

become an important item in the food of the nation. (Nevertheless it had come to furnish something like one-seventh of the total energy of our people. Its replacement is an operation of vast magnitude.)

Are there any groups deserving special consideration and liberal treatment? At once we think of our soldiers and sailors. We should place in the same class all those whose manual labor and exposure are equally severe. We must, in addition, recognize the high nutritional requirement of childhood and youth. Doctor Gephart's study of the food furnished to the boys of St. Paul's School, Concord, N. H., is suggestive. The allowance to each pupil was found to be greater than that of a hard-working farmer. In spite of this, the average student bought refreshments between meals to an amount which added about 15 per cent to the regular diet. Since the boys were not overweight we can not say that they took any more food than their active systems required.

When, as at present, the public conscience is awake, and people everywhere are concerned to know their patriotic duty, individuals may impose upon themselves extreme and ill-advised denials. In such cases health may suffer. These men and women need to be set right in their practice just as truly as do those who are selfishly indifferent to the exigency. They must endeavor to conserve their own capacity for service and not solely the nation's food.

We need particularly to cultivate a right mental attitude toward the situation. It is within our power to determine whether we will magnify our privations or find an intellectual pleasure in grasping the problem and watching the process of its solution. We may dwell on the unwelcome restrictions or we may with greater advantage rejoice in the new spirit of co-operation. It is likely enough that the dissatisfaction we are tempted to feel with our daily food arises chiefly from the unhappy undercurrent that is in every mind. The terrible facts of the war are to be resolutely faced, but we shall do well to preserve our mental balance by sane recreation, good reading, and other interests detached from this colossal horror. If we can keep a philosophic temper we can make light of dietetic trammels.—*Percy G. Stiles, of Harvard Medical School, in Health News.*

COL. BUSHNELL ON TUBERCULOSIS.

George E. Bushnell, Col. U. S. A., retired, discusses the treatment of tuberculosis in the *American Review of Tuberculosis*, for July. Rest, fresh air, exercise, feeding, symptomatic treatment and tuberculin are taken up in turn. The object of any form of treatment is to aid the