digestive tract. As a result of fermentation and putrefaction we have many poisons produced; and of these, uric acid may be considered an index. The use of an excessive amount of albuminous foods may be considered a remote cause, for from the decomposition of the nitrogenous foods more poisons are formed, and again such a diet favors decomposition more than does a low-protein diet.

L. J. O.

**Constipation.**—"I am much troubled with constipation since being operated on for appendicitis three years ago. I am told you recommend an injection of a tablespoonful of olive-oil and glycerin just before arising in the morning. What would you suggest in my case?"

Drink an abundance of water, more than you really feel a necessity for. Use vigorously, and at least twice a day, various exercises; such as, forward bending, side bending, and side twisting, say five times each; lying, and rising to sitting position, five times; lying, and raising legs to perpendicular then lowering them, five times; walking around the room on all fours. These all bring the abdominal organs promptly into play and favor circulation to the intestines. Take freely of fruit in the morning, especially of oranges, and perhaps apples. Use before breakfast, several teaspoonfuls of bran stirred up in a glass of water, or else have cakes made of bran and molasses, baked in large sheets, and cut up into squares of about two inches, taking a square at each meal, or as necessary. Both the bran and the molasses are laxative. The injection of oil and glycerin you mentioned is often effective, but different remedies

are necessary for different cases. Be sure that you never neglect a call, and that you do not let your system "go dry" for lack of abundance of drink, the best of which is pure water.

**Bath Cabinet.**—"I have been thinking of getting a vapor bath cabinet for treating colds; do you think such baths are beneficial in treatment of bad colds? If so, where can I get a cabinet that is reliable?"

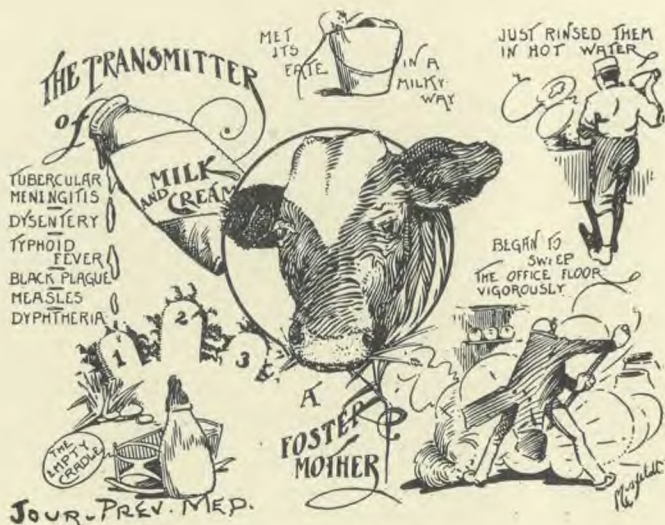
Many of the bath cabinets do good work, but the same effect can be obtained with less expense. Put the patient on a chair, unclothed, the bottom and front of the chair covered with a blanket or other material to protect the skin of the patient from direct heat. Place under the chair an oil-stove or, better, an alcohol-stove, holding a basin of boiling water. Put the patient's feet into hot water. Cover him entirely with blankets, so arranged as to form an air-tight tent extending to the floor, and drawn close around his neck. It would be better to go through the routine first with the patient clothed, so as to learn the method. Of course, in practise, the *first* thing will be to protect the patient with a blanket. This, if carried out properly, will give every effect of a cabinet bath. Be careful not to expose the patient after the bath. Better have him rise with the blanket around him, get right into bed, and stay there until morning, drinking very freely of water, hot preferred, and eating little if anything.

**Chronic Sore Throat.**—"I have had a severe sore throat all fall, and would like to know how to treat it. It is caused from tonsillitis, which I have had about thirteen years. My tonsils are very small but perforated, and every morning the cavities are full of very offensive pus. Have some fever at night and pain through my tonsils. One tonsil has a yellow vein, and discharges pus. I am twenty-eight years of age, and fear to have removed what is left of my tonsils, for there is so much blood settled in them."

Consult some competent physician who can give you a personal examination; and on the basis of that prescribe your treatment, and watch the progress of your case. It is not a case that you should attempt to treat at home.

**Night Sweats.**—"Since last February after an attack of the grippe, I constantly have night sweats. What causes them? are they harmful? is there any cure for them? I have throat and bronchial trouble, but do not think my lungs are affected as I have no cough; but the sweat causes me to have a cold all the time."

I fear that you have something more serious than you suspect. You ought to consult a physician who can give you a thorough examination. It is impossible to undertake the direction of serious cases at a distance.



SOME OF THE EVILS OF DIRTY MILK

# SOME BOOKS



**Exercise and Health**, by Woods Hutchinson, M. D. Cloth, 156 pages; 70 cents. Outing Publishing Company, New York.

One starts in this book with a jump and keeps right on reading from start to finish, as is the case with most of Dr. Hutchinson's books. The few inconsistencies and inaccuracies are transparent enough not to disturb one, and are soon forgotten in the breezy style of the doctor. He says some things that need to be said, and he says them forcefully.

He shows some of the popular errors, or fallacies, concerning exercise, and cautions as to certain dangers connected with exercise. His opinion is, and we have not seen it successfully contradicted, that the best form of exercise for recuperation is not that of the gymnasium or Indian clubs or the horizontal bar, but open-air exercise connected with some absorbing pursuit, whether it be tennis-playing, kodaking, mountain-climbing, or what-not. And we would not want to omit gardening from the list.

**Hutchinson's Handbook of Health**, by Woods Hutchinson, A. M., M. D. Cloth, 330 pages text; well illustrated; \$1.25 net. Houghton, Mifflin & Co., Boston and New York.

"The attempt has been made to write a little handbook of practical instruction for the running of the human automobile, with just enough description of its machinery to enable a beginner to fuel it, run it, and make roadside repairs." So says the author, modestly, in his preface. This is just such a book as we would like to use as a text-book in teaching the science of self-preservation to youngsters. It is strictly up to date in its teachings regarding personal hygiene and that altruistic or social hygiene which avoids the injury of neighbors.

The book is constructive and positive rather than negative in its method of teaching, working on the swordman's principle that "attack is the best defense."

In saying we would like to use this as a text-book, it is with the thought that in teaching we would point out here and there matters in which we differ from the author; but as a whole, the book is remarkably sane, easily understood, attractively written, and well illustrated.

The chapter on alcohol and tobacco, while conservatively written, is so clear a statement of the position of modern science on the subject that it would be well to embody this matter in tract form, and circulate it by the million.

The ordinary work on physiology and hygiene is usually as dry as a bone. Some have attempted to remedy this defect by writing books of the "house-we-live-in" order, but such attempts are apt to lack on the scientific side. Dr. Hutchinson has in this work admirably combined the popular and the scientific, or rather, has made the scientific popular.

**The Bacillus of Long Life**, by London M. Douglas, F. R. S. E. Sixty-two illustrations; \$1.50 net. G. P. Putnam's Sons, publishers, New York and London.

This manual of the preparation and souring of milk for dietary purposes, together with a historical account of the use of fermented milks from the earliest times, was prepared in order to meet an urgent demand for definite data on the subject of sour milks. Largely it is a compilation, the author giving direct quotations from the original authorities, but it is so woven together as to make a connected account, and an interesting addition to our knowledge, of the dietary habits of man for long ages and the relation of these habits to health.

The author realizes that there are sour milks and sour milks,—not all of them good, some of them positively bad,—and he has tried to give his readers a knowledge of the difference between good and poor cultures of sour-milk bacteria, and to give careful directions for preparing a healthful soured milk in the home or in the dairy.

The writer, when in Europe last summer, for the first time knew the real delight of partaking of a scientifically ripened milk, though he had tried several preparations in this country. Doubtless much of the disappointment that has followed the use of sour-milk therapy in this country was the result of using an inferior grade of sour milk.

Many of the so-called sour-milk tablets are not reliable. The book is a fairly complete text-book on milks, having chapters on "Fermented Milks," "The Chemistry of Milk," "Bacteriology of Fermented Milk," etc.

**Spiritism and Psychology**, by Theodore Flournoy, translated by Hereward Carrington. Harper & Brother, Publishers, New York and London.

The work is an attempt by an unbiased man to sift the evidence which has been given us through telepathy, clairvoyance, materialization, and other obscure phenomena as to the reality of a life after death, and he sifts very closely.

Flournoy is not one of the men who is carried away with the idea that certain phenomena in connection with mediums prove the existence of discarnate spirits; neither is he of that number who assert that there are no spiritual beings. He stands in a position of suspended judgment, asserting the possibility of communications from the "other world," but denying that such communications have thus far been conclusively proved. Though Flournoy is skeptical regarding Spiritism, he is a firm believer in Spiritualism; that is, the doctrine of an existence apart from the body.

Carrington, the translator, it will be remembered, was interested in Eusapia Palladino when she was in this country; and his reputation was probably tarnished when she was caught in trickery. To him Flournoy's position of championship to Spiritualism, and of skepticism toward Spiritism, is paradoxical.

To the reviewer this psychical research seems to be a thankless task. Whatever the evidence, there are certain persons predisposed to the doctrine of Spiritism who will accept it, and others—conscientious scientists—who will always see other possible explanations for all phenomena. It has always been notable that the most wonderful of these phenomena occur when there is a good surrounding of "believers," who are not skeptically nor critically inclined.

**Nostrums and Quackery.** Post-paid, \$1. American Medical Association, Chicago.

This work should be in the hands of every layman, for it contains exposures of some of the rankest frauds that have ever been perpetrated on a suffering American public. There are sections devoted to advertising specialists, cancer cures, consumption cures, drug cures, "female-weakness" cures, asthma cures, cough medicines, hair-dyes, headache cures, rheumatism cures, and a host of others. The lay reader who has not already been informed along these lines will through the knowledge gained from these pages save himself many times the price of the book. The revelations are astounding. We published an exposure

of one of these fakes last year under the title "Gas-Pipe Therapy," and will publish more this year; but we would urge every one who is occasionally tempted by skilfully worded advertisements to tinker with nostrums and patented health appliances, to read this book.

**The Church of God and the Gates of Hell; or, Why Is Christianity So Great a Failure?** by John Abbey. An appeal to the church to destroy the deadly liquor traffic. Paper cover, 178 pages. John W. Cummings, 3 East Fourteenth St., New York.

This is a forceful arraignment of those persons calling themselves Christians who teach that the Bible countenances the use of wine. The author shows the negative position of certain churchmen on this great subject, quotes a number of prominent clergymen on the other side, and cites numerous authorities to show what science has taught regarding the hurtfulness of drink in causing crime, poverty, disease, and death. Then follows a critical study of all the Bible passages relating in any way to the subject.

The author certainly has put up a good argument, and those who have known the terrible evils of drink, and yet have believed they were countenanced by the old Book and by religion, will be comforted to read Mr. Abbey's exposition of these texts.

His exegesis affords little comfort for those who are looking to the Bible for some authority to continue a damnable practise. The last part of the book is an earnest appeal to Christians to do their duty in relation to the drink evil.

**Wild Oats**, by James Oppenheimer, with a foreword by Edward Bok, of the *Ladies' Home Journal*. Published by B. W. Huebsch, New York.

This is a book with a message to young men. Although it is written in the form of fiction, and contains much sentiment, the purpose of the author to inculcate truth is never forgotten. In the closing chapter, the fearful results of the "great black plague" are so clearly portrayed that the person reading it can not fail to be warned, if not benefited. One scene rather mars the work,—where the young man, the hero, visits an old friend, a woman of questionable character. The author's conception of God, from the view-point of many, would not be considered orthodox. The book can not fail to do good, and its message certainly is needed. We would hardly want to be responsible, however, for advising parents to place it in the hands of children and immature youth. It is rather suggestive.



• **Yellow Fever Again.**—Yellow fever has made an appearance in Central America and South America.

• **Germany's Death-Rate.**—Reports covering a large proportion of the empire give Germany's death-rate for 1910 as 15.08,—a little lower than the British rate.

• **Cancer Cure Claimed.**—A German physician in Cologne has applied for the Italian award of \$20,000 offered for the discovery of a cure for cancer. He asserts that he has cured forty cases by means of a serum. We await developments with unfeigned skepticism.

• **Normal Courses in Hygiene.**—In Paris, normal courses in hygiene for teachers have recently been organized, which include general hygiene, hygiene of the young, first aid to the injured, and care of the sick. In connection with the instruction there is given practical clinical work at the infant consultation stations.

• **Cancer Research.**—The (British) Imperial Cancer Research Fund, after eight years' work, has published its fourth report, from which it appears probable that cancer is not a parasitic disease, and that nothing in the way of dietary, place of abode, or general habits of life can be fixed on as either likely to increase or diminish the tendency to the affection.

• **The Medical Evangelist.**—This little magazine published at Loma Linda, Cal., at five cents a copy, fifty cents a year, is devoted to medical evangelistic work. The latest issue has a most important article on "Sectarian Medicine or Present-Day Pathies," considering frankly but fairly such sectarian medical dogmas as osteopathy, chiropractic, Christian Science, etc.

• **Tuberculosis Milk.**—During the past six months six herds shipping milk into the city of Washington have been proved to be tuberculous. Of one herd 17 of 53 were tuberculous. Of another of 41 cattle 27 were tuberculous. Of a third of 48 cattle 41 were found to be almost entirely tuberculous. In these three dairies more than half the cows had tuberculosis.

• **Housing for Poor Consumptives.**—The city of Trenton, N. J., is planning the erection of shacks in the outskirts for the use of consumptives unable otherwise to secure fresh-air treatment. The city will provide breakfasts and nurses. The capacity at the beginning will be fifty.

• **New Use for Score-Card.**—The food inspector of Ogden, Utah, has adopted a system of scoring butcher shops, bakeries, groceries, restaurants, etc., as to their sanitary condition, by means of a score-card somewhat similar to the cards used to rate dairies. He not only gives each shop a rating, but he publishes the rating in the newspapers, thus furnishing to every proprietor the strongest incentives to keep his premises and his foods in the most sanitary condition.

• **Tuberculous Animals Condemned.**—Of more than 50,000,000 animals inspected by the Bureau of Animal Industry the past year more than 1,000,000 carcasses or *parts of carcasses* were condemned as unfit for food. Most of the condemnations were for tuberculosis. The inspectors do not condemn carcasses that show only slight evidence of disease, else the numbers of condemnations would be so great as to raise the price of meat beyond the reach of any but the wealthy.

• **Sunlight in Tuberculosis.**—Bardenheuer, who has had much success in the surgical treatment of bone and joint tuberculosis, has, as the result of examining a number of cases treated by sunlight, arrived at the conclusion that such cases can be treated more successfully by sunlight than by mutilating operative measures. He tried sunlight on thirty-five cases on his return home, and was delighted with the result. He now restricts his surgery in these cases to the opening of abscesses.

• **Superstition Versus Common Sense.**—It is stated that an old negress in Indianapolis was discovered to have leprosy, and that not only has she been rigidly quarantined, but all her family and all others with whom she is known to have come in contact! We would refuse to believe it if we did not know from observation that no amount of learning seems to make men proof against elemental superstitions. Leprophobia is a very common and very infectious malady, much more infectious than leprosy.

**Women Medical Inspectors.**—Philadelphia is to have women medical inspectors, three hours a day, at a salary of \$600 a year.

**Prevention of Blindness.**—The Milwaukee health department hereafter will distribute capsules of silver nitrate, to prevent blindness of the new-born, free to the poor.

**Contraband Opium Destroyed.**—In December more than 1,300 pounds of opium seized by customs officials during the past year in San Francisco, was destroyed. The value was over \$100,000.

**The Common Towel.**—The health officers of the State of Connecticut are proceeding to enforce the provisions of the law against the use of common towels in hotels, which went into effect January 1.

**Smallpox.**—Smallpox seems to be taking a more virulent turn and epidemics are more frequent and more fatal; as a result health officers are becoming more insistent in carrying out the provisions requiring vaccination.

**A Woman School Physician.**—Owing to the protest of parents against their girls' being examined by a man, the Boston board of health has appointed a woman physician on the list of medical examiners for the Boston public schools.

**Antityphoid Vaccination.**—In the town of Torrington, Conn., during a recent typhoid epidemic, 400 persons voluntarily submitted to antityphoid vaccination. Only one of the 400 afterward developed typhoid fever, and in that case the disease ran a very mild course.

**Absinth Under Ban.**—It was decided by the pure food board of the Department of Agriculture to prohibit the importation of absinth after Jan. 1, 1912. The board expects also to pass restrictive measures regarding the importation of opium, morphin, and cocain.

**Opium Excluded From China.**—The opium congress at The Hague has passed the resolution, introduced by the Chinese delegate, excluding all opium imports into China except such as are made under the Indo-Chinese agreement of May, 1911, an agreement which provides for a gradually tapering-off importation, to terminate in about ten years.

**Our Dumb Animals.**—The paper bearing this name, which for many years has championed the cause of helpless animals, came out with a beautiful, illuminated cover for its January issue. In comment a writer says, "A new cover, new type, better paper, have not altered its spirit; its policy is just the same, to speak for those who can not speak for themselves."

**Astounding Fecundity.**—It is said that a man and his wife in Boynton, Okla., are parents of eleven children born in three years. Triplets one year, triplets the next year, and five the year after. The oldest child is fourteen and then come twins five years old, then the eleven, as given above. At this rate of geometrical progression the parents would better call a halt or they will exhaust their bank account in a few years.

**Industrial Insurance in England.**—After months of discussion and numerous amendments, the English medical insurance bill has passed both houses of Parliament. This measure proposed by Lloyd George was intended to be in the interests of the working men. In its final passage much was wisely left to the discussion of the local committees who will have the administration of the laws. Whether it will work a hardship on the medical profession remains to be seen.

**The National Health.**—At the sixth annual meeting of the (British) National League for Physical Education and Improvement held in London in December, a medical officer of health suggested that a national health week be instituted, culminating in a Health Sunday, when the churches might bring home to the people the gospel of hygiene. During the past year the league has worked particularly in three lines: (1) for a clean milk supply; (2) for organized physical recreation; and (3) against the use of inflammable makes of flannelette.

**Dr. Doty and Governor Dix.**—One of the most shameless pieces of political nastiness that has disgraced even New York with its Tammany machine, was the mock investigation of Dr. Doty, the medical officer of the port of New York to whom more than to any other one man we owe our freedom from cholera, and the demand for his resignation on the part of Governor Dix, the tool of Tammany. The governor may have a pachydermous hide, but I predict that he will yet have the opportunity to realize that he in this instance made one blunder too many.

**"Typhoid Mary" Sues.**—The servant girl who, because of being a typhoid "carrier," was shown to have innocently, or rather ignorantly and dirtily caused deaths in a number of families, and who has been detained for months by the health officers in order to prevent her infecting other families, has sued the city of New York for \$20,000 on the plea that the notoriety given her by the health board makes it impossible for her to secure a situation. Probably she would like to go back to the kitchen again, and get enough of her typhoid discharges into the food to infect others.

**Pills Make a Baronet.**—One of the most recent additions to titled England is Sir James Beecham, of Beecham's Pills fame. Whether he has been titled because of his services to suffering humanity through the ministration of his pills, or because of his services to the Liberal party in the shape of a generous contribution, is not made known. But to be a successful brewer or a successful pill-maker seems to be evidence of the right to a British title.

**British Physicians Condemn Insurance Bill.**—Thousands of British physicians have met and denounced, not only the Insurance bill as passed by Parliament, but the British Medical Association for permitting it to pass in its present form. These physicians are much aggrieved that the executive council of the British Medical Association did not succeed in securing in the bill more recognition of the interests of the medical men, upon whose cooperation the success of the bill so largely depends; and they have decided to form a national medical union to voice the attitude of the profession, and work for a unanimous refusal on the part of physicians to render service under the bill. Some assert that the ring-leaders in this "revolt" are actuated by political motives.

**Industrial Lead-Poisoning.**—From Bulletin No. 95, of the Department of Commerce and Labor, it appears that there are 18 separate industries which cause lead-poisoning in England, including those that involve lead-smelting, plumbing, dyeing, calico-printing, making and using paints, putty, type, and storage batteries, the making of wall-paper, and other industries. Whenever workers are exposed to the dust or fumes of lead, lead-poisoning occurs. In England in ten years there were 9,000 cases of lead-poisoning with 667 deaths, and doubtless many more lives were shortened and rendered worthless.

**A Living Centenarian.**—A news item gives account of a living centenarian, Mrs. Catherine Suray, of Oxford, Mass., born Nov. 27, 1801, who for six years has been confined to her bed with paralysis following an apoplectic stroke, but who is otherwise in excellent health. She has smoked tobacco ever since she was ten years old, and still enjoys her daily pipe. Not many can boast of having smoked for a century. There are two possible inferences to be based on this account: That tobacco is conducive to long life, and that tobacco hardens the arteries and tends to cause apoplexy! We would hesitate to push either very vigorously under the circumstances.

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**Green Vegetables in Bright's Disease.**—

A physician, who reported his experience in the *Berlin Clinical Weekly*, gave green vegetables freely to five patients having Bright's disease, and was unable to detect any evil effect, in cases of either acute or chronic Bright's disease, from the use of tomatoes and spinach and other green vegetables. So we may conclude that the prejudice against the use of these foods in Bright's disease is groundless.

**Pasteurization Not Recommended.**—

At the Chicago meeting of the American Association for the Prevention of Infant Mortality, Dr. George W. Goler, of Rochester, said that most Pasteurization is done for the purpose, not of preventing disease, but of keeping the milk from souring. He believes that people should be taught to Pasteurize their milk at home, and asserts that the New York law requiring Pasteurization was a political measure intended to delay the passage of a law requiring the tuberculin test. The law requiring Pasteurization, according to Dr. Goler, will help the man who produces dirty milk to go on in his dirty old way.

**Gas-Poisoning.**—

In the twenty years since the repeal of the Massachusetts law regulating the quantity of carbon monoxid in gas, there have been 1,200 deaths in Massachusetts from gas-poisoning, as against a half-dozen cases during the fifty years previous. The same condition exists elsewhere. Water-gas containing carbon monoxid, can be made with less trouble than the old-fashioned coal-gas, but it is far more dangerous to life; and doubtless there are many thousands injured though not killed by this gas. Every gas company should be compelled to make the less dangerous form of gas, which is not much more costly than water-gas.

**Cold Baths in Children's Diseases.**—

A Canadian physician, Dr. Newell, advocates the use of cold baths in the treatment of children's diseases. In convulsions he finds the cold bath much better than the hot bath, as the convulsions are always accompanied by fever. He also finds the cold bath an excellent preventive measure. While the body temperature is below 102°, he says there are no convulsions. Above 103°, no matter what illness, there is great danger of convulsions. In all conditions accompanied by high temperature and irritability of the nervous system, he puts the child into a bath of 75° to 80°, pours cool water on the head, and vigorously rubs the body, continuing the treatment until the rectal temperature reaches 100°, when the child is removed and wrapped up, with a hot-water bottle to the feet if they are cold. For thirty years Dr. Newell has successfully used this cold treatment with children.

**Washington Typhoid.**—The final report on the causation of typhoid in Washington, D. C., shows that the city water has little to do with the disease. There seem to be a number of contributory factors, among which are flies, contact with other cases, "carriers," and perhaps ice-cream, raw fruits, and vegetables. Regarding shell-fish, we are informed that oysters probably played "a considerable part in the causation of typhoid fever in 1908-09, and probably contributed more largely than any other single factor (in the spread of the infection) to the undue prevalence of the disease in that winter." According to the authorities, the principal means of spread in Washington are milk, green vegetables, and other foods, fingers, and flies.

**Vegetarian Wins.**—

Two brothers starting from Boston, July 18, 1911, walked to Los Angeles, reaching there December 17. One lived on a meat, or "mixed" diet, the other on a non-meat, or "vegetable" diet. During the trip the one eating meat gained three pounds, the vegetarian six pounds. Neither slept under a roof during the trip. Taking a side trip into the San Bernardino Mountains, on the way, they were lost and without food for sixty hours. At the end of twenty-four hours the meat-eater was physically exhausted, while the vegetarian was still in comparatively good condition. The *Medical Record*, which relates this incident, is not convinced that this proves anything in favor of a non-meat diet (Who is ever convinced against his will?), and suggests that they try the return trip reversing the diet, as a control experiment.

**Highest and Lowest Death-Rates.**—

From the director of the census we learn that among a group of 18 cities in the less than 100,000 population class recording high rates of mortality in 1910, Charleston, S. C., shows the highest rate per 1,000 population, namely, 29.7; followed by Raleigh, N. C., with 27.9; Lackawanna, N. Y., 27.2; Savannah, Ga., 26.9; Petersburg, Va., 26.5; Montgomery, Ala., 26.4; Middletown, Conn., 25.6; Cranston, R. I., 25.4; Pontiac, Mich., 25.2; Augusta, Me., 25.1; Ogdensburg, N. Y., 24.5; Norristown, Pa., 24.4; Middletown, N. Y., 24.3; Biddeford, Me., 24; Bakersfield, Cal., 23.8; Morristown, N. J., 23.6; and Taunton, Mass., and Ann Arbor, Mich., 23.3 each. West Orange, N. J., returned the lowest death-rate, 8.5, of all cities mentioned in the bulletin. Next came Aberdeen, Wash., with 8.7; Norwood, Ohio, 9; Berkeley, Cal., 9.2; Bellingham, Wash., 9.4; Evanston, Ill., 10.1; Winthrop, Mass., 10.2; Medford, Mass., and Walla Walla, Wash., 10.4 each; East Orange, N. J., 10.7; West Hoboken, N. J., and Lancaster, Ohio, 10.8 each; and Torrington, Conn., 10.9.





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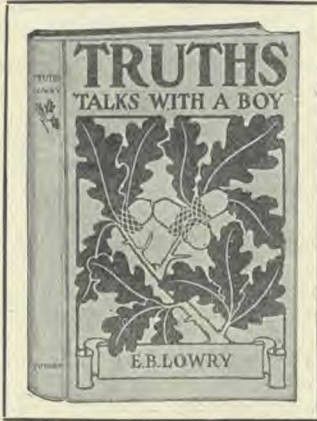
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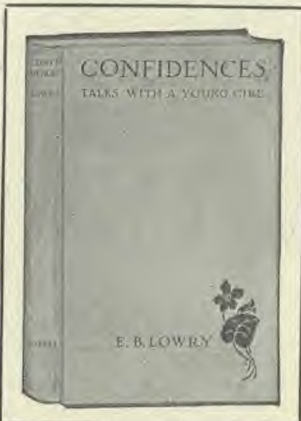
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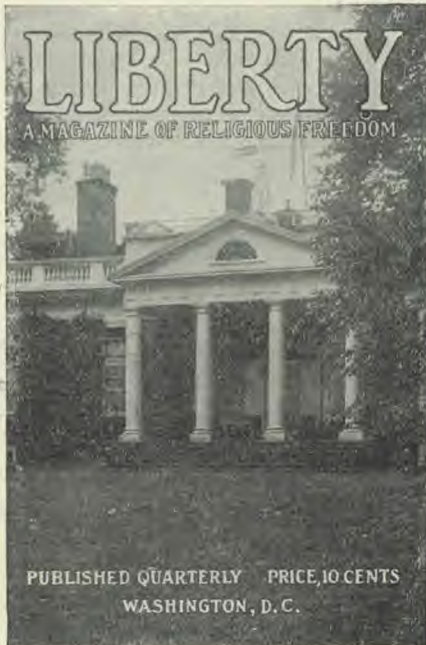


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