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THE COCA-COLA POISON CAMPAIGN



THE COCA-COLA COMPANY, OF ATLANTA, GEORGIA, HAS BEGUN A WORLD-WIDE CAMPAIGN that has for its purpose the poisoning of the entire human race with caffein. The campaign is being carried on in the most adroit and astute manner, the caffein being purveyed to the public in the form of a pleasant soda fountain drink known as "Coca-Cola."

BY MEANS OF NEWSPAPER, MAGAZINE AND MEDICAL JOURNAL ADVERTISEMENTS, together with conspicuous sign-boards displayed along the public highways, the Coca-Cola Company is seeking to educate the public into the belief that the poison, caffein, is a wholesome, harmless substance and may be used *ad libitum* without injury. We copy the following from a Coca-Cola advertisement which recently appeared in a medical journal:

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Entered at the Battle Creek Post-Office as Second-Class Mail Matter.

“Investigation by the Unprejudiced Scientist has Proven These Facts

“That Caffein is a ‘true’ stimulant.

“That Caffein has no secondary or depressant effect.

“That Caffein is not habit-forming.

“That in its physiological value Caffein is closely related to a food.

“That Coca-Cola is harmless—wholesome and beneficial.”

EVERYONE OF THE ABOVE STATEMENTS IS ABSOLUTELY FALSE. The truth of each one is exactly the opposite of the statement made. In other words, caffein is not a true stimulant. Caffein has a decided secondary or depressant effect. Caffein is a habit-forming drug. Caffein is in no way whatever related to foods. It is a poison, not a food. Coca-Cola is not harmless, wholesome and beneficial, but on the other hand, is harmful, unwholesome and poisonous, in exact proportion to the amount of caffein which it contains.

THE FOLLOWING AUTHORITATIVE statements with reference to caffein from scientific men of recognized standing amply show the falsity of the above statements made by the Coca-Cola Company and other statements which are widely published by it throughout the country.

DR. H. H. RUSBY, Dean of the College of the City of New York, Columbia University, and joint author of the “Standard Dispensatory,” says, “It is nevertheless true that caffein is a genuine poison, both acute and chronic. Taken in the form of a beverage, it tends to the formation of a drug

habit, quite as characteristic, though not so effective, as ordinary narcotics. While not cumulative in substance, it is so in effects, permanent disorders of the cardiac function and of the cerebral circulation resulting from its continued use. When the caffein is taken in more concentrated and seductive forms, as in confections and the like, such as the 'stored energy' cubes sold some years ago, the danger of habit formation and the cumulative results become correspondingly greater."

ACCORDING TO DR. WM. N. LESZYNSKY, of New York, coffee is particularly poisonous to children, over-excites the brain and produces functional disturbances. He says, "I have often seen night terrors, insomnia, tremulousness disappear after the withdrawal of coffee." He attributes to the use of coffee arrest of physical development, and tells of a boy six years of age who suffered from acute coffee poisoning, the symptoms of which were "active delirium, widely dilated pupils, tremor in the facial muscles and the extremities, and severe tachycardia, the pulse rate being two hundred beats a minute." The child also had hallucinations. These symptoms were produced by eating half an ounce of coffee beans. The boy was ill for a week.

DOCTOR LESZYNSKY also states that the transitory sensation of well-being which is experienced by many susceptible persons after taking a cup of coffee "is soon followed by a feeling of apprehension, general tremulousness, and indigestion." He asserts that the habitual use of coffee in such persons "invariably leads to persistent functional disorder of the nervous system, as well as disturbances of digestion."

DURING AN ENGLISH EXPEDITION TO ASHANTEE, one of the officers lost one of his finest horses. He was greatly distressed about it. They had carried their tea and their shelled corn for the horses in bags. At one encampment they had nearly emptied a bag of tea, and filled it with corn. The officer's horse happened to get the last of the corn in this bag, so that he ate the tea with his corn. He was seized with a wild delirium, and went plunging headlong, and finally threw himself over a precipice. That was the effect of the tea on a horse.

The *Medical Press* some time ago called attention to the fact that coffee may produce effects similar to those induced by alcohol, among which are palpitation, a feeble pulse, trembling, twitching of the limbs, and other indications of profound poisoning. This fact is one to which coffee drinkers should give attention. The use of tea and coffee is only a respectable sort of tipping, the effects of which may be as injurious as those following the use of alcoholic drugs.

DR. NORMAN BRIDGE, of Chicago, asserts that coffee drinking is a frequent cause of disease, and reports the history of seven cases in which many obscure and distressing symptoms were present. All of these patients recovered when coffee was discarded.

EDWARD SMITH, the eminent English physiologist, once made an experiment for the purpose of testing the effects of coffee. He made a decoction of four ounces, and he and his assistant drank it. In a short time they became dead drunk and lay insensible upon the floor of their laboratory for three hours.

DR. GILMAN THOMPSON, Professor of Medicine in Cornell University Medical College, of New York City, asserts that the use of coffee to produce wakefulness at night "soon results in forming a coffee or tea habit in which the individual becomes a slave to the beverage" and when deprived of it, "suffers from languor, prostration and restlessness and craving." Two or three cups three times a day produce "muscular tremors, nervousness, anxiety, apprehension, palpitation of the heart, vertigo, heartburn, dyspepsia, constipation, insomnia and emaciation."

DOCTOR THOMPSON WELL SUGGESTS THAT COFFEE USERS MAY DISCOVER THE ILL EFFECTS which have been produced by suddenly stopping the drug. The degree of craving experienced is an evidence of the damage which has been done and the influence which the drug has obtained over the system. He says that coffee is a poison and should never be given to children, in whom "coffee gives rise to insomnia, night terrors, nervousness and tremor." Doctor Thompson also asserts that acute coffee poisoning gives rise to "excitability, with a tendency to delirium and tachycardia" (rapid beating of the heart).

PROFESSOR BUCHHEIM while a student with the eminent Professor Lehman, more than fifty years ago, was made the subject of an experiment with caffen, then a newly discovered substance. The results afforded the most convincing proof that caffen is essentially identical with creatin, a poison excreted by the kidneys and found in the urine. In these experiments it was found that ten grains of caffen (five ordinary cups of coffee) "will produce the most violent excitement of

the vascular and nervous systems—palpitation of the heart, extraordinary frequency, irregularity, and often intermission of the pulse, oppression of the chest, pains in the head, confusion of the senses, singing in the ears, scintillations before the eyes, sleeplessness, and delirium.”

THE DAILY USE OF SUCH A POWERFUL DRUG is in the highest degree detrimental to health, slowly but surely undermining the constitution in the end, and producing arteriosclerosis or hardening of the arteries, failure of the heart, cirrhosis of the liver, Bright's disease of the kidneys, abdominal dropsy, general dropsy, nervous prostration, failure of memory and doubtless in some cases insanity and even death.

FRIEDENWALD, Professor of Diseases of the Stomach, in the College of Physicians and Surgeons, Baltimore, asserts that coffee “in some persons produces nervousness, excitability, and insomnia.”

GAUTIER, the great French authority, says that coffee produces nervous excitement, insomnia, hallucinations, pain in the heart, distressed breathing, weakness of the muscles, disorders of the circulation. He says, “One may become a caffeic (coffee drunkard) just as one may become an alcoholic or morphia maniac.”

HERE ARE SOME OF THE POISONOUS EFFECTS as described by Dr. John V. Shoemaker, M.D., Dean of the Medico-Chirurgical College of Philadelphia, and Professor of Materia Medica, as described in his great work on “Materia Medica and Therapeutics”:

"Caffein paralyzes the absorbing power of the convoluted tubules (of the kidney). Small doses cause irritation of the digestive tract, venous congestion and hemorrhoids.

"From a dose of twelve grains (three cups of ordinary coffee) Doctor Pratt experienced restlessness, sleeplessness, mental depression and tremor.

"Zenetz, an eminent German physician, called attention to the dangers of caffein, asserting that three grains two or three times a day (two ordinary cups) causes rise of blood-pressure (leading to apoplexy), constriction of the chest, dyspnoea, restlessness. Zenetz has seen death result from five grains two or three times a day. The cause of death was tetanic contraction of the heart.

"Caffein accumulates in the body like digitalis and some other powerful drugs. Some time is required to eliminate the poison after its use is stopped."

DOCTOR SHOEMAKER AND OTHER EMINENT AUTHORITIES call attention to the danger of using coffee in diseases of the kidneys and in arteriosclerosis. These maladies are becoming very common. They are one of the results of the long continued use of coffee, and when found present indicate that coffee must be discarded entirely and forever. The use of coffee by such persons is simply adding fuel to a consuming flame.

CAFFEIN DRUNKARDS ARE BEING MADE BY THE THOUSANDS over the country by the delusive advertisements of the Coca-Cola Company, which lead people to believe that caffein in the form of Coca-Cola is a harmless drink, and cause them to acquire the habit of taking large quantities of caffein

daily and soon find themselves suffering from the evil effects described in the preceding paragraphs.

IT IS THE DUTY OF THE MEMBERS OF THE MEDICAL PROFESSION who are opposed to poison habits to sound a note of alarm and to warn the public of the delusive claims and false statements with reference to caffen and caffen containing beverages which are being made by the Coca-Cola Company through the daily press and every other possible agency.



Vegetable Diet in Colitis

A PERSON SUFFERING FROM COLITIS should use an anti-toxic diet. Let it consist very largely of fruits and vegetables. Lettuce is especially good. Even bran and such coarse articles as turnips, cabbage and beets will act as a broom to sweep away the foul matter which is irritating the bowels. It is the rotting, putrefying fecal matter adhering to the wall of the intestine which occasions the irritation, and by means of a rather coarse vegetable diet, these materials may be scraped off, swept on and carried away, and the habitual rhythm restored, and the intestines given a chance to heal. This is no new idea.

WHEN IN VIENNA some two years ago, at Professor von Noorden's clinic, I inquired, "What does Professor von Noorden do for colitis?" "Well," said Doctor Falta, his assistant, "we believe in a vegetable diet for colitis. The patient must use a great deal of fresh vegetables." "What," I said, "coarse vegetables?" "Of course; certainly, coarse vegetables." "Lettuce?" "Yes, indeed." "Cabbage?" "Certainly." "Graham bread?" "Yes, swartz bread with

all kinds of coarse vegetables." The reason why the vegetarian diet is so beneficial is not simply because it is made up of vegetables, but because it is natural. Nature is a great curative power; nature is the great physician.



How to Get Rid of Blackheads

WHAT IS TERMED BLACKHEADS is simply the mouth of a little duct in the skin becoming filled with hardened fat. Whenever these occur it is important that the entire skin be gone over in such a way as to completely empty each duct every day so there will be no accumulation of this hardened fat. If one of those little rolls of fat or comedones after being squeezed out of the skin is put under the microscope and examined it will be found to be swarming with parasites—a peculiar kind of creature, known as the demodex folliculorum. There is a whole family of them scrabbling about and they come out on the skin at night when everything is quiet and creep into other places and so extend the colony; there are multitudes of them and as they move about they gather dirt and germs which they carry with them into the skin. If there happens to be some infectious germs there that produce suppuration then you get a pimple.

SO IT IS NECESSARY THAT THESE FOLLICLES should be thoroughly emptied and the skin kept thoroughly clean. It is sometimes necessary to disinfect it. Washing the skin with a little soap is of very great value. Applying a fine oil to the skin is a good means of softening up the fat and the follicles so they can be emptied. The oil should be applied quite hot. Bathing the face with very hot water is a good plan, because that softens the fat so it can be easily squeezed out.

SAMUEL G. BLYTHE, the well-known journalist, boarded the water wagon something over three years ago. The whole country knew about it. He did not give the thing a trial on the side to see if he could stop drinking. No, he made a determination to stop and announced the fact from the housetops, much to the interest of his friends, and to the amusement of what Mr. Blythe calls the "smart Alecs," who said it could not be done. He has now written a retrospect, covering his experience and the benefits which he has gained. Not only has his health been vastly improved, but his efficiency has increased to a remarkable extent, a splendid tribute to abstinence: "After mature consideration of the subject," says Mr. Blythe, "I have concluded that the greatest, the most satisfactory, the finest attribute of a non-alcoholic life is the time it gives you to do non-alcoholic things. Time! That is the largest benefit—time to read, to think, to get out-of-doors, to see pictures, to go to plays, to meet and mingle with new people, to do your own work in." "Let me impress that on you," he says, "the glory and gladness of time! It requires rather persistent application to be a good fellow. One cannot do much else. However, when a man has arrived at that stage where he can retain at least a portion of his good fellowship and also can be two or three of the other kinds of a worth-while fellow—to himself, at least—he has gained on the old gang by about a hundred per cent."



The Comparative Values of Animal and Vegetable Food

ONE OF THE ARGUMENTS AGAINST THE USE OF VEGETABLE FOOD has been the fact that the utilization of vegetable food is less complete than that of flesh foods. This would

naturally be the case, for the reason that flesh food consists of material which has once passed through the process of digestion and hence is completely digestible, whereas vegetable food contains in addition to nutritive substances, a considerable amount of indigestible material which, however, is needed for its bulk.

RECENT EXPERIMENTS made by F. W. Strauch, a German investigator, show that whenever suitable substances are reduced to powdered form, the utilization is very much more complete, so that the difference observed in previous experiments between vegetable foods and flesh foods practically disappears.

IT THUS APPEARS THAT VEGETABLE FOODS are in no way inferior to animal foods, but only require the thorough use of the teeth in mastication, which is simply the use of the teeth for the purpose for which they were designed.



THE TOLL THAT ALCOHOL TAKES Mr. Blythe gives as one of his reasons for cutting out the alcohol: "One of the reasons I quit was because I noticed I was going to funerals oftener than usual—funerals of friends who had been living the same sort of lives for theirs as I had been living for mine. They began dropping off with Bright's disease and other affections superinduced by alcohol; and I took stock of that feature of it rather earnestly. The funerals have not stopped. They have been more frequent in the past three years than in the three years preceding—all good-fellows, happy, convivial souls; but now dead. . . . And there are a few cases of hardening arteries I know about, and a considerable amount of gout and rheumatism, and some other ills among the gay boys who jayed at me for quitting. Gruesome, is it not?"

THE DISASTROUS EFFECTS OF LUXURY are well shown in the death-rate for west-side New York between 86th and 125th Streets, a region which is built up largely of palatial residences and elaborate apartments, and where sanitation and hygiene have done their utmost to provide against disease. Here the mortality is 18.70 per thousand, a startling figure when it is remembered that the rate for the whole country is about fifteen and the highest rate in New York, that for the east-side district south of Grant Street, only 26.31 per thousand. Late hours, heavy eating and drinking, and sedentary habits are advanced by the statisticians as being responsible for the high rate among the well-to-do.



Efficiency First

A PHASE OF THE SAFETY-FIRST CAMPAIGN that thus far has been overlooked in discussions of the subject is the part which fatigue plays in industrial accidents. This is not to criticize the campaign as it is being carried on, nor is it to minimize the fact that in many accidents pure thoughtlessness is an important factor. Nor, again, is it meant to obscure the main point, that safety should go ahead of every consideration of speed. We wish merely to suggest that in nearly every case, back of the careless act or the blind desire to get to the end of the job, fatigue will be found at work. That this is not mere theory was shown a few years ago by Professor Bogardus, of the University of Chicago, who analyzed reports of industrial accidents published, among others, by the Wisconsin and the Illinois Departments of Labor, and found that the frequency of accidents during the working day increases regu-

larly with the progression of working hours. The Wisconsin reports gave the following table:

<i>Morning</i>	<i>Accidents</i>	<i>Afternoon</i>	<i>Accidents</i>
7:00 to 7:59.....	156	1:00 to 1:59.....	247
8:00 to 8:59.....	244	2:00 to 2:59.....	407
9:00 to 9:59.....	427	3:00 to 3:59.....	435
10:00 to 10:59.....	486	4:00 to 4:59.....	446
11:00 to 11:59.....	376	5:00 to 5:59.....	277

Diminution observed in the 11-12 and in the 5-6 periods is due to the fact that many factories have an early noon and closing hours, many, indeed, closing at five o'clock or earlier. Statistics given by the Illinois reports show similar results:

<i>Morning</i>	<i>Accidents</i>	<i>Afternoon</i>	<i>Accidents</i>
7:00 to 7:59.....	79	1:00 to 1:59.....	111
8:00 to 8:59.....	150	2:00 to 2:59.....	156
9:00 to 9:59.....	193	3:00 to 3:59.....	227
10:00 to 10:59.....	246	4:00 to 4:59.....	260
11:00 to 11:59.....	257	5:00 to 5:59.....	145

STUDIES MADE IN EUROPE, from Italy to Scandinavia, yield the same result, and indicate the very intimate relation that exists between weariness of body and mind and the frequency of accidents, and justify a statement made a few years ago by a report of the Federal Bureau of Labor, that fatigue "gradually upsets those nice adjustments of the living organism upon which depend efficient labor and the safety of the laborer. The margin of safety in modern industry is small. It is measured too frequently by fractions of an inch. Reduce the alertness and the exactness with which the body responds to the necessities of its labor, and by just so much have you increased the liability that the hand will be misplaced that fraction which means mutilation."

BY THE SAME TOKEN, increase "the alertness and the exactness with which the body responds to the necessities of its labor," or even maintain it at the point at which it entered upon the first hour's work, and there is no reason why, in the case of the first table given above, accidents could not be kept down to 156 per hour, or 1,560 per day, instead of the 3,501 that actually occurred.

THE OLD SAW IS RIGHT, that accidents will happen, of course. So long as body and mind are called upon to perform their functions of laboring and thinking, they will become wearied. The problem is not to cut out fatigue, for a fatigueless state will not be reached this side of Utopia; the problem instead is to reduce fatigue to the minimum, to teach the man at the bench or the man at the throttle to draw upon those undreamed powers that, as Professor James once said, are latent in every human being—for "men the world over possess amounts of resources, which only very exceptional individuals push to their extreme of use. But the very same individual pushing his energies to these extremes, may in a vast number of cases keep the pace up day after day, and find no 'reaction' of a bad sort, so long as decent hygienic conditions are preserved. His more active rate of energizing does not wreck him; for the organism adapts itself, and the rate of waste augments correspondingly the rate of repair."

Doctor Partridge, indeed, has gone so far as to say that the real danger to the individual lies, not from overwork, but in the direction of too short a working day. "Many who think their work hard, and exhausting even to the point of breakdown," he says, "would live in far greater danger to health if work were easier and hours of labor shorter. Forced interests, in-

terests goaded on by wrong motives, too close pursuit of narrow ideals, work that is lacking in social value, too great repetition or monotony of the mental task, lack of recreational balance of work, are all evils very prevalent in our present life, and are all contributing factors in the nervous strain of it. But work itself . . . is not the great source of the nervous tenedncy of our times that it has often been believed to be."

THE SOLUTION OF THE PROBLEM IS TWO-PHASED. To professional men, to business men, and to others whose work is sufficiently varied to preclude monotony, the question is very largely one of (1) personal hygiene. By the great army of workers, the monotony of whose work plays a large part in fatigue, in addition to personal hygiene there must also be added (2) industrial hygiene—that is to say, the fatiguing effects of work at the bench must be overcome in every possible way by attention to lighting, ventilation, hours of work, repression of unnecessary noise, dirt, etc. Where possible, too, fatigue will be further lessened by occasional change of labor. For, as Max Nordau has remarked, "the dominant part played in production by the machine, to a mere attendant on which man in the factory has been degraded, and the ever-increasing division of labor, which condemns the worker to an eternal, automatic repetition of a small number of movements, and reduces the part taken in his work by the intellectual faculties to a minimum, wears him out one-sidedly, and therefore quicker and more completely than is the case when, with a varied, manifold activity, which calls in turn upon different groups of muscles and requires the continual intervention of imagination, judgment, and will, he manufactures some complicated object of common use from the raw material up to the perfect article."

HERE, WE SUBMIT, in personal and industrial hygiene, is a program that is worthy of serious consideration in any safety-first campaign. It is a program, too, that has at hand vast quantities of educational literature in the way of books and magazines, as also a tremendous public interest in health, hygiene and sanitation, public as well as personal. All that is now wanting is an intelligent, consistent and energetic effort that will focus this popular interest in hygiene onto the problem of how best to promote safety of life and limb. T. C. O'D.



A CHICAGO *Herald* HEALTH HINT:

Beware of "put up" victuals when you do not know the brand, For they may contain a poison, as they often do when canned. When you order from your grocer, oh! be wary what they give, For, though 'tis often sweet to die, 'tis sweeter far to live.



The Warm Bath for Nervousness

THERE IS NO REMEDY FOR NERVOUSNESS SO VALUABLE AS THE WARM BATH. If this fact were generally known the use of bromids and a great variety of other nerve-benumbing drugs would be greatly lessened. A bath at a temperature of 92 to 96° calms and quiets the nerves in a magical way. Such a bath succeeds even in cases in which drugs of all sorts utterly fail. A bath at this temperature is called a neutral bath for the reason that no reaction is produced by it and no disturbance results from overheating, since the temperature is just enough lower than the body temperature to carry off the

surplus body heat without producing a cooling affect. All the leading insane asylums in the country make use of the neutral bath as the most effective means of controlling disturbed patients. This wonderful bath has been in use for this purpose in France and Germany for one hundred years or more, but the value of the neutral bath has been little appreciated in this country and so it has not been in so general use as in continental Europe. The neutral bath is by no means a modern remedy. Its value was well known to the physician of Napoleon, as is shown by the following quotation from Fournier's *Life of Napoleon the First*: "He would remain for hours in the bath, a habit he had acquired at the recommendation of his physician-in-ordinary, Corvisart, who was of opinion that it would tend to quiet his nerves. But in this he could scarcely be said to have been increase, sometimes taking the form of convulsive weeping."



THE *Herald* health hinter again breaks into verse:

*Read Poe, De Maupawhatshisname or Shelley, if you wish,
Or Dumas (fils and pater) if Dumas is your dish;*

*Read verse or prose or some of each in type of any size—
In short, read anything you wish, but do not strain your eyes.*



The Weaning Age

THE TIME when the diet of the breast-fed or bottle-fed baby is best changed to more solid food depends upon a number of conditions. It may be stated that a child should not be weaned when it is weak from an attack of some acute

disorder, nor is it wise to wean in hot weather or during active teething periods if it can be avoided.

THE HEALTHY BABY cuts its two lower central incisors at about the age of seven months. After this there is a pause in dentition of three to eight weeks. The next teeth, the four upper incisors, usually appear between the ages of eight to ten months, with a rest period afterward of from one to three months. This interim between the eruption of teeth is a good time for weaning, provided other conditions are favorable. Artificially fed babies quite often have delayed dentition. In such a case weaning, too, is better delayed. The usual weaning period begins at eight or nine months, although in the case of the bottle-fed baby it may be best to wait twelve months before weaning.

TOO LONG NURSING is exceedingly injurious for the reason that milk is deficient in iron, containing only one-sixth as much iron as is contained in the tissues. The young infant derives its first supplies of iron needed for blood and tissue building from its own liver, in which there is stored up at its birth five times as much iron as is found in the liver of an adult. By the eighth month this store of iron is exhausted, so that the liver is no longer able to make up the deficiency of iron due to an exclusive milk diet. It is for this reason that not later than the eighth month, feeding by foodstuffs containing iron should be begun. Such foods are best given in the form of purees. Purees of vegetables and fruits should be given at least as early as the eighth month in breast-fed infants and earlier in infants fed on cow's milk. Sweet orange juice should be used even before weaning. After the first three months the juice of one orange daily is of great advantage.

THE CHANGE IN FEEDING should be made gradually, only one meal daily of the new food the first week, the child being nursed at its other meals. Then work in a second meal by the end of the second week and so on until within a month or six weeks the mother's milk has been replaced by other food. This plan gives the child's digestive organs time to adjust themselves to the new order, and if the food is properly chosen no change in health should result.

FOR THE CHILD OF NINE MONTHS, certified milk may be used in the proportion of two-thirds milk and one-third water with the addition of two ounces of malt sugar to the quart. From ten to twelve months use full milk with the addition of two ounces of malt sugar. Granose flakes or zwieback, given dry, are excellent foods with which to accustom the little one to solid feeding. The baby may be allowed to pick up the flakes one by one or a few at a time may be placed on his tongue. The zwieback he can hold in hand and chew on at will.

WHEN THE LITTLE ONE has learned to chew, zwieback and milk, flakes and milk and various of the cereal foods may take the place of milk alone. No cane sugar should be used with the cereals. The pulp of sweet fruits and fruit juices should be included in the dietary at all times. Orange juice is usually the most available, but juicy, sub-acid apples, pears and peaches, if fresh and perfectly ripened, are valuable additions to the child's menu. The best way to prepare them is to press the pulp through a fine sieve into a saucedish just before feeding. The child should not be given fruit in hand nor allowed to eat it in any way whereby hard lumps will be swallowed.

Well-baked potato is the vegetable best fitted for first feeding. This, too, must be perfectly and finely mashed, with a little sterile cream to season. Potato cooked in other ways is not so readily digested as a thoroughly done, baked one, and it is better to wait until the child is older and fully weaned before serving them. Leave butter for seasoning until a later period, also. Purees of green peas, asparagus and spinach are valuable foods for the young child and after the weaning should be gradually introduced into its dietary.

MRS. E. E. KELLOGG.



The Digestibility of Milk

JANET E. LANE-CLAYPON, an English investigator, publishes in the Local Government Board Report of Great Britain, No. 63, 1912, an exhaustive account of experiments which have been made in Berlin with reference to the digestibility of milk of various animals both in the raw and the cooked state. The author arrives at the following interesting conclusion:

“**T**HERE IS APPARENTLY NO SERIOUS LOSS OF NUTRITIVE VALUE produced by feeding an animal upon boiled milk derived from an animal of the same species. At the same time it must be pointed out that the published evidence on this point is scanty.

“When an animal is fed upon the milk of another species, the milk from which has been found to be suitable for this purpose, such small differences as have been found in the nutri-

tive values of raw and boiled milk have been in favor of boiled milk.

“The milk of the same species has a considerably higher nutritive value for that species than the milk of any other species so far advanced.”

THE EVIDENCE DEALT WITH THROUGHOUT THIS REPORT EMPHASIZES very forcibly the importance of breast feeding for the young of all species, and shows the special importance of breast feeding during the early weeks of life.

“**W**HERE ARTIFICIAL FEEDING HAS BEEN EMPLOYED IN ANIMAL EXPERIMENTS,” the report goes on to say, “boiled milk of a foreign species has given more satisfactory results than similar milk raw. Berlin figures dealing with infants fed on boiled cow’s milk, give extremely favorable results, and in view of the evidence collected in this report could scarcely be expected to be surpassed had raw cow’s milk been used.

“It may be pointed out that the Berlin babies who are artificially fed in connection with the Consultation, receive milk of a known excellent quality. The excellence of the results obtained in Berlin are almost certainly largely due to the care and supervision exercised at and through the Consultation.”



SAYS “B. L. T.” in his “colyum” in the *Chicago Tribune*, “If it were not for rum and gunpowder there would hardly be room in the world to turn around in.” Rum is already on the run, and it is a pretty safe bet that war is at its last gasp.

HERE is a George Bernard Shaw anecdote, from *London Opinion*: "Shaw is one of the few vegetarians who have remained true to the faith, and in a recent letter to a woman, reproaching her for her fight against the aigrette when she still ate meat, Mr. Shaw said: 'The lack of logic prevails everywhere! We call the tiger a ferocious and ravening beast, but what would you ladies be called if, for example, the lamb chop had a voice?'"



A Strange Form of Cannibalism

AN OLD WRITER, Doctor Kitchiner, quotes from an ancient historian the following account of a most extraordinary burial: "Darius, having one day asked some of his Grecian subjects, what Sum would induce them to eat the bodies of their deceased parents, they instantly replied, that no Bribe should ever make them do so horrid an action. Upon this, the same Monarch, in the presence of the Greeks too, demanded, by an Interpreter, of some Calatian Indians, how much they would take, not to eat (for that was their custom), but to burn their dead Parents: he was entreated, with loud and earnest exclamations, not to compel them to do a Deed which forever must destroy their Peace of Mind!" The historian further records that when Darius asked the Calatian Indians how they could possibly endure the thought of eating the bodies of their parents, they replied, "In what way could we show our parents greater honor than offering our body to be their tomb?"

CHARLES LAMB, the famous wag, must have had the same thought in mind when in his essay on roast pig he admits the roasting and killing to be rather hard on the pig, but adds that

he has ample compensation in the fact that he has such a "fine sepulchre."

LONG CUSTOM has so blighted the sensibilities of flesh eaters that they have ceased to feel the horrors of the slaughter house and the gross unnaturalness of a diet of flesh. Animals are eaters, vegetables are eatables. For an eater to eat an eater is as truly out of the natural order as for an eatable to eat an eater. Animals are beings, not things. That there are degenerate animals which eat other beasts is no excuse for man to do likewise. The noblest and most useful animals are vegetable feeders.



AND NOW IT IS THE FARMER who finds no use for the cigarette smoker. Mr. George Ames, owner of a large farm near Oberlin, Kansas, made this statement, in his call for help at the beginning of the harvest season: "The man who spends half his time rolling cigarettes and the other half smoking and expects to draw \$3.00 a day will be summarily kicked out. We want real men in the harvest, and will pay all they are worth. We will take no chances on having entire crops burned up by careless help."



Simple Remedies in Pernicious Anemia

PERNICIOUS ANEMIA is characterized by a progressive deterioration of the blood until it is reduced sometimes to as low as one-tenth the normal amount, or even less. In advanced cases the liver becomes enlarged and symptoms of paralysis appear. A noticeable feature of this form of anemia is the extremely foul stools.

Recent investigations indicate that the disease is due to the growth of putrefactive germs in the intestine. Poisons produced by these bacteria are absorbed in the circulation and destroy the blood-cells.

PERNICIOUS ANEMIA is by most medical authors pronounced to be incurable. In recent years numerous cases of recovery from this disease have occurred under the influence of rational diet and treatment. People suffering from this disease must place themselves under the care of an experienced physician, and if they will do so they have a fair chance for recovery, provided the proper measures are applied. The essentials of treatment are as follows:

ANTITOXIC DIET. Meats, and in some cases even eggs and milk, as well as animal broths of all sorts, must be discarded. These encourage the growth of the germs, which are responsible for the destruction of the blood-cells.

THE PATIENT'S BOWELS MUST BE MADE TO MOVE FREELY three or four times a day. For this purpose the cool enema (80° F.) and the use of simple laxative remedies are to be recommended.

THE REST CURE IS NECESSARY in the early state of the disease. The patient should rest in the open air during the day, regardless of the weather, being provided, of course, with such protection as may be required, and should sleep on a porch or with widely opened windows at all seasons of the year.

THE BENEFICENT BACTERIA of Tissier and Metchnikoff should be systematically employed. Preparations containing the *Bacillus Bulgaricus*, the *Bacillus bifidus* and the newly discovered organism, *glycobacter*, are to be especially recommended.

FOMENTATIONS SHOULD BE APPLIED OVER THE STOMACH AND ABDOMEN two or three times a day. They should be followed by hot sprays, a cold mitten friction or cold towel rub, and should be administered twice daily. The application should be brief at first and may be increased in vigor as the patient improves. As the patient becomes strong enough to endure more vigorous measures, the half-sheet rub, the cold douche, and finally the swimming bath should be systematically used. There is no more effective means of stimulating the blood-making process of the body than the cold bath properly administered.

THE SUN-BATH, the arc-light bath, the electric cabinet bath, massage, tonic applications of electricity, and other physiologic measures, are all useful in combating this grave disease.



Exercise for the Infant

TO GIVE THE YOUNG CHILD AN OPPORTUNITY FOR EXERCISE, as little clothing as possible should be worn. Three or four times a day all the clothing should be removed, with the exception of the napkin. Almost the whole surface of the body will thus be exposed to contact with the light and air.

The child should not be placed upon the floor, as it will gather germs with its moist fingers, which it will carry to the mouth, and thus infect itself. Clean sheets should be spread upon the floor. These should be surrounded with a suitable fence and the child should be placed in this enclosed space.

CRYING, to a moderate extent, does a child no harm. It is indeed an excellent breathing exercise. It has a decided gymnastic value. But crying produced by pain, thirst, or overheating from too much clothing, should of course receive immediate attention. Intentional crying, that is, crying without a purpose to obtain some coveted favor, should be disregarded.

Babies under six months should not be played with. Attempts to play with such young children make them irritable and nervous and exhaust their feeble vital energies. It is also unwise to play with children at bedtime or near the time for retiring. Their sensitive nerves become so excited that sleep is often prevented.

In lifting the child to give it exercise or for any other purpose, grasp the clothing below the feet with the right hand, slip the left hand under the body from below upward until the head is reached, supporting this with the hand and lifting the child on the left arm.



To Break Up a Cold

THE PROPER TREATMENT OF A COLD depends in some degree upon the way the person has taken the cold. We must go back to the beginning and begin where the cold began. For instance, if one catches cold by getting the feet cold, say by going out with thin shoes, and getting wet and chilled, it

is not the cold, but the long chilling that does the harm. The best measure is to take a hot foot bath. The cold got in through the feet, so it should be driven out through the feet. If one gets cold by exposing the back of the neck to a draft, resulting in a lame neck, soreness, cold and stiffness in the neck, then hot applications to the back of the neck should be used.

IF THE COLD IS THE RESULT OF GENERAL EXPOSURE and lowering of the general bodily temperature, then a general hot bath is good—and that really is about the best thing for a person who is taking cold. When the cold is well established, take a hot bath, but not in the morning. Take the hot bath at night. Drink a couple of glasses of hot water, get into the hot bath and stay there about half an hour. Have the bath hot enough to set up perspiration. It may be as hot as one likes in the beginning, but when perspiration begins, lower the temperature to about one hundred degrees and keep it there for about half an hour more. Then lower it to about ninety-five degrees and stay in the bath another hour. One may remain in the bath two hours if suffering with a really bad cold.

DRINK SOME MORE WATER at the close of the bath and go to bed. It is well to drink just as much water as one can. A gallon of water in the twenty-four hours is not too much. It is a good plan to take before breakfast the next morning a couple of glasses of water. Then for breakfast take a couple more glasses of water. It may be lemonade, if preferred, or grape juice, or the juice of some other fruit, or a little juicy fruit. Eat no bread and butter or potatoes, or the usual bill of fare. The worst thing would be a breakfast of ham and eggs, or beefsteak, or some other kind of protein.

Eliminate the protein entirely. Fruit juices and juicy fruits are the best of anything.

IN THE MIDDLE OF THE AFTERNOON take a couple of glasses more of water. For dinner, water is the best thing one could possibly take; if one must have something else, take a little fruit or fruit juice for variation. It would do no harm to eat a whole head of lettuce or half a head of cabbage. There is almost no nutritive material in these vegetables, but they have bulk, and it is well to take food that will furnish some bulk and that will keep the bowels active. In the middle of the afternoon take some more water, and for supper some more water, or, if desired, cereal coffee or "cambric tea."

WHAT ONE MUST DO IS TO SUPPLY THE BODY WITH A LARGER QUANTITY OF WATER than usual, because with a cold there is suppression of excretions. A cold is the retention of the bodily excretions and the thing to do is to get the eliminative processes working as actively as possible and get rid of these poisonous excretions which are accumulating.

A PRECAUTION OF PARAMOUNT IMPORTANCE in the case of a cold is to keep the bowels active. In such a case they are likely to become less active than usual. For this purpose, pills and powders are not to be recommended, though, of course, it is better to take some sort of laxative than to allow the bowels to be inactive.

GETTING EFFICIENCY IN THE ANTARTIC REGIONS: "Total abstinence from alcoholic stimulants will be strictly observed during Sir Ernest Shackleton's trip across the South Polar continent," says a London dispatch. "He and his men propose to work long hours, including eight hours marching every day, but for stimulants they will rely on nothing stronger than tea or cocoa." This, says the Editor of *Collier's*, "is not the freak of an enthusiast, but a common-sense decision, based upon facts concerning alcohol. For maximum efficiency, the explorer cuts out the booze. The question is: Shall the rest of us be equally efficient in shouldering a share of the world's work?"



Swatting the Public Penholder

THAT INDEFATIGABLE GROUP OF MEN that compose the Kansas State Board of Health, whose activities have made their State a synonym for intelligent and progressive sanitary control, after seeing the public-towel and the public-drinking cup crusades spread to every part of the country, have now discovered that death lurks on penholders found in hotels.

CHIEF FOOD INSPECTOR CONGDON puts the whole problem this way: "Have you ever stopped to consider that the public penholder is a mighty carrier of disease germs? Walk into any hotel, postoffice, bank or public writing-room, public library or office and what do you see? A motley assortment of penholders on the writing desk. 'Pray, what is wrong about that?' you ask. Let us examine the penholders more carefully. Look at the dents in their wooden handles. One would think

that these dents are a sign language handed down to us from the Dark Ages. No, kind friend, those dents are the imprints of human teeth.

“These human teeth imprints contain death. Science teaches us the mouth is the common portal of entry for disease. How often we see persons of all conditions, after writing letters at public desks in banks and postoffices, put the penholders in their mouths while folding the letters, then lay the pen down for someone else to bite on.”

TESTS ARE TO BE MADE to determine the number of bacteria found present on public penholders, and in due time legislation will be secured to correct the nuisance.



DON'T BLAME IT ALL ON THE MIDDLEMAN. As the *Ladies' Home Journal* says, editorially, “in a time when domestic economy and the efficiency of men are watchwords of the day it is just as well to look facts squarely in the face, as, for instance:

“That the cost of two ten-cent cigars a day, or of four five-cent cigars, is the equivalent of the bread money of two ordinary families for that day.

“That the price of one box of cigarettes a day pays for the breakfast eggs for three mornings, computed on the average price of eggs during a year.

“If we are asking women, in their home expenses, to be more efficient and more economical, how about the little wastes of men—small in themselves, but tremendously big in the aggregate?”

A BROADSIDE at King Barleycorn: *Be it Resolved*, That the Medical Society of the State of North Carolina will use its best efforts to discourage the use of alcohol in any form as a beverage. *Resolved Second*, That it is the sense of this Society that any member of the profession who does promiscuous or unnecessary prescribing of whiskey, either to patients or non-patients, is violating one of the principles of our profession, and is deserving of censure. *Resolved Third*, That alcohol as a drug can be eliminated from the pharmacopoeia, without in any degree crippling the efficiency of the doctor's armamentarium.—*Resolutions adopted by the North Carolina State Medical Society at its 1914 meeting.*



The Digestibility of Vegetable Protein

ACCORDING to the *Experiment Station Record*, F. W. Strauch, a German investigator, has recently made a careful study of the digestibility of fresh vegetables (string beans, green peas, spinach, carrots, and savory cabbage) prepared in the usual way as compared with that of the same materials reduced to powdered form and then cooked.

“ALTHOUGH THE RELATIVE NUTRITIVE VALUES of the ordinary and powdered forms differed somewhat in the various kinds of vegetables used,” says the *Record*, “coefficients of digestibility of protein and energy from the powdered material were in all cases higher than those from the ordinary preparations. Especially noticeable was the increased resorption of cellulose from the powdered vegetables. It was found possible to include in the daily diet three hundred grams of the dried

powders, a much greater amount of the vegetables than could be consumed if taken in the usual way. This is considered of importance for certain dietary regimens, as is also the further fact that even when taken in large quantities or by patients suffering from enteritis, abdominal typhus, fermentative dyspepsia, etc., the cellulose in the powdered vegetables appeared not to irritate the intestinal mucus."



A COATED TONGUE may be due to snoring. Now one cannot snore unless he breathes through both the nose and the mouth at the same time. It is impossible to snore with the mouth closed or with the nose closed. Breathing in through the mouth and nose at the same time, however, occasions a vibration of the soft palate at the back of the throat. So when a person snores he is drawing a current of air over his tongue. Being moist the tongue collects the germs from the air and not infrequently produces a very heavy coating of them during a night's sleep.



Injurious Effects of Cane Sugar

IN THE *Experiment Station Record*, sent out by the U. S. Department of Agriculture, there is published a brief abstract of an article that recently appeared in a German journal devoted to bio-chemistry, giving an account of experiments upon dogs for the purpose of determining the properties of the various sugars. These experiments show that cane sugar and grape sugar produced marked poisonous effects in animals when freely used.

Poisonous Habits

I AM ABLE TO USE TEA AND COFFEE WITHOUT BAD EFFECTS," is the excuse frequently thought and often spoken by devotees of these beverages. This is a delusion. The bad effects are produced, and will become apparent later. If a person uses tobacco or tea or coffee until he sees the bad effects, the harm has become irreparable. The mischief has been done. Somebody says to you, "There is a fire in the basement of your house." You say, "Everything is all right here, I am not uncomfortable," but the fire keeps on burning until by and by a neighbor comes in and says, "A fire is bursting out through the roof of your house." Then you say, "It is time for me to call in the fire department." You get the department in to find the fire has been burning up through the partitions until the flames are above the roof. The fire department may, by pouring on water, put out the fire but only smoking ruins are left. The house is gutted by the fire.

THAT IS THE CONDITION OF THE PERSON WHO SMOKES until he finds he has a tobacco heart and of the one who uses tea and coffee and such things until he finds he has hardening of the arteries. The house made of wood and stone can be repaired, but this house in which we live cannot be so easily put in good repair when it has once been thoroughly damaged. Tobacco produces degeneracy. Tea and coffee produce degeneracy, not simply disturbance. When a person eats something harmful and produces indigestion, he vomits and gets rid of it. That is an acute disturbance, but tea and coffee do not produce that kind of disturbance. They produce a chronic disturbance and a chronic disturbance is a degenera-

tion, a change in the arteries and the nerves and the tissues of the body generally, until they have become injured so they are unable longer to perform their functions. This is true of all bad habits. They produce permanent injury when long continued.



Quinine and Malaria

MALARIA, is is well known, is caused by parasites introduced into the blood through the bite of the anopheles mosquito. A common remedy employed for the disease is quinine, but quinine does not cure in itself. The only way in which malaria can be cured is for the white cells of the blood to eat up these parasites. But the parasites are very shy. They apparently know the white cells are after them, for as soon as they are born, they hide away. They get into the red cells of the blood and hide there and the white cells can do them no harm so long as they are inside the red cells, but they keep growing and growing and by and by get so big that they burst the red cell open. Then they disintegrate and form their spores and at the same time throw off a poison which they generate. It is this poison that makes the chill and the fever that follows the chill.

ALL THAT QUININE DOES is to weaken these parasites so they cannot get away so fast, thus giving the white cells more chance at them. There is one trouble about this, however—it weakens the blood cells at the same time and if one takes quinine day after day and month after month, in time the parasites get used to it and seem not to mind it very much. One may get his white cells damaged to such a degree that a dose of

quinine will produce a chill. This is because the quinine has weakened the blood-cells more than it has the parasites thus giving them a chance to increase until they occasion a chill. Other means besides quinine must be adopted for building up the vital resistance.



Air

AIR, just air, is all we want, thank you; but we want a lot of it.

For it's worse to be smothering than hungry or thirsty.

That Black Hole of Calcutta story scares us more than the Shipwrecked Sailor Dying for a Drink or the North Pole Hunters Eating Their Boottops stories.

I went to a show the other night. All the seats we could get were upstairs in the first balcony. We watched the performance as long as consciousness remained. Two thousand breaths, more or less, gradually filled the room with suicidal gas. Between acts men went out to get drinks. I followed them into the street and stood there gaping up whole delicious lungfuls of sweet cool air. Then I went back to suffocate with the ladies. It was a drama of asphyxiation with three life-saving interludes.

Air! Air! Great Scott! don't people realize that the primal luxury of existence is to breathe?

My mind goes back to the village church I attended when a boy, to the long night sessions where the gas jets vied with the human animals in polluting the atmosphere, so that I slept by and by as if I had taken ether; it was what you might call a religious surgical operation where at least we children were mercifully anæsthetized.

I got one religious belief, at all events, from my experiences in asphyxiation. It is a belief in the wisdom and goodness of God founded on the fact that He made so much more Outdoors than Indoors.

The house is a form of race suicide.

The house, shut up tight, overheated, is the friend and brother of all vicious microbes.

Henry Ward Beecher said that Yellow Fever was God Almighty's opinion of Dirt. It might be said with equal truth that Tuberculosis, or Consumption, or the White Plague, is the Almighty's opinion of a House.

"Come out, come out and greet the morn!" "Come out among the barley!" Come out anywhere—so it's out! Emerge, humanity, from your gas-laden cell-bedrooms and take a few gulps with me of the rarest liquor Omniscience knows how to brew! to wit: Air.

It flows over the wide ocean, it descends from the mountains, it breathes from the woods, it streams across the plains; it doesn't cost a cent and is worth a million dollars a swallow—priceless both ways.

If anything is the matter with you, go outdoors and stay there six months. Whatever it is you will get over it. Air is the greatest medicine in the pharmacopœia of Nature.

Most of the immoralities were born in closed chambers. The cruel creeds were drawn up by men sitting in rooms full of carbonic acid gas. Arithmetic and other instruments of child torture were invented in airless studies. Ghosts love to haunt stuffy castles. Insanities, trust plots, perversions, tariff schedules, murders and all crimes are best manufactured in foul atmospheres.

Come out and let the air, which is rained from the stars, is wafted from the seven seas, and is the blown breath of God Himself, run through you, body, mind, and soul! You have no idea what a deal of morbidity, insanity, and meanness it will sweep out of you.—*Dr. Frank Crane, in the New York Globe.*



The Sun Cure

A MOTHER WHOSE LITTLE BOY OF SIX YEARS, although seemingly well and normal, yet had no appetite was given this advice by her physician:

“FENCE IN A LITTLE SPACE with a high wall around it in the backyard and turn the child loose in there just like a squirrel, with as few clothes as possible so the whole skin can be exposed to the air. Don't expose it too long at a time to the sun, of course, but get the skin gradually tanned and the appetite will come.”

AN EMINENT FRENCH SURGEON many years ago when a lady brought to him three tender little boys and asked him what she should do for them, looked at her with a great deal of earnestness and said, “Roast them, madam, roast them in the sun. That is the thing to do. Roast the children in the sun and the appetite will come.” The reason why there is no appetite is because there is no power to assimilate food. If we create power in the tissues to use food, the appetite will come.



Question Box



11572. *Achylia*.—L. O. L., Iowa:

“What remedy would you suggest for the condition known as “achylia?”

Ans.—This is an exceedingly important question. The number of persons suffering from achylia, a condition in which the stomach makes no gastric acid and no pepsin, is becoming increasingly common. This condition often precedes cancer of the stomach, the occurrence of which is rapidly growing in frequency. A person suffering from achylia is much more likely to suffer from typhoid fever, cholera, and other infectious disorders of the alimentary canal than a person whose stomach provides the normal supply of acid gastric juice, for the reason that the acid of the gastric juice owes its acidity to hydrochloric acid, a substance possessed of very active disinfectant or germicidal properties.

One of the functions of the gastric juice is to disinfect or sterilize the food. In achylia germs which are always swallowed with the food and which are often found in great abundance in foods, especially in flesh foods of all kinds, and which are always present in the mouth and swallowed with the food without being destroyed, pass on through to the intestine and set up various disorders, particularly colitis, appendicitis and other infections of the intestines. These conditions give rise to chronic constipation, or intestinal toxemia, and prepare the way for cancer of the colon, one of the most frequent forms of

malignant disease. Persons suffering from achylia incur many risks against which normal gastric acid affords protection.

Another important disadvantage which should be mentioned is the tendency of development of disease of the blood-vessels leading to high blood-pressure and apoplexy, aneurism and Bright's disease. Premature old age is still another of the great consequences of achylia.

There are three important things which persons suffering from achylia may do to obviate the several dangers that are mentioned above. These are, first, to adopt a strict anti-toxic diet, which means to exclude flesh foods of all kinds, including fish, fowl and shell-fish. In many cases it is necessary to exclude eggs from the bill-of-fare, while in not a few instances milk, if taken at all, must be used sparingly. The more exclusively the bill-of-fare is made up of foods derived from the vegetable kingdom the better. Foods capable of undergoing putrefaction should be discarded. Milk if used at all must be taken as buttermilk. Fats must be eaten sparingly, and only in sufficient quantity to meet the actual needs of the body.

Second, a culture of friendly germs should be used constantly. *Bacillus Bulgaricus*, *Bacillus bifidus* and the *Bacillus glycobacter* are the most important friendly germs which have been thus far discovered. The bowels should be made to move very frequently, at least three times a day, so as to give as little opportunity as possible for the growth of poison-forming bacteria in the colon and so as to rid the body of colon-poisons as rapidly as possible.

There is one more very important suggestion to be made; namely the habitual use of hydrochloric acid, not as a medicine but as a supplementary food. It has been demonstrated that in many cases the stomach is able to form pepsin if hydrochloric

acid is taken. This is almost the only instance known in which chemistry supplies an artificial product which may be made to do duty in the place of a natural secretion. The hydrochloric acid not only enables the stomach to make pepsin but activates the pepsin; that is, enables it to digest the protein of the food. Hydrochloric acid also controls the opening and closing of the pylorus, the outlet of the stomach, and likewise stimulates the flow of pancreatic juice and bile and activates the pancreatic juice and the intestinal juices. In a person with achylia all these functions are disturbed, hence the regular use of hydrochloric acid is essential to health and a person should take a sufficient amount of this highly necessary acid at the beginning of each meal.

The amount of hydrochloric acid required is considerable, much more than the amount ordinarily taken. The amount of acid formed by the stomach daily is the equivalent of about one teaspoonful of ordinary hydrochloric acid or muriatic acid. To take this amount of acid in its ordinary form, or to dilute it with water, is practically impossible, on account of its intense acid corrosive character. It has been discovered that the acid may be made to enter into a loose combination with protein so that it may be swallowed in the stomach in any quantity desired without injuring the teeth or throat. In the stomach the loose combination is broken up and the acid becomes active and promotes the functions expected of it.

Such a preparation known as acidone has been employed for a number of years and with great profit to those who have used it. Acidone is a powder, a compound of hydrochloric acid with the gluten of wheat. A desert-spoonful is taken mixed with the food, or with porridge at the beginning of each meal. Persons whose stomachs and glands are degenerated so that

achylia has become a fixed condition should make use of acidone or some similar preparation at every meal and should continue to do so indefinitely.

11573. *Sargol*.—*T. J. D., South Dakota*:

“What is your opinion of the much advertised ‘sargol’? Is it a flesh builder, and harmless?”

Ans.—We can say nothing in favor of this nostrum.

11574. *Aching in Legs*.—*O. F. S., Kansas*:

“Please suggest cause and cure of the following condition: decided aching of the legs, lasting from six to twelve hours, is always experienced after a bath or change of clothing; age fifty-seven; neurasthenic.

Ans.—The cause is probably rheumatism of the muscles and nerves of the legs. It is very likely that the patient is suffering from chronic intestinal toxemia as the result of chronic constipation, which may be true even if the bowels move regularly, for in many cases the constipation is latent; that is, the bowels move each day, but are two or three days in arrears.

11575. *Poland Water*.—*R. N., New Jersey*:

“Do you regard Poland Water as harmless?”

Ans.—Yes.

11576. *Pimples—Continuous Bath—Epsom Salts in Bath—Sanatogen*.—*H. H. T., British Columbia*:

1. “What treatment do you suggest for an eruption of small pimples that fester and make the skin blotchy? The disorder has continued for four years. I am unable to control it. It has been diagnosed as acne.”

Ans.—Chronic constipation is a very common cause of this common form of acne. Increased bowel activity and an anti-toxic diet will usually effect a cure.

2. “Is inoculation treatment advisable in such cases? By this I mean a vaccine prepared from a pimple and this injected into the system. Am twenty-eight years of age.”

Ans.—Vaccine is useful in many cases as a means of affording temporary relief, but the cause must be removed for permanent cure.

3. “What is the proper duration of the continuous bath?”

Ans.—The continuous bath should be employed as long as conditions may require, so long as care is taken to keep the temperature of the bath from 92 to 95°, the common temperature for a neutral bath. Persons have been kept in a bath of this temperature for many months, in one case more than a year.

4. “What is the effect, if any, of the use of Epsom Salts in the bath?”

Ans.—Mineral substances in the bath increase the activity of the skin and make it possible to tolerate a slightly lower temperature.

5. “Do you recommend the use of Sanatogen in cases of neurasthenia?”

Ans.—No. Sanatogen has no advantages over ordinary skimmed milk.

11577. Tooth Wash.—W. G. E., Texas:

1. “Is brushing the teeth and gums daily with sulphur of benefit?”

Ans.—No harm would result from the use of sulphur in this way, but sulphur is insoluble, and consequently is inferior to any good dentifrice powder.

2. "Is the use of peroxid of hydrogen injurious as a mouth wash?"

Ans.—No.

3. "What is the method of preparing the carbonic acid gas used in charging soda waters?"

Ans.—The carbonic acid is the result of a chemical reaction taking place between water and a carbonate, usually carbonate of lime.

11578. Hot Morning Bath.—M. D., Pennsylvania:

1. "Is an early morning hot bath beneficial in the case of a man past fifty years of age? He is retired from work. Would not a bath of this kind account for a feeling of weakness complained of every morning?"

Ans.—Long hot baths are depleting. Hot baths for tonic effect should be short and always followed by a cold bath.

2. "Would not a better arrangement be one hot bath a week, say, and a cool or luke-warm bath each morning on arising.

Ans.—A short hot bath lasting half a minute or a minute may be taken every morning without injury, provided it is followed by cold. The best time to take a sweating bath is before retiring at night. In such cases the bath should be followed by a neutral bath at 92 to 95° for fifteen minutes.

11579. *Alcohol Rub.*—C. W. H., California:

“Are any injurious effects likely to arise from bathing the back of the neck and spine with alcohol, in case of nerve or brain disorders of any kind?”

Ans.—No; or at least not unless such practice is carried to very great excess.

11580. *Red Blood-cells—Fletcherizing Meat—Cracking of Joints.*—E. P., Vermont:

1. “What means are employed for reducing the number of red blood-cells, when they are too numerous, as in nervous troubles?”

Ans.—No specific treatment for the blood is required. It is only necessary to give attention to the building up of the general health. As the health improves the blood will be regulated by the natural bodily forces.

2. “Are any of the objections which GOOD HEALTH raises against meat removed by thorough mastication, taking into the stomach only the juices of the meat, and rejecting the fibre?”

Ans.—There are two principal objections to the use of meat. The first is based on what the meat contains when it is eaten, and the second is based on what becomes of the meat after it is eaten. Beefsteak contains fourteen grains of uric acid to the pound. It also contains various other waste matters, products of putrefaction and the germs of these substances are found in the juices of the meat. The meat fiber introduces into the body an excess of protein; it may contain parasites; and the undigested portion will undergo putrefaction in the colon, giving rise to highly poisonous and injurious products. The

soluble portion of meat is chiefly made up of waste and injurious substances and has almost no nutritive value.

3. "What are the probable causes of a cracking of the joints of the feet, legs, and wrists? What remedy would you suggest?"

Ans.—Probably a rheumatic condition due to poisons absorbed from the colon. Meats should be discarded, and eggs and milk should be taken sparingly if at all. The bowels should be made to move three or four times a day.

11581. *Leakage of the Heart—Altitude—Catarrh.—*
P. H. D., Iowa:

1. "Will a daily sun bath of an hour's duration have either bad or good effects in a case of leakage of the heart?"

Ans.—In such a case the sun bath should be taken carefully. If the sun's rays are not too intense an hour's exposure would not be too much, but the head should be protected, and it would be well also to keep an ice pack or cold compress over the heart to prevent the depressing effects of heat.

2. "Can leakage of the heart be cured in the case of a man of forty-years? If so, please outline treatment?"

Ans.—No organic disease of the heart can be cured, but much can be done to aid the patient to tolerate this disease and secure compensation so that the same symptoms may be postponed for many years.

3. "For six years I have practised carrying my chest high and practised deep-breathing. I observe, however, that when I lie down at night my pulse, normally 65, raises to 82. Under this condition is it possible for the heart to get its rest?"

Ans.—The rate at which the heart beats is no indication of the amount of work it is doing. The heart beats most frequently when it is weakest. Application of a compress of cold water over the heart might be wise.

4. “Is the deep breathing responsible in your mind for the rise in pulse, and is the high pulse on the other hand responsible for leakage of the heart, of nine months’ standing?”

Ans.—Deep breathing will temporarily raise the pulse rate, but should not produce permanent increase. “Leakage” of the heart is due to some organic change in the valve, the cause of which cannot be determined without careful inquiry into the history of the case.

5. “In the case of leakage of the heart would you advise a bath of say 100°, followed by a cold shower?”

Ans.—Very hot baths must be avoided in cases of heart disease and cold applications must be made with great care. A cold shower bath is not always essential in such cases.

6. “Is an altitude of two thousand feet too high for a weak heart?”

Ans.—Altitude produces different effects in different cases. In high altitudes more work is required of the heart, especially during exercise. In some cases of organic disease patient appears to be benefited by moderate elevation.

7. “Please suggest treatment for catarrh of the head, nose and throat?”

Ans.—Such cases require the services of a specialist. Besides building up the general health through outdoor living, securing three bowel movements daily, a careful dietary, and

a daily cold bath, there is little that the patient can do for himself.

8. "Might a change of climate be beneficial in a case of catarrh?"

Ans.—In the opinion of the writer climate has very little to do with the curing of nasal catarrh.

11582. *Viavi*—*Roaring in the Ears.*—*E. W. T., Massachusetts:*

1. "Can you recommend the viava treatment?"

Ans.—No.

2. "Please suggest treatment for a roaring sound in the ears. One physician thinks it due to a bad throat and has me gargle tannin, while another thinks it due to the general health."

Ans.—Noise in the ears is most commonly due to a catarrhal condition of the middle ear, or Eustachian tube, as a result of the extension of the chronic affection of the throat.

11583. *Cheese.*—*M. C. B., Michigan:*

1. "Do you regard cheese as constipating?"

Ans.—Yes, in a certain sense. Cheese is a concentrated food and its digestion leaves no residue. Unless it is combined with other foodstuffs furnishing a sufficient amount of refuse its free use would naturally tend to constipation.

2. "Where ordinary cheese is fresh has it qualities that would make it undesirable in your mind as a food?"

Ans.—Cream cheese and freshly made cheese are not unwholesome for persons who are able to tolerate milk.

3. "Is cottage cheese constipating?"

Ans.—It is wholesome when combined with proper foods and is not essentially constipating.

11584. *Altitude—Sugar—Food Combination.—A. E. W., California:*

1. "What are the physiological effects of altitude?"

Ans.—Increased activity of the heart and lungs are the most striking effects of altitude.

2. "Can you suggest a satisfactory dry preparation for sterilizing drinking water?"

Ans.—There is no drug which can be safely used for such purposes. The best method is to boil the water.

3. "Between the use of alcohol and herbs is there anything to choose?"

Ans.—This question cannot be answered categorically. There are some herbs that are much more poisonous than alcohol and others which produce little or no harmful effects.

4 "Has ordinary salt in any solution an antitoxic effect?"

Ans.—No, not in a dietetic sense.

5. "What do hiccoughs indicate?"

Ans.—Infection with the germs which produce this disease.

6. "What condition is indicated by eructation of a white, viscous humor immediately after eating?"

Ans.—Possibly a catarrhal condition of the stomach or esophagus.

7. "What condition is indicated by sour stomach just before mealtime, usually before supper?"

Ans.—Probably gastric hyperacidity and delayed emptying of the stomach.

8. "In calling milk and sugar a bad combination, is merely sweet milk and cane sugar referred to?"

Ans.—Too much cane sugar is harmful in any combination.

9. "How do you explain that milks and acid fruits are bad when taken in combination, in view of the fact that gastric juice is acid?"

Ans.—Milk does not necessarily disagree with acid fruits.

10. "Is the digestibility of cane sugar affected by being boiled with fruit in canning?"

Ans.—When boiled in the presence of acids a small portion of the sugar is converted into grape sugar and fruit sugar so that the amount of cane sugar left to be digested is somewhat diminished.

11. "Is dried fruit poisoned appreciably by sulphuring? If so, is it possible to remove the poisonous substances without impairing the fruit?"

Ans.—It would be hardly proper to say that drying of fruit by chemistry is thereby poisoned, but its value is somewhat depreciated.

12. "Is sun dried fruit more wholesome than fruit dried otherwise?"

Ans.—Fruit dried in the sun is likely to be exposed to dust and on that account may be inferior to fruit dried by artificial heat.

13. "Is the ripe olive, untreated except for drying, unwholesome?"

Ans.—The ripe olive, unless treated for removal of a bitter principle which is present in the natural food, is to most persons very unpalatable. The writer knows of no evidence, however, that the bitter principle referred to is injurious.

14. "What is the food value and digestibility of popcorn?"

Ans.—Popcorn if not saturated with fat of some sort is readily digestible, especially if thoroughly masticated. Its nutritive value is about one hundred calories to the ounce.

15. "Is the use of flax seed injurious in cases of constipation?"

Ans.—We know of no evidence to indicate that linseed meal is poisonous or in anyway harmful.

11585. *Antitoxic diet—Catarrh—Tomatoes—Acidity of Stomach.—H. S. W., Michigan:*

1. "Please name the articles of food that should be excluded from the antitoxic diet?"

Ans.—Flesh foods of all kinds, including fish, fowl and shell fish. In some cases it is even necessary to exclude eggs also and in some cases milk must be discarded.

2. "Catarrhal substances drop into my throat; I also suffer from constipation. For this condition should I drink hot or cold water before breakfast?"

Ans.—A glass of cold water on rising has a tendency to stimulate activity of the bowels.

(Continued on page 18, Advertising Section)



Book Review



The History of the Dwelling-House

DOCTOR THOMPSON quotes Macmaster to the effect that "of all houses built by men none more surely was so much a part of the owner" as was Monticello a part of Thomas Jefferson. "The structure had grown with his growth and bore all the marks of his individuality." It certainly is not true that every house that has been built reflects so fully the spirit of its owner as did Monticello, but it is surely true that "periods" or styles represent pretty fully the spirit of the peoples who created them. Doctor Thompson's aim in the present volume has been to trace these successive developments in the history of the dwelling-house, showing how each development was a natural outgrowth of conditions either within the household or pertaining to the race. The author also takes a look into the future and gives us a view of the house and its situation as it is bound to be when present revolutionary social processes come to their full development. The book is characterized by delightful simplicity of style and by evidences on every page of painstaking research and study.

"The History of the Dwelling-House and Its Future." By Robert Ellis Thompson, LL.D. \$1.00 net. Philadelphia: J. B. Lippincott Company.



The Old Game

"OLD SAM BLYTHE" here gives us a retrospect after three and one-half years on the "water wagon." After this experience in abstinence he declares the thing a big success: "There is no more alcohol in my system," he says, "than there is in a glass of spring water. The thought of putting alcohol into my system is as absent from my mind as is the thought of putting benzine into it, or gasoline, or taking a swig of shoe-polish. It never occurs to me. The whole thing is out of my psychology. My palate has forgotten how it tastes. My stomach has forgotten how

it feels. My head has forgotten how it exhilarates. The next-morning fur has forsaken my tongue. It is all over!" Mr. Blythe's water-wagon experience is epochal in its nature, for it has proved that a man can give up alcohol without becoming intolerant to those who have not followed him, and without being, as Mr. Blythe puts it, very much of a "chump" withal. From the standpoint of efficiency the water wagon has certainly made good: "Now I weigh one hundred eighty-five pounds, which is my normal weight, for that is what I weighed when I was twenty-one; and I have not varied five pounds in more than two years. I used to weigh two hundred and fifty, which was the result of our friend Pilsner beer and his accomplices. All the gouty, rheumatic, wheezy symptoms are gone. If there is anything the matter with me the best doctors in these United States cannot discover what it is. My eye is clear, instead of somewhat bleary. I have dropped off every physical burden and infirmity I had, and I am in the pink of condition. I have no fear of heart, kidneys, or any other organ. I have no pains, no aches, and no head in the morning. I sleep as a well man should sleep and I eat as a well man should eat. I am forty-five years old and I feel as if I were twenty—and I am, to all intents and purposes, physically well." In fact, he sums the whole thing up in these words: "If health is a desideratum, one way to attain a lot of it is to cut out the booze. The old game makes for fun, but it takes toll—and never fails!"

"The Old Game." By Samuel G. Blythe. 50 cents net. New York: George H. Doran Company.



Ten Sex Talks to Boys

IN the July number of GOOD HEALTH we had the pleasure of describing a book by Doctor Steinhardt on "Ten Sex Talks to Girls." Of the present companion volume we can best convey an idea of its merits by passing on the following lines by Ernest Thompson Seton, Chief of the Boy Scouts of America: "I do not know of any book better fitted to serve this purpose and aid the anxious but embarrassed father to do his duty by his boy than the present 'Sex Talks,'" says Mr. Seton. "As soon as the child can read—and with most boys that means about eight—it is well to discuss the simple facts of animal reproduction or read parts of this book to him. A little later put the book in his hands and tell

him that it contains things he ought to know. He will absorb the information exactly in proportion to his needs, and if the father has maintained the right friendly relations with his son, the child will come and tell him when street acquaintances or unscrupulous hired help have given him ideas that are unclean, or likely to lead in the wrong direction."

The author describes in simple language the sexual anatomy of the growing boy, points out in a vivid way the dangers which surround every boy, tells how to meet them, gives simple, practical rules concerning hygiene, and sets forth vividly the terrible consequences of venereal infection. The father who wishes to talk to his boy in a heart to heart way, as also the boy who has been left to promiscuous sources of information, has a genuine friend in Doctor Steinhardt.

"Ten Sex Talks to Boys: Ten years and older." By I. D. Steinhardt, M.D. \$1.00 net. Philadelphia: J. B. Lippincott Company.



Vim Culture

"ENERGY OF THE AIR," "Breathing Exercises," "General Vitalizing Methods," "Building by Virility"—these are some of the subjects discussed in this little book, which seeks to "tell how to increase the store of human energy."

"Vim Culture." By Theodore Sheldon. 25 cents. Holyoke, Massachusetts: The Elizabeth Towne Company.



The New Optimism

DOCTOR STACPOOLE's book is an exposition of what might well be called mystic materialism. To the author it is a glorious fact that man was once a swimming reptile: I would not give what the webbing between my fingers tell me, he says, for all the promises of all the religions of the countries on earth. For this teaches us that "side by side with the evolution of world forms, from the liquid wave to the solid rock, from the rock to the saurian, and from the saurian to man, has gone the evolution of world character and the development of a world spirit; and that the beauty of kindliness and benignity and good receives its deep, deep

significance from the fact that all the labor of the world since the first cooling of its fires has been directed along the path leading to these three gods." Out of this comes this principle that "he who would assist in the development of the world must work, not in the field of dreams and theories, but in the field of matter." Thus, "Rome rose to splendor and fell in ruins simply because of her failure in the development of material conditions to feed and foster progress—witness her roads—made for armies to march on. Egypt destroyed herself with dreams of mysticism and power useless to the development of life—witness the Pyramids and the Sphinx." Thus the author conjectures as to the heights to which man may yet climb, now that he has developed a world-wide soul,—a mind which thinks collectively instead of individually. As a philosopher he argues in a strain which is in striking contrast to the gloomy forebodings and lamentations of some of his morose contemporaries.

"The New Optimism." By H. de Vere Stacpoole, Author of "Children of the Sea," "The Street of the Flute Player," "The Blue Lagoon," etc. \$1.00 net. New York: John Lane Company.



Hospital Construction in Europe

THIS book consists of a description of the Hospital and Sanatorium of Beelitz, near Berlin, careful attention being given to details. The author also discusses the effects of the workingman's insurance act in Germany.

"Recent Examples of Hospital Construction in Europe." By Dr. Wm. Paul Gerhard. 25 cents. Published by the Author, 30 E. 42d Street, New York City.



Elementary Physiology

DOCTOR WILLIS has given us an admirable text book on physiology for advanced grades, written from the standpoint of hygiene, with a comprehensive summary of bacteriology, an outline of first aid methods, and covering very satisfactorily the prevention of disease. In fact, as he puts it, the author has endeavored to state "the essential facts of physiology in the clearest possible way, and to develop from these facts some practical rules of health. Great effort has been put forth to make the text easy to

read and to understand. There is more anatomy than is usual for text of this grade, but there is no adequate understanding of the facts of physiology, or the rules of hygiene without a fair knowledge of anatomy. Pains have been taken to explain fully the action of all important organs, so the useful rules of hygiene may be clearly understood and applied. So far as possible, technical terms have been omitted, and the matter of the text expressed in the language of the average pupil in the advanced grades. Technical terms, when used at all, are explained where first used." From this statement, when we add that the volume is profusely illustrated, the reader obtains a very comprehensive idea of the scope and purpose of the book.

"Elementary Physiology: Including Hygiene, a Brief Summary of Bacteriology, and an Outline of Means for Aiding the Injured and Preventing Disease." By John Calvin Willis, A.M., Ph.D., M.D. New York: American Book Company.



The Art of Keeping in Good Health

THE purpose of the present volume is to give suggestions for "obtaining and maintaining the maximum physical health, strength, and vigor."

"The Art of Keeping in Good Health." By E. Wilk, 25 cents, post-paid. Published by the Author, 2262 S. Jefferson St., St. Louis, Missouri.



Physiology of the Eye

THE present work is a pamphlet of twenty pages devoted to the anatomy and physiology of the eye and its appendages. It contains two illustrated plates in colors.

"Anatomy and Physiology of the Eye and Its Appendages." By John Welsh Croskey, M.D., Ophthalmic Surgeon to the Philadelphia General Hospital. Philadelphia: Smith-Edwards Co.



Low Cost Recipes

MANY of the recipes given by the author admirably fulfil their purpose—to assist in solving the problem of the high cost of living. At the same time, however, many of them do not, for developments that have

arisen since the book was written have constantly emphasized, if emphasis were needed, the fact that meat cannot, under any conditions, or in any form, be presented at a "low cost," especially when it comes to chicken, veal and mutton.

Passing on, however, to the recipes based on the cereals, vegetables, fruits, etc., we are given recipes for very wholesome and tasteful dishes—if we omit those which call for an abundance of pepper and other condiments.

"Low Cost Recipes." By Edith Gwendolyn Harbison. 75 cents. Philadelphia: George W. Jacobs & Company.



The Renewal of the Body

THE thesis of the present volume is this, that "the power of mind exercised through the will and understanding, is the key to bodily renewal." The author seeks to apply new thought and simple ideas to the care of the body.

"The Renewal of the Body." By Annie Rix Militz. \$1.00. Holyoke, Massachusetts. The Elizabeth Towne Company.



First Aid Dentistry

DENTISTS will welcome Doctor Ryan's valuable book, which the author has designed for medical and dental practitioners and students, and for nurses; and especially for hospital corps men of the military and naval service, and for all who are called upon to administer relief from dental pain, where the service of a dental surgeon cannot be obtained. The book covers such subjects as sepsis of the mouth, salivary deposits, inflammation of the mucous membrane of the mouth, syphilis in the mouth, dental anatomy, dental pain (inflammation of the pulp, pericementitis, etc.), treatment of pulpitis, treatment of abscesses, neuralgia, pyorrhea, fractures of the jaw, post-operative conditions, etc. Instrumentation is discussed in all its important phases.

"First Aid Dentistry." By E. P. R. Ryan, First Lieutenant, Dental Surgeon, U. S. Army. Illustrated. Philadelphia: P. Blakiston's Son and Company.