

Life & Health

THE NATIONAL HEALTH JOURNAL



M. LAMBERT

SAFE AND SANE
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NOISE AND
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JULY
1938

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The PULSE of Life & Health

A VACATION should involve a rest and a change. When one would avacationing go, he should guard himself against the hazards of highways and byways. Safe milk supply, clean eating places, immunization against disease, precautions in swimming, and protection against sunburn, are a few of the things that may make all the difference between a vacation that promotes health and one that destroys it. Page 4.

WORRYING about his heart condition never helped any one; but every adult should know how to suspect heart disease in himself or any member of his family, where to get competent medical care, and how to care for himself should such a condition be present. Page 6.

A COOL drink on a summer day is as welcome as springtime. Summer drinks that are different are given in the article on page 8.

INDEPENDENCE DAY sometimes means a life of dependence for many, because of the number of accidents on that day. If the rules suggested on page 9 are followed, many casualties will be prevented.

THE person who suffers gas distress because of nervous indigestion, often discards valuable and fortifying foods, suspecting them to be the cause of the gas. The treatment for nervous indigestion which is given in the article on page 11, is simple and effective.

AMERICA is health-conscious, and the greatest fraud in America has to do with health. "Sure cures" for this disease and that are legion. They are widely advertised, and are "supported" by testimonials. Read the exposure of this fraud. Page 12.

AIR conditioning cleans and cools the air of our dwellings, and also filters out the noise. It is beneficial to health, and increases one's working efficiency. Page 15.

INDOOR life makes us a nation of "pale-faces." Regulated exposure to sunlight and cold air protects and fortifies the body against disease, and is tonic in its effect. A doctor tells us how to use these two tonics to get the maximum benefit. Page 16.

AND of course you will wish to respond to the appealing advertisements. You can depend on the products advertised in LIFE AND HEALTH.

CAN YOU ANSWER THESE?

1. What does the serpent symbolize?
2. What is poliomyelitis?
3. Who was Alphonse Bertillon?
4. What is appetite juice?
5. Who was Clara Barton?
6. What is a bill of health?
7. What was used as a thermometer in the Middle Ages?
8. Who was Carl Rokitansky?
9. What is policeman's disease?
10. What is a photometer?

(Answers on page 30)



"—it's *Marvelous!*"

TRY THIS NEW PROTOSE SALAD

2 cups grated carrots	1 tsp. onion juice
1/2 c. mayonnaise	1/4 tsp. salt
Juice of one lemon	1 c. cubed Protose
	2 hard-cooked eggs

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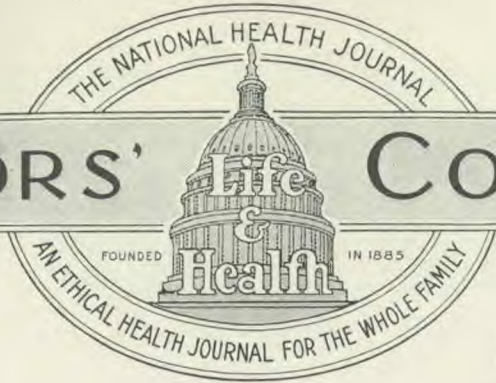
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"A Subject for an Inquest"

FLORENCE NIGHTINGALE once said that "a death in childbed is almost a subject for an inquest." We wonder what she would say if she knew that the richest and most progressive country in the world had 58 deaths of mothers for every 10,000 live births. We stand twentieth among nations reporting maternal deaths. Only four other nations, Lithuania, Scotland, North Ireland, and Chile, exceed the shameful maternal-mortality rate of the United States. Some have attributed this high death rate to the Negro population. Statistics actually reveal the fact that we would still have 54 maternal deaths for each 10,000 live births if Negro mortality figures were excluded. We must look elsewhere for the causes of our exceedingly high death rate.

Some State health officers have argued that the method of computing the deaths varies, but close study has demonstrated the fallacy of this position. There were 12,544 maternal deaths in the United States in 1935, including deaths due to abortions. It is estimated there are 681,600 abortions annually, with an average of 8,000 abortion deaths every year. Contrary to general opinion, 90 per cent of these abortions occur among married, pregnant women who have several other children. Two thirds of these are illegally induced, while one third aim to save the life of the mother.

City dwellers more frequently resort to, and die from, illegal abortions. It would seem that church affiliation is no deterrent to committing this crime. This would indicate a need for a deeper appreciation of human life on the part of American parents, but back of that may be social factors such as poverty and need, which war against what is right.

Another factor in maternal deaths is failure to have satisfactory prenatal care and instruction. In many sections of the country a doctor arrives only at the time of confinement—sometimes too late to prevent the cause of death.

The Frontier Nursing Service has demonstrated in the mountains of Kentucky that mothers' lives can be saved when intelligent care is given them all during pregnancy. Among 1,000 births in that inaccessible area, there was not a death of one mother.

If the United States can give free education to its future

citizens, build bridges and dams and roads with public funds, would it not be worth while to provide the highest type of public-health-nursing service to the farthest corner of America's widespread Republic?

If such service could be accompanied with a message to every community of the sacredness of human life, we might someday boast as low a maternal death rate as that of Uruguay, Italy, Japan, and Norway, even though we included deaths of mothers due to abortion.

This would necessitate a drop from 58 to 32 maternal deaths for each 10,000 live births a year. Our present figures are indeed worthy of a national inquest!

K. L. J.


Maternity and Paternity

ONCE a year a day is set aside in honor of mother. But every day there is taking place in our country a program of health education to make the public more mother-conscious. For in this beautiful drama of motherhood, tragedy often enters. Sickness, death, delinquency, broken homes, and crime sometimes result from inadequate care at childbirth. The worst enemy is syphilis, the destroyer of the happy dreams of mothers, the crippler of little children. To combat this menace there has just been passed by the New York State Legislature a bill requiring a blood test for every prospective mother. This bill will remove the stigma from such a test, for every mother will be required to have the test, and it will protect innocent little children from a life of suffering. The Maternity Center Association of New York City says it is not a question of "ma-ternity" alone, but of "pa-ternity" as well.

Recognizing this feature of parenthood, New Haven, Connecticut, is protecting mothers by conducting schools for prospective fathers. Forty serious young men, bound by the common tie of approaching fatherhood, met to study into this fascinating subject of babies. Studies were given once a week for five weeks. This finishing school for fathers supplied future babies with daddies who could bathe them, dress them, fix the formulas, administer cod-liver oil, and could tell whether a scream meant colic or a sticking safety pin. The problems of maternity are largely solved when fathers take paternity seriously.

Safe and Sane

Vacationing

 W. W. BAUER, M.D.*

TO vacate, according to the dictionary, is to leave empty or to cease from filling. Vacation, of course, is the process of vacating.

Once a year, and for a few lucky persons, twice a year, there comes a time when the accustomed office is left empty and the individual ceases from filling his usual place in the daily grind. This is called a vacation. It is popularly believed that every one should have a vacation once a year and as much oftener as he can get one. So far, so good. It seems also to be popularly believed that having vacated the usual pursuits, one must immediately proceed to different and more strenuous activities, in order to be able to return to the job and spend

the next two or three weeks recovering from the vacation.

As vacations go in modern life, there are many possible dangers to the health which may beset them. The wise vacationist takes a few precautions before he goes away, and thus may save himself much needless apprehension, illness, and expense. It is, of course, foolish to spend the entire vacation worrying about danger, but it is even more unwise not to take sensible precautions to avert needless disaster. In the space available here, only the most important considerations can be pointed out.

Perhaps the most common folly committed on a vacation is based on the idea that two weeks can be crammed so full of activity that they will take the place of a month or more. Attempting to do this is very

likely to result in trouble. A vacation should be a rest. While this may not mean sitting around and doing nothing, neither does it mean excessively strenuous activity. This applies particularly to the elderly person who has become soft from continuous indoor or sedentary work and who tries to embark, without previous preparation, upon mountain climbing, long hikes, strenuous pack trips, and similar heavy physical activity. Such vacations are for the physically fit, and there is danger in them for others who attempt them.

Among the common hazards encountered, especially by women, is that of sunburn. A delightful sun tan

* Director, Bureau of Health and Public Instruction, American Medical Association.

The Rugged and Restful Scenes of Nature Are Most Ideal for a Vacation. We Return From Vacations Rested, Not Needing a Rest. Bathing May Also Provide New Vitality

PHOTO, COURTESY OF CANADIAN PACIFIC RY.





F. A. ROBERTS

1. Learn and practice safety in handling boats.
2. Learn lifesaving.
3. Learn artificial respiration and practice it.
4. Never swim alone.
5. Never swim at night except when there is plenty of light, and never become separated from companions.
6. Do not swim too long, especially in cold water.
7. Do not swim unless two hours have elapsed since the last preceding meal.
8. Do not swim beyond your depth unless there is help close at hand in case of need.

The increase of automobile accidents is so alarming that vacationists need to be cautioned against driving too fast, attempting too great distances in too short a time, driving when sleepy or tired, and we're sorry to add, driving after imbibing liq-

uor. This last point is especially important. One need not be drunk in the common acceptance of the term to be an unsafe driver. It takes very little alcohol to so impair the judgment and the automatic reactions of the nerves and muscles that the driver becomes a menace to himself and others on the road. Another of the safety precautions that should never be neglected is mechanical inspection of the car, especially motor, steering mechanism, brakes, and lights, before starting out. A life may depend upon prompt and swift getaway, effective braking, accurate steering, and clear vision.

For the traveler on trains who uses mostly first-class hotels, the dangers of acquiring disease en route are relatively remote. The traveler by automobile who eats at wayside places, lives in tourist cabins or in tents, has many chances of acquiring disease. The principal sources of danger are milk, water, and uncooked foods, from many of which he may acquire a form of typhoid fever which is significantly named "vacation typhoid," because of its origin. Protection against vacation typhoid consists in being vaccinated against the disease before going touring and then exercising precautions about the source of water used. This is not an easy matter unless a large

jug is carried, and water is used from sources which are known to be pure. In general it may be said that water in the cities is safer than water from private wells in rural areas. Typhoid fever is now almost exclusively a rural disease except when city dwellers bring it back with them from vacations.

Milk should not be used unless it is known to be pasteurized. It should be served in bottles, and the caps should be removed only in the presence of the consumer. The cap should state whether the milk is pasteurized. Raw milk should be rejected, or the food-service establishment should be required to boil it before serving. Persons who camp and do their own cooking, those who cook in cottages, and those who travel in trailers, have a certain advantage over those who eat in public places. At the same time it should be recognized that automobile touring has become so universal that eating places, even in the smaller localities, are in general far superior to what they formerly were, and the chance of infection is not extremely great.

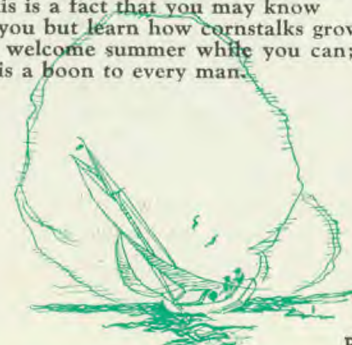
Tourists who are particular and fastidious about cleanliness in their eating places will, of course, run fewer

(Continued on page 26)

Summertime

By CALVIN P. BOLLMAN

The grand old summertime is here,
 The growing season of the year.
 The sun shines very hot, 'tis true,
 But this we need, strength to renew.
 'Most every fruit needs summer heat
 To make its flavor all complete.
 The wheat and corn and buckwheat, too,
 Need warmth of sun to pull them through
 Without the summer, man and beast
 Would have no well-cured winter feast.
 And many humans, too, would miss
 The dear good-by vacation kiss;
 For some must ever stay behind
 While others elsewhere pleasures find.
 'Tis true the nights are often warm,
 But then that helps to make the corn.
 On hot, still nights you oft can hear
 The growing slips of many an ear.
 This is a fact that you may know
 If you but learn how cornstalks grow.
 So welcome summer while you can;
 It is a boon to every man.



How Can I Tell If I Have

HEART Trouble ?

▲ JOHN POTTS, M.D.



H. A. ROBERTS

SOME years ago the layman, in jesting mood, often spoke of his heart as a pump. The expression is true, for the heart is a pump, or more accurately, it is two pumps. But during the last twenty years lay people—because of the widespread use of motorcars—have come to speak of the heart as a motor. Both expressions are useful.

If a man could know he has a bad heart as easily as he knows he has a bald head, there would be no problem in teaching the layman to suspect

heart disease in himself. There is sometimes a common cause of bald heads and bad hearts, for bald heads are often due to age, as are most bad hearts in persons over forty.

For several years heart disease, including disease of the blood vessels, has been the leading cause of death in America. Hardly a day passes that one cannot read in the daily papers a news story of the sudden death of some one, usually a person of prominence, because of heart disease. Yet only rarely is a layman interested in learn-

ing about heart disease, unless he or one of his relatives or friends has it.

From now on we may expect more public-health teaching on heart disease. In fact, the teaching should be carried on as aggressively as the teaching on the subject of tuberculosis has been carried on. Why?

First, because certain kinds of heart disease are preventable.

Second, because any teaching, training, or treatment given a person with a diseased or failing heart should be begun as early as possible.

Third, because by intelligent living, years of usefulness may be added to the life of many persons who have crippled hearts.

But the question may be asked, Can a layman be taught much that is useful about heart disease? One must answer, Yes. Our teaching should be done in layman's language, and the sooner those of us who deal extensively with heart-disease patients take up this teaching intelligently and aggressively, the sooner the job will be done.

What should a layman know about heart disease? Probably no two physicians who have a right to an opinion in the matter would answer this question precisely alike. But three ideas would probably appear in all the answers. These are:

Every adult should know how to suspect heart disease in himself or in a member of his family.

Every adult should know where to get competent medical service for a person having, or suspected of having, heart disease.

Every adult should know that if his heart is diseased or worn by age, he should be careful not to overload it or to put too much strain on it.

Suspecting heart disease in oneself is a comparatively simple matter, if one will deal with facts and not with wishes. Probably the most frequently found sign of heart failure the layman can recognize is abnormal breathlessness after walking upstairs or up a hill, or breathlessness coming on too soon in walking on level ground. Said in another way—unnatural shortness of breath appearing too easily or too often in a person who has not changed his daily routine should make him consider heart failure as a possible cause.

When exercise or exertion causes pain around the heart or behind the sternum, especially when the pain is accompanied by a feeling of constriction or tightness of the chest, one should suspect heart disease. Sometimes the pain shoots to the neck, the shoulders, or down the left arm. This rule is especially applicable to persons over forty years of age.

Slight swelling of the feet or ankles day after day, except in hot weather, should make one suspect heart disease.

Not all diseased hearts are irregular, and not all irregular hearts are organically diseased. But every person who is conscious of irregularity in his heart—"skips," "stops," or "flip-flops"—

should be examined by a physician competent in heart work, that it may be determined whether the irregularity is due to organic disease or is only a functional disorder.

Not all diseased hearts have valvular murmurs, and not all heart murmurs are caused by organic disease—many of them are only functional.

Many persons have been diagnosed erroneously as having heart disease—they usually speak of having a "leaky" heart—and have been unduly restricted in their activities, as well as given an unnecessary fear, by doctors who are poorly informed as to the meaning of heart murmurs and heart irregularities.

The most common infectious diseases that attack the heart are rheumatism, syphilis, and diphtheria. In children, rheumatism may attack the heart without attacking the joints. Therefore a child may have rheumatic heart disease, even if he has not had rheumatism of the joints. In every known case of rheumatism, syphilis, and diphtheria, the heart should be examined to see whether it has been attacked by the disease.

Most cases of rheumatic heart disease are found in older children,



A RENDEZVOUS WITH HEALTH

By GEORGE CLARENCE HOSKIN

Wouldst keep "a rendezvous with health"?
Must stalk it long in utmost stealth,
And follow close, nor lose the trail,
And all thine efforts will avail.

Wouldst have good health, that gift supreme,
That seems to many but a dream?
Then work for it, nor count the cost;
Hold it secure e'er it is lost.

Desire of life's adversity,
Evading so elusively,
Plan thou for health, there's much to do
To gain that boon the whole year through.

Wouldst purchase health at any price?
Gold will not buy, nor lands suffice.
Cherish it, then, as thou wouldst wealth,
And guard that rendezvous with health.

youth, and young adults. It is comparatively rare for rheumatic heart disease to begin after thirty, and it is comparatively rare for syphilis to attack the heart, to the extent that it is detectable, before thirty.

The heart is at its best at about the age of twenty-five years. This is seen best in athletics. The heart, unless attacked by infectious disease, retains the good quality it had at twenty-five until about the age of forty. After forty, hearts begin to show the effect of age. Some hearts grow old earlier in life than others, just as the eyes or teeth fail in some persons earlier than in others.

It is hard for some persons to understand that we are as old on the inside of our bodies as we are on the outside. A man of fifty years should not be told that he has a "perfect" heart, or that he is as "sound as a dollar." At best one can only tell him that he has a good heart for a fifty-year-old man.

It is better to spend money to keep well than to spend money to get well. It is better for a person to suspect disease in himself that does not exist, than to be ignorant of a serious disease that does exist. Of these two evils he should choose the lesser.

Every person over forty years of age should have a general physical examination every year by a physician who is well informed on hearts and who makes written records of his examinations. Occasionally a person whom I have just examined asks me the question, "Doctor, how was my heart five years ago or fifteen years ago?" I compare the record just made with the one I made years before. If one can avoid serious heart failure and cancer after forty, one has something to be thankful for.

Occasionally I see a person who impulsively says he does not want to know the condition of his heart. Such a person is only bluffing. For every day I have occasion to tell both men and women that they have a good heart for their age, and almost invariably they immediately say, "Well, I'm glad of that."

Wisdom consists largely in knowing and doing the right thing at the right time. The layman has two outstanding duties relative to knowing the condition of his heart: To know how to suspect heart disease or heart failure in himself early, and then to consult a physician who is well informed on heart work. Delays are sometimes both dangerous and embarrassing.

Cool DRINKS FOR HOT DAYS

By Elizabeth E. Neufeld,
Dietitian

HOT, lazy summer days are times of happiness for every one. Youngsters are out of school, tennis is in full swing for the sports enthusiasts, bathing suits are again hanging out on the clothesline when not in use,—yes, every one is making every minute of all-too-short vacations count. Each day is crowded with good times, and there are picnics and parties galore. Behind all this bustle and activity stands the long-suffering housewife. She it is who plans a party for big sister, a feed for little brother's gang, a picnic for the whole family, or even an afternoon party for her own women friends. Planning such events requires ingenuity to keep every one satisfied, but hot weather or not, the mother or hostess must always be prepared for anything.

Summertime spells hot weather; hot weather calls for cool refreshments, and a welcome part of each meal is a tall glass of something cold with little cubes of ice clinking against its sides. Yes, no occasion at this time of year is complete without a cold drink. Now a cold drink does not have to be saved just for such festive occurrences as parties. Punch is not the only beverage. When dad comes in hot and tired from work, something besides a glass of water awaiting him may ease his grouch on a long, hard day. As mother goes about her household duties, bathed in a constant flow of perspiration, she will enjoy a sip of fruit juice from the refrigerator. As guests drop in during the evening, a pitcher of a delicious fruit juice will always be welcome.

In hot weather it is necessary to perspire, for that is nature's way of keep-



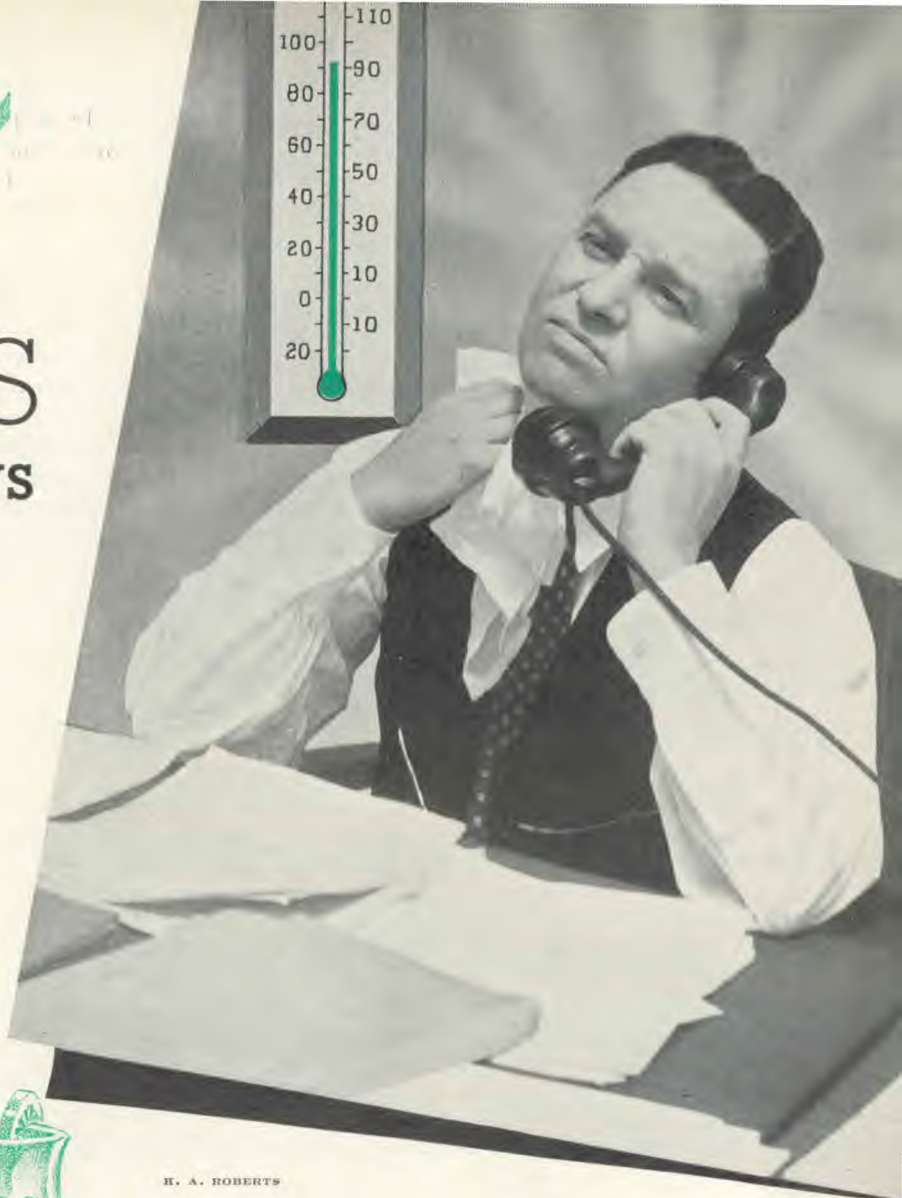
ing the body temperature normal. Because of this constant output of water, there must also be an intake, and when the thermometer starts creeping up, the drinking of more liquids is important. This does not mean gulping down innumerable glassfuls of iced water when overheated—that is dangerous. Rather should one space his fluid intake carefully throughout the day for the health's sake. So the prudent housewife should keep her cupboard well filled with fruitade ingredients in readiness for the constant quenching of thirst.

The secret of a good fruit punch lies in two things: the use of a sugar

and of plenty of ice. It is not hard to blend fruit juices and then dilute them to a proper strength. A punch of good flavor is invariably ruined when the sugar sinks to the bottom of the pitcher, also when the mixture is lukewarm. With modern refrigeration it is not hard to keep plenty of ice cubes on hand, and a sugar sirup is easily made. By boiling the sugar in water until it is dissolved, a sugar sirup is quickly made which will permeate the entire fruit juice. Even a lemon sirup may be prepared, so that the cold beverage may be made ready upon a moment's notice.

When one becomes well versed in the preparation of cooling drinks, it is not hard to mix them quickly without a recipe by using what suitable ingredients there are in the kitchen. It becomes second nature to keep sugar or lemon sirup on hand, to save the juice remaining from canned fruits, then to blend them into something palatable. Then, too, canned fruit

(Continued on page 28)



H. A. ROBERTS

Nothing Is More Welcome or Satisfying on a Hot Summer Day Than a Cool Drink, but This Does Not Mean Gulping Down Great Quantities of Ice Water

FIREWORKS

A July Hazard to Life and Limb



Harold M. Walton, M.D.

IN recent years there has been a gratifying reduction in serious accidents and deaths from the explosion of fireworks, thanks to the earnest efforts of many public-minded citizens and medical organizations for a "sane and safe Fourth of July." This reduction in serious results is also due in considerable measure to the fact that certain progressive cities are forbidding the sale of explosive fireworks to the public.

Each year, however, some deaths, many major injuries, and thousands of minor injuries, occur. Fireworks cripple and mangle fingers and hands, destroy eyesight, cause burns of varying degrees,—some of which are hideous,—result in serious fires, make life-long cripples, and cause death, usually from tetanus infection (lockjaw).

It would seem that good judgment would dictate that anything having the potential dangers of fireworks should at least be under the direct supervision of parents or other adults, rather than that matches and explosives should be entrusted indiscriminately to children. Better still is the plan of having the children and the general public watch the spectacle and enjoy the excitement from a safe distance as men trained in handling fireworks set them off and oversee the display.

If children are to be entrusted at all with fireworks, the following rules of the National Safety Council should be rigidly observed. We quote them here for your benefit and concur in the admonition and counsel:

"Don't hold [lighted] firecrackers, even the smallest, in your hand.

"Don't throw firecrackers at any one.

"Don't shoot them off under bottles.

"Don't carry them in your pockets.

"Let firearms alone.

"Don't play with or carry dynamite caps.

"Avoid gunpowder and toy pistols.

"Remember that powder burns are dangerous, even if they do not look to be. They may cause infection and tetanus, or lockjaw. If you get burned, get first aid immediately."

Further special caution may be given regarding Roman candles, sizzlers, pin wheels, etc., for they are the common cause of burns, and along with torpedoes, are especially dangerous to eyes.

When accidents occur, the injured should receive immediate medical attention. Small superficial burns, which only cause the skin to become red, may be treated by applying some soothing burn ointment having a fatty base, or a liniment of linseed oil and limewater (carron oil). More severe or second-degree burns should be treated by a physician or a nurse, as blisters may need to be opened.

When physicians or nurses are not obtainable, the skin about the burn may be cleansed by applying a suitable

antiseptic, as tincture of metaphen, by applying alcohol, or by cleansing with soap and water. A needle or pointed knife blade may be sterilized by boiling in water at least three minutes, and then used to puncture the blisters, so that the liquid (serum) may run out. Sterile dressings of some soothing ointment should be applied, covered by gauze, and held in place for several days by bandages or adhesive tape.

For wounds or burns where the skin is broken, the attention of a physician is required. Wounds of any kind from explosives are apt to become infected. They may appear very simple and inconsequential, but serious complications are not infrequent. Penetrating wounds from fireworks are dangerous because of the possibility of tetanus infection. To neglect them until symptoms develop is extremely hazardous. Suitable treatment and an early prophylactic injection of immunizing serum when indicated, will save much anxiety and prevent suffering and loss of life.

Next July 4, greater caution and saneness on the part of all would prevent many fires, avert many accidents, and save some lives. It occurs to us that July 3 would be a good day to begin the observance of "Fire Prevention Week" in every home! Furthermore, is it not high time for all to decide to view the wonders of fireworks, catch the reverberations, and enjoy the excitement at a safe and sane distance from the site of explosion?



Fourth of July Is Safest When Parents or Other Adults Supervise the Handling of Fireworks

Peaches and Strawberries

Their Food Value How to Serve Them

BY WINIFRED F. LINDSAY, R.N.
Dietitian

A FEW years ago fruits were regarded by many as a luxury, and consequently they were used very sparingly. As a result of education regarding the great value of fruits, they now have an important place in the diet of most persons.

The great variety of fruits placed at our disposal is a call to us to become better acquainted with this class of foods, that act as real body cleansers. While I was conversing with a very successful physician a few weeks ago, he made the emphatic statement, "People do not eat fruit enough. Urge them to eat more of it. It can be eaten very freely for breakfast and for the light evening meal."

In a previous article the citrus fruits and apples were discussed. The next fruit to receive attention is the peach, which is a very popular fruit. There are 300 varieties of the peach. The peach season is rather short, but the fruit is both canned and dried; so the crop is preserved. For shipping, the peach is packed partially ripe, for then it can make its journey safely. When it ripens it is almost equal in flavor to the tree-ripened fruit.

In eating fresh fruit of any kind, one should remember that it is important to have it thoroughly washed. Many take the extra precaution of disinfecting it, using one teaspoonful of chloride of lime to one gallon of water. The fruit should remain in the solution for five minutes. Fruit exposed in markets and on open fruit stands along the street, is subject to all kinds of contamination. Also, much fruit is sprayed, and if it is not thoroughly cleaned, serious bowel conditions may result. If people would avoid killing the birds, they would take care of the orchard pests, and spraying would not be necessary.

The peach is rich in minerals, especially copper. Copper is essential in order that the body may properly utilize the iron. Apricots are also high in copper content. These fruits are freely used in anemia, and especially in pernicious anemia.

Peaches are also a good source of vitamin C. It has been found that sulphur-dried peaches contain nearly as much vitamin C as does the fresh fruit. This has been a rather startling discovery. The question naturally arises as to whether sulphur-dried peaches can be safely eaten. Bulletin

485 (Drying Cut Fruits, 1930), by Professor Christie, and Professor Nichols of the experiment station of the University of California, reads thus in part: "In the case of cut fruits, a chemical preservative, sulphur dioxide, is employed. . . . The Federal Government . . . permits the use of this preservative, though it cautions against its excessive use. So far as is known, it has never been demonstrated that the ordinary amounts of sulphur dioxide consumed in dried fruits are injurious to the human system. . . ."

"It is important to both packer and grower that the sulphur dioxide content of California dried fruit be kept as low as is consistent with satisfactory color and keeping quality.

Failure to do this may prevent the sale of the product or may result in expensive return shipment or condemnation and loss of fruit. . . .

"Sulphur dioxide prevents spoilage by inhibiting the growth of microorganisms and resulting fermentation or

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Not Only Is the Strawberry a Delicious Fruit, but It Contains Important Food Elements

PHOTO BY H. A. ROBERTS

REST.—Often when the matter of rest is discussed with a patient suffering from nervous indigestion, he will insist that he has tried to rest for years, but that it has done him no good. A careful study of his habits, however, will usually show that even when he is in bed, his mind is feverishly at work. He worries, frets, and plans. He answers phone calls, is bored and tired out by a continuous influx of visitors, or is annoyed by noisy children.

The task of assisting the patient in arranging a suitable rest program challenges the physician's painstaking effort, skill, and ingenuity. Nor is it always best to send such patients to a sanitarium, for, unless the patient has sufficient means, there is danger that he will not get the full benefit from institutional care if while there he worries and frets over his finances. Absolute rest should, however, not be enforced indefinitely. Usually patients do better if allowed to indulge in a certain amount of graduated and pleasant activity.

No better service can be done these patients than first to point them to Him who said, "Come unto Me, all ye that labor and are heavy laden, and I will give you rest." If the heart is at peace with God, the remainder of the rest program can easily be worked out to suit each patient's circumstance.

Diet.—The scope of this article does not call for a detailed discussion of the question of diet. To those who are worried for fear they are not getting the necessary vitamins, I will say, Be sure your bill of fare includes a reasonable variety of the "protective foods." These are fruits, vegetables, dairy products, whole-grain cereals, and nuts. Then stop worrying about vitamins.

It can safely be added that most nervous gastrointestinal tracts do better on a smooth diet, one from which the coarser articles are omitted, and in which the vegetables and fruits are puréed. Fried foods are difficult to digest and must be avoided. Occasional sensitivity to certain foods must be regarded, but this matter should be discussed with the physician before action is taken. There is danger that the patient will blame and eliminate one article of food after another until his dietary is dangerously deficient. Avoid eating when overtired or excited. When excited it is better to rest for half an hour before partaking of a meal.



The Treatment of **NERVOUS Indigestion**



E. C. EHLERS, M.D.

Concluded From
Last Month

Physiotherapy. — Fomentations, or their equivalent, to the abdomen and spine are often of great value in relieving abdominal discomfort. The danger of overtreating, of weakening the patient by excessive heat, must, however, be borne in mind. Massage is often well borne and may be prescribed as a general upbuilding measure. There are some, however, to whom the stroking is annoying and sometimes even definitely painful. Later the measures should be more tonic.

Drugs.—Drugs cannot, of course, be relied on to effect a cure. They are sometimes used, however, for symptomatic relief. More often the foregoing rational methods of treatment will do all that drugs could do, and more, for that for which drugs are administered. Yet, a light sedative used occasionally does quiet the patient's mind as well as his irritated gastrointestinal tract.

Gas distress, or flatulence, is a common complaint of such patients. A

person who suffers from gas decides it must be caused by what he eats, and discards first this and then that article of food from his bill of fare. Let us remember that it is not as much the food which is responsible for the gas as it is the nerves. He will have gas regardless of the articles he eliminates from his diet. I know of no sure remedy to cure flatulence. Alkaline substances sometimes help to bring up the gas and sometimes aggravate the distress. Crème de menthe to which is added essence of peppermint to make it stronger has been suggested. Very likely that is as good as anything which may be tried. Assuming the knee-shoulder position is sometimes of value. Often when the patient complains of gas, on fluoroscopic examination very little gas will be found in the stomach or the intestines. Abnormal peristaltic activity probably accounts for his distress. Tonics and bitters are of no real value. Strychnine is to be condemned, because it even adds to the spasticity from which such patients are already suffering.

The subject of constipation has come to loom big in the mind of the American public. Newspaper and magazine advertisements, as well as the radio, warn of the dangers of that dreaded disease, autointoxication. They tell you that only by buying a certain expensive pill or powder of fabulous effectiveness can you hope to escape it. The fact is that so far as true medical science is concerned, autointoxication is a disputed entity. Yes, many physicians even believe that high blood pressure, rheumatism, Bright's disease, and what not, are caused by autointoxication.

Most people believe that unless their bowels move at least once a day, they cannot be well. Nevertheless there are many normal, healthy people whose bowels move only once in three, four, five, or six days, who are perfectly well and comfortable. Furthermore, it is when the lining of the bowels is irritated with laxatives that bacteria more easily gain entrance through the intestinal wall. When the stools are liquid, absorption is greatest, while when there is constipation, the feces are dry, the bacteria die, and absorption from the bowels practically stops. On that basis one is safest from autointoxication when constipated.

Fortunately, the wall of the bowel is peculiarly resistant to the passage

(Continued on page 29)

QUACKERY is rampant in every activity of life. It has entered into the treatment of the sick to such an extent that the propaganda connected with the patent-medicine business is known as "The Great American Fraud." By following its unscrupulous methods, more money can be made by one without any medical education than can be made by a physician who has spent six to eight years in preparation to become a doctor. The knowledge that there are nobler and more gratifying pursuits in life than money-making repays the reputable physician for his honest "service"—a word not found in the vocabulary of the charlatan.

Some of the earmarks of the charlatan are secret powers, a false special interest in your case, advertising propaganda, with its "Cure, or your money back" guaranty, photographs and testimonials, and treatment by some special system or method. The giving of false addresses of offices and institutions is common. As in many other situations, you can tell by the atmosphere surrounding the activity whether it is genuine.

Down through the ages from the time of Hippocrates comes the query, "Can you cure me?" This question has been answered in a variety of ways, depending upon the honesty and integrity of the one questioned. The patent-medicine vendor does not hesitate to answer this question in the affirmative with the words, "Cure, or your money back." This statement is the slogan of the patent-medicine industry.

You can depend upon it, that the money never comes back, whether there has been a cure or not. It is only the person who has been defrauded who is aware of the outcome. The quack does not know, because, after he has "hooked" you, he is on his way for bigger fish to fry. He never retraces his steps. It is more profitable to keep going.

Deprive the patent-medicine business of its slogan, "Cure, or your money back," and the mystery connected with its advertising propaganda, and you break its backbone within a month. The charlatan, in his promise to cure, takes advantage of the fact that nature herself, without treatment of any kind, relieves 80 to 85 per cent of human ailments. Nature works that way. The patent-medicine vendor starts with an 80 per cent lead in the race. He who prom-

The Great American FRAUD

**An Article for Those Who Wish to Save
Money and Avoid Disappointment**

R VICTOR L. MANN, M.D.

ises a "cure" is a charlatan and carries with him the sting of disappointment.

Because of the laxity of our laws, the quack operates his business without making known the ingredients of his formula. This secrecy works upon the emotions of the health seeker and makes him think there must be some mystery back of the claims made. If it were known that the formula contained antiquated drugs given up by the medical profession, and poor whisky, the nostrum would lose all of its appeal. The insistence of the charlatan that the patient make a confidant of him so that an apparent special interest may be taken in the case, is only a hoax. The letters from duped clients never come before the promoter, but are answered by unconcerned clerks and a typewriter. The Doctor Quacks who are dead still live on by means of their purported "personal advice." The immortality of the names of some of these quacks is an amazing thing. It reveals, not the value of their products, but the size of their advertising budget. Any healer who treats the ills of mankind by a special system or method, even though the system may have some virtue in some instances, is a quack. The treatment of disease is too vast and complicated to be limited to any one system of treatment. Quackery is easier, simpler, and requires no education. Hence, it is the method of choice for Doctor Quack.

Advertising, with its photographs and testimonials, plays a most important part in the patent-medicine in-

dustry. Seventy-five per cent of the money paid by the user of patent medicines goes to convince him that he is sick and needs the patent medicine to cure him. The advertising is inserted in newspapers and pamphlets, and displayed on billboards. Religious periodicals are choice mediums in which to advertise, as they serve as a cloak for the nefarious buncombe. Blatant, flagrant assertions crowd the radio programs.

The photograph of Doctor Quack stands out in bold relief on our pages of reading matter. It furnishes a great psychological advantage. Such profiteers are unacquainted with even the rudiments of the science of psychology; yet they have acquired a knowledge of the practical side of it, as the business demands it. The photograph is generally of the portly, be-whiskered type of man, a personality which, had it been devoted to service instead of dishonesty, would have accomplished much in the world. The bearing is one that inspires false confidence and causes the sufferer to reflect upon the apparent intelligence and sympathetic demeanor of the quack who can surely fulfill the promise, "Cure, or your money back," and who would never stoop to dishonesty.

The right arm of the advertising game is the testimonial. The *Toronto Star* says, "If your brains won't get you into the papers, sign a patent-medicine testimonial. Maybe your kidneys will." To get testimonials, a number of tricks are resorted to. Infrequently they are purchased outright from the unscrupulous who are willing to sell

their birthright for a mess of pottage. This method, when once uncovered, does the business more harm than good, as the most credulous frown at this type of dishonesty. More subtle methods have to be used. The testimonial received spontaneously is more convincing, is more apt to be genuine—with the exception of its being twisted and warped to better fit into "Cure, or your money back" propaganda. It fools many, and does not have the appearance of dishonesty.

In some instances the patent medicine brings about apparent changes

in function that simulate what is expected in the treatment of the patient's disease. But the situation created is only a camouflage. To illustrate, an incident occurred in connection with a clinic. Patients occasionally speak of having had their gallstones dissolved or softened by this or that remedy, but an opportunity had never presented itself to disprove the statement. On questioning a particular patient, it was found that she was confident that she had gallstone disease. After she took her remedy for gallstones, she would notice softened gallstones in her stools, and no distress was experienced in their passage through the bile ducts into the intestine. She was asked to bring to the clinic some specimens for inspection.

Finally, one day the specimens, six or eight translucent greenish-yellow, rounded bodies, of the consistency of putty, varying in size, but about as large as marbles, were brought in for analysis. The specimens were placed on the window sill in the clinic, inadvertently, in the sun. When they were inspected a little later, it was noticed that they were melting. The solution to the gallstone problem had become evident and simple. To make the situation clearer to the patient, the specimens were sent up to the laboratory for analysis, and the report came back,

Fraudulent Advertising
Has Caused the Spending
of Hundreds of Millions
of Dollars for
Worthless and Harmful
Patent Medicines

"Soap." This told the whole story. The medicine had an alkali in it that united with the fatty substances ingested in the food eaten. Balls of soap were formed in the intestines and ejected in the stools. When this was explained to the patient, she was thunderstruck.

Most gallstones are so hard that they are broken with great difficulty by means of a hammer. Any medicine taken to dissolve them would have to be such a strong agent that it would eat holes through the stomach and intestines in no time and be incompatible with life even for the shortest time. Then again, the passing of stones through the bile ducts into the intestines is associated with such severe pain that it is impossible for any one to go through the ordeal without help from a hypodermic of some anodyne to stop the pain. What had been gallstones to her could be made at will by taking a dose of gallstone medicine. The absurdity became very apparent to her. What a pity that her insight could not be given to the thousands under delusion!

Nostrums cover a very wide field, all the way from cosmetics to cancer cures. Laxatives, tonics, mechanical appliances; kidney, diabetes, asthma, hay-fever, female-disease, rheumatism, and stomach-disorder remedies; and cancer, obesity, consumption, and epilepsy cures, are some of the list. The cures and remedies are made of obsolete drugs and poor whisky. The mechanical nostrums run through a long line of contraptions, such as tin cans filled with sawdust with strings tied to them, magic horse collars, five-and-ten-cent-store necklaces, all supposed to have supernatural power, even allowing people to throw away their crutches and to put bans on funeral parlors. These sell for from ten to sixty dollars and cost about one twentieth of the selling price.

Dangers from the use of nostrums are varied and many. In some instances, disease is caused by their use. A patient of the writer's had taken Bromo-Seltzer so long and in such large doses that he had become habituated to acetanilide. Mentally and physically he was a wreck. He was suffering from poisoning by the drug. The hundreds of millions of dollars spent for worthless patent medicines are a large factor in the high cost of medical care which at present is receiving considerable attention. The



advertising makes people disease-conscious, for after reading the label on the bottle of a patent medicine, the patient adds at least half a dozen ailments to the one from which he is suffering. The promise to cure holds out false hopes and allows a condition like cancer or tuberculosis to gain sufficient headway to prevent anything's being done for the patient.

Streamlined humbuggery is the newer type of deception that is pushing its way into the patent-medicine field. Glandular products from the thyroid, suprarenal, pineal, and thymus glands, and from the ovary and the testicle, are manufactured and sold in various gunshot combinations

for almost every ill from which mankind suffers. And this in spite of the fact that it is known that thyroid extract is the only one of these products effective when taken by mouth. Even when given by hypodermic or intravenously these substances in many instances are inert, or the action is so fleeting that they are not efficient.

May we venture to offer a remedy for nostrum disease? If you are sick, go to a reputable physician who you know holds service above even petty dishonesty. Should you ask him whether he can cure you, he will tell you that it is a difficult question you ask. It is a question that cannot be answered by yes or no. There are too

many variable factors involved in the treatment of disease, so that no hard-and-fast rules cover it. A certain disease in one will not manifest itself in the same way as it does in another. Neither do all individuals react in the same manner to a certain treatment. The reputable physician asks you to be faithful in following the advice given and to report regularly the course of your illness while under treatment. If within a reasonable time, improvement does not set in, he will review the situation and make such changes in the program as the exigencies in the case may demand, or he will be glad to call in another physician for consultation.

SMOKE and Die Young An Editorial Note

UP to the present time there has been much debate, but little statistical evidence, on the question of whether tobacco smoking shortens life. Scientific experiments have often revealed the adverse effect of tobacco upon various bodily organs, which warranted the very reasonable conclusion that the tobacco habit most certainly must shorten life. But actually to follow through the lives of a sufficient number of men until the day of their death, and show the relation of tobacco using to the length of their lives, is a feat only recently accomplished. Professor Raymond Pearl of Johns Hopkins University has been carrying on for some time a broad study of longevity, the results of which study are now being published in scientific journals.

He included in his research an inquiry into the relation of tobacco using to length of life. The results were based on the study of 6,813 white males, aged from 30 onward. They were divided as follows: Nonusers of tobacco, 2,094; moderate smokers, 2,814; and heavy smokers, 1,905. As Professor Pearl explains, "These men were an unselected lot except as to their tobacco habits. That is to say, they were taken at random, and then all sorted into categories relative to tobacco usage."—*Science*, March 4, 1938.

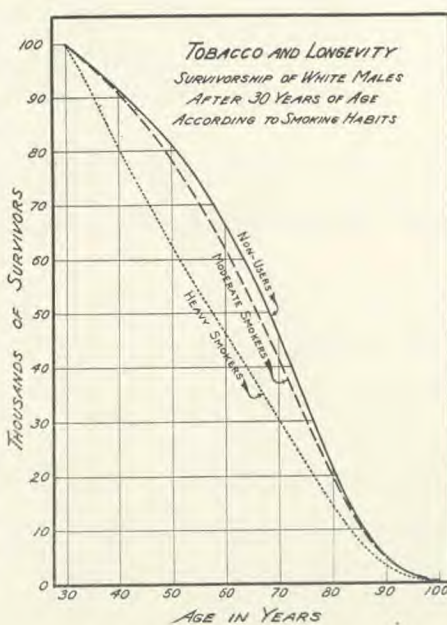
The accompanying graph shows the results of the study of these three

groups. Professor Pearl's summarization of the evidence is as follows: "However envisaged, the net conclusion is clear. In this sizable material the smoking of tobacco was statistically associated with an impairment of life duration, and the amount or degree of this impairment increased as the habitual amount of smoking increased. Here, just as is usually the case in our experience in studies of this sort, the differences between the usage groups in specific mortality rates . . . prac-

tically disappear from about age 70 on. This is presumably an expression of the residual effect of the heavily selective character of the mortality in the earlier years in the groups damaged by the agent (in this case tobacco). On this view those individuals in the damaged groups who survive to 70 or thereabouts are such tough and resistant specimens that thereafter tobacco does them no further measurable harm as a group."—*Ibid.*

The professor's investigation leads him to conclude that of 100,000 30-year-old nonsmokers, 45,919 would be living at age 70; a similar group of moderate smokers would have their ranks thinned down to 41,431 at age 70; while the heavy smokers who went forth at age 30 with 100,000 would come up to the 70-year line with only 30,393.

This graph and Professor Pearl's conclusions amply support the indictments made by various medical men through the years as to the injurious effect of tobacco. It is findings like these that lead *LIFE AND HEALTH* to the conclusion that it should include as a consistent part of its health-education program, in harmony with its policy of a half century, an exposure of the deleterious effects of tobacco on human life. Fortunately, this journal carries no cigarette advertising to embarrass it in carrying out this part of its educational program.



Reproduced by special permission of Raymond Pearl and *Science*.

SOME one has said, "Noise is the true murderer of thought." Joseph Pulitzer, the publisher, used to reserve an entire hotel floor, as well as rooms above and below his, in order to ensure the quiet necessary for his work. But this is not the only aspect of noise that concerns those of us who live in the larger cities, where there is an abundance of it. The effect it has on the nervous system is what requires our attention. Modern research has shown us that although our ears as such may become accustomed to noise, our nerves never do. Noise drains the nervous system day and night whether we realize it at first or not.

Scientific tests have shown that the bursting of a blown-up paper bag can cause the blood pressure to rise considerably above normal for seven seconds. Now, compare such a noise with that of an elevated train roaring by an open window, or the noise of a passing streetcar, screeching brakes, auto backfire, and the scores of other noises that take such a heavy toll of nerve energy. For city dwellers to have neuroses has become so commonplace now that we even write today to tell them to be glad they are neurotic!

The New York City noise-abatement commission found that the average apartment and office got an overdose of noise even to the level of the tenth floor. Sometimes there would rise to this level, during the sleeping hours, noises which were equivalent to a clap of thunder or a motorbus changing gears a few feet away. The sleepers may not have been directly conscious of it, but their nerves were being depleted; and this sort of program year in and year out certainly takes its toll of human health and happiness. Noise, nonrhythmical air vibration, grates upon any one's disposition, and when too frequent, arouses emotions of anger. Perhaps this is one reason why city dwellers are too often quick-tempered and irritable.

The work of the commission mentioned above was completed in 1930. No practical suggestion for relief was made. But now that air conditioning is here, there is relief, for equipment has been designed that will not only bring in fresh air with the windows shut, but also filter out the noise in the air brought into the apartment or office.

Tests at Bellevue and other hospitals reveal that in normal, healthy persons



NOISE

and

Temperature CONTROL

and

Related Advantages of Air Conditioning

By

Edward Y. Domina

Concluded From
Last Month

noise increases the blood pressure, the rate of breathing, and the pulse rate, and causes irregularities in heart rhythm, in some cases even producing heart palpitation. This throws a strain on the blood-circulating system and the heart, and contributes to hardening of the arteries.

On the point of efficiency, Doctor Laird, of Colgate University, found that workers doing identical jobs under similar conditions, except for noise, used up 19 per cent more energy under the noise condition. A large insurance company found that noise reduction lowered typists' errors by 29 per cent and comptometer operators' errors by 52 per cent. Western Union Telegraph Company experience runs parallel, for errors of their staff were reduced by 42 per cent.

Two Japanese investigators, working to discover the effect of noise on body processes, experimented with rats and found the following: (1) eating was irregular and more frequent; (2) the life span was *not* shortened; (3) growth was slow and abnormal;

(4) the rats were extremely nervous; (5) offspring were not in good condition, and miscarriage was the rule instead of the exception.

Water vapor is one of the most important constituents of the atmosphere. We usually speak of it as *humidity*. Sometimes we hear the term "relative humidity." This refers to the amount of moisture actually in the air at a definite temperature in comparison to the total amount the air could hold at that same temperature if it were saturated. The higher the temperature of the air, the more moisture it can hold. In nature we never find the atmosphere without some moisture, not even in the hottest desert. In fact, in the Danakil desert of Ethiopia we find a relative humidity of about 15 per cent—more than we find in an apartment or a house in zero weather when air is brought in from the outside and heated to seventy degrees!—unless humidity has been added from a pan of water on the radiator, or from some humidifier, which is not the case in the average American dwelling.

Air acts as a heat insulator, while moisture readily absorbs and conducts heat. In the case of the moisture-laden atmosphere, it serves to keep the earth warm nights, for the heat stored in the earth from the sun's rays is given off at night, but this radiation is retarded by the insulating air. What heat is lost is stored in the moisture of the air, which moisture layer clings relatively close to the earth's surface, helping to keep it warm. Since the earth's air layer rapidly rarefies and there is nothing on the other side to quickly conduct the heat away from it, the earth is protected from undue heat loss and freezing. Even in the winter this principle operates, saving us from freezing weather that would kill us.

Humidity control is very difficult, and scientists are still working on the problem. Control is easier in the heating season than in the summer season. It does not cost much for equipment that humidifies the inside air, but equipment that dehumidifies it is expensive. The only practical way we have of dehumidifying is by the use of cooling equipment, the moisture condensing out of the atmosphere as it passes over the cooling coils. And at this, only a relatively small amount of the humidity is removed. The combination of cooling and some

(Continued on page 25)

Sunlight

A Good Medicine for Many Ills



Alfred B. Olsen, M.D.

THE natural color of a healthy Caucasian is not white, but a moderate brown or tan, which is in harmony with the highest degree of physical and mental fitness. The skin is the first line of defense against disease. One of its most important functions is to protect the body in this way. This and other vital functions are best accomplished with a firm, brown, healthy skin.

Although there are some exceptions, most people find no difficulty in developing a healthy tan by gradual exposure of the entire body to sunlight and fresh air or to artificial light. The first exposure to a hot sun should be brief, perhaps not more than from two to five minutes, gradually increasing the time daily. The direct rays of the sun are much more powerful than the oblique ones, and therefore it is safest to begin the exposure in the morning or the late afternoon, rather than during the hot hours of the day. Sunburn is relieved by applying oil or a plain cream and avoiding exposure for a time.

The tanning process is accomplished by an increase of melanin, a brown pigment in the skin, which is gradually developed by the chemical rays and distributed over the body. Blonds are usually more susceptible to the tanning process and also to erythema or a solar burn, and therefore the exposure must be brief and must be gradually increased during the first few days. The dark skin of the brunet offers better protection from the scorching ultraviolet rays, whether solar or electric.

It is interesting to know that the combined effect of sunlight and air

has a distinctly energizing and invigorating effect upon the muscles and other tissues of the body, as well as upon the skin. According to Rollier, of Switzerland, the benefit is very much like that obtained by skillful massage. This is easily understood when we remember that massage, like exposure to light and air, stimulates the circulation of the blood in the skin and the deeper tissues, and thus improves their nutrition and function. Regulated exposure to sunlight and cold air under medical supervision protects and fortifies the body against disease and is regarded as a genuine tonic for most people. The eyes and head should not be exposed to bright, hot light.

PHOTO BY
CV. LA TOUR



must be brief, with protection from wind, which intensifies the effects of the heat rays and increases the danger of sunburn. Cautious exposure to the sun following a water bath is necessary. The direct rays of the midday sun are exceptionally powerful, and special care is needed to prevent sunstroke, heatstroke, sunburn, or collapse. Among the symptoms of over-exposure is headache, with a feeling of general discomfort and lassitude bordering on weakness. The skin may become hypersensitive and irritable, and nervousness may develop, with a possible rise of temperature.

During the summer season it is often possible to take sun baths from a wide-open door or window, providing there is privacy. Ordinary glass filters out practically all of the valuable ultraviolet rays. A couch or cot may be placed before the window, so that when one lies down, the sun rays will reach the body, the head being protected by a wet towel or kept in the shade. An open porch or veranda where privacy is obtainable is preferable. The ultraviolet, or burning, rays of the sun are deceptive, and no irritation may be noticed for several hours. Then an intense itching and pain develop, and even blisters, which are very annoying and even dangerous if infection occurs.

If necessary a six-foot canvas enclosure can be erected on an unshaded part of the lawn to obtain seclusion. The canvas wall should be six to ten inches above the ground to provide

ventilation. A mackintosh sheet on the ground, or a cot, completes the outfit for a sun bath.

The discovery of electric light by Thomas Edison made possible the use of artificial light for both health conservation and the cure of disease, a great and notable advance in physical therapy. People living in the Temperate Zone, in the Northern States or Canada, get very little sunlight in winter, when they need it most. The pall of soot, dust, and smoke overhanging our large cities like great clouds, filters out most of the ultraviolet rays, which possess special healing virtue. Here is one advantage of the dweller in the village or in the country, who has clean and pure air to breathe, and who gets full benefit from the radiant energy of the sun.

Apparatus for the production of ultraviolet rays is expensive and far more suitable for the sanitarium, the hospital, or the doctor's office than the home. This form of light therapy must be given by a trained nurse or technician who understands the proper use of the appliance and the danger of a serious burn.

On the other hand, infrared radiation, a valuable remedy for both children and adults, can be given safely at home. These infrared and luminous rays have distinct health-promoting and healing effects. Fortunately, such apparatus is inexpensive. For only a few dollars it is possible to obtain an appliance which is suitable for home use and is an efficient means of giving electric-light baths. Infrared radiation is of great value in the treatment of various inflammatory diseases, including rheu-

matism, arthritis, and neuritis, and also for the relief of many other aches and pains.

For many years the supreme value of sunlight and fresh air in the prevention and treatment of tubercular disease has been recognized by the medical profession and also, to a certain degree, by the laity. Dr. John Harvey Kellogg of the Battle Creek Sanitarium was one of the early pioneers in the use of sun and air baths in the treatment of lung disease. A victim of consumption in his teens, he adopted the fresh-air life and a fleshless diet, with the best of results. In 1877 Dr. E. L. Trudeau, of New York City, afflicted with an intractable type of consumption in his early twenties, finally left the city and rented a cottage in the vicinity of Saranac Lake. None of his relatives or friends expected him to return alive. He spent much of the time out of doors, and in the course of about a year enjoyed a return of health, and, although he was always delicate, the sunlight-and-air regimen added nearly forty years to his life.

Man was created a fresh-air animal, and when he imprisons himself in ill-ventilated and overheated houses, he soon becomes pale and anemic and loses vitality. This is an excellent way to reduce the natural disease-resisting forces of the body and weaken it sufficiently to permit germ infection. Both sunlight and fresh air have a definite invigorating and healing influence upon the entire human system.

It is much easier and much less expensive to prevent tuberculosis or any other disease than it is to cure it. Pulmonary tuberculosis is now successfully treated at home by providing the necessary facilities for rest, suitable diet, and outdoor life in the sunlight, combined with necessary nursing and skillful medical direction. Most patients suffering from consumption do better under favorable conditions at home than would be possible if they sought another climate among strangers where the treatment is not always as successfully individualized as it should be. Daily contact with a group of consumptive patients is not likely to be uplifting and inspiring.

(Continued on page 31)

Sunshine and Fresh Air Are Genuine Tonics
for Most People. They Fortify the Body
Against Disease





Cool and Satisfying

FOR A
HOT SUMMER DAY

ICED



SOY-KOFF

REG. U.S. PATENT

"Madison Foods—an industry that is largely responsible for making the soy bean appetizing to Americans."
—From Story in "Reader's Digest," May, 1938.

Cool and satisfying for a hot summer day. The alkaline beverage that tastes like coffee, but contains no caffeine. Serve with our thin, crisp, flaky Whole Wheat Wafers. 20 cents per package—35 cups.



KREME O'SOY CRISPS

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BELLE WOOD-COMSTOCK, M. D.



Questions for this department should be addressed to The Mother's Counselor, Life and Health, Takoma Park, Washington, D. C.

Poor Teeth of Child

My little daughter aged four years six months has very poor teeth. When she was three years of age, I noticed that the enamel was dirty looking. I brushed her teeth every day and had them cleaned by a dentist several times. One dentist said the enamel seemed to be slowly dissolving away. Recently she has had three fillings. My diet previous to her birth was adequate; however, she has had too many sweets, as I could not regulate the relatives on whom we have been dependent. I try to have her drink plenty of milk, and eat properly. She has always taken an amount of milk which would be sufficient for the average child, but the fruit problem has been more difficult. Is it likely that her permanent teeth will be like these? Will it help to give her calcium in some form? It would be easier to get her to take something of that kind than to induce her to eat an excessive quantity of food to get extra lime.

Your little girl is no doubt suffering from a calcium deficiency. There probably is some hereditary cause for this, even though your diet previous to her birth seemed to be adequate. She may have inherited some glandular deficiency which has made it impossible to properly utilize calcium even though she has had it in sufficient amounts.

One of the greatest helps in assuring proper calcium appropriation by the body is in the stimulation of the body to manufacture an abundance of vitamin D. The body is able to make its own vitamin D, providing it has plenty of sunlight; so sun baths are a very important adjunct in a problem such as this. See that her body gets brown from exposure to the sun. Let her spend most of the summer days and even the warmer days in fall and

spring in a sun suit. During the winter months give her cod-liver oil. Her diet, of course, is very important.

She gets calcium from her fruit and vegetables and her quart of milk a day, but since the amount of food eaten determines to an extent the amount of calcium needed, it is important that she does not take very much food that lacks calcium. Natural foods are all associated with this valuable mineral, but foods such as artificial sweets, cane sugar, candy, and many desserts, contain no lime, yet increase the body's need for it. For this reason a child like yours who by heredity has a calcium problem, should not be given demineralized foods.

The more nearly she can live on natural foods, the greater will be her chance of overcoming this deficiency. Her diet should be made up largely of fruits, vegetables in as natural form as possible, milk, whole-grain cereals, one hundred per cent whole-wheat bread, and any cereal that is its equivalent. When she has rice, she should have brown or whole rice. When she has corn meal, it should be the yellow kind.

She should have no cane sugar. She should learn to like unsweetened fruit, and much of her fruit should be raw.

When cooked or baked, it should be prepared without sugar. Let her have a great many raw vegetables, grated carrots, raw cabbage, lettuce, tomatoes, celery, etc. She will like such combinations as grated carrots, cottage cheese, and chopped nuts; carrots, raisins, and apple; apple-and-celery salad; lettuce with lemon-and-honey dressing. There are many such combinations that can be made appetizing and that require no artificial addition.

She may have cooked vegetables seasoned only with salt or with added cream or milk. Valuable vegetable soups may be made for her by cooking the vegetables with skins and tops and then putting them through a strainer and using the purée as a soup stock. To this may be added canned milk, cream, a little salt, with very palatable results. Such foods as olives, avocados, nuts, raisins, dates, other dried fruits, and bananas, she may have at any meal. She will enjoy stuffed dates, stuffed prunes, raisin-and-nut combinations, for dessert. There are other attractive desserts that can be made of simple natural foods without the use of cane sugar. For extra sweetening, if that is necessary, it would be well to use honey. If possible, teach her to like buttermilk. The calcium value of buttermilk is better even than that of sweet milk because the calcium that comes in an acid medium is more easily utilized by the body.

Now about extra calcium in the form of tablets. No doubt it would be a definite help for her to take some calcium. Get some five-grain calcium gluconate or calcium-lactate tablets and let her take about four of these a day, two at a time twice a day.

She may need some glandular help such as parathyroid or thyroid, but this would have to be given under the supervision of a physician. I believe a careful carrying out of the program I have suggested will bring about definite improvement.



Peaches and Strawberries

(Continued from page 10)

molding and by repelling insects during drying. Either of these agents might destroy the food value or salability of the fruit, if not checked."

In 1934 Agnes Fay Morgan, Ph.D., read a paper on the nutritive value of dried fruits, before the American Public Health Association. She stated that her experimentation indicated that during the process of drying, the sulphured, dehydrated, and sun-dried peaches retained one hundred per cent

of their vitamin C; while in the un-sulphured, dehydrated, and sun-dried peaches all of the vitamin C was lost.

Following are three recipes for the use of peaches:

Blood-Building Marmalade

- 1/3 dried, cooked peaches puréed
- 1/3 dried, cooked apricots puréed
- 1/3 dried, cooked prunes or pears puréed

This can be sweetened to taste with honey. It is really a very palatable mixture.

Peach and Banana Salad

Take equal quantities of thinly sliced bananas and well-ripened peaches. Place them in alternate layers in a large salad

bowl, and cover with orange juice. If preferred, this can be arranged as individual salad, using original ideas as to decoration.

Peach Cream

Purée fresh ripe peaches. Allow equal quantities of peach pulp and cream. Add a little honey or malted nuts to sweeten, and beat all together until the cream is light. This may be served in sherbet glasses with whole-wheat or soy wafers. If preferred, it can be frozen in the trays of your refrigerator.

The strawberry is really an ancient fruit, being mentioned in the days of Virgil and Pliny.

During the sixteenth century the strawberry was used quite commonly in England, but it did not find entrance into the United States until 1834. It is a native of the Andes. It seems almost unbelievable that we now have over one thousand varieties growing in this country of ours. It belongs to the rose family.

The strawberry is a very hardy fruit, thriving in cold countries. It is a good source of iron. There is just a little more iron in one cup of fresh strawberries than in an egg yolk. Its chief acid is citric acid, which is a good alkalinizer of the body. It also contains more calcium than other fruits, except figs and raspberries. However, fruits as a class are not high in calcium.

The strawberry is an excellent source of vitamin C, which is so essential to the health of the body. One needs an abundance of this vitamin for optimum health. There is weight for weight just as much vitamin C in strawberries as there is in grapefruit.

Whatever phase of the balanced diet is studied, one is impressed with the importance of using natural foods in abundance.

Following are two recipes for the use of strawberries:

Pineapple and Strawberry Salad

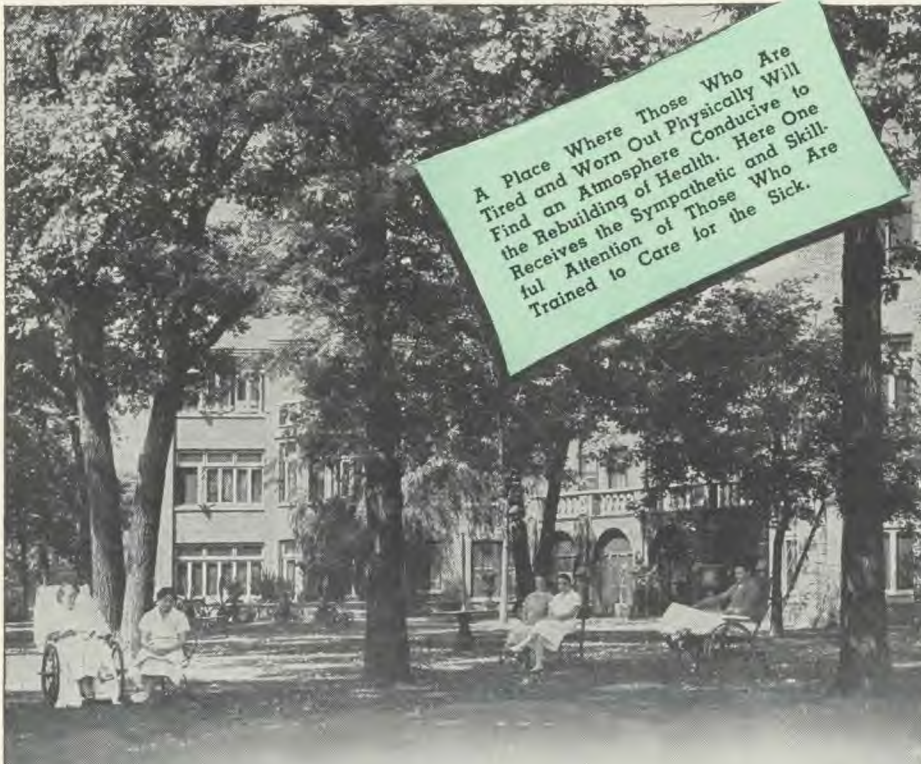
- 2 cups diced pineapple
- 1 cup strawberries

Cut pineapple into small pieces and mix with a fruit-salad dressing if desired. Just before serving, cut the strawberries into halves and add to the salad.

Strawberry Fluff

- 3 egg whites
- 1/2 tablespoon lemon juice
- 1/3 cup sugar
- 1/2 cup quartered strawberries
- A few grains of salt

Beat until foamy the egg whites to which salt has been added; then add the lemon juice, and beat until stiff. The sugar should be added gradually while continuing to beat, and when the mixture is very stiff, fold in the berries. Serve in sherbet glasses, with a large berry on the stem on top.



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For Boys and Girls

BY Veda S. Marsh, R.N.

THE HEALTH CLUB MEETS

THE Little Jay's had called their playmates together one afternoon soon after school closed, and had organized a Health Club. The name receiving the highest number of votes was "The Little Jays' Health Club," and John had been chosen as president. At the first meeting, committees were appointed as follows:

The Cleanliness Committee, the Tooth Committee, the Milk Committee, the Hands Committee, the Eats Committee, the Work Committee, and the Courtesy Committee.

It was now July, and at this meeting the first four committees were to report. Twenty boys and girls were gathered on the lawn when John brought his mallet down with a thud on the table as he said, "The meeting will now come to order. Let us stand and repeat our pledge."

Twenty voices repeated, "I will follow the rules of the Junior Life and Health League and will read the Boys and Girls' page of LIFE AND HEALTH each month."

"We will now have the secretary's report."

Joycie Cott read the report of their first meeting.

"We shall now have reports from our standing committees. Joyce Elaine is chairman of the Cleanliness Committee, and she will now give her report."

Joyce Elaine stepped forward and read:

"The aims of the Cleanliness Committee are:

"1. To encourage every one to have a daily bath.

"2. To teach others some of the kinds of baths and their value, as—

"a. The cleansing bath of soap and water.

"b. The cold bath to prevent taking cold.

"c. The lukewarm bath to make a person sleepy.

"d. The very hot bath to make a person perspire when he has a bad cold.

"e. The cool bath with a brisk rub afterward to improve a person's circulation.

"We are glad to announce that all but two members of our club have had baths every day during this month, and those two missed only twice. We hope to have a perfect record next month."

The president arose. "We are very glad to have such a good report. I am sure we are all feeling the benefits of a daily bath these warm days. We shall now hear Jean Parrett give the report of the Tooth Committee."

Jean gave the following report:

"The aims of the Tooth Committee are:

"1. To encourage every one to brush his teeth twice a day.

"2. To encourage the eating of some hard food that requires chewing, to encourage the eating of vegetables and whole-wheat grains, and the drinking of plenty of milk every day.

"3. To keep our teeth free from all cavities.

"I fear this report is not quite as good as some," said Jean, "for it is hard for a few to remember to brush their teeth. There are only eight who have perfect records, but no one missed brushing his teeth at least once a day. We hope to do better this month."

"I am sure we can do better this month. How many will try to have a perfect record?" asked President John. Every hand went up.

"I am glad to see every hand. I understand the Tooth Committee is planning a surprise for us in August; so I feel we must do our very best this month. We shall now hear Stanley Engeberg give the report of the Milk Committee."

"The aims of the Milk Committee are:

"1. To encourage each one to drink or otherwise use one quart of milk a day.

"2. To plan so that each one may be able to have a quart of milk each day.

"3. To teach the value of milk:

"a. It is a perfect food.

"b. It contains phosphorus and calcium to grow good teeth and good bones.

"c. It helps to keep a person growing and healthy.

"We are glad to report that fifteen members of the club are using one quart of milk a day, and we hope soon to have a perfect record."

"That is a good report, and I am sure we are all anxious to have perfect records. Carolyn Shepherd will now give the report of the Hands Committee."

"The aims of the Hands Committee are:

"1. To wash our hands before each meal and before touching anything to eat.

"2. To try to keep our fingernails clean and to take good care of them.

"3. To avoid biting the nails.

"I am glad to report that one member has nearly broken herself of the bad habit of biting her nails. Fifteen had perfect records for washing their hands before each meal. We, too, hope to have a better record next month."

"The motion for the adjournment of the business session is in order, after which the Social Committee and the Refreshment Committee will take charge."

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Salads for Summertime

By HANS ANDERSON

Green-Vegetable Salad

- 1 cup grated raw carrot
 - 1 cup finely shredded crisp cabbage
 - 1/4 cup diced green onion
 - 1 cup grated radish or turnip
 - 1/3 cup chopped parsley
 - 1/3 cup diced pimento if at hand
- Mayonnaise dressing, or cream mayonnaise

Mix and blend with plenty of the dressing and serve on lettuce leaf.

Summer Salad

Arrange crisp lettuce leaves on a small plate, and sprinkle with thinly sliced cucumbers. Mix finely chopped green pepper, chopped green onion, and chopped parsley together in a bowl, and sprinkle this over the salad. Lastly, add French dressing (two parts of lemon juice to 3 parts of salad oil), and serve.

Gold Salad

- 1 cup shredded young cabbage
 - 1 cup shredded cucumber
 - 1/3 cup green onion rings
- Crisp lettuce
Well-colored young carrot
Mayonnaise dressing

Mix the cabbage, cucumber, and onion, and flavor with mayonnaise dressing. Place crisp lettuce leaves on a small plate and sprinkle the salad roughly over the lettuce. Grate well-colored carrot all over the salad, and serve with a teaspoonful of mayonnaise on top.

Carrot-and-Tomato Salad

Grate two cups well-colored carrot, and season with onion and French dressing or mayonnaise to suit the taste. Pile a mound of this salad on lettuce leaves on small plate, and place quarters of scalded, peeled tomato around, with points of tomato leaning against the carrot mound, and a teaspoonful of mayonnaise on top.

Tomato Mexican Style

Mix finely chopped bell pepper, chopped parsley, and chopped onion, and chopped ripe olives, if at hand, in a bowl. Spread this over thick slices of scalded, peeled raw tomato, and serve on lettuce leaves with French dressing or mayonnaise.

Combination Salad

- Sliced tomato
- Sliced cucumber
- Sliced green onion
- Sliced radish or spinach leaves
- Crisp lettuce
- French dressing

Pare the vegetables and slice thinly, except the ripe tomato, which can be sliced in fairly good-sized slices. Rub the salad bowl on the inside with a half clove of garlic, if desired, for flavor. Tear the crisp lettuce into medium-sized pieces, mix ingredients, and set in refrigerator. Just before serving, pour over it enough French dressing to season, using it scantily, and serve immediately.

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Child With Appendicitis

"My little girl had an attack of appendicitis. Her side was sore, and she had difficulty in standing straight for two days. She is a frail child, and we are afraid to have her operated on. We live far from a doctor."

You should have a doctor examine your little girl. If he thinks she has appendicitis and examines her at the beginning of the attack, she should be operated on right away. If the attack is nearly over, she can wait until she feels better, and have the operation then between attacks. She will probably continue to have spells off and on if you do not have this taken care of. At times it does go away, but this is not safe to gamble on. You might get stranded back in the mountains with a child with a ruptured appendix, and death might result. I would be more afraid not to have her operated on. This should be attended to immediately.

Bronchiectasis

"What are the causes and symptoms of bronchiectasis?"

This condition may occur from repeated upper respiratory infections such as acute colds which extend down into the bronchial tubes, or it may come from sinus trouble, occurring after frequent colds, with or without infected tonsils and adenoids. Often a chest X ray after the injection of an iodized oil into the bronchial tree, is necessary to accurately diagnose the condition. Usually people with bronchiectasis cough up a great deal of purulent material, especially in the morning when they first get up. For this reason we advise postural drainage. Have the person hang his head off the side of the bed on a chair five minutes three or four times a day, getting his chest and head lower than his buttocks. He should eat a well-rounded, nourishing diet.

Pinworms

"My children have pinworms. How do children get these, and what can I do?"

Pinworms are little worms from a quarter to half an inch in length, which live in the beginning of the large intestine. They get into the body through the mouth, and are usually taken in with infected food, or dirt, or anything that might be contaminated with the eggs that these little worms lay. The worms lay eggs which are discharged in the feces. The child usually keeps himself reinfected by scratching the anal region, and establishing finger to mouth contact. This is the chief way they are transmitted,—by the dirty fingernails of the child. I am sending you a slip which will give you some information regarding the treatment of this condi-

tion. Certain drugs are useful, but are given under a doctor's observation.

Fatty Tumors

"What causes fatty tumors?"

A fatty tumor is an overgrowth of one of the structures in the subcutaneous tissues; that is, of fat. Nobody knows exactly why it starts to grow and forms a tumor. However, these are not malignant and will not cause trouble except that they make a lump. If they are in the way or unsightly, the best treatment for them is to have them removed surgically.

Constant Headache

"My daughter has had intermittent and terrible headaches occasionally for a long time. They began when she was fifteen. They start over one eye, and the pain extends to her temples. What can we do for her?"

Your daughter probably has migraine headaches which usually come on about this time, and are aggravated by nerve strain and shocks, such as your daughter has had. Attacks are usually one sided, and spots sometimes appear before the eyes when they come on. One is usually sick at the stomach from them. This type of headache is very commonly hereditary. Your daughter should have a thorough examination to see if there can be any cause established for these headaches. She may have eyestrain. Her kidneys may not be working right. Her blood pressure may be elevated, or there might be some intracranial condition to account for it. Therefore, her eyes should be carefully examined, not only as to sight but as to the visual fields and fundus. This cannot be determined by mail.

Dry Skin

"My skin is very dry, and now my lips feel dry and swollen, especially in the morning. What causes this?"

Dry skin may be due to any one of a number of causes. In the first place, almost any one's skin is more dry in the winter than it is in the summer, due to the vitiation of the air by artificial heat. Second, glandular condition, such as hypothyroidism, may contribute markedly to dry skin. Then there is a condition called ichthyosis, in which there is an absence or shortage of the oil glands in the skin, which also causes this trouble. The swelling of your lips may be an angioneurotic edema (related to hives), in which the eyelids and lips sometimes swell, or it may be some local cause that is operative, such as tooth infection. I feel you should see a skin specialist in your locality.

Goiter and X Ray

"I had a goiter operation sixteen years ago, but two years later the goiter came back. It has not bothered me until the last six months. Would you advise X-ray treatments?"

Roentgen rays are used with good results in many cases of overactive goiter. However, it would depend upon the condition of the activity of one's goiter, the type and the amount of tissue left, and your general physical condition, as to whether you would be a good subject for treatment with Roentgen rays instead of surgery. Your doctor would have to decide.

Marshmallow

"Is there anything in the manufacture of marshmallows that makes them harmful to use?"

Marshmallow is a mucilaginous material obtained from the althae or mallow plant. In the form that we use as marshmallows, it is made up with powdered sugar. I know of no reason why the occasional use of marshmallows should be harmful.

Nose Discharge

"On arising in the morning, a watery discharge comes from my nose. This continues for an hour or so, and then my head clears up. I have had this trouble for four years, but do not have it in hot weather. What can I do to prevent this?"

You may have a condition known as vasomotor rhinitis. This is due to sensitivity of the nasal mucous membrane to some irritant which may be continually present, such as house dust, feathers, cat hair, etc. There may be some sinus infection, or disease of the nose and throat. You should see a nose and throat specialist for advice.

Resistance Against Colds

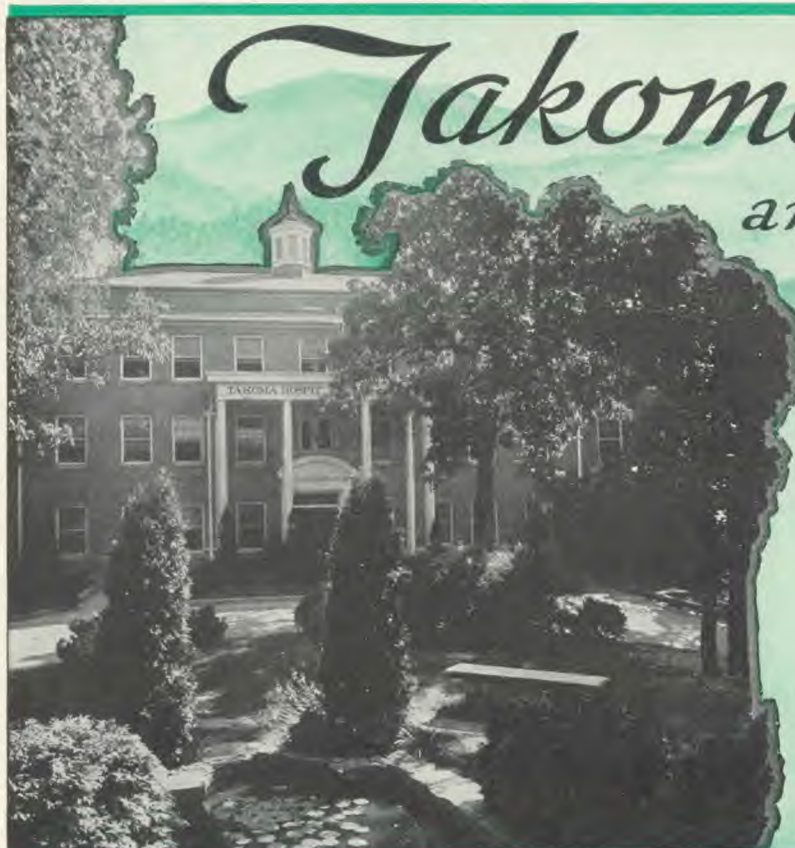
"Please tell me if — tablets would be good to take to alkalinize one against colds."

The best thing for immunizing against colds is to eat good mineral-containing foods, such as spinach, lettuce, carrots, broccoli, etc. If you tend to have frequent colds, you should endeavor to learn the cause. See your doctor.

Dietary in Tuberculosis

"I am a tuberculosis patient. What shall I eat?"

You should have plenty of good, wholesome food, including milk, cottage cheese, eggs, and fresh and cooked fruits and vegetables. There are no special foods that should be stressed in tuberculosis, but rather a well-balanced program.



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Noise and Temperature Control

(Continued from page 15)

dehumidification does give comfort, however.

From the health standpoint, as life is lived today in most American homes, it is far more important to humidify the air in the winter, or the heating season, than it is to dehumidify it in the summer. Although it is true that hot, muggy weather always increases the death rate in the large cities, nevertheless this increase is not as great as the increased death rate in the winter season from pneumonia, influenza, et cetera. Few know that one of the more important contributing factors to the winter death rate is the lack of humidity in indoor air.

Air tends to draw moisture from whatever it touches. Among other things, it draws moisture from the mucous lining of the nose and throat, from our furniture, drapes, book-bindings. It also takes moisture from our skin, as in the case of wind burn. When the relative humidity of the air is anywhere from 35 to 50, our tissues do not feel the loss, but when, as pointed out above, we "dry out" the air in our homes in the wintertime, so that the relative humidity drops below that to be found in a desert, then it is serious business. The nose and throat tissues become dry and irritated. The irritation is ever so slight, and usually may not be noticed until one steps into the cold outdoors, and then the trouble begins.

Of course, there are other factors that contribute to colds and pneumonia, such as incorrect eating habits, loss of sleep, fatigue, nerve strain; but they are not so universal as the one we are now discussing. Much illness could undoubtedly be avoided if humidity were added to the indoor atmosphere either by the old-fashioned method of placing a pan of water on the radiator, or else by purchasing a modern humidifier for the home. The latter are relatively inexpensive for the service they render, and many companies are making them so that they are an attractive addition to the furniture of any room. Bacteria can readily gain a foothold in the tissue of nose or throat when this tissue is so dried that it cannot function properly as the body's first line of defense.

Since we are quite familiar with

heating, little need be said other than that we should be careful not to over-heat our homes. It should never be necessary to bring the temperature above 68 degrees. Whenever we find our thermometers registering more than this, we may be sure that the relative humidity has dropped below what it should be. When the relative humidity goes below what it should be, the atmosphere takes moisture more rapidly from the skin and tissues than it did previously, and this produces a cooling effect. Naturally, then, when the body is having a cooling effect superimposed upon it other than the coldness of the winter climate, it is going to demand more heat for comfort, and hence more coal is going to be burned in the home. From this it can readily be seen that for most homes it would be cheaper to humidify the atmosphere!

Most of us who live in the cities or who have visited them in the hot summer months are familiar with air cooling as we find it in stores and restaurants and theaters. There is not much to be said about this, excepting that we enjoy the comfort. In some cases we do not enjoy the excessive coldness, and some have caught summer colds or neuritis in places that have been cooled to too low a temperature. It is now known that the inside temperature of a place should never be cooled more than fifteen degrees below that which is to be found in the street; that is, for the comfort and enjoyment of the great majority of the people. Equipment for homes or offices that can be controlled for the individual rooms is preferable to a centrally controlled system, for not all people can readily adjust themselves to the same degree of cooling.

It should be evident from the material surveyed thus far that not only is air conditioning beneficial to health, but it increases a person's working efficiency. The experience of the workers of the *Chicago Daily Tribune* gives us the following history. After the plant was air conditioned, even though the working staff was increased, there was over a fifty per cent reduction in absences during the winter months. The employees numbered more than 2,200. In the case of the Continental Bank of New York City, a similar experience was noted over a period of years, nearly one third more work being accomplished with the same staff without any increase in the number of working hours.

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- First Aid for Accidents
- Travel Troubles—Car Sickness, Seasickness
- Dangers That Lurk in Cosmetics (2 articles)
- What to Do With an Inferiority Complex
- How to Have a Beautiful Complexion Without Cosmetics
- Remedies Commonly Used for Stomach Disorders
- How to Buy Fruit Economically
- Questions That Patients Most Frequently Ask a Doctor (8 articles)
- Wholesome Frozen Desserts

The information in only one of these articles may save you many times the cost of a subscription. If you are a subscriber to LIFE AND HEALTH, you will find in this issue of the journal an order form of unusual interest. The remarkable opportunity featured there is open to you until June 15. **Only a few days remain; so act NOW!**



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If your dealer does not have Bakon Yeast, you may order it direct on the coupon below. Send 25 cents in stamps or coin for the full 1½-ounce jar, equal in B-vitamin value to fifty standard yeast cakes costing \$1.50. Or, for one dollar, you have the choice of a four-jar set in an unusually attractive container, or an eight-ounce canister. The latter is the most economical form in which to buy it. If you prefer, either of the dollar items will be sent C.O.D. (pay the postman on arrival). Full satisfaction is guaranteed, or money will be cheerfully refunded.

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Safe and Sane Vacationing

(Continued from page 5)

risks than those who are careless. In general, it may be stated that clean linen on tables, clean linen on service personnel, clean menus, clean dishes, clean windows, few flies, and the serving of pasteurized milk will characterize a good restaurant. Incidentally, it may be remarked that a busy restaurant is more likely to be a good one than one which is not doing a good business; the reason for this should be obvious.

Persons who go on vacations should safeguard themselves in advance by vaccination against smallpox, unless they have previously been successfully vaccinated. If children are to go traveling, they should be immunized against diphtheria and whooping cough before they go. Scarlet-fever immunization is recommended by some, but is not as essential as the other immunizations mentioned.

Many persons may wish to know in advance what disease conditions exist in the locality to which they are going. This can be ascertained by writing or telegraphing the health officer, if one is going to a city, or the State board of health, if he is going to a rural region. A reply by telegraph, collect, should be authorized, or else a stamped, self-addressed envelope should be enclosed. Health officials are glad to answer such inquiries. Incidentally, it may be said that the presence of one or two cases of a disease in a large city should not constitute ground for canceling a vacation trip, because the probabilities of contact are remote, especially if the vacationists are traveling by private conveyance. Many families have canceled vacation trips because they read of epidemic disease in the locality to which they were going and have remained at home when there was greater prevalence of the same disease in their immediate vicinity. This is particularly true in the case of diseases like infantile paralysis, of which most persons are excessively afraid.

A vacation should involve a change. It is illogical for the postman to take a long hike, or the sailor to go for a sea voyage. Vacation should involve change, but not too great a change. It is foolish to go vacationing and come back ill. Every one should have a vacation, but vacations should promote health, not destroy it.



The Steam-Pressure Canner

THE U.S. Department of Agriculture recommends that nonacid vegetables be processed in a steam-pressure cooker. These cookers are designed to obtain temperatures higher than can be reached in the boiling-water bath about which we wrote last month. These cookers are manufactured in aluminum and steel, and have tight-fitting covers that clamp down to prevent the escape of steam. A pressure canner should be strongly built, and fitted with enough clamps to keep the steam in under pressure. The top must be fitted with a safety valve, an air outlet or petcock, and a pressure gauge. A thermometer set into the top is desirable, for with that you can check the pressure against the temperature. Directions for canning come with each pressure cooker. No steam should escape except at the petcock.

When the jars have been placed in the pressure cooker (the water in the canner is boiling as in the hot-water bath), adjust the cover and fasten it securely. Allow the petcock to remain open until the steam escapes in a steady stream for from four to seven minutes, which shows that no air remains inside. Then close the petcock and allow the pressure to rise until it reaches the desired point. Count time from the minute this desired pressure is reached. Be careful that the heat is so regulated as to maintain a uniform pressure during the processing period.

Canning Corn

NOTHING looks more beautiful in a clear, glass jar than whole-grain corn. Cut the corn from the cob with a sharp knife, and as closely as possible, but do not scrape the cob. Allow one teaspoonful of salt for each quart of corn, and half as much boiling water by weight as you have corn. Some like a little sugar in their canned corn, two teaspoonfuls to a quart. Boil the corn for three minutes, and then while it is boiling hot, pack loosely (for corn swells during the canning process) in hot jars. Partially seal and process in steam-pressure canner one hour if in pint jars or ninety minutes if in quart jars, at ten pounds pressure. If you use a hot-water bath, process for three hours. Remove from the canner and seal immediately.

Corn on the Cob

BOIL corn on cob for five minutes, pack into hot jars, add level teaspoonful of salt for each quart, fill jar with cooking water, partially seal, and process for three hours in hot-water bath, or for ninety minutes in steam-pressure cooker at ten pounds. Remove from canner and seal at once. If you use two-quart jars, process for four hours in hot-water bath and for two hours in steam-pressure cooker at ten pounds. One can pack seven or eight ears in a two-quart jar.

Succotash

BOIL corn cut from cob for five minutes, and boil young, tender Lima or shell beans for five minutes. Combine, pack loosely in hot jars, add one teaspoonful of salt for each quart, fill jar with cooking water and partially seal, and process for three hours in hot-water bath or ninety minutes in steam-pressure cooker at ten pounds.

Remember

REMEMBER that corn and beans swell during the canning process. That is why we pack them loosely in the jars. Remember, too, always to use fresh, tender vegetables when canning. Jars should be cooled immediately after canning at room temperature, and stored in a dark, dry place of even temperature.

Okra Recipes

MRS. M. CUMMINGS, of New Jersey, found this okra recipe in an old Southern cookbook about a hundred years old. She shares it with our readers.

Wash and cut off the ends of young okra pods, cover pods with salted water, and cook about twenty minutes, or until tender. Drain. Add cream (a scant cup to a quart of okra), a tablespoonful of butter, and salt to taste.

Another okra recipe comes to us from Mrs. Lauren O. Noble, of Alabama.

Wash okra and slice quite thick. There should be two cups of the okra, to which add a sprinkle of onion, if desired, salt, and enough water to cook until tender. Add two teaspoonfuls of butter or margarine and three large new tomatoes, and let simmer until done.

Fig Cookies

MRS. NOBLE also tells us how she makes fig cookies.

- 3 cups whole-wheat flour
- 1 cup white flour
- 2 tablespoons shortening
- ½ cup brown sugar
- 1 teaspoon salt

Make dough and roll out. Grind up figs and spread on, roll out another dough, and place on top of figs. Cut in squares and bake in hot oven.

Gluten Loaf

MRS. ALICE ALWAY, of San Diego, California, contributes a gluten recipe. Cook gluten in Vegex broth and grind through food chopper. Use three cups of this cooked gluten, one small ground onion, three eggs beaten (save white of one for basting), one cup of whole-wheat-toast crumbs ground fine, one cup of wheat germ, one cup nuts ground fine, salt to taste, one tablespoonful Vegex. Mix all together, oil well, and brush over with white of egg, lay in shallow baking pan and bake a nice brown. Serve with Vegex gravy.

Newberg Roast

LET me tell you about a tasty recipe that owes much of its tastiness to Bakon Yeast, that yeast product that gives the "smoked over hickory" flavor that many enjoy. Clyde Bailey gave me this recipe.

Soak two-thirds cup of ground cracker crumbs in two-thirds cup of cream, and then add one pound of ground Protose, one-half teaspoonful celery salt, one-half teaspoonful Bakon Yeast, and two egg yolks. Salt to taste. Beat the egg whites stiff and fold through lightly. Steam or bake in loaf pans or roll in patties, and bake until firm. Serve with a rich brown gravy.

Trade names for products similar to Protose are Protene and Vigorost.

WHAT'S NEW FOR THE HOME

Air-Washing Unit

RECENTLY there has been introduced a portable air-washing unit, with air-conditioning features, for home and office. It weighs about twelve pounds. It does not cool or heat the air, but it does circulate, filter, humidify, and medicate. It is recommended by health authorities as an aid to those suffering from hay fever, asthma, allergy to house dust, and respiratory ailments. In addition to these air-conditioning features, this unit has cleaning attachments which make unnecessary the use of vacuum-cleaner bag, the dust mop, the dust cloth, pan, broom, etc. It draws the dust and dirt into a pan of water, where they settle. When through cleaning, one can empty this muddy water into the sewer. This makes the unit especially sanitary to use. This machine is also used for demothing, shampooing rugs, floor waxing, etc.

Silver Cleaning

A NEW silver-cleaning compound takes all the tiresome polishing work out of cleaning silver. Two tablespoonfuls of this compound to a gallon of water, heated in an enamel pan until the water turns lavender (kept near boiling), is the solution that does the magic work. The silverware is placed in the tray that comes with the cleaning outfit, submerged in the solution, and left there for three minutes. Remove, rinse in clear water, and dry briskly with a soft towel.

Modern Way of Mothproofing

A LARGE electrical company has a mothproofing attachment for its cleaner, and thus you have a power spray that gets into the dark depths of fabric pile where the "moth worms work their wicked worst." Larvex, a colorless and odorless product, is used in the glass container, which is part of the attachment. Moths will starve rather than eat Larvex. With this power spray you do not miss an inch that needs moth proofing.

(For specific information as to where products here mentioned may be purchased, enclose a stamped envelope to Housewife's Corner, LIFE AND HEALTH, Takoma Park, Washington, D.C.)



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Cool Drinks for Hot Days

(Continued from page 8)

juices may now be purchased in the grocery store. Orange, lemon, grapefruit, prune, pineapple, loganberry, apricot, and even pear juices are canned for summer drinks. These, diluted with water, mixed with lemon and sugar, and served with ice, are delicious. Recipes for such drinks are not necessary, for they are easily seasoned to taste. With orange, lemon, and grapefruit juice it is well to shake the can thoroughly, then, after opening, to pour the juice back and forth from one container to another to thoroughly aerate it. Such a procedure will cause them to taste more like the fresh fruits. The canned lemon juice seems to give more of a lime flavor rather than a true lemon flavor to the beverage in which it is used.

Never hesitate to try a new unique recipe. For instance, the Crazy Cocktail has a piquant flavor all its own; it reminds one of tomato preserves, but its sweetish taste is unique. The Mint Julep is a pretty beverage to serve to friends in the evening. The Golden Nectar is an all-purpose beverage, lending itself to either a party or a boisterous picnic. The Favorite Punch is one prepared by a famous chef, and is truly a favorite among his clientele.

Sugar Sirup

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup water

Cook sugar and water together for only two minutes. If making lemon sirup, add one-half cup lemon juice to the above after the boiling. Lemonade may be made from this by adding ice water to taste.

Strawberry-Juice Cocktails

1 pint strawberries
2 tablespoons sugar
 $\frac{1}{3}$ cup orange juice
 $\frac{1}{4}$ cup grapefruit juice
1 $\frac{1}{3}$ tablespoons lemon juice
Few grains of salt

Wash and hull berries, sprinkle with sugar, let stand half an hour, and add fruit juices and salt. Mix thoroughly and rub through fine sieve. Chill and serve in glasses.

Party Punch

4 cups sugar
4 cups pineapple juice
24 maraschino cherries, quartered
8 cups carbonated water
8 cups plain water
2 cups canned crushed pineapple
Juice of 12 lemons
Orange and lemon slices

Boil sugar and plain water together ten minutes. Cool. Add fruit juices and crushed pineapple. Chill. Just before serving, add cherries, fruit slices, and carbonated water.

Makes about six quarts of punch. This may be served in large punch bowl.

Dinner Punch

1 cup orange juice
 $\frac{1}{2}$ cup grapefruit juice
5 tablespoons sugar or honey
 $\frac{1}{2}$ cup lemon juice
2 cups water
Orange slices

Blend thoroughly. Chill. For variation one cup of the juice of another fruit may be added, such as grape juice, raspberry juice, loganberry juice, pineapple juice, or the juice from any canned fruit.

Favorite Punch

3 cups crushed strawberries (about 1 quart)
2 cups sugar
1 cup lemon juice
4 quarts water

Add the lemon juice to the crushed strawberries and let stand for about one hour. Prepare sugar sirup by boiling the two cups of sugar in two cups of the designated water for two minutes. Then add the rest of the water, and chill. This makes slightly over one gallon of punch.

Golden Nectar

$\frac{1}{2}$ cups orange juice
1 cup pineapple juice
2 cups water
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ cup lemon juice

Strain the orange and lemon juices, and add to the pineapple juice. Then add the sirup prepared by boiling together the sugar and water. Stir, and chill with ice cubes.

Crazy Cocktail

To one cup pineapple juice add one-half cup tomato juice and juice of one lemon, or one-half cup orange juice and one-half cup sugar sirup.

Mint Julep

2 cups water
 $\frac{3}{4}$ cup sugar
1 cup boiling water
6 mint sprigs
 $\frac{1}{2}$ cup strawberry juice
 $\frac{1}{2}$ cup raspberry juice
Juice of 4 lemons

Boil the sugar and water twenty minutes. Crush the mint and pour over it one cup of boiling water. (If fresh mint is not obtainable, use two tablespoons of dried spearmint.) Let the mint and water stand five to ten minutes, strain, and pour into the sirup. To this add the strawberry, raspberry, and lemon juice. Serves six.

Postum Sirup

$\frac{1}{2}$ cup Instant Postum
 $\frac{3}{4}$ cup boiling water
1 cup sugar or honey

Combine ingredients and cook over low flame until a smooth sirup is formed. Iced Postum is made by mixing one tablespoon of Postum Sirup with one glassful of milk. Pour this over ice cubes in a tall glass, and top with a little whipped cream if desired.

Chocolate Sirup

7 squares unsweetened chocolate
1 cup hot water
1 $\frac{1}{3}$ cups sweetened condensed milk
 $\frac{1}{2}$ cup sugar

Melt chocolate in top of double boiler. Remove from boiling water; add condensed milk and mix well. Add water gradually, stirring constantly; then sugar, stirring until dissolved. Pour in jar, cover tightly, and place in refrigerator. Will keep for one week or ten days.

Chocolate Milk Shake

- 1 cup chilled milk
- 2 tablespoons chocolate sirup

Add milk slowly to sirup, stirring constantly. Beat or shake well. Pour into tall glass. If cracked ice is used, serve at once; a dash of cinnamon may be used if desired.

Minted Chocolate

- 1 cup chilled milk
- 2 tablespoons chocolate sirup
- 2 or 3 drops peppermint extract
- 2 tablespoons whipped cream

Add milk slowly to sirup, stirring constantly. Add flavoring, and beat or shake well. Pour into tall glass. Top with cream, and serve with a sprig of mint.

Chocolate Eggnog

- 1 cup chilled milk
- 3 tablespoons chocolate sirup
- 1 egg, well beaten

Add milk slowly to sirup, stirring constantly; add to egg, and beat or shake well. Pour into tall glass. Serves one. For a very fluffy eggnog, beat egg yolk and white separately; fold egg white in last. Flavor with cinnamon or nutmeg, as desired.

+ + +

Nervous Indigestion

(Continued from page 11)

of poisons. For that reason we can drink rattlesnake poison without harm, while only a very small amount injected into the blood stream means certain death. This is also true with regard to most poisons developed within the intestinal tract. Mineral oil, taken straight or in some modified form, is widely used, but the practice may have to defend itself against the accusation that it interferes with digestion in the same manner as grease does in fried foods.

Laxatives are mostly unnecessary and even tend to aggravate constipation. If taken at all, they should not be taken more often than once or twice weekly. The daily taking of such drugs "wears them out." One of the best and mildest, perhaps, is milk of magnesia, though there are others that one could mention. The drinking of two glasses of hot water containing a pinch of table salt, and the taking of more exercise, is all that many need to ensure daily bowel action. Finally, it is reasonably safe to advise that if some who now think they are hopelessly constipated would only not worry about it, and wait, their bowels would move normally.



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Protene	32 oz.	.50	Soy Protene	12 oz.	.22
Nutene	12 oz.	.22	Soy Protene	32 oz.	.48
Nutene	32 oz.	.48	Soy Beans	12 oz.	.15
Baked Kidney Beans	19 oz.	.18	Soy Beans (with vegetable sauce)	19 oz.	.22
Baked Kidney Beans	34 oz.	.30	Soy Beans (with vegetable sauce)	34 oz.	.30
Baked Pea Beans	19 oz.	.15	Garbanzos (chick peas)	12 oz.	.15
Baked Pea Beans	34 oz.	.25	Garbanzos (chick peas)	19 oz.	.22
Baked Yellow-Eye Beans	19 oz.	.18	Cooked Whole Wheat	8 oz.	.12
Baked Yellow-Eye Beans	34 oz.	.30	Cooked Whole Wheat	19 oz.	.15
Vegetable Soup	11 oz.	.15	Flavex (a meatlike flavoring for soups and gravies)	8 oz. jar	.75
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BATTLE CREEK METHODS



Where to Go for HEALTH and REST

Announcements of other Sani-
tariums are found on the follow-
ing pages:

Hinsdale Sanitarium, Page 20
Takoma Hospital, Page 24
New England Sanitarium, Page 24
Washington Sanitarium, Page 32

ANSWERS

To Questions on Page 2

1. USUALLY medicine. Both the Egyptians and the Greeks used snakes to depict medicine. Today, this same idea of the serpent is carried out on the automobile emblems used by doctors to denote their profession.

2. The medical term for infantile paralysis. At present, doctors are exerting every effort to find the cause of this disease, which is unknown.

3. The French anthropologist who invented the system of identification of criminals by measurements and characteristics such as color of eyes, the thumb lines, fingerprints, deformities, and the like.

4. Gastric juice secreted at the time of eating, influenced in quality and quantity by the appetite and relish for the food eaten. Hence, the importance of pleasant and leisurely, as well as tasty, meals, to ensure good digestion.

5. An American philanthropist from Massa-
chusetts. She organized the American Red
Cross and served as its first president.

6. A document given to the master of a
ship by the proper authority of the port
from which the ship clears, describing the
sanitary state.

7. The human foot. It was often used to
test the temperature of water before giving
an infant a bath.

8. A Bohemian doctor of the nineteenth
century, said to be one of the greatest
pathologists of his day. He is credited with
making over 30,000 post-mortem examina-
tions in his life. Because of the valuable
information which he contributed on acute
yellow atrophy of the liver, this condition is
known today as Rokitansky's disease.

9. Pain in the instep; usually caused by
the beginning of flatfoot. Because police-
men are on their feet so much and as a class
suffer a great deal from this condition, it has
been popularly named for them.

10. A simple instrument for measuring
the amount of light at any given place.
Medical authorities advise its use, particu-
larly in schoolrooms, in order to measure
the light at all times.



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Sunlight

(Continued from page 17)

In treating a tuberculosis patient, begin with a partial exposure, the legs and feet for example, for five minutes. The next day the knees may be included for five minutes and the legs treated ten minutes. On the third day the thighs are exposed for five minutes, and the lower parts may be treated for a longer period. Any treatment of this type must always be under the supervision of the doctor, who will decide the length of exposure and watch the temperature, pulse, and respiration, carefully noticing the various reactions. It is most important to keep the patient warm.

Growing children require a full quart of milk daily, the vitamin D content of which is readily and inexpensively increased by a process of ultraviolet irradiation. Milk so treated can be pasteurized or dried without lessening its vitamin potency. They also need a generous, well-balanced diet, including fruit and vegetables in plentiful quantities, and plenty of outdoor life and sunshine. In the absence of the latter they should receive daily exposure to artificial light, either the carbon arc or the mercury vapor lamp, but always under medical supervision.

Acne vulgaris (pimples), a common disfiguring skin disorder of youth, is cured, or at least greatly relieved, by the bactericidal and other effects of sunlight radiation. Exposure to ultraviolet light is an effective treatment for most cases of eczema, dermatitis, impetigo, boils, bedsores, ulcers, erysipelas, and granulating wounds, and it will often control psoriasis. The convalescence of patients from any acute or chronic disease is hastened by carefully regulated exposure to sun and air. These are potent remedies, and both skill and experience are required for their successful use. There are few chronic diseases that are not benefited by sunlight. Weak, frail, emaciated, anemic invalids of all ages rarely fail to obtain an uplift and improvement from the healing rays of sunlight. Remember that both sunlight and cold air are powerful tonics, and that they must be used with discretion to avoid danger and to obtain the healing effects required.

+ + +

RECREATION includes any activity that tends to restore what has been lost in the regular activities of life.



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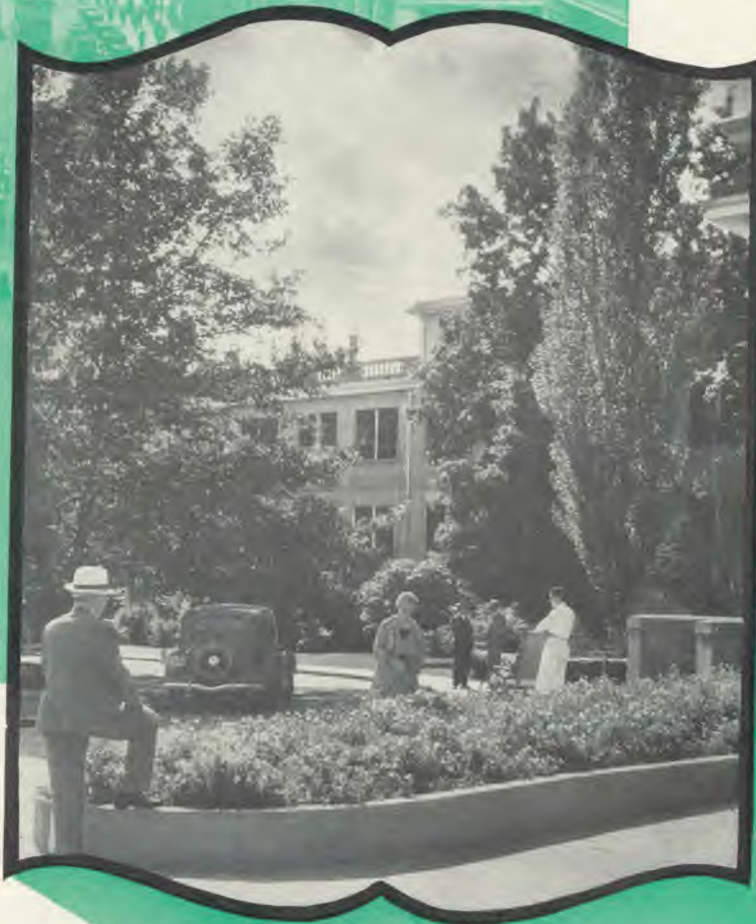
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