

Life & Health

THE NATIONAL HEALTH MAGAZINE



AUGUST 1912

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THIS ISSUE

Dr. A. B. Olsen has given us a number of excellent articles on the prevention and cure of tuberculosis, and in this issue he treats the very important question, "Why We Fail in the Antituberculosis Fight." If our eyes are ever fully opened to the reason why we do not make better progress in our fight against consumption, we shall be able to accomplish more in this warfare.



Last month Dr. Arthur J. Cramp gave us a very interesting and very important discussion of some of the most shameless frauds now being carried on in this country, namely, "The Fake Consumption Cures." The poor consumptive, when he finds that he is failing, grasps at almost any straw, and spends for that which is worse than useless, money which would be far better spent for milk, eggs, and the opportunity to live outdoors. The present article, showing, as it does, the methods by which some of these human vampires get their ill-gotten gains, should have wide circulation.



The cry "Back to the land," while it is dictated by common sense, is accomplishing little or nothing; the tide has set in toward the cities, the farms are being depleted, and our future life seems destined to be largely a city life. The effort of the garden cities is to give those who have drifted into the cities, or who by preference live there, some of the advantages of the country as well as those of the city. The article "The First Garden City" is one of a series prepared for the purpose of showing what is being done in England to help the laboring classes to a better type of home.



Wm. J. Cromie, instructor of gymnastics at the University of Pennsylvania, in the article "The Law of Activity," has attempted to bring to our attention what every one ought to know; and that is, without physical exercise it is impossible to have the best health.



Mr. James, in his article on "Playtime," contrasts the harmful amusements which are so much in vogue with the health-giving amusements of the out-of-doors.



The article on "Intemperance and Heredity" by the editor, discusses a much-mooted subject. He himself leaned strongly to one side of the subject until he came to study it carefully. As a result of his study, he was compelled to change his views, and he gives some of the reasons therefor in this article.



There has been much written of recent years concerning the use of uncooked foods, and it is thought worth while to inform the readers of "Life and Health" concerning the merits of this question for and against.

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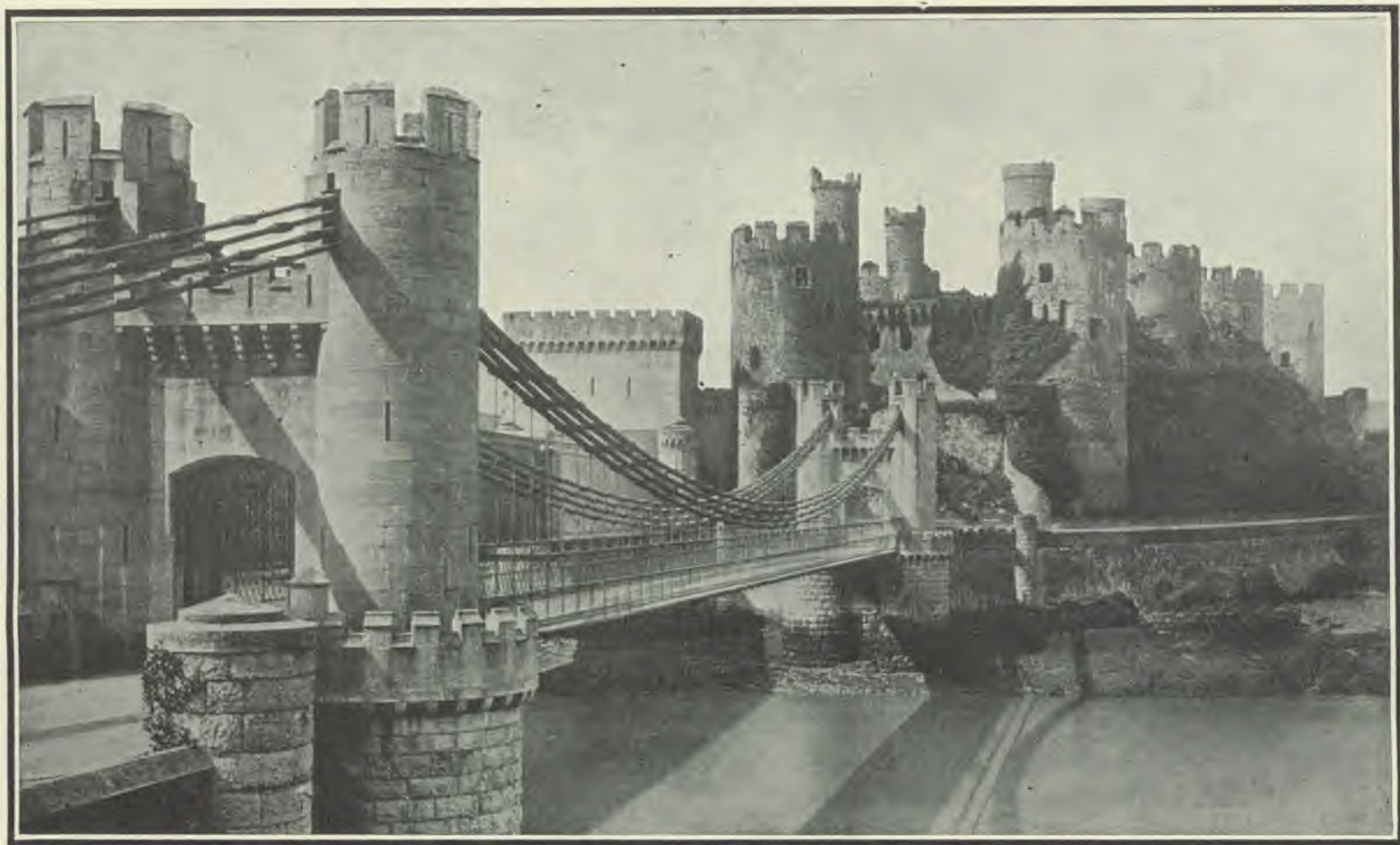
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VOL. XXVII
No. 8

Life & Health

THE NATIONAL HEALTH MAGAZINE

AUGUST
1912

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

Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

ANNOUNCEMENT!



Beginning with the September number, "Life and Health" will change its policy; less contributed matter of a general nature, and more matter relating directly to the restoration and maintenance of health, will be used. The "Current Comment," "Abstracts," and "Forum" departments will be discontinued, and such matter as formerly appeared in these will be distributed to other departments where it will be most appropriate.

Among the proposed new departments, there will be the following, which will not all appear in any one month, but as the matter in hand and the interest may determine:—

"WHAT TO DO FIRST"

Accidents, emergencies. "Shall we call a doctor?"

"FOR THE MOTHER"

Child culture, school lunches, health of the home, etc.

"THE HUMAN MACHINE"

Anatomy, physiology, and hygiene, written in popular style.

"PHYSICAL CULTURE"

Health by exercise, the open-air life, etc.

"CARE OF THE SICK"

Directions for nursing, giving simple treatments, and the like.

"FOOD AND DRUG FRAUDS"

Exposures of some of the most flagrant practises along this line.

"HEALTHFUL DRESS"

"PURE FOODS"

This department will consider the sanitary handling of food, milk, etc.

"STIMULANTS AND NARCOTICS"

A temperance department, devoted to the consideration of alcoholic liquors, tobacco, tea, coffee, etc.

"THE MINISTRY OF HEALING"

Devoted to city mission work, dispensary work, jail work, and other efforts to carry the gospel of health to the unfortunate.

The old departments, "Healthful Cookery," "Editorial," "As We See It," "Questions and Answers," and "The Medical Missionary at Work," will be continued as formerly.

WHERE WE FAIL IN THE ANTITUBERCULOSIS FIGHT

A. B. OLSEN, M.D., D.P.H.

It might be said, to begin with, that we fail because of a lack of proper perspective, because of a failure to realize. We were almost thunderstruck at the "Titanic" disaster. Fifteen hundred needless deaths seemed too terrible to be true. But can we bring ourselves to realize that twice every week fifteen hundred persons go down to death through consumption in this country alone? Can we realize that the tuberculosis deaths are equal to one hundred "Titanic" disasters every year? Our congressmen can spend weeks investigating the "Titanic" disaster, but they can scarcely give a thought to tuberculosis deaths—and why?—Because that would not interest their constituencies. The people, after all, are at fault. We do not realize how much we are losing by unnecessary disease. Did we realize the situation, we would revolutionize our educational system, and place the emphasis where it belongs.—Ed.

WE believe that our educational system as a whole, not only in the lower grades but also in the higher schools, is essentially defective in that it fails to give the most important instruction, which pertains to the daily home life and the care of health. The Countess of Aberdeen, in her excellent presidential address before the health congress held in Dublin under the auspices of the Royal Institute of Health, voiced this criticism in the following pregnant words: "If the women citizens of every country are to be in a position to discharge rightly the responsibility of safeguarding the health of their homes and of those who live in them, it is clear that they must have proper and adequate training and education in all those subjects which bear on the health of the home. The education of a girl in any class of society which does not include thorough training in this most essential part of her life-work must be held to be defective. . . . My plea and that of the Women's National Health Association is for the general recognition of the essential need of making education along these lines a necessity for every girl in every grade of education."

To this we may add a hearty Amen. Surely it is common knowledge that the

teaching of most of our schools is altogether too theoretical. In their curricula many subjects and much instruction are included which can prove of but little if any use in later life. Why not utilize our public schools to teach in simple, understandable language the vital importance of cleanliness and the fundamental principles concerned with the prevention and causation of infectious diseases, such as typhoid fever, scarlet fever, diphtheria, as well as tuberculosis? Why not teach the principles of sanitation and of domestic and personal hygiene in detail and in a definite and practical way? Then we should see coming on the stage of action a new generation no longer ignorant of the body and the laws that pertain to its well-being, but acquainted with the principles of healthful living as applied to the daily home life, and possessing a knowledge of the care of children and the provision of wholesome food and drink.

Our Medical Colleges

We have much the same criticisms to bring against the medical curriculum which is provided in most of our colleges and universities. This criticism is well expressed in a recent number of the *Medical Press and Circular*, in the following language: "The high-standard

student is crammed with a vast number of facts and theories that he is incapable either of fully appreciating at the time or of carrying with him into the later battle of professional life. What can be the use of a student's laboriously committing to memory the delicate and recrudescence methods of electrical experimentation with living animal tissues? Unless he is to become a teacher of physiology or a specialist in nerve diseases, his first act after satisfying the demands of his examiner will be to dismiss the whole of this wearisome and profitless subject from his mind. Were the student to be grounded in the facts and theories of diet, feeding, clothing, cooking, physical exercise, and the intimate relations of domestic and personal hygiene to health, his knowledge might be less showy, but it would be infinitely more valuable both to himself as a practitioner and to the community from which his patients are drawn."

It seems passing strange that, after a technical training of from five to seven years, covering a strenuous curriculum, and equally strenuous examinations, the average physician should know so little comparatively about the practical things that pertain to the conservation of health and the prevention of disease. How much time do you suppose is given to the problem of nutrition and diet in the average medical course? How much does the average doctor, fresh from his medical college or hospital, know about the selection and combination of foods and food values? What does he know about such physiological remedies as massage, medical gymnastics, hydrotherapy, balneology, electrotherapeutics, etc.? What knowledge has he of the proper régime for the open-air treatment of patients, or for providing graded exercises for invalids? As a matter of fact, we find that those who are particularly interested in the problems of health are

often obliged to go in for another course, spending from six to twelve months in acquiring the diploma of public health. We think the time has come when we must recognize that prevention is the greatest thing in the medical world. If medical men do not soon recognize this, we believe it will be forced upon them by an enterprising public, who are already taking a keen interest in matters pertaining to health.

Wrong Habits and Familiar Superstitions

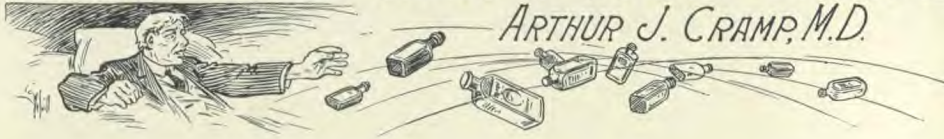
In conclusion, we must say a few words concerning some of the wrong habits that prevail almost everywhere. There is the fetish of the closed window, which we have already mentioned. A vast multitude of people seem to think that the windows were made to be kept closed rather than open.

Then there is the familiar superstition of the danger of night air, which has accounted for the sacrifice of many lives. An almost exclusive diet of tea and white bread is another common evil, especially prevalent among factory employees; and there is the common drinking-cup, to which little attention has yet been given in this country. Why not a public spoon as well as a public drinking-cup? There is very little choice between the two evils. But the common drinking-cup is an acquired habit, and therefore easily ignored. And the musty smells and high odors with which one meets in the average home of the working classes are most difficult to get rid of.

Success in this campaign depends not upon a few efforts or simply a few weapons. We can not fight this plague single-handed with success; we must gather up all the weapons available, all the guns, big and little, as well as the cavalry and infantry; we must gather in all the forces at our command, to the last man, woman, and child, and secure their whole-hearted cooperation if we are successfully to cope with and destroy the great plague.

MORE CONSUMPTION CURES

ARTHUR J. CRAMP, M.D.



Tuberculozyne

ANOTHER humbug of even wider distribution than those described last month is known as Tuberculozyne, sold by one Derk P. Yonkerman, a Michigan horse doctor. This nostrum is advertised on both sides of the Atlantic, and the claims made for it in Great Britain are even more mendacious than those used in this country—thanks to our federal Food and Drugs Act and the “fraud-order” power exercised by the American post-office. Tuberculozyne has been analyzed by both United States and Australian officials, and also by the British Medical Association. The stuff consists of two liquids, No. 1 and No. 2, which are red and brown, respectively. From the results of their examination, the British chemists reported that the following formulas give the same liquids as No. 1 and No. 2:—

NO. 1: RED LIQUID

Potassium bromid	3.4 parts
Glycerin	12.0 parts
Oil of cassia	0.1 part
Tincture of capsicum	0.17 part
Cochineal coloring	q. s.
Caustic soda	0.06 part
Water to	100 fluid parts

NO. 2: BROWN LIQUID

Glycerin	18.0 parts
Essential oil of almond	0.1 part
Burnt sugar	q. s.
Water to	100 fluid parts

It was estimated that the cost of the ingredients for No. 1 and No. 2 together is five cents. It is sold for ten dollars.

Aicsol

Aicsol (Lloyd) was originally sold to physicians under the names “Lloyd’s Specific” and “Antiphthisis (Lloyd).” The nostrum is now advertised in the newspapers, and the testimonials that were obtained from uncritical physicians in the earlier stage of its exploitation are used in order to sell the worthless remedy to unfortunate consumptives. As a supplementary method of impressing the non-medical mind, the concern that sells Aicsol reproduces in its advertising what is claimed



Greatly reduced reproduction of advertisements of a few widely advertised “consumption cures.” Each is worthless.

to be a “diploma of merit” issued by the “Society of Science, Letters, and Art,” of London, England. As a matter of fact, this so-called society does a thriving business selling “diplomas” at five dollars each, and they are apparently much sought after by American patent medicine fakers.

Lung Germine

The comparatively small town of Jackson, Mich., is noted in the world of quackery for the number of medical frauds that it harbors. In addition to many humbugs of a general medical nature, it is the home of two extensively advertised "consumption cures"—Lung Germine and the J. Lawrence Hill Cure.

The former is sold under a guaranty which, while it may be legally valid, is actually worthless. The Lung Germine Company guarantees to return the cost of the "first month's treatment" if "no benefit or favorable changes are made in the patient's condition during that time." The last three words practically relieve the Lung Germine Company from any actual responsibility. From what has already been said, it is easy to see that there is not one consumptive in a thousand but would really believe that he had been benefited during the first few days of the "treatment." As, by the rules of the "guaranty," he has to report not less than four times during the first month, it is quite evident that the company will be likely to get, in black and white, a statement to the effect that some improvement has been experienced. And that lets the company out! One could dispense colored hydrant water as a cure for consumption on the same guaranty, and never have to refund any money.

This concern also sends out to its victims, prospective or actual, a Monthly Bulletin. It is filled with testimonials

from patients *who have just begun treatment*. In fact, it is stated that "the *Bulletin* does not publish letters or reports from cured patients." The reason is fairly evident. A few of the poor dupes whose letters were published a year or two ago, and whose cases were investigated, were found to have gone the way of all consumptives who rely on "cures."

Lung Germine was analyzed by the

chemists of the American Medical Association, who reported that its approximate composition was as follows:—

Alcohol	44%
Sulphuric acid.	4%
Water	52%

A two-ounce bottle of this mixture sells for five dollars, which is at the rate of forty dollars a pint.

The J. Lawrence Hill Cure

The other "consumption cure" in

Jackson, Mich., is sold by a company having the corporate name J. Lawrence Hill, A. M., M. D. The individual whose name is used by the company owns only a small fraction of the stock. The methods of the company are, in general, those of other "consumption cure" fakes. Advertisements, "follow-up" letters, trial treatments, and testimonials—all are used in turn to get the hopeful but gullible sufferer to gamble with Death against "stacked cards."

This "cure," while more elaborate than Lung Germine, is equally worthless. It consists of a "plasma," some globules, "systematic wafers," laxative tablets, and "ozonol." Examination indicated that the "plasma" was essentially tallow and oil of wintergreen; the globules con-



Much reduced reproduction of the "diplomas" issued by a fake concern calling itself the "Society of Science, Letters, and Art," of London, England. J. Q. Lloyd, exploiter of the "consumption cure" Aiccol, claims to have had this "diploma" awarded to him "in recognition of his valuable services to mankind." As a matter of fact, these "diplomas" come at one guinea (five dollars) each, and are much sought after by the "patent medicine" fraternity.

tained what was apparently guaiacol in some bland oil in which floated a pill of iron, quinin, and strychnin; the systematic wafers were, so far as was determined, only milk-sugar; the laxative tablets were essentially starch and aloes; while the "ozonol," whose vapor was to be sniffed up the nostrils, appeared to be a mixture of aromatic oils, such as sassafras, peppermint, and eucalyptus. A "treatment" costs ten dollars.

Of course rubbing tallow flavored with wintergreen on the chest will not cure consumption, even when supplemented with sugar tablets taken internally, and oil of peppermint or sassafras sniffed up the nostrils. In fact, the preparations sent out by this concern, either singly or in combination, will not and can not cure consumption in any stage of the disease; and when the tuberculous are led, either directly or by implication, to believe that they will, a cruel and heartless fraud is perpetrated.

Typical Frauds

The examples given are but a drop in the bucket of this branch of quackery. But they are typical. With all "consumption cures" founded on fraud, and flourishing on fear, the ever-hopeful but susceptible consumptive is depleted in purse, and robbed of his chance of life. But what recks the "consumptive cure" company—it is good business! The desperately ill are first deceived and ultimately destroyed to pay dividends on corporate quackery.

The Remedy

And the remedy? There is but one, only one—education. All other methods of dealing with the evil are make-shifts. The federal government may put a few of these frauds out of business, the State may exterminate a few more, but for every one that is destroyed a score remain. And each week sees a new one born. As long as credulity lives, the "consumption cure" will thrive and credulity's worst foe is education.

Let the public once realize the limitations of drug therapy, and, conversely, understand its possibilities, and the consumption cure quack will find his occupation gone. Let the old superstition that for every ailment there is a "specific," be swept away, and a great step in advance will have been made, and, incidentally, a wonderful saving in human life will have been accomplished.

On the other hand, let us not rush to the other extreme. Properly used, under the supervision of those who have made a study of their use and physiologic action, medicine is the crutch that helps the halting organism to help itself. A crutch will not cure lameness; but that is no reason for refusing to use it.

In closing, let it be reiterated: There is no medicine known that will cure tuberculosis, and those who patronize the firms or individuals who advertise to cure this disease, not only squander their money, but throw away vitally valuable time. Every "consumptive cure" is worthless, and, potentially, dangerous.



The Lung Germine Company issues a guaranty that, while legally binding, is practically worthless. It is but a bait for the credulous consumptive. Colored dish-water could be sold as a cure for consumption under the same guaranty without the seller's running practically any risk of having to refund the money.

THE FIRST GARDEN CITY

G. H. HEALD, M.D.



HAVING made a study of some of the garden suburbs of England, I thought my work was done in that line, until, at The Hague Antialcohol Congress, Mr. Ebenezer Howard delivered an address on housing as an indirect means of reducing intemperance. A short conversation with Mr. Howard determined me to visit the Garden City at Letchworth, at the first opportunity. Shortly after my return to London I took a Great Northern train, and within an hour found myself landed at a small side station. Mr. Howard, who was there to welcome me, spent the afternoon showing me around this remarkable

young city. I might enlarge upon the position, railway facilities, and commercial advantages which the Garden City shares with other cities, but prefer to speak rather of those things in which it is unique.



There are many charming vistas around the estate.

It is a city built not primarily for private profit, but as a social experiment, to be, if successful, a model for other garden cities. And here, in this rural district thirty-four miles from the smoke and bustle of London, factories have been built, dwellings have been erected, and streets have been laid out, with water, sewer, gas, and electricity. What ten years ago was practically a wilderness is now a thriving industrial town, with the best health record in



It is difficult for one to bear in mind that this is a city consisting essentially of the working classes.

England,—perhaps in the world,—and with commercial advantages that attract leading manufacturers. Shrewd capitalists would never have left London to embark on a manufacturing scheme out in the country had they not seen

some great advantages in such a step.

And the advantages are evident,—cheap land rent; cheap power; a class of laborers who are in a sense owners of their own homes, and hence steady; a town where there are no liquor shops,



The roads are in excellent condition, and everything is neat and trim without being formal.



There is nowhere any crowding in the Garden City. Here, where land as a rule is much more valuable than in the New World, they have enough to afford breathing spaces.

and the men are sober and physically fit. Such must have been some of the weighty considerations that attracted so many manufacturing establishments from the industrial center to the Garden City.

The factories of Garden City are confined to one quarter, in a part away from the prevailing winds, and gas and electricity are furnished so cheaply by the corporation that hardly any of the plants use coal. For this reason the smoke nuisance is not known here.

One feature in Mr. Howard's plan is that, around the city, there shall be a permanent belt of agricultural land, which is not under any circumstances to be turned into city building sites. In order to insure the permanency of this belt of open country, an area much larger than was required for the city was purchased by the corporation, and is leased in subdivisions for farming purposes, although the erection of villas surrounded by a large tract of land has been permitted in the agricultural sections in some instances.

As Mr. Howard said in his Hague address, the Garden City is under local option; not by Act of Parliament, but because the Garden City Limited—the controlling company—requires from each tenant a contract that he will not apply for a liquor license without the consent of the inhabitants. Twice the question of license has been up for decision, and twice it was decided that the city does not want liquor shops. The fact that women have a vote in reference to this question may possibly have had something to do with this decision.

Every house—and there are some that rent for \$1.25 a week or less—has a fair or liberal allowance of land for garden purposes. In addition to the land let with the houses, there are allotments of land reserved for gardening, which may be obtained at a reasonable rental by those who desire more garden space. There are, in addition to the permanent agricultural belt, commons, parks, and other open spaces, an evidence that the founders of Garden City have planned



The children of Letchworth are indeed fortunate in their surroundings.

wisely to avoid slums, and to insure permanently a prosperous, healthy, and happy community.

Because of the remarkable drift of population to the cities, there has been for some time a cry of "back to the land" by those who could foresee the evils of the present artificial conditions. But notwithstanding these efforts, the city-ward human tide has continued to flow. There is evidently a reason for the change from a population largely rural to one practically urban. The fact is that, with all its advantages, the country has serious disadvantages, such as poor communication, often poorer water, poor sewerage, lack of sidewalks, light, gas, etc., little chance for social diversion, lack of opportunities for a career for the young. Such disadvantages drive ambitious young people to seek their fortune in the larger cities. Mr. Howard has brought out into the country the healthy attractions of the city, leaving the unhealthy ones behind, and has retained all the beauty and health of the country,—

the fresh air, sunshine, etc. In those matters in which city sanitation has an advantage over rural sanitation, such as pure water and a good sewerage system, with good streets and sidewalks, Letchworth has all the advantages of any city.

Now a few words as to the financial status of the Garden City. A company was formed,—Garden City Limited,—which purchased an estate of nearly four thousand acres at its agricultural value. Near the center of this estate the town site of about twelve hundred acres was laid out by a man who evidently knew his business. Building operations were begun in 1904. Among the necessities that had to be provided for by the company were gas-works and gas-mains, roads, electric-power plant, and water-works. By 1908 Letchworth was quite complete as a town, and its growth, though naturally not so rapid as some of the garden suburbs adjoining large and rapidly growing cities, has been steady and substantial.

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THE LAW OF ACTIVITY

WILLIAM J. CROMIE.



TO what part of the world shall one go to find absolute inactivity,—no action, no motion, no exercise? Can such a condition be found in the high Himalayas or Alps?—No; the geologist claims that these are continually changing, both internally and externally, crumbling away, by the action of the elements.

The river and ocean beds daily receive fresh deposits from the firmest rocks in the world. Worlds and planets revolve on their axes with amazing velocity. Our own world, the earth, goes whirling through space with frightful rapidity. Do we find activity any less in those great bodies of water, the oceans?—No; the movement of these waters is incessant. There is constant change in the ocean's mighty mass, its waters evaporating to the atmosphere, and then returning to the earth in the form of rain, hail, and snow,

forming springs, brooks, and rivers, which flow into the ocean. The effects of the mighty power and action of water are to be seen in floods that destroy entire cities.

We observe incessant activity also in the vegetable kingdom. See the motion of tree and plant life as it waves to and fro in the breeze. In fact, vegetable life could not thrive were it not for the circulation of fluids through innumerable little channels.



Look at the playfulness of the kitten.

In the animal kingdom is not this law of activity the same? We see it manifested in the playfulness of the kitten, the swimming of the fish, and the flying of the birds. Look at the man—in the form of a baby, how full of action he is! His cries, kicking with his feet, and grasping with his hands, all indicate action to be the great law of his nature. As a child, he is still very active. Henry S. Curtis says that a child at



His cries, kicking with his feet, and grasping with his hands, all indicate action to be the great law of his nature.

Tunnel of the St. Gotthard. As a mighty magician, Action walks forth into an unexplored America, and, waving his wonderful wand, those weary wastes are changed into majestic cities, in which the hum of industry is heard. In fact, exercising the body and the mind provides with daily sustenance the fifteen billions of the family of man.

If self-preservation is the first law of nature, then activity of both mind and body is the first law, because it means self-preservation. Is there any reason why a man in middle life should be excused from daily muscular exercise, when activity is required of every other being or thing in life?—Certainly not. And while a man who is getting along in years may not feel so much



Pierces the Alps with the Tunnel of the St. Gotthard.

inclined to exercise as formerly, still he needs it all the more, for new organic changes are taking place. Muscle has changed, in part at least, to fat; he tires more readily, and there is waste matter in the system which has not been eliminated, due to his inaction.

When one says he does not need physical exercise, he is telling an untruth, and his body will gradually rust out from the effects of inactivity. Running water purifies itself; frogs do not croak in running water, but in the stagnant pool. The active, busy man has not the time to find fault and complain. It is the indolent man in whom we observe discontent and pessimism. It is not the friction, but rust, that ruins machinery. It is the ship at wharf, not the one at sea, that rots the faster. It is not exercise, but worry that kills. The law of



The law of activity builds a Chicago over a marshy swamp.

activity builds a Chicago over a marshy swamp.

activity builds a Chicago over a marshy swamp.

activity excuses no one, weak or strong, poor or rich. The poor man must work in order to get money with which to secure food, and thus satisfy the cravings of his appetite, while the rich man must work in order to create an appetite.

The reason why more persons do not take daily exercise is, I believe, because they do not understand its importance. It is deplorable that many of our people who are considered well educated, can not possibly locate important internal organs nor describe their uses. "The time will come," said Frances Willard, "when it will be told as a relic of our primitive barbarism, that children were taught the list of prepositions and the names of the rivers of Tibet, but were not taught the wonderful laws on which their own bodily happiness is based, and the humanities by which they could live in peace and good will with those about them."

Of what use is education if one does not know that muscular inactivity means deterioration, that overeating and drinking cause disease, that late hours are shadows from the grave, and that dissipation and excess mean premature death. If one attends for hours a theater or moving-picture show, where the air is heavily laden with carbon dioxide, need he wonder, after sitting in this bath of poison, at his headache and lassitude the next morning?

Some one has said that when the pores of the body are kept open by regular exercise, the pores of the imagination are apt to be kept closed against tainted subjects. Exercise regulates the flow of bile, and many of us carry our creeds in our bile-ducts. If they are healthy, we are optimists; if diseased, pessimists. "I always find something to keep me busy," said Peter Casper, when asked how

he had so well preserved his strength of body and mind. "Doing something is the best medicine one can take. I run up- and down-stairs almost as easily as I did years ago, when I never expected that my term of life would run into the nineties."

When one of the most renowned physicians of France was on his death-bed, and the foremost medical men of France were at his bedside deploring the great loss the profession would sustain in his death, it is said that the dying man assured them that he left behind three physicians greater than himself,— water, exercise, and diet. "Call in the services of the first freely," he said, "of the second regularly, and of the third moderately. Follow this advice, and you may well dispense with my aid. Living, I could do nothing without them, and dying, I shall not be missed if you make friends of these, my faithful coadjutors."

The lower animals chafe under the restraint of forced inaction. The chained dog becomes cross, many of the birds pine away and die when their natural element is denied them, caged wild animals walk back and forth for exercise, and the horse that has been stabled for some time will try to run away when he is harnessed to a coach. In many cases, man, unlike these, is content to sit in an office all day, and omit exercise entirely. Such a man is living an unnatural life, and his system is gradually but surely rusting out.

Here is one of many illustrations that might be given to prove that physical exercise is beneficial to mankind: Dr. Edward Hitchcock, the late physical director at Amherst College, has shown by a series of physical examinations that the
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The lower animals chafe under the restraint of forced inaction.

PLAYTIME IN GOD'S GREAT OUT-OF-DOORS



FIRMLY believe that one of the greatest curses of our present day is that people are saturated with a love of the wrong kind of pleasure. They are amusement mad. They long for cheap, tawdry, sensational, untrue, sham shows. The highest are as worthless as the lowest; the fantasies of the grand opera and theater as foolish, as unreal, as unsatisfying as the nickel vaudeville or moving-picture show of the very poor.

Let me justify my strong words. I am not talking wildly nor in ignorance. I occasionally attend the grand opera or the theater, and I know exactly how most of the moving-picture show films are made. In the grand opera, "stars," male and female, who are paid big salaries, come upon the stage, and to the most wonderful music of orchestra, sing of the most foolish and impossible things. They rant and rave, gesticulate and motion like lunatics; and because it is all done to such marvelous music, we overlook the falsity, the unreality, the sham; we speak of them as the limitations of art, and are not horrified at the folly and mockery of it all.

Just so with the theater,—much sentiment, much emotion, sham trees, glaring footlights, pasteboard crowns, glass jew-

els, a tin moon, thunder made with sheet iron, everybody dressed up in some one else's clothes, sham beards, wigs, eyebrows, everything on every hand sham, sham, sham. Yet we say, "The drama holds the mirror up to nature." If this be true, then indeed is nature too often a sorry thing — sham, shoddy, pretense, and fraud.

Moving-picture films are shown of the passion play. Such a film was never made in Oberammergau. Men and women are trained to imitate the singers of the European village, and at Orange, N. J., or some other film factory, they go through the performance and the films are made. The Boer war was fought on the hills of New Jersey; and nine tenths of all the scenes presented are sham, sham, sham, just as our theaters are shams. About the only things that are real are the films of prize-fights, which are so objectionably brutal that the none-too-particular authorities of cities and State have at last, in most of the States, felt compelled out of common decency to prohibit them.

"What, then, shall we do?" some one alarmed at my indictment of the popular places of amusement, seriously asks. "Are we to be deprived of all amusements because those that are provided



Only allowed to take off their shoes and stockings, yet delighted.

are sham?"—By no means; and it is to help suggest how you may find real amusement, amusement that has no sham, no delusion, no pain, no after-regrets in it, that I pen these words.

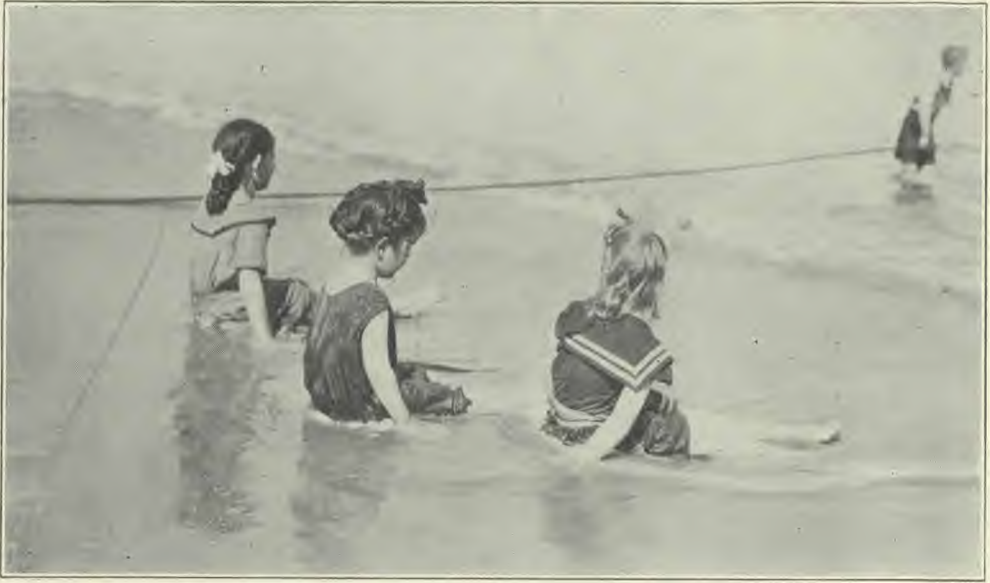
Learn that the true amusements, the real and genuine recreations of life do not come in stuffy, ill-ventilated, overheated theaters, concert halls, and vaude-

ville shows, where immoralities and banalities mask as "life," and nothing is real but the injurious effects to the bodies, minds, and souls of those who attend, but out in God's out-of-doors, in natural, simple ways, where "as little children" we enjoy the kingdom of God on earth.

What more pure, sweet, simple, natural, and healthful pleasure does a child,



Allowed to put on their bathing-suits, they are sitting where the spent breakers partially cover them.



And feel the peculiar sensations of the returning wave as the water dashes back.

youth, man, or woman need than to get out, in the proper season, by the seashore and paddle in the waters, or swim boldly out into the breakers, and beyond on the surging, swelling sea? The little tots in the first illustration are allowed to take off only their shoes and stockings, yet how much delight they get as the unexpected wave comes dashing up and covers their tiny toes, their feet, and then their legs up to the knees. It is too bad that they can not throw off their clothing, and fairly revel in the water and sunshine, giving the whole body a sun and air as well as a salt-water bath.

But the little laddies and lassies in the second and third cuts are enjoying the water even more than those in the first. They have been allowed to put on their bathing-suits, and now, tired of playing in the breakers and being washed from head to heels with the dashing waves, they are sitting where the spent breakers partially cover them. They roll in the sand, build mimic forts, watch the air-holes of the sand-crabs and sand-flies, and feel the peculiar sensations of the returning wave as the water dashes back

and carries the sand away from under their legs and feet.

All this is good. The body's pores need to breathe just as freely as the lungs; and the more opportunities given them for so doing, the purer, sweeter, and healthier the inside of the body will be. And the way to have happy, beautiful, obedient children is to help them keep healthy by following nature's ways of simple amusement in God's great out-of-doors.

Nearly as beneficial is the May-pole where little girls take hold of the ribbons, or far better the ropes, and run around, swinging and singing, shouting and laughing as they whirl around and around. When the ropes are used, the running, and the tension on the arms when the children hang on and swing, mean a rapid development of the chest and lung muscles, as well as those of the legs, spine, and arms. An hour of such fun every day—*out-of-doors*—in all weathers, would make the children so healthy that doctors would be unnecessary.

Four years ago a mother of two little



Swinging, singing, shouting, and laughing as they whirl round and round. An hour of such sport each day — out-of-doors — would make doctors unnecessary.

lads and a baby girl came to consult with me about her little family. The children were sick all the time,—croup, earache, throat troubles, catarrh, headache, stomachache, poor appetites, measles, whooping-cough, etc.,—until she and her hus-

band were worn to shadows, almost, caring for them, and their lives were made wretched and sickly by the children they had hoped would be a joy and a blessing to them.

In a few words I learned the trouble.



TENNIS, GOLDEN GATE PARK, SAN FRANCISCO

They were being overfed, overcoddled, overheated indoors, and in every way made into artificial hot-air plants, instead of living and breathing in the open.

It did not take me long to express myself in clear and positive language.

"Give them three meals a day of nothing but the simplest food, and no slop or hot drink of any kind to wash it down with. Take off their shoes and stockings and let them run out-of-doors every possible hour of the day. Provide them with blue denim or some other rough clothing so that you will not value their clothes more than you value them. Pay no attention if they stay out when it rains, except to dry and thoroughly warm them when they come in. Never allow them to eat between meals,

and give them as light a meal as possible at night. Never urge them to eat when they do not want food. Better let them fast three whole days, absolutely, than urge them to eat one meal that they do not want. Whenever and wherever possible, winter and summer, let them sleep out-of-doors.

A month ago I saw these parents again. Their cares and worries were gone. Their children were healthy and vigorous, rugged and robust, and they had

saved so much money from the bills they used to pay their children's physician that — and they were full of glee to tell me this — the husband was giving up his position as manager of a store, they were having a camp wagon built, and within

a month they were going to start out for a trip to last over a year, going through central and northern California, over the border into Oregon, up north through the State of Washington to British Columbia, taking in all the points of interest on the way.

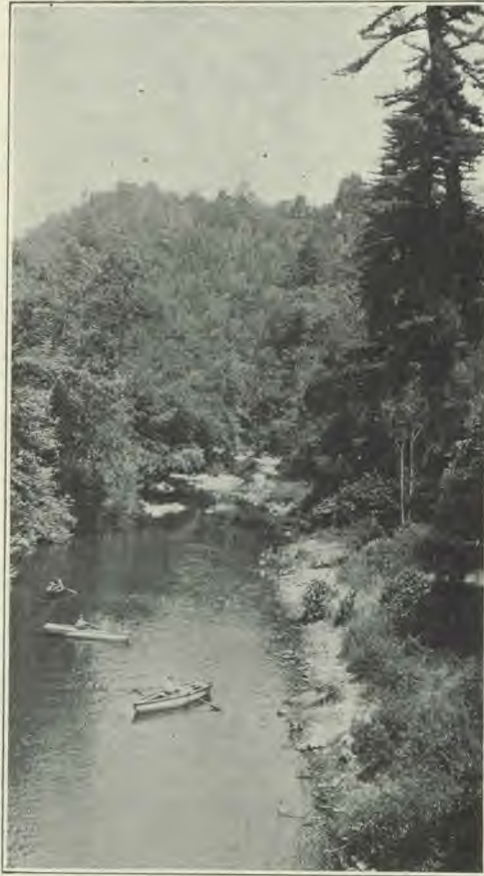
Think of the healthful joy of such a trip, — a year of playtime because the children had been allowed four years of playing in God's great out-of-doors!

There is no need of your growing old so fast. How I pity the poor women who write such pathetic letters

to the quack beauty doctors of the daily papers and get recipes for massaging the wrinkles away, and for "doing themselves up" so that they may *look* young.

The way to look young is to be young, and the healthy and happy woman is ever young; and there is no better way to be healthy and happy than to learn to play in God's great out-of-doors.

Another beauty enjoyment is to go
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Go boating when possible, on lake, pond, creek, river, or bay.

INTEMPERANCE and HEREDITY

G. H. HEALD, M.D.



For some time there has been acute discussion between those who believe that intemperance in the parents affects heredity, not only by poverty, poor surroundings, and bad hygiene, but also by the poisoning of the germ plasm, and those who do not believe in this theory. The writer of this article believed firmly that the latter was right. As a result of his careful study of what has been printed on both sides, he came to believe the former has the best of the argument. He has tried to make the paper as simple as the subject will allow.

IN 1910 Miss Elderton and Professor Pearson published a memoir¹ giving the results of a series of calculations based partly on a report² made by Edinburgh social workers on the environment and health of the children of a certain school, and partly on investigations conducted in Manchester, which we believe have never been published. This memoir, maintaining the position that alcoholism in the parents has no marked effect on the parents themselves or on the children, was so at variance with the generally accepted teachings of the friends of temperance that it raised a vehement storm of protest, to which the writers of the revolutionary memoir replied with vigor. In their reply³ they say, rather sarcastically:—

¹ "A First Study of the Influence of Parental Alcoholism on the Physique and Ability of the Offspring," by Ethel M. Elderton, Galton Research Scholar in National Eugenics in the University of London, with the assistance of Karl Pearson, F. R. S., London, 1910.

² Report on the physical condition of fourteen hundred schoolchildren in the city [Edinburgh], together with some account of their homes and surroundings, City of Edinburgh Charity Organization Society, London, 1906.

³ "A Second Study of the Influence of Parental Alcoholism," etc., page 18.

"The intellect of man can be affected by toxicants more subtle than alcohol, and the most dangerous of these is the passion for collecting, without weighing, any statements that will support a pre-judgment."

We fear this "toxicant" is more prevalent than is generally supposed. Is it not in evidence in the literature of every "cause," every sect, every political party? Is it not manifest in every attempt to prove a dogma?

More frequently than otherwise, perhaps, man arrives at an opinion first, and attempts to prove it afterward. This may seem a paradox, but it is not, if we realize that settled convictions are usually the result of emotional rather than of intellectual experiences. It is this that gives the orator, the demagogue, the political shyster and time-server, the professional evangelist, command over his audience. The many are guided by their emotions rather than by their intellects; and I question whether, with the most intellectual, emotion is not a large factor in determining belief and action.

Having through emotional influences espoused a certain cause or accepted a certain dogma, men attempt, more or less successfully, to justify and fortify their

position by intellectual means. The socialist reads socialist literature; the democrat takes a democratic paper; the advocate of any "reform," social, moral, hygienic, political, or what not, reads the literature that will best establish and strengthen him in his belief. The more intellectual may read opposing literature, but it is a question whether it is with a sincere purpose to accept any truth it may contain.

The fact is they have no doubt, emotionally, that they are right, and they are looking for intellectual evidence to sustain them; and of course any evidence that coincides with what they believe, is accepted at full face value without a question as to its authority; whereas contrary evidence, no matter how convincing or authoritative, is criticized, misrepresented, garbled, or ignored, according to the temperament of the person who does not wish to be convinced.

And I belong to the same category. We go on deceiving ourselves with the belief that we are open-minded and open to intellectual conviction, when, as a matter of fact, every human being, from the lowest savage to the most cultured savant is a bundle of prejudices of which he can not rid himself, and which he can not recognize as prejudices. This is a sweeping assertion, and will meet with indignant denial by many, and especially by those who are most opinionated.

But this is a digression. While I regret the tendency manifested by temperance workers and other reformers to make use of unscientific methods, I fear that close scrutiny would reveal that even scientists, such as Miss Elderton and Professor Pearson, are not without their prejudices. We all live in glass houses, though the glass may in some cases be a little more fragile than in others.

While we recognize the fact that man can not altogether escape the slavery of his prejudices, we must also concede that

there is a vast difference between a scientific spirit which aims, however imperfectly, to be impartial, and the spirit of the advocate who dogmatically asserts that he is right and the other side wrong. That this dogmatic attitude is assumed in favor of reforms which in themselves seem desirable may not in the long run be of advantage to the reforms. That it is assumed by the very persons who criticize this attitude in others and who claim to work with a calm, judicial spirit, is astounding, unless we appreciate the fact that this is a failing common to all mankind.

I began the investigation of the controversy between the laboratory workers (Miss Elderton and Professor Pearson) and the temperance workers with a strong prepossession in favor of the laboratory report, and in favor of the theory that alcoholism in the parent is followed by defects in the children largely because the alcoholism is itself a symptom of a neurotic family taint. An impassioned criticism, at a temperance congress, of Pearson and Elderton's work, left the impression that they had not been fairly dealt with. It was with this impression favoring the "scientists" as against the "temperance advocates" that I began my work of investigation.

As a result of this work, which occupied several days, looking over the memoirs, the criticisms of the same by physicians and scientists, the correspondence back and forth, and that part of the data forming the basis of the study which is accessible (the Edinburgh report), the conclusion was reached that Miss Elderton has applied very complex mathematical calculations to very slender data, and that when the fallacy was pointed out,⁴ she and Professor Pearson, instead

⁴ Miss Elderton has spent her time and her manifest skill on material which—it should have been obvious from the beginning—could not repay her. Trouble that might have been

of making a correction, simply threw a cloud of dust into the air by making counter-criticisms of work by the temperance advocates and other critics.

It is possible that some of the work by temperance advocates, especially by a certain New York physician, may be open to similar criticism, but two blacks never made a white; and if the eugenics laboratory people desire to maintain their credit as unbiased scientists, they must change their tactics. The fact is that while some of the temperance people have evidently begun their work knowing beforehand what they intended to prove, it seems quite evident that the laboratory people are open to the same charge. Beginning with the dictum that "acquired characteristics are not transmitted to offspring," it is only human that they should (perhaps unconsciously) interpret their findings accordingly.

It might result in a great saving of unnecessary work and an immense reduction in the output of literature written only to be contradicted, if all investigators, "temperance" as well as "eu-

better spent on improving the original material has been needlessly spent on computations which add little to our knowledge, and which confuse, though they may also impress all readers outside of a very restricted class.

What, finally, is the character of the evidence upon which these startling conclusions have been based? They contradict general experience, which is, after all, based, though vaguely, upon a vastly more numerous and more varied set of instances than this single experiment. And they contradict also the general tenor of scientific opinion in so far as this was expressed before the recent Departmental Committee on Physical Deterioration. As a contribution to the solution of the general problem, the memoir is almost valueless, and from its failure to direct the reader's attention to essential facts, actually misleading. As a study in statistical method, it is a salient example of a needlessly complex mathematical apparatus to initial data of which the true character is insufficiently explained, and which are in fact unsuited to the problem in hand.—*J. M. Keynes, Journal of the Royal Statistical Society, July, 1910, page 769.*

genic," would severely criticize their own work from all sides, not leaving it for their opponents, and would meet criticisms fairly and honestly, admitting faults and errors, and not attempting to hide their own weak points by showing up the weakness of the other side, and not quibbling over minor points. But our civilization has not yet got beyond the place where loyalty to "our side" is supposed to be equivalent to loyalty to truth.

Referring to the Elderton Memoir. One is surprised on scrutinizing the Edinburgh "report" to see what slender foundation there was for such elaborate computation. Among the fallacies pointed out, and which I do not think they have successfully defended, are the following:—

They give a classification of twenty-two teetotal families. The Edinburgh report in most of these cases does not indicate whether the mother was a teetotaler, and in only six cases is it mentioned when the father became a teetotaler. In five of those cases the father began his sober life after the birth of the last child, and in the sixth, after four of the children were born. As there were so few "teetotal" families, the authors classed these with the "sober"—those who were supposed not to take more than was good for them. The other classification contained the "suspected to drink" and the drinkers. It was between these two mixed classes, the "sober" and the "drinkers,"—rather an indefinite distinction under the circumstances,—that they made their elaborate calculations, and no effort was made to learn whether the present habits of the parents as to drink were the same when the children were born. No regard was paid to the condition of children before and after school age. In the study of the effect of alcoholism on the efficiency of the parents, the inquiry as to wages was,

to use a mild expression, surprisingly careless, and gives rise to the suspicion that there was a manipulation of data unworthy of a scientist.

We would not accuse the laboratory workers of wilful manipulation of data. But it would seem that enthusiasm for a novel mathematical method had led to its adoption in a case where the nature of the material was such that the results could be nothing but ridiculous.⁵

The authors have been severely criticized not only by physicians, but by statisticians and economists, and they have been energetic in attempting a defense of their position. But the claim to judicial calm by the laboratory workers seems to us, in view of their treatment of the criticisms of their work, to savor of disingenuousness. It reminds one of the amenities between two Western school-boys, one of whom says, "You're a liar!" The other replies, "You're another!"

We believe the publication of such material on such slender data, and open to grave criticism on technical grounds,

⁵Of the so-called investigation of heredity pursued by the extension of Galton's non-analytical method and promoted by Professor Pearson and the English Biometrical School, it is now scarcely necessary to speak. That such work may ultimately contribute to the development of statistical theory can not be denied; but as applied to the problems of heredity, the effort has resulted only in the concealment of that order which it was undertaken to reveal.—*Mendel's Principles of Heredity*, W. Bateson.

is open to graver criticism on social grounds, for the reason that such pronouncements are widely published, by those financially interested, as "the last authoritative word of science." In fact, the liquor interests have, as a basis of this report, publicly circulated the statement that science has shown that the use of liquor does not injuriously affect the health of either parents or offspring. It matters not how much a finding may be proved false by later research, the statement continues to be blazoned far and wide as the dictum of science. Laboratory workers attempting to advance social interests should at least wait until the evidence is well established before making public any statements that might be used to further the liquor interests; at least, they should not base such startling conclusions on such inadequate material as the Edinburgh report.

The writer has not attempted to enter into detail, as that would draw this article out to an unreasonable length. Interested readers are referred to the books quoted, and to an article by Sir Victor Horsley and Dr. Mary Sturge, in the *British Medical Journal*, Jan. 14, 1911, page 72, criticizing in detail the fallacies of the eugenic laboratory workers, where references will be found to the correspondence between the two sides, which was published in the *British Medical Journal* and in the *London Times* during 1910.





MEAT SUBSTITUTES

George E. Cornforth

THE best meat substitutes are the nitrogenous foods which we have been considering in the last few articles, prepared in the simplest ways according to the recipes given in those articles, or, in the case of nuts, used in their natural state. I am not very enthusiastic in my recommendation of the mixtures which vegetarians make for meat substitutes, and call "roasts." My mind frequently goes back to an incident that happened in the Vegetarian Restaurant in Detroit, Mich. A stranger came into the restaurant supposing it was no different from other restaurants. He did not leave, however, when he found that no meat was served, but ordered a dinner. When his dishes came back to the kitchen, there was a note on the meat substitute, which we called "roast," saying, "This is certainly a roast!" I think that it is often quite true that the dish that is served as the *pièce de résistance* of a vegetarian meal is "certainly a roast."

But perhaps people do get tired of the simplest things served in the simplest way, and for the benefit of any who may wish something different occasionally, we will give recipes for a few of the least formidable of these mixtures.

I do not like the idea of giving meat names to any vegetable mixtures, because they do not taste like the meat after which they are named, and are a disappointment to those who expect them to have meat flavors. And, if we would not eat the meat, why should we try to imitate it? or why should we use

names that would suggest the eating of it? Why not get entirely away from that barbarianism in thought as well as in act? For meat is really a poor substitute for the foods which nature supplies us at first hand.

I could give recipes for nut foods that are very close imitations of the foods that are made by the health food factories, but it is so much bother to make them, and they require so long cooking, that probably few if any of my readers would care to try making them. There is one simple recipe that some might like to try, which might be called —

Nut Cheese

- 1 cup peanut butter
- 2 cups water
- $\frac{1}{2}$ cup flour
- $\frac{3}{4}$ teaspoonful salt

Stir the nut butter smooth with the water, adding the water a little at a time; stir in the flour and salt; put into a tin can that has a tightly fitting cover, and steam from three to five hours. Or it may be cooked by putting the filled can into a kettle which contains boiling water to one half the height of the can, covering the kettle, and cooking the required length of time, adding boiling water as may be necessary.

When cold, this is ready for use. It may be eaten like cheese, or may be broiled, or baked in tomato, or cut into dice and stewed, or stewed with peas, adding a little chopped mint, or may be made into hash with potato, or used in salads or in making sandwich filling.

Another nut food, which more nearly resembles those made by the food factories, may be made if you can obtain raw peanut butter, or if you have a mill with which you can grind raw blanched



NO-SODA CRACKERS, NUT CHEESE, AND GRAPE-JUICE

peanuts into butter. The proportion of material used is —

- 1 cup raw peanut butter
- 1 pt. water
- $\frac{1}{2}$ cup rice-flour or corn-starch
- 1 level teaspoonful salt

Combine the ingredients and cook according to directions in preceding recipe.

Walnut Timbales

- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup cream
- $\frac{1}{8}$ teaspoonful salt
- $\frac{1}{8}$ teaspoonful celery salt
- 1 egg, beaten
- 1 cup stale bread-crumbs

Mix ingredients well together, put into oiled timbale molds or cups, set in a pan of hot water, and bake till set. Serve with peas or with peas in cream sauce.

Golden Roast

- $2\frac{1}{2}$ cups split-pea purée
- 1 cup corn-meal mush
- 2 tablespoonfuls oil
- 1 tablespoonful browned flour
- 1 egg, beaten
- $\frac{1}{4}$ teaspoonful thyme
- $\frac{1}{2}$ teaspoonful sage
- $\frac{1}{2}$ teaspoonful salt

A large cup of split peas will be required to make the split-pea purée. Wash them, soak them overnight, stew slowly till tender and

dry, then rub through a colander. Left-over well-cooked corn-meal mush may be used. Combine the ingredients, put into an oiled bread tin, and bake three-fourths hour. Serve with —

Bread Sauce

- $\frac{1}{4}$ cup dried bread-crumbs
- 1 tablespoonful toasted bread-crumbs
- 1 pt. milk
- $\frac{1}{2}$ onion, sliced
- $\frac{1}{2}$ teaspoonful salt

Steep the onion in the milk in a double boiler for twenty minutes, remove the onion, add crumbs and salt, and cook till thickened. If it becomes too thick, add a little more milk.

Walnut Croquettes

- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup mashed potato
- $\frac{1}{2}$ cup fresh bread-crumbs (that is, not so stale as to be dried)
- 2 tablespoonfuls water
- 1 egg, white and yolk beaten separately
- $\frac{1}{2}$ teaspoonful salt

Combine ingredients, folding stiffly beaten white in last. Form into croquettes with the hands. Dip in beaten egg (1 egg and 1 tablespoonful water beaten together), roll in zwieback-crumbs, or shape in a croquette mold. Bake in a hot oven fifteen minutes. Serve with peas or with tomato sauce or olive sauce, recipes for which have been given in preceding articles.



WALNUT CROQUETTES WITH PEAS

Walnut Loaf

- 1 cup milk
- $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ teaspoonful salt
- 1 cup stale bread-crumbs
- 1 cup chopped walnuts
- 1 beaten egg

Stir the flour smooth with part of the milk. Heat the rest of the milk to boiling, and stir into it the flour mixture. Cook till thick. Add to this the remaining ingredients, put into an oiled bread tin, and bake one-half hour. Serve with—

Asparagus Sauce

- 1 pt. liquid, part milk, and part water in which asparagus was cooked
- $\frac{1}{2}$ cup flour
- 2 tablespoonfuls oil
- $\frac{1}{2}$ teaspoonful salt
- Asparagus tips.

Stir flour smooth with part of the milk. Heat remainder of the milk and water to boiling, stir flour mixture into it, and cook till thickened. Add oil, salt, and some asparagus tips cut into small pieces.

Lentil and Rice Cakes

- 1 cup dry lentil purée
- 1 cup boiled rice
- 1 small onion, chopped very fine and cooked in a little oil
- $\frac{1}{2}$ teaspoonful salt

Combine ingredients, and form into flat cakes. Put these onto an oiled pan, and bake ten minutes in a hot oven. The onion may be omitted. Serve with—

Brown Gravy

- $\frac{1}{2}$ cup flour
- $\frac{1}{4}$ cup vegetable oil
- Boiling water
- Salt

Cook the flour in the oil, stirring to prevent scorching, till the flour is lightly browned. Add sufficient boiling water, stirring vigorously with a batter whip, to make of the proper consistency for gravy. Cook five minutes. Salt to taste.

Hygienic Chilli Sauce

- 1 qt. canned tomatoes or the same quantity of fresh tomatoes
- 2 large onions, finely chopped
- $\frac{1}{2}$ tablespoonful sugar
- $\frac{1}{2}$ teaspoonful celery salt
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ cup lemon-juice
- Rind of $\frac{1}{4}$ lemon

Mix all the ingredients except the lemon-juice, then cook slowly till reduced one half. Cool, add the lemon-juice, and it is ready to serve. This may be put through a fine colander, and will then be more like catsup.

In the season of fresh tomatoes it is sometimes convenient to make—

Raw Chilli Sauce

- 1 cup peeled ripe tomatoes, chopped
- $\frac{1}{2}$ small onion, chopped fine
- $\frac{1}{4}$ cucumber, chopped
- 1 very small stalk celery, chopped fine
- 1 teaspoonful sugar
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ cup lemon-juice

Mix ingredients and it is ready to serve.

Corn Roast

- $1\frac{1}{4}$ cups milk, part cream if desired
 1 cup granola or ruskola
 $\frac{3}{4}$ cup canned corn, or fresh, cooked corn,
 cut from cob
 2 eggs, beaten
 $\frac{3}{8}$ teaspoonful salt

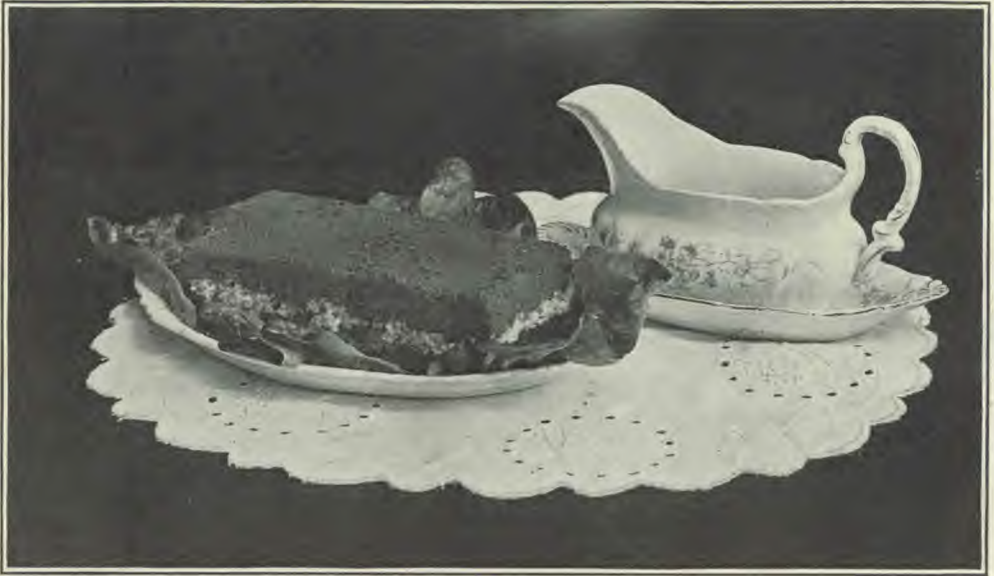
Soak granola in milk fifteen minutes, add remaining ingredients, put into oiled bread tin, and bake till set. Serve with cream sauce or egg sauce. Zwieback-crumbs or cracker-crumbs may be used instead of the granola

or ruskola, but they do not give so good a flavor.

Ripe-Olive Roast

- 1 pt. milk
 1 large cup granola or ruskola
 $\frac{1}{2}$ cup chopped ripe olives
 2 eggs, beaten
 $\frac{1}{2}$ teaspoonful salt

Soak the granola in the milk fifteen minutes, add remaining ingredients, put into oiled bread tin, and bake till set. Serve with olive sauce.



LENTIL AND RICE ROAST, WITH GRAVY

PLAYTIME IN GOD'S GREAT OUT-OF-DOORS

(Concluded from page 472)

boating when possible, on lake, pond, creek, river, or bay. Get the healthful pull of the oars, strengthening the arms, shoulders, back, and spine; breathe deep and fill the lungs with life-giving oxygen. Perspire if possible, and at the same time drink in the beauty of God's grasses, flowers, shrubs, trees, clouds, sky, and

sunshine. To play well is a good thing, to play out-of-doors is better, and to play out-of-doors with a grateful heart, full of love to God for all his gifts, and keenly appreciative of them all, is best; for now, as in the psalmist's time, it is a good thing to sing praises unto the Most High.

THE MEDICAL MISSIONARY AT WORK



THE HINDU LAWYER

Percy C. Poley

[Readers of LIFE AND HEALTH may be interested in going with one of our missionaries into the home of an educated Hindu in India, thus gaining a nearer view of the inner feelings of one of these Hindu lawyers who have no intelligent knowledge of what the Christ life is, or what the gift of the Son of God means to a lost world. Mr. Poley's letter follows.—ED.]

DURING my residence in this land of Hindu temples and Mohammedan mosques, it has been one of my objects to discover how far the religious beliefs of the Indian people have been translated into their deeper and inner life. I have been careful to observe what real sincerity of religious purpose lay behind this display, these customs, and the support given to their systems of worship. It is easy to learn this. Educated Indians frankly tell you that only a small proportion of the people are earnest seekers after that good which they suppose they will find in that religious system to which they adhere. The rest go no farther than to observe the customs it imposes. Many would neglect even the latter were it not that they would lose standing in their community.

How our hearts are moved sometimes when we meet and talk with a Hindu who, by his devotion to a heathen philosophy, thinks to obtain that reward which it promises! How gladly would we see him resting upon a better hope!

I have in mind a certain Hindu lawyer who used to visit me in the evening for Bible study. His interest had been awakened by the Hindu sages who, in their writings, have described Jesus as a spiritual man. He is ranked with others who, the Hindus affirm, were spiritual from their birth, and who could act

as guides to those who chose to learn of them the art of attaining to the spiritual life.

It will come as a surprise to many that Hindu philosophers have written of Christ in this way. Need I say, however, that the Christ of the Hindu writers is not the Christ of the Holy Scriptures? Only as Christ is presented in a correct doctrinal setting, does he become life to us. When the gospel of atonement is preached, the wonder-working power of God is revealed.

Among the religious Hindus the words salvation and spirituality are used often, but not in the Christian sense. Salvation to them means the end of the cycles of transmigration in absorption into the godhead. The spirit is said to survive the body at death, and to pass into another state of life in this world; the spirit of man has lived in the body of the insect and in other inferior beings. These errors appear again in the meaning they give to the word spirituality. It is the attribute of the man who desires and seeks the highest attainment of the spirit,—to lose its individuality by becoming one with the spirit of the Hindu god.

These beliefs and many others were held by the lawyer who came to me to learn what the Bible tells us of the teachings of Jesus. Unhappily, he had never read the Bible for himself, and I could

see that many of the things I read to him in answer to his questions were fatal to his preconceived views.

He believed that if he had lived in the time of Christ, he would have found in him a guide. Jesus, I told him, was more than a guide. He was a Saviour from sin. Now, to a Hindu, trained in a peculiar philosophy, such a distinction has little importance. "That means the same thing," suggested my companion in the Bible study. He had little conception of the real nature of evil, and the presentation of the necessity of salvation from sin through the work of Christ was full of difficulty.

One part of the conversation has written itself indelibly upon my mind, because it revealed something of the strength of his inner desire to obtain salvation, that salvation which accorded with his own view. He practised certain "manners" daily for one-half hour. The word was his own, and I inferred that he meant religious exercises. I asked him to explain what these "manners" were, but he was disinclined to do so. He lamented that the claims of his business calling did not allow him to devote a longer period to these exercises. I asked if he hoped to obtain sal-

vation by the employment of that half-hour. Then I noticed a sad, hungering look come into his eyes as he said, "No!" so quietly and solemnly. It was evident that retirement from business life was, in his opinion, the only thing favorable to the spiritual life of the Hindu.

How joyous to the Christian is the realization that, by the grace of God, he is able to serve Jesus faithfully and acceptably while living the busy life to which he is called. Indeed, diligence in business, according to the Bible rule, is the only thing consistent with the holy life. Even Jesus himself served the Father faithfully while working at the carpenter's trade.

Soon after, I left his city, but not before he had expressed a resolve to obtain a copy of the Scriptures. I hope to learn some day, provided this earnest intention is followed, that a precious soul has been born into God's kingdom of grace.

These lines may reveal a little of the struggles that are passed through by those who, in their unsatisfied longings, are searching for truth. May they enlist our more earnest sympathies and prayers on their behalf.

THE LAW OF ACTIVITY

(Concluded from page 467)

Amherst student of to-day is one inch taller and three pounds heavier than the student of 1870. A series of life examinations taken of the girls of Smith College, covering a number of years, reveals the fact that the girls of to-day are one third of an inch taller, two and two-

tenths pounds heavier, and one-half inch greater in chest girth than the girls of earlier classes.

Just as the inactive person deteriorates, so he improves who harkens and obeys the greatest law in the world, the law of activity.

EDITORIAL

RAW FOODS

MANY persons who have in recent years adopted the practise of eating foods uncooked, give as a reason therefor that this is as nature intended it, that all animals but man eat their food in a raw state, that cooking destroys the life of the food, and consequently its usefulness as a supporter of life. Such persons hold that living beings can not get nourishment from non-living matter. In this they overlook the fact that plants subsist entirely on non-living matter taken from the air and soil; and they also overlook the fact that all food that undergoes digestion is, if living when eaten, changed by the digestive process to non-living matter. No living matter can pass the intestinal walls into the blood current, unless it be bacteria, which may sometimes pass through the intestinal walls. Living matter is solid and insoluble in the fluids of the body. The process of making it soluble destroys its life.

Another argument in favor of raw foods is that the salts of the food are in organic combination, and that cooking destroys this organic combination, leaving the salts in a condition in which they can not be utilized by the body. This may be so, but it has never been proved; and the fact that multitudes of healthy persons subsist entirely on cooked foods is a refutation of the assertion that cooked foods can not properly support life.

But is there no advantage in the raw-food dietary? Why is it that some have regained health by adopting a menu consisting of foods as nature furnishes them? There are several reasons why

the raw foods are sometimes a great advantage:—

There are no complicated mixtures, no condiments, no sweets (except in the diluted form, as in fruits), to tempt the appetite. There are no soft foods to be swallowed without mastication.

On a diet consisting largely or wholly of uncooked foods a moderate amount of nourishing food is eaten, slowly as a rule, and with careful mastication; and the digestive organs can handle it with greater ease than the roasts, the pastries, the puddings, and the desserts of the modern cuisine.

To the extent that the raw-food dietary is a protest against modern high living, to that extent it is a benefit. If it educates people to eat more simply, it is accomplishing good.

We would doubtless do well to use more raw foods with our meals, such as nuts, fruits, and some vegetables. Even raw cereals, when thoroughly masticated, are well borne by many.

Occasionally it might be a pleasant change to have a meal entirely of uncooked foods. It will be surprising to one not accustomed to their use to learn how varied a menu can be furnished with foods in the natural state.

It is well, however, to remember that intestinal and other parasites may, especially in tropical and subtropical countries, be conveyed to the digestive canal by means of raw vegetables and raw strawberries. We should never lose sight of the fact that fertilizer from human sources is sometimes used on vegetable gardens, and that many of the products of those gardens, when used

uncooked, may and doubtless do transmit typhoid fever, hookworm disease, sprue, dysentery, and other serious diseases.

One who desires to use such foods in the raw state, should know how they are grown. If there is the least doubt, such foods should be disinfected before use. First wash thoroughly, using perhaps a scrubbing-brush kept for that purpose, then wash in several waters. Radishes, etc., are better carefully peeled. Strawberries? They are delicious raw; but if they are from a source that is not above suspicion, they are better cooked.



The Conservatives

THEY had them back in the middle of the last century,—they always had them,—the class who, if left to their own initiative, would still be making fire by rubbing two sticks, if they had advanced that far. For it was no conservative, mind you, who invented the match, or the typewriter, or the phonograph. The conservative lives in and for the past. In the days when the public conscience was slowly gaining ground regarding the immorality of slavery, it was the conservatives — the great mass which constituted “public opinion”—that for a while blocked the wheels of progress. Note this paragraph from Mrs. Harriet Beecher Stowe’s introduction to “Uncle Tom’s Cabin:”—

“When Dr. Bailey—a wise, temperate, and just man, a model of courtesy in speech and writing—came to Cincinnati and set up an antislavery paper, proposing a fair discussion of the subject, there was an immediate excitement. On two occasions a mob led by slaveholders from Kentucky attacked his office, destroying his printing-press, and threw his types into the Ohio River. The most of the Cincinnati respectability, in church and state, contented themselves on this occasion with reprobating the imprudence of Dr. Bailey in thus ‘arousing the passions of our fellow citizens of Kentucky.’”

How does that sound for six decades ago, within the memory of some still liv-

ing? One can hardly believe it, so radically has sentiment changed regarding the morality of the slavery institution.

And mark my word, the sentiment is going to change regarding the morality of a government’s receiving its revenue from that which debauches its citizens. One day we shall wonder how a government ever could have considered it a more serious crime to withhold part of the blood-money from the sale of liquor than to make and sell the stuff.

We still live in the time when liquor men can go in respectable society, and gravely stand up before commissions to maintain that the liquor business is a legitimate business. Whatever governments may have said, slavery never was legitimate, lotteries never were legitimate, and saloons never were legitimate. The two former have gone down before public opinion. The last will also go down.

To those who sometimes feel discouraged at the slow progress of temperance reform, and the increase of the strength of the politico-liquor machine, I quote again from Mrs. Stowe’s preface:—

“In New England, as in the West, professed abolitionists were a small, despised, unfashionable band, whose constant remonstrances from year to year had been disregarded as the voices from impracticable fanatics. It now seemed as if the system, once confined to the Southern States, was rousing itself to new efforts to extend itself all over the North, and to overgrow the institutions of free society.

“With astonishment and distress Mrs. Stowe heard on all sides, from humane and Christian people, that the slavery of the blacks was a guaranteed Constitutional right, and that all opposition to it endangered the national Union. With this conviction, she saw that even earnest and tender-hearted Christian people seemed to feel it a duty to close their eyes, ears, and hearts to the harrowing details of slavery, to put down all discussion of the subject, and even to assist slave owners to recover fugitives in Northern States.”

But in the face of all this, Mrs. Stowe and those of like determination and faith stood fast for the “right.”

When Mrs. Stowe finally began to write, there seemed to be a higher power that dictated the story, and it came in weekly instalments, notwithstanding her manifold duties. The people began to sense the real horror of the slavery institution, and there was a revulsion of sentiment almost explosive in character.

Who knows but some overburdened soul will yet create an "Uncle Tom's Cabin" for the drunkard's wife and family having such compelling force as to drive the drink curse from the land?

At the psychological moment, aroused by the proper stimulus, many of those who are now conservative will join the ranks of those who demand the abolition of this evil, not by local option, not, perhaps, even by State-wide prohibition. Who knows but the sentiment may yet grow which will manifest itself in a Supreme Court decision outlawing the entire traffic? Is that too wild a venture? Think of what was accomplished in the formation of antislavery sentiment in a very few years.



Hope for the Hopeless A NEW surgical treatment for tuberculosis, the compression of the lung by means of nitrogen gas, would seem to merit the designation given in the title to this article. At least that is the impression one would receive from the perusal of an article by Dr. Mary E. Lapham in the April issue of the *American Journal of the Medical Sciences*. She says in her summary:—

"There are hopeless cases of pulmonary tuberculosis which can not recover with ordinary methods of treatment under the most favorable circumstances. There are also cases that are unable to hold recovery after it has been made. In these cases, if the lung can be compressed and kept so for a sufficient length of time, recovery will usually follow. Fifty per cent of advanced cases treated by compression have been reported as permanently cured.

"The durable nature of the recovery under this form of treatment is worth considering. Instead of the uncertain restraint of an encapsulating process, with all the dangerous features of the disease simply rendered latent, we have their complete and permanent removal, and as a result the lung becomes healthy and clean. The disappearance of the

tubercle bacilli removes the source of infection months before it can be accomplished in any other way. . . . At present it is generally agreed that only advanced and hopeless cases are suitable for the method."

There are some, however, who recommend the method in early stages. Dr. Lapham advises to give the patient every chance to recover by other methods, and to fall back on this as a last resort.

The purpose of the treatment is so to compress the affected lung that the fluids and decomposing matters shall be driven out of the lung through the bronchial tubes. The circulation is so compressed that the lung becomes clean, firm, and dry. The passive congestion favors a rapid growth of connective tissue, converting the tuberculosis lesions into scar tissue, and all signs of tuberculosis are obliterated.

According to Dr. Lapham, the successful cases are usually "hopeless" cases, with one lung completely involved, and often the apex of the other, "usually with a history of years of unsuccessful attempts at recovery under the most fa-

vorable circumstances, and showing fever, night-sweats, profuse purulent expectoration containing tubercle bacilli and elastic fibers, emaciation, and prostration." Pretty hopeless cases indeed!

At the beginning of the treatment there is likely to be a rise of temperature, quickened pulse, and increased expectoration, on account of the pressure; but when these are over, there is a decided fall in the temperature, pulse-rate, and amount of expectoration. But Dr. Lapham says: "All this is but preliminary. The enemy has merely been driven out. The real reconstructive process must complete the work so that recovery will be of the most durable and permanent nature, and no future relapses can occur." (!)

The article gives in detail the method, and illustrates the apparatus. Any physician interested in this treatment should send fifty cents to Lea and Febiger, New York, for the April issue of the *Journal*.



**The Moving
Picture
and Health**

A CLUB founded by a group of English engineers has been conducting a practical educational campaign by means, among other things, of picture films. The club has, for instance, a series including the following: (1) How to dust a room; (2) how to wash a baby; (3) how rats spread disease; (4) what unfiltered water contains; (5) the right and the wrong kind of girl to marry.

Such a series should be intensely practical. To see a thing makes a much more lasting impression than to read or hear about it. No amount of description would tell one just how to wash a baby as well as the actual demonstration.

We imagine that number 4 was made decidedly interesting by securing for the photograph a sample of very "live" water, and not the average unfiltered water, on the catholic theory that a little ex-

aggeration in order to impress the truth is perfectly permissible.

We can imagine number 5 contrasting one girl painting china or playing the piano while her mother is getting out a washing, with another girl who is doing all she can to make herself useful and her mother's life one of comfort. Such a film would teach a lesson to the boys who think they are getting a valuable wife simply because she makes a nice ornament in the parlor, and knows just how to eat a chocolate sundae.

The film might, if shown often enough to arouse thought on the part of the boys, also cause at least some of the girls to realize that they must change their tactics if they desire to be considered valuable in the matrimonial market.



**Alcohol and
Tuberculosis**

THAT there is a direct relation of cause and effect between the use of alcohol and tuberculosis, there now seems to be no reasonable doubt; that is, alcohol is one of the important favoring causes of tuberculosis. At the recent International Tuberculosis Congress in Rome, Prof. G. Sims Woodhead, of Cambridge, reported on a series of experiments performed with a view of determining to what extent alcohol predisposes to tuberculosis. The following are some of the facts he presented:—

Tuberculosis is more frequent among drunkards than among abstainers.

Tuberculosis is more frequent in those trades especially exposed to alcoholism.

Animal experiment shows impaired nutrition in the tissues as a result of the use of alcohol.

The prognosis is more unfavorable in alcoholic patients.

Professor Woodhead urges that the antialcohol and antituberculosis movements be allied.

There were, of course, in a congress

composed of Continental Europeans, some objectors to Dr. Woodhead's views, but we feel confident that the opinions of the professor, and of such men as Professor Knopf in America, as to the relation of alcohol and tuberculosis will eventually be fully vindicated.

✽

The Controversy Concerning Pie A RECENT issue of the *New York Medical Journal* states, and we think with good reason, that pie, properly made, is nutritious and not necessarily indigestible. There are, of course, pies and pies; and many pies that are dietetic abominations. As the *Journal* says, "Pie has been credited with indigestibility because of its place in the menu." It is eaten generally after a meal which has furnished complete nourishment. It should not be forgotten that pie is not a condiment (though it may contain condiments), but a food. The fruit, the flour, and the fat are all utilized in the body, being converted into energy. If eaten after a full meal, there is an excess of nourishment, and an overtaking of some of the organs.

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Boiled Milk THE British local government board has published a report on "The Value of Boiled Milk as a Food for Infants and Young Animals." The experimental work was conducted by Dr. Janet Lane Clayton, who by previous experience and attainment is eminently fitted to prepare an authoritative and unprejudiced document.

The report shows, among other things, that when a young animal is fed successfully on milk of an animal of another species, it makes no difference whether the milk is boiled or not, or if there is a difference it is in favor of the boiled milk. It does make a difference whether the milk comes from an animal of the

same or another species. Infants fed on milk drawn from wet-nurses, boiled, thrive as well as those fed on raw milk.

There is one serious criticism made to the report; namely, that the condition of the infant was determined largely by the scales. As a matter of fact, whenever infants on ordinary foods show a remarkable gain in weight, they are not by any means in an ideal condition.

In view of the fact that even in connection with certified dairies we have had very serious epidemics, it is refreshing to know that so small a matter as boiling makes milk comparatively harmless; and that it is not so scurvy-producing as has been asserted by some advocates of the raw-milk diet. If we could be certain that the boiling of milk did not endanger its nutritive properties, it would certainly be an advantage, because tuberculosis, typhoid fever, and other dangerous diseases may often be prevented by the boiling of milk.

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Drugless Phthisiotherapy Not New

IN a recent issue of the *Journal A. M. A.*, Dr. Newton reminds us that the present non-medical treatment of tuberculosis is no new thing. He quotes from Celsus, the first-century Latin physician, the following remarkable words:—

"Soon as a man finds himself spitting and hacking on rising in the morning, he should immediately take possession of a cow, go high up into the mountains, and live on the fruit of that cow."

Climate, fresh air, simple life, and a milk diet—have we gone much beyond that? Coming down to the time of Sydenham (1624-89), we find the great English practitioner advising long-continued horseback journeys, change of climate and diet. Buchan, in the middle of the eighteenth century, attributed the prevalence of tuberculosis in England to

the free use of animal food and malt liquors, and advised patients to leave the towns and to make choice of a solitude in the country where the air was pure and free, taking as much exercise as they could bear, preferably on horseback. He also gave careful direction as to diet.

When we consider that absolutely nothing was known regarding the relation of tuberculosis to germs, our forefathers made remarkable progress in their treatment of the disease. In fact, the knowledge that tuberculosis is a germ disease so focused our eyes on the germ and our efforts on germicidal measures, that we largely lost sight of the part the patient ought to play. Later we realized that it is the weak person whom the germ attacks, and it is the weak person who is unable to resist the attack, and who succumbs; and now we treat tuberculosis by the old method of light, air, and food, and we are learning more and more the value of these as preventives.

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Plague by Means of the Food A RECENT number of the Public Health Reports gives a report by Dr. McCoy, of the Public Health Service, who found in the Sandwich Islands ten cases of plague, nine of which had buboes in the neck, and one had a bubo in the armpit. Ordinarily, we might say almost invariably, patients having the bubonic form of the plague have the buboes in the groin.

Inasmuch as experimental animals that are fed on plague material develop buboes in the neck, Surgeon McCoy thinks that this human plague in this locality may have been caused by eating some infected food. He thinks, therefore, that this is a possibility of a second means of plague transmission, and that the rat is not the only means of transmitting the plague.

The London *Lancet*, commenting on

this, thinks it would hardly be prudent to base on so small a number of instances any conclusion concerning the spread of plague to man by eating the plague-infected material.

While it is true that any final pronouncement can not be made on such a small number of cases, it is also certain that if there is a possibility of plague transmission by means of eating plague-infected meat, it should be recognized and avoided.

At the place where these ten cases of human plague were observed, there is an extensive infection of rats. McCoy has not told us whether in the infected region it is customary to eat rats, whether they are eaten in a partially cooked condition, and whether there is some other infected rodent similar to our ground-squirrel which is eaten by the natives.

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Efficacy of Doing

RECENTLY an engine gave out while making a run on a Michigan railway. Twenty-five passengers surrounded the engineer and the engine, and presented as many theories as to how the trouble should be mended. The old engineer, black with dust and grease, listened a moment, and then said: "Gentlemen, I don't want your theories; I want another hammer." This was procured, the old mechanic got down under his iron horse, and in twenty minutes the train was speeding on its way.

Now, we have tons of theory as how to prevent preventable diseases, learned papers in medical and popular magazines longer than a special session of Congress on a revision of the tariff, but no one except the authors and proof-readers ever wade through them. John Sherman said, "The way to resume is to resume," and Doing says, "The way to prevent is to prevent."

The Michigan State Board of Health,

under the leadership of Dr. R. L. Dixon, secretary, has taken into copartnership 83 county commissioners of schools, 18,000 teachers, 30,000 members of farmers' clubs, 70,000 grangers, 6,000 members of women's clubs, 10,000 commercial travelers, 100 managers and superintendents of railways, and 16,000 health officers. This makes a grand army of more than one hundred fifty thousand active workers in sanitation, moving together against insanitary conditions. They are doing things, too. The newspapers and magazines are helping. Of course, there are some drones, some theorists, long on talk, short on doing, but this grand army of doers is going to lessen disease and death in Michigan, and this is worth while.



A Valuable By-Product THE waste products of an industrial establishment often prove to be extremely valuable, perhaps even more valuable than the original product. Occasionally a medical writer, in considering the cause, nature, and treatment of some disease, incidentally delivers a by-product in the way of hygienic caution that is especially significant from the fact that it comes as a by-product, and is not with any purpose of a propaganda.

Such an instance occurs in Dr. Lapham's article "Compression of the Lung in Tuberculosis," in the *American Journal of the Medical Sciences*. Describing one case in which compression was given, she says:—

"The heart, overburdened with athletics, alcohol, and tobacco, and stretched far to the right of the sternum, was unable to maintain good pulmonary circulation. The lung was stiff with blood, the thorax rigid, the patient gasping for breath, and exhausted by the profuse expectoration."

The patient made a good recovery as a result of the treatment, and one might imagine the doctor giving this parting counsel: "Young man, you have dam-

aged your heart in the past by athletics, alcohol, and tobacco. You have had an extremely close call. Hereafter give yourself a chance; and as you love long life and efficiency, let these things alone." And as likely as not, he thanked the doctor, and forgot the advice.



British Inquiry Into the Patent Medicine Business A SELECT committee has been appointed to inquire into the sale of nostrums in England. Evidently this has caused alarm on the part of patent medicine men because the owners of Proprietary Articles section of the London Chamber of Commerce has sent out a protesting document to the press. Inasmuch as the wealthier of the patent medicine firms advertise to an enormous extent in the newspapers, we may naturally expect that nothing startling regarding the nostrum business will filter down to the common people through the medium of the press. We on this side are curious to know whether this committee is liberally supplied with whitewash-brushes, as are some of the committees investigating drugs and foods on this side.



Laboratory Foods WE hardly know how to take the report that comes from Germany that Abderhalden has succeeded in keeping animals living and in good nutrition by feeding them amino acids, glycerin, fatty acids, and simple sugars,—substances which can all be made in the laboratory. This experiment was continued with some of the animals for more than ten weeks, the animals holding their weight, and in some cases even gaining weight. Have we actually come to the time when animals and men can dispense with the vegetable kingdom as a food builder? At any rate, the practical utilization of such a means of nutrition is probably in the far-distant future.

CURRENT COMMENT



Vaccination

A PICTURE printed the other day on the *Weekly's* comic page about the ferocities of the vaccinating doctors brought us in a remarkable grist of letters from readers who welcomed us, on the strength of that picture, to the ranks of antivaccination. The warmth of the welcome has been somewhat embarrassing, especially as it is necessary to disclose to these good friends that the picture which they had approved appealed to us only on its comic side, and was not intended as an expression of editorial opinion. The argument against vaccination is a glorious structure, fit to convince any unprejudiced person who believes all that the antivaccinators say, but for our part we must be prejudiced or incredulous. Anyhow, we hold, as yet, with the doctors, and favor vaccination, albeit we much prefer that it should not be compulsory.—*Harper's Weekly*.



The Curse of Fashion

STYLE, so-called, is one of the baneful influences under which we are living. Women who will follow any absurd custom which has its inception abroad, are ruining their constitutions by compressing their vital organs together so tightly that their figures resemble the old-fashioned hour-glass. But style, in the garb of Parisian corsetières, has decreed that wasp-like waists are *au fait*, and these women must be *au fait*, even if they do not know the meaning of the phrase. Health and common sense are secondary in these days of feminine sartorial degeneracy. Style also proclaims that women must wear high-heeled shoes. Therefore a woman's devotion to style is measured by the height of her heels. . . .

If physicians will everywhere roundly condemn the modern tendency of alleged fashion to ruin the health of its susceptible feminine followers, the absurd customs may gradually be put aside and finally be left to the denizens of Paris and the islands of the Southern Sea.—*The Medical Times, May, 1912.*



The Need of Muscular Exercise

If athletics of the "safe and sane" kind were more common and universal, there would be less enthusiasm for the barbaric sports. Necessity for therapeutic physical exercise arises from the fact that the trend of

civilization is away from work involving the use of the muscles.

Where the ground is cultivated, there is little need for artificially devised exercise. When the luxury of city life increases, there is less desire to toil in the country, and although the present cry is, "Back to the farm," every one seems to desire the short life and the merry one. . . .

Modern high liverers eat plentifully and exercise very little; and while there is some increase in weight, it is due to fat and not muscle, being, in fact, a fatty degeneration of the muscles. . . .

In our colleges where so much attention is paid to sports and athletics, real physical culture of the entire student body is not encouraged.—*Henry M. Freedman, M. D., LL. B., in Journal American Medical Association.*



Recreation for Money

ABOUT one hundred fifty cities have recognized that phase of the commercial recreation problem known as the dance-hall, and have had to face the situation brought in its train. The motion-picture show and the cheap theater, with the dance-hall, and the lack of proper public provision for the recreation of boys and girls between fourteen and twenty, are now beginning to be estimated at their true value as in many instances a feeder for the social evil. Free of entrance to all who can produce the small sum of admission, easy of behavior, simple in the facilities for making acquaintances, the amusement enterprise of the type popular with young working people stands as the gateway of opportunity for the boy or girl whose tendencies at the formative adolescent age are none too certainly driving in the right direction. For the most part, all sorts of people may come and go unmolested; and all sorts of people have discovered this fact. Therefore the dance-hall is often the hunting-ground of the prostitute or the procurer, and even more often the promoter of the kind of loose living that makes the road to the reformatory pitifully easy.

It is questionable with some kinds of people whether young people should have recreation. The concern of the modern community is not with these. Toil of to-day is so organized and living conditions are such that Dr. Moskowitz put it best when he spoke of young girls as "those who work to exist and must play to live." When the question has been

met, as it must be in every corner of the country, there are two lines of attack to be marked out. There will always be private enterprise in the purveying of amusements. It is due the community to regulate its manner of conduct. There should always be public resources to parallel the private offerings. These should aim to be real substitutes of good, plentiful opportunity for what is mediocre or bad in the commercial resources.—*Belle Lindner Israels, in Playground, page 28, April, 1912.*

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Counterfeit Food Worse Than Counterfeit Money

PASSING counterfeit money has long been a crime severely punished, and every one resents being so imposed upon. Is not counterfeit food, which is laden with disease or lowered in food value, even a greater crime, which the whole public ought to resent?

A large part of every income is invested in food, and every citizen has a right to expect good, clean food for good, clean money; he ought to demand it when he buys.—*Woman's Home Companion.*

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Do American Women Enjoy Housekeeping?

DESPIE the many American women who are model housekeepers — and nowhere in the world are there to be found more delightful hostesses than the American women of the older generation — who still maintain throughout the country the best traditions of the home, an increasingly large number of the younger generation of matrons look upon the work of keeping house as a kind of necessary evil that is to be gotten through with as quickly and easily as possible. They are neither to the manner born nor to the manner bred. Seldom if ever does the young matron enjoy her home as a field of domestic activity in which she finds an opportunity for the full expression of her best efforts. Only occasionally do you find among the women of the younger generation one in whom the love of home and all its duties approaches an instinctive inclination. And, if you inquire into

the matter, you will find in nine cases out of ten that she is foreign born or of foreign parentage, and that her inclination has been fostered and encouraged by some sort of home training. But even these, however numerous they may be, do not constitute a sufficiently large number to affect materially the anti-domestic feeling that is rapidly growing more and more general. That this tendency to regard with distaste all forms of housework is not confined to the very rich, is quite evident from the readiness of the average American girl to seek employment in office, store, or factory rather than take up the duties of a home.—*J. Nilsen Laurvik, in the May Woman's Home Companion.*

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Eye Strain

No other human organ, except possibly the heart, is called on for such hard and continuous activity as is the eye.

The eye has, to be sure, a most marvelous strength. As long as its mechanism remains measurably correct, it seldom or never gives out. And its vitality is supreme. But when to the strain of near work in artificial light are added defects in its own mechanism, even this wonderfully adaptable and hardy servant gives symptoms of strain.

The brain is generally our first informer. It automatically supplies the energy that flogs the lens muscle to its ceaseless task, and it is in the closest possible sympathy with the retina, the sensitive plate on which all vision is recorded. The brain declares its exhaustion in headache and vertigo. The masterful eye, so to speak, shunts off its suffering upon the nearest neighbor. Yet in many cases even the brain gives no direct symptom. It is the central organ, the highly vital and complex master of the entire system, and it also has a superior way of passing on the kick. Just how it does this, oculists do not profess to know. The rule seems to be that eye strain declares itself first in the organ which is nearest and weakest. The stomach, the liver, the intestines, the kidney, the heart, or the membranes of nose and throat may develop symptoms while the eye and the brain seem normal.—*The Metropolitan, May, 1912.*





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.

Do Medicines Benefit?—"You did not answer my question as to whether medicines would benefit me."

I omitted to reply to this because from your question I could not know much regarding your case. As a general rule, however, medicines are deceptive; they seem to do good for a time, but their permanent results are often decidedly small.

Oslar made the statement that he did not know of more than four drugs that have real value. It is not often that a physician is so frank in his statement of his opinion of drugs. A physician often prescribes a drug for a patient because he knows that the patient will not think that anything is being done for him if he does not get something in a bottle.

Horseback Riding.—"I have a sister fifteen years of age who was in very poor health until advised by a physician to ride astride instead of on side-saddle. Taking this advice, her troubles were entirely cured. However, there is strong prejudice against this form of riding in this locality. Is such a position allowable for a lady?"

By all means every person who rides horseback should ride astride. A suitable riding-suit is of course necessary. In many parts of the country ladies now ride in this way. Where custom will not allow a woman to ride astride, there are two alternatives: either to start a new custom, or to cease riding altogether. Side-saddle riding is decidedly injurious.

Agar-Agar.—"In a former number of your interesting magazine there is an article by Dr. J. R. Leadworth entitled 'A Case of Acid Dyspepsia;' vegetable gelatin is mentioned. I should like to know the exact trade name for this article. None of the drug stores here seem to know anything about it."

Ask for Agar, or Agar-Agar. It can be obtained at any place keeping supplies for bacteriological laboratories. It should be cut up fine.

Indigestion and Constipation.—"I have been troubled with indigestion and constipation for years. I eat starchy food. Vegetables and most acid fruits and milk and eggs seem to disagree with me. I am using cream. Do you think a raw diet would benefit me?"

Try a course of buttermilk feeding, either the natural buttermilk from a healthy cow (obtained from a clean dairy), or milk prepared by the use of some tablet containing the lactic acid bacillus. Milk soured in this way tastes about the same as buttermilk, and is often accepted where fresh milk disagrees. Use quite freely of some toasted foods, as corn flakes. Occasionally try very cautiously a little fresh fruit or fruit sauce, and thoroughly masticate it. Do not use fruits two meals in succession, possibly not two days in succession. Try cautiously some mashed and well-browned potato with perhaps a pinch of salt and a little butter. Later try other vegetables, one at a time, being careful to masticate and swallow only the juice, ejecting all the fiber. Digestive troubles are often dependent on mouth conditions. If there are loose teeth or decayed teeth or if the mouth is not cleansed regularly, this in itself is sufficient to cause almost any amount of digestive disturbance. Have your teeth put in prime condition by a good dentist, and, if it is not your custom, begin now to cleanse the teeth with a good brush before each meal and again at night.

Tonic for Old Age.—"What kind of tonic would you give a man of sixty-eight, very active, good appetite, but exceedingly tired after his day's work? His doctor has recommended beer, which I refused to give."

You were wise not to take the advice in regard to beer. Beer is in no sense a tonic, but causes a man to use his available strength much faster, and in the end leaves him worse off. Your plan to use grape-juice, with or without raw egg beaten in, is an excellent one. Another good tonic is hot milk. Nothing else will so quickly give strength to the tired system. It is possible that your husband should be lightening his work.

Falling Hair.—"For some time my hair has been coming out. Can you suggest a remedy?"

When hair begins to fall out, the prospects are not very good. I think that with any remedy you may use, the most important measure is to massage the scalp with a flesh-brush, moving the scalp on the deeper tissues by means of the hands. The massage should be vigorous enough to bring a full flow of blood into the scalp, but should avoid scratching the skin. If you have much dandruff, another evidence of disease of the scalp, you should consult a specialist in skin diseases.

Pain in the Side.—"I have a pain under my short ribs on the left side, which has been there ever since June, 1911. Sometimes it is sharp and cutting, and at other times it is a burning sensation. It is in the right side sometimes, but the left side seems to be the seat of the pain."

I have received numerous letters containing symptoms like the above, and asking for advice. We doctors don't know everything, and it is impossible for us from one or two symptoms to tell what is the matter with a patient. A symptom may mean several different things, and in order to find out just what the difficulty is, one would have to ask the patient a great many questions, and give him a personal examination.

It was for this reason that in starting the Question department I made it plain that we do not offer to treat patients by mail, for it is impossible to do anything more than mere guesswork in that way.

Autointoxication.—"Please tell me the symptoms of autointoxication, acute and chronic."

The symptoms of autointoxication, acute and chronic, would make a very long list. Briefly, there are for the acute such symptoms as collapse, gastro-intestinal disturbances, and change in the temperature and pulse-rate. The patient may appear to be very sick and have symptoms of poisoning, etc., depending upon the nature of the intoxicant. Chronic autointoxication may include any symptoms from headache, drowsiness, and inability to think to hardening of the arteries and all that that means, with premature death.

Chronic Constipation.—"Please give advice in case of long-standing constipation and intestinal fermentation with soreness of the abdomen."

It is possible that there may be ulceration of the bowels, which can be relieved only by operation. Your symptoms would indicate the possibility of appendicitis, although this is not necessarily the case. At any rate, it is a case that can not be dealt with by mail.

Your wisest course would be to consult a physician, and learn, by means of an examination, the exact condition present.

Emergency Treatment in Croup.—"What will give prompt relief in a severe case of croup when compresses and inhalations are not prompt enough?"

The query probably refers to membranous croup, which is diphtheria. In simple spasmodic croup the compresses and inhalation of steam should give prompt relief.

An emetic helps both to loosen and to remove the membrane, and may be used as an emergency measure when no physician can be obtained. Probably a competent physician would give immediately a dose of serum. This has a remarkable effect on the membrane.

To Remove Warts.—"I have read your directions for removing warts by means of acid. The method does not appeal to me. Have you anything else to suggest?"

The following has been recommended: Paint the wart four times a day with a mixture of one part resorcin to ten parts tincture of green soap. The warts, we are told, will disappear in a few days.

Passing Blood.—"I pass blood, a teaspoonful or more. Weak spells; some loss of weight; not constipated; never had piles; had dysentery in the Philippines twelve years ago. Is this serious?"

I would suggest a careful microscopic examination of the discharges. There is a possibility of the presence of parasites, especially as you say you have lived in the Philippines, and have had dysentery.

Sore Eyes.—"My eyes smart, feel gritty, are bloodshot, and lazy to open in the morning; no pus. What is good for them?"

Use twice daily a saturated solution of boracic acid, applied by means of a dropper or an eye-cup. If you use the latter, fill with solution, dip the eye down into it, and then open. You would better consult an oculist to learn whether there is some trouble of the lids that needs special attention.

Starchless Foods.—"Please name a list of starchless foods."

First, all animal foods, including dairy products and eggs, are practically starchless. Next

is the great nut family (except the chestnut), which consists largely of protein and fat. Then there is the legume family, including peas, beans, and lentils. These contain no fat, but little starch, and a very considerable amount of protein. There are some proprietary nut foods on the market which serve a very good purpose.

Starchy Foods.—"By discontinuing the use of starchy foods, I have been much benefited. Please advise substitute foods. When I leave off bread, I have less pain and dulness than when I use it."

You evidently have difficulty in digesting starch, yet starch or its equivalent of sugar should constitute about three fourths of the diet. You will have to continue the use of starch in some form,—by browning your starches, using your bread in the form of zwieback, or else dried out slowly in the oven until it is thoroughly dry and crisp like a cracker. Mash your potato, and brown it in the oven. Try rice thoroughly cooked and *light* (that is, the individual rice grains separate, and not a soggy mass). The breakfast foods, such as toasted corn flakes, puffed rice and wheat, shredded wheat, and the like, will make a change for you. Nuts, such as pecans, Brazil-nuts, and almonds, are rich in protein and fat, but they are somewhat difficult of digestion; they should be thoroughly masticated. If your stomach occasionally gives you trouble, swallow a bit of thoroughly blackened bread, which has been left on the stove until burned to a coal. This bread charcoal, though a very simple remedy, is often efficacious. Chew it as little as possible before swallowing, as the dry charcoal is more efficient. The fresher burned the charcoal is, the better.

Neurasthenic Symptom.—"Will you kindly tell what makes the top of my daughter's head cold, as if a cool breeze were blowing on it? This is only at times. She was told that eucalyptus tea would cure the trouble. Do you know how the tea ought to be used? What would be the best treatment?"

It would be impossible without a personal examination, and perhaps considerable obser-

vation, to tell the cause of the trouble you mention. I think, however, that it is a neurasthenic symptom.

I am somewhat doubtful as to the efficacy of eucalyptus tea. I have never used it for such a purpose, and would have to refer you to some one else for the method of giving it.

Has your daughter not had certain difficulties or some great disappointment in the past? Does she not brood considerably? Is she healthy-minded, given to useful employment, or does she specialize on fiction? It is possible her treatment should be mental rather than physical—something to change the current of her thoughts. This is only a suggestion.

Paralysis Agitans.—"I have been ailing with shaking of my right hand for ten months. I have seen several physicians, who say it is palsy or Dr. Parkinson's disease. I am thirty-nine years of age, a musician, but unable to play now. The hand is quiet when I sleep. I have never used tobacco, but have drunk some, very little, however. I do not use tea or coffee now. Do you think there is any cure for me? Some physicians urge me to take strychnin. Do you think I should do so? Is there hope of recovery in taking it?"

I know of no cure for this disease, but would suggest that you cut away entirely from your present occupation and "rough it" for a while—camping, hunting, etc., or even living on a farm, though a farm life is often not ideal. Drop all attempts to use your hand in any work of skill, and make it a business to absorb good, nourishing food, oxygen, and sunshine.

You have doubtless noticed that when you think about your affliction, or when you expect to use your hand, the trouble is worse. This is often the case, and indicates that the mind has something, though not everything, to do with it. This is one reason why a care-free life in the open would be of advantage to you.

By the stimulation of the spinal cord strychnin may give temporary relief. It can only do so, however, at the risk of more certain final disaster.



SOME BOOKS



We and Our Children, by Woods Hutchinson, A. M., M. D.; Doubleday, Page & Co., Publishers, Garden City, N. Y.

A compendium of careful instruction to parents on the rearing of children, beginning at the period before the advent of the little one, and considering carefully all the details of feeding, clothing, housing, companionship, education, etc. Done in picturesque Hutchinsonese, and adapted to the intellectual needs of the common people.

One never tires of reading Dr. Hutchinson's writings, if for nothing else than the opportunity they give one for differing with him. However, as one gets used to the doctor's style, it becomes evident that his intentions are right; and if he sometimes makes a startling statement, it is to contradict what he thinks is a dangerous tendency the other way.

In the present instance, it would seem as if he had overdone his praise of sugar. Though there has been much foolish stuff written against sugar, observation certainly shows that with the artificially concentrated sweets as we now have them, it is quite easy to partake of an injurious excess of sugar. It is true that nature furnishes sugar in many foods, but she very rarely furnishes it in concentrated form, and man certainly does not require it in this form, else nature made a mistake.

But, on the whole, the book is characterized by good sense, and the author deserves praise for the convincing way he has striven to overcome many firmly lodged superstitions.

There are scattered through the book many little gems of condensed wisdom that one would fain appropriate and pass on for the benefit of others.

The advice to "keep the child out of school as long as your conscience will let you, and then a year more," is apt; and there is much truth in the sentence: "If the school hours were cut down to two hours a day, and the time saved devoted to intelligently supervised play, gardening, carpentering, etc., in the open air, children would make just as rapid progress in their studies even under our antiquated curriculum as they do now."

Concerning some of Dr. Hutchinson's teaching along dietetic lines I am not so enthusiastic, and I certainly must disagree with his estimation of the value of fiction for children; but in the main, he has furnished a very sane book, and he states his views so clearly that when the reader disagrees, he knows just where and why he does so.

False Modesty That Protects Vice by Ignorance, by E. B. Lowry, M. D., author of "Confidences," "Truths," "Herself." Net, 50 cents. Forbes & Co., Chicago.

As ex-President Eliot, of Harvard, has well said, "The policy of silence on matters of sex has failed disastrously." Dr. Lowry, realizing the absurdity and wickedness of the conspiracy of silence on this subject, has written several books on sex hygiene, which have received enthusiastic indorsement of physicians, educators, and ministers.

The characteristics of these books are simplicity of language and purity of purpose. If I mistake not, Dr. Lowry is a woman. I hardly think a man could have written as she has. The present work is an appeal especially to parents, but also to educators, for the proper education of the young regarding hygiene.

It is known that intemperance and impurity are the twin evils sapping humanity. Who can say, after all, which is the greater evil? Yet we preach from the housetops against intemperance, and remain almost silent—that is, in the family, where the child should learn before it comes in contact with the great outside world—regarding the functions of reproduction, and the evils connected with abuse of this function in any way.

This book is certainly of vital interest to every parent, teacher, physician, and minister.

Cutting It Out; how to get on the water-wagon and stay there; by Samuel G. Blythe. Net, 35 cents. Forbes & Co., Chicago.

The Fun of Getting Thin; how to be happy and reduce the waist line; by Samuel G. Blythe. Net, 35 cents. Forbes & Co., Chicago.

These two booklets, which recount the experience of the author, should be read together, as certain expressions in the one throw light on the other. For instance, one reading the former wonders why the author made such strenuous efforts to quit a habit that had not particularly injured his health. The latter book explains it all.

Mr. Blythe is not a preacher nor a sermonizer, and in fact, he does not maintain that his experience should be the experience of all others.

"Cutting It Out" would therefore be a stronger appeal to the man who resents having his morals regulated by another. Having been of the convivial set, Mr. Blythe can enter more fully into the habits of thought of this class.

Seeing his friends of from forty to forty-five years of age dropping off in quick succession, evidently because of drink, he decided that "the time to stop drinking was when it wasn't necessary to stop;" for "when a doctor wants a man to stop, it usually doesn't make much difference whether he stops or not." It is too late.

Incidentally the lesson ought to appeal to younger men never to begin convivial habits, for the majority of men can not and do not stop after they have begun, even when they find that drink is hurting them. It is an excellent little book to place in the hands of young men who think they can drink without harm to themselves.

"The Fun of Getting Thin" shows up the fallacies of the innumerable fat-reducing systems, many of which Mr. Blythe has tried thoroughly. When brought face to face with the fact (not mentioned in the former book) that he was getting unseemly and dangerously fat, he finally summoned up courage and adopted a method of diet (the use of his accustomed foods in the usual variety, but greatly reduced in quantity, and absolute abstinence from alcohol) that finally reduced him to good condition, with no cravings, no gout, no heart trouble, etc. Barring a little slang, thrown in perhaps for the edification of those most likely to use the books, they are well written, and ought to be a help to many a struggling fellow.

Education, a first book, by Edward Thorndike, professor of educational psychology, Columbia University. Net, \$1.25. The MacMillan Company, New York.

The author modestly says, in his preface, "It is, as entitled, a beginner's book." It was not, however, prepared by a beginner. In any science the man best fitted to write a book that will be simple, elementary, and attractive to beginners, and yet not misrepresent that science, must be a master. Such is Professor Thorndike.

Realizing the truth of the statement that "knowledge of principles is better than knowledge of facts," Professor Thorndike has chosen to develop a connected chain of clearly stated educational principles, which, once understood and applied, will do more to make efficient teachers than any amount of "rule of thumb."

The book begins with a consideration of the meaning and value of education. Then the various aims of education are compared in order to determine which are the worthier; for without a distinct notion as to what is to be achieved by education, no methods can be of great value.

Next comes a study of the material for education, including the responses, habits, interests, and aptitudes of the pupils; then a consideration of the means of education, methods to be used in education, the results of edu-

cation, and education in the United States.

In refreshing contrast to the present furor over fiction is his statement: "Knowledge of the real is better than knowledge of the non-existent. This may seem self-evident, but the implied command has not been obeyed. Babies are told all sorts of nonsense; kindergartens abound in pleasant lies; a fourth of the reading-matter for children in the elementary schools is fiction. These choices of the false instead of the true have not been justified by proof that the fancy does little harm by being false, and much good by being interesting and stimulating to right feeling and action."

Many of the existing school methods and theories, from kindergarten to college, receive criticism, but rather incidentally as illustrations of the principles the author is attempting to develop.

A New Conscience and an Ancient Evil, by Jane Addams, of Hull House, Chicago. Net, \$1. The MacMillan Company, New York.

Much of the subject-matter of this book was recently run as a serial in *McClure's*. Those who read it in that form will be the more desirous to possess it in its more permanent form.

I question whether there is any one who could write more authoritatively and more forcefully on this most vital subject than Miss Addams, who in her twenty-odd years of settlement work in Chicago has obtained a first-hand knowledge of the shady side of that city, and who was in touch with the first partially successful movement to deal with the white slave traffic.

She first draws a parallel between the anti-slavery agitation of half a century ago and the present antivice agitation; and as the former movement, led by what were considered wild extremists, finally swept all into its ranks, and wiped slavery off the map with none left to defend it, she predicts that the present movement against the social evil, led at the first by a few so-called extremists, will also be completely and overwhelmingly victorious.

But Miss Addams does not confine her thesis to the exposition of the analogy. She proceeds to point out the straws which indicate the direction of the present current of events. In the recent legal enactments to minimize the social evil, in the improvement of economic conditions, in the increased attention given to moral and sex education, in the work being done for the legal protection of children, and in other well-organized, progressive movements she sees a vision of steady amelioration and final suppression of the social evil.

While she by pointing to the beams of light that are beginning to illumine the dark picture here and there, gives evidence of the awakening "New Conscience," she makes it plain that the "Ancient Evil" is still here in full force.



Cigarette Barred.—Forty-one prominent Massachusetts business houses have agreed to employ no one under eighteen years of age who smokes cigarettes.

Infantile Paralysis.—Recent experiment shows that the virus of infantile paralysis may be found in the secretions of the mouth, throat, trachea, and intestines of patients. This discovery will doubtless suggest more definite measures for prevention of the spread of the disease.

Finger-Print Signatures.—In Hungary, where there are many illiterates, the plan has been proposed, and is received with favor, to substitute for the old-time X mark the fingerprint as a signature. Such signature could not be imitated, and once made, could not be successfully denied.

Baseball and Cigarettes.—Some baseball clubs have a rule prohibiting the smoking of cigarettes. Most players know that the cigarette destroys that fine muscular command and skill which must be maintained at the maximum in order to win. The baseball player also knows that the use of alcohol is fatal to efficient playing.

House-Fly Convicted.—Evidence has been gathered pointing to the agency of the house-fly in the following infections: Anthrax, cholera, cerebrospinal fever, diphtheria, dysentery, erysipelas, contagious eye diseases (as pinkeye), typhoid fever, and possibly smallpox. We know the fly is responsible for much of the typhoid, and the evidence is increased as to its agency in other of these serious diseases.

Ridiculous Fines.—We are amused, if not angered, at the ridiculously low fines often imposed on persons for flagrant violations of the Food and Drugs law. A fine of ten dollars, or even twenty-five or fifty dollars, is no deterrent to the man who is making hundreds of dollars by dishonest substitution. In all cases where such violation is not manifestly the result of misunderstanding the law, the penalty should be imprisonment. The law has been in effect now so long that no manufacturer of ordinary intelligence should be ignorant of the intent of the law. If a manufacturer is walking on that thin ice where he is going just as far as he dare without getting caught, he ought to pay roundly for it when he is caught.

Roller-Towel Doomed in Massachusetts.—The State board of health has passed a resolution making it unlawful to use roller-towels in public institutions, schools, hotels, etc. The law applies to any towel intended for use by more than one person without being washed after each use.

Cause of Pellagra.—At a recent meeting, Lavinder, perhaps the greatest authority in this country, stated: "The question to be solved—at present an unanswerable one—is whether pellagra is to be considered as a food poison derived from maize, or whether it is a parasitical disease." In reply to a question, he said: "I do not know the cause of pellagra. There is no question that the South is flooded with rotten corn that is not fit to eat, and that it is our business to get rid of it."

Dresden National Hygiene Museum.—The originator and financial backer of the Dresden exposition is attempting to influence the local authorities to make certain parts of the exposition, particularly the "Der Mensch" building with its magnificent exhibit, the nucleus of a permanent national museum of hygiene. Mr. Lingner, who is the owner of the principal exhibits, valued at 1,000,000 marks, or \$250,000, will present these to the museum. The surplus receipts from last year's exposition, together with appropriations from the local government, will fit up the buildings. It is expected that the museum will be so complete that an inspection will fit any one to be his own sanitary engineer and hygienist, so to speak.

Advanced Drug Legislation.—On account of the large number of poisonous drugs now offered to the public, Austria has passed a law providing that before a remedy can be offered to the public, it must be examined by the authorities, who will decide whether it shall be placed on the market with or without restriction. Remedies of the latter class shall be sold only by apothecaries, and only on the prescription of a physician, which must be shown by the purchaser. All remedies containing any alcohol, hypnotic, or other toxic substance are included in this class. The law is so strict that one can not get even a grain of arsenic, antimony, cocain, or morphin, or any Peruna, Mother Winslow's Soothing Syrup, stomach bitters, or any of a host of that kind, without a physician's prescription.

Kansas Health Almanac.—The Kansas State Board of Health issued as its December, 1911, bulletin a Kansas Health Almanac for 1912, which is a unique and really valuable bulletin; for opposite the calendar for each month is given hygienic instructions and warnings especially applicable for that month.

The First Garden City.—Certain English philanthropists, as Mr. Cadbury and Mr. Howard, have formulated schemes for the development of a higher standard of living among the working classes, which should be studied by us with great advantage. These garden cities are not new. They have been in existence now nearly a quarter of a century. The facts that they are still prospering and growing and that the dwellers are happy give evidence that the garden-city work is a worthy one.

Winslow's Soothing Syrup a Poison.—According to the good sense of the British Pharmacy Act the above-named preparation was compelled to carry on its label the following significant words: "This preparation, containing among other valuable ingredients, a small amount of morphin, is, in accordance with the Pharmacy Act, herewith labeled POISON." The proprietors, therefore, rather than put such a damaging label on the drug, changed the prescription so that, in England, instead of morphin it now contains potassium bromid, and still advertises that "this valuable preparation is the production of one of the most experienced and skilful nurses in America." Comment is unnecessary.

Insurance and Abstinence.—The Scepter Life Association presents a report containing a significant comparison between two classes of policy-holders, those who do not abstain from the use of alcoholics and those who do. In 1911 the mortality of the former was 77.78% of the expected, of the latter only 51.11% of the expected. The percentage of actual to expected deaths for the last twenty-eight years has been 79.7 among non-abstainers, and 52.45 among the abstainers. These two classes are men who follow the same occupations and who pass the same medical examinations. The difference is in their habits as to the use of liquor. The criticism is made that the abstainers are also more careful of other details of their lives, more thrifty, etc., and hence this longevity should not all be credited to abstinence. But if being abstinent makes men on the average more careful as to other details,—say, eating, bathing, sleeping, and even as to sex relations,—why not give abstinence the credit? In what other way can you get together a company of men who will so overrun their life expectations than by selecting total abstainers? The criticism is childish.

Permanent Library on Consumption.—The (London) National Association for the Prevention of Consumption is planning a bureau for the collection from all countries of data regarding tuberculosis. It is desired that officers of sanatoria, health officers, etc., send them data and reports.

Legislation to Be Standardized.—One of the important events of the International Hygiene Congress will be the meeting of sanitarians from everywhere, who will study and compare sanitary laws and their work in various localities with the purpose of selecting as models for general adoption those that have given the best results.

A Convention Hall in Washington.—The Senate has passed Senator Root's Bill providing for the erection of a \$2,000,000 George Washington Memorial Convention Hall on the site of the old Pennsylvania Station, corner of the Mall and Sixth Street, S. W. The building is to remain under the control of the Smithsonian Institution. The city of Washington much needs a large meeting-hall for the gathering of patriotic, scientific, medical, or other conventions.

Sanatogen Protests.—The *Journal of the American Medical Association* published a denunciation of sanatogen. The proprietors sent a letter of protest, which the *Journal* published in full, and added: "We have nothing to retract; rather would we emphasize, and, had we space, enlarge on what we have already published, for we believe that a large and unfortunate portion of the public, that can ill afford it, is paying a ruinously high price for a substance having a very mediocre food value. That indigent consumptives, for instance, should be led by glittering falsehoods to squander on sanatogen money that should go for 'food tonics' of infinitely greater value, such as eggs, milk, vegetables, and meats, is not only economic waste, but inhuman cruelty." Straight from the shoulder is it not? And we think richly deserved.

Sweet-Oil Is Olive-Oil.—The Board of Food Inspectors of the Department of Agriculture has decreed that the only oil to which the name sweet-oil may be correctly applied is olive-oil. It is declared therefore that any other oil, such as cottonseed-oil or olive-oil mixed with cottonseed-oil, is misbranded when sold under the name of sweet-oil. It is not correct, according to the declaration of this board, to label any such oil sweet-oil, and then elsewhere on the label describe correctly the true character of the oil. The name sweet-oil must not appear on the label of any oil except pure unadulterated olive-oil. I am not certain that this decision is altogether in the interests of a correct nomenclature.

Is It a Coincidence?—In Nebraska, the county seats of the dry counties have an average high-school enrolment of 65.6 per thousand as against 29.2 in the wet counties, for the wet town seems to take the children away from high school in order to support the family. The towns Norfolk and York have practically the same population, a little over 6,000, yet York (dry) has a high-school enrolment twice as large as Norfolk, which is wet. Mr. Carson, who made the investigation, says he finds the same condition all over the State.

A Typhoid Carrier on Shipboard.—The health authorities in California have investigated a freight vessel carrying lumber on the coast in which there had been twenty-five cases of typhoid in forty-three months, an average of more than one every two months, resulting in three deaths. Other coasting vessels were not so affected. The vessel had become so notorious that it was difficult to get seamen to ship on it. The investigation finally showed the presence of a typhoid carrier on the vessel. The infection probably occurred through what is known as the "officers' barrel"—a water-barrel resting on its side, which had a square hole through which those desiring obtained water by dipping with the cup. Of course there was every opportunity for one so taking water to contaminate the water in the barrel.

The "Comforter" and Ear Diseases.—A contributor to the *Lancet* expressed the opinion that middle ear diseases in infants are in a large proportion of cases caused by the "comforter," which, after being soiled on the floor or elsewhere, carries infectious germs to the baby's mouth, from which they are transmitted through the Eustachian tube to the ear.

Hungary Has an Antialcohol Day.—The minister of public instruction in Hungary has ordered that a day be set aside in which in all the graded schools a two-hour lecture shall be given on the evils of alcohol. In order the better to impress the subject on the young mind, it is made a holiday. Convenient texts have been provided for the use of the lectures.

Alcohol and Criminality.—Bavaria has collected statistics of the cases in which violations of law in 1910 were due to intoxication or to the habitual use of alcohol. In 8,864 of these the cause could be directly traced to alcohol, and in 190 of them the offenders were chronic drunks. The crimes of drunkards were found in the large proportion of cases to consist of dangerous bodily injury. Nearly half the crimes committed by drunkards were of this kind. On the other hand, the number of convictions for stealing by those under the influence of alcohol was surprisingly small.

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International Hygiene Congress.—It is said that in countries where the International Hygiene Congress has been held in the past, there has been a notable awakening on some particular topic emphasized in the congress, which resulted in advanced legislation, improved health conditions, and lessened mortality. There is every reason to hope that the effect of this congress on the United States will be such an awakening in public and personal hygiene as has never before been witnessed in this country.

Antityphoid Vaccination.—Major Russell, of the United States Army Medical Corps, recently published a paper on antityphoid vaccination based upon army experiences. Among his conclusions are: (1) Antityphoid vaccination in healthy persons is a harmless procedure; (2) it confers almost absolute immunity against infection; (3) it was the principal cause of the immunity of our troops against typhoid in the recent Texas maneuvers; (4) the period of immunity is two and one-half years, perhaps longer; (5) in only exceptional cases does it cause appreciable personal discomfort; (6) it apparently protects against chronic disease carriers, and at present is the only known means by which a person can be protected against typhoid under all conditions; (7) all persons whose duties involve contact with the sick should be immunized; (8) the general antityphoid vaccination of an entire community is feasible, and could be done without interfering with general sanitary improvements, and should be urged wherever the typhoid rate is high.

Made an Example.—The two men behind the Delta Chemical Company of St. Louis each received a fine of \$5,000 and a term of five years in the federal prison for sending poisons through the mail and using the mails to defraud. They were makers of "Habitina," a supposed morphin cure, which itself consisted of morphin and heroin. A few more healthy right-from-the-shoulder sentences like this will cause some of these human harpies to think twice before planning deliberately to debauch and ruin their helpless patients.

Medical Service in Great Britain.—The Medical Practise Act in Great Britain is thus far a failure on account of the united resistance of the medical profession. It is now purposed by the doctors to organize a system of medical service for the poor, administered by the physicians themselves, and without the features which in the government measure would be so disastrous to the medical profession. This plan has already been put into successful operation in a few towns where the doctors succeeded in coming to an agreement.

Milk Supply Needs Further Attention.—According to the public health committee of the London County Council there is urgent need for further legislation regarding the milk supply. More than ten thousand deaths occurred in England in 1910, of children under fifteen, from non-pulmonary tuberculosis; that is, tuberculosis such as is generally admitted to be due largely to the bovine bacillus; and while there are other means of transmission, the most obvious means is that of milk from tuberculous cows.

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(Concluded from page 464)

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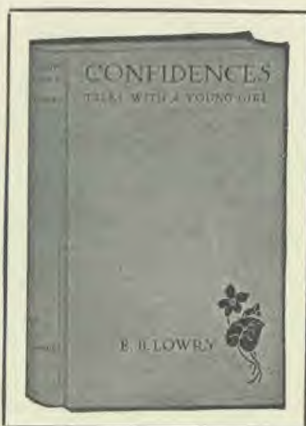
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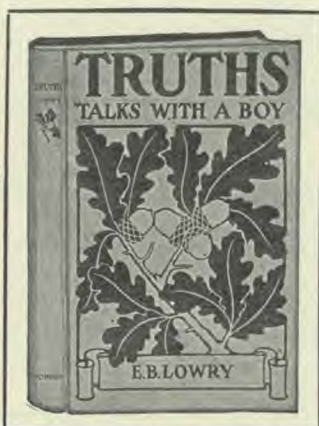
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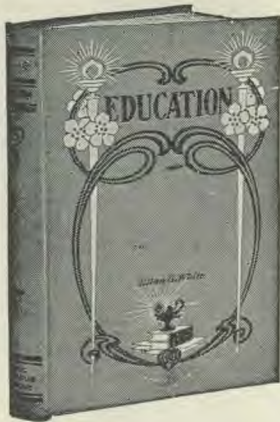
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Vacation and Recreation

The *Signs of the Times* Magazine for August, in addition to its regular line of important contents, contains several articles suitable to this hot month of the year, each with a message, however. The cover design is a view of Yosemite Valley, with its high arching trees, showing the waterfall and the green valley, between the trees, in the distance—an oil-painting. Following is a partial list of contents:—

"Come Apart and Rest" is a vacation article, written from Christ's invitation to his disciples. It gives some very suggestive lessons, and draws practical suggestions with reference to true recreation.

"To Be Comfortable in Spite of the Weather" is the title of another article, especially timely for August. It is written by Dr. Paulson, medical superintendent of the Hinsdale (Ill.) Sanitarium. His writings are well known and appreciated by the readers of this magazine.

"Spiritualism; Its Latest Phase," by the editor, brings the development of Spiritualism down to date. It shows the real power behind this movement, and the wonderful advancement this modern delusion is making at the present time.

"The Responsibility of Capital" is another article dealing with current events, bearing a moral, and pointing out logical results that are certain to eventually be warranted by the facts and predictions of prophecy.

"The Second Coming of Jesus; Greed as a Sign of the End," by Prof. Geo. W. Rins, is a contribution in a series of articles that have appeared in the greater portion of the magazines this year from the pen of this graphic, trenchant writer.

"The Heavens Declare His Glory" is an astronomical article by Guy M. Green. In the past there has been a great interest on the part of the readers in our astronomical articles. We commend this contribution to their interest and attention.

"The Value of Sanitation in Panama," by B. E. Connerly, is an article of interest just now, as the work at Panama is rounding out toward completion. It shows what sanitation will do in what was one of the most disease-ridden sections of the country.

"The Sabbath for Man," by George A. Snyder, marks the first of a series of articles on this subject by this well-known writer on Biblical subjects. We trust the series will be read by a large circle of our readers.

"An American Reformer," by Mrs. E. G. White, continues the series of articles appearing from this well-known author.

"Death; What It Is and Why It Is," by William Covert, continues the studies on man's nature and destiny.

"The Creative Word and the Sabbath," by the editor, presents some considerations from the evolutionary and scientific aspects of this subject.

The articles on China, which were temporarily broken into, are resumed by a contribution from Mr. Stafford on the subject of "Chinese Dwellings."

The Bible reading is a study on "The Ministration of Angels."

This number is highly recommended to our readers.

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