

# CANADIAN OUT-DOOR LIFE.

A MAGAZINE DEVOTED TO THE GOSPEL OF OUT-DOOR LIFE  
IN THE TREATMENT OF TUBERCULOSIS, AND THE VALUE  
OF FRESH AIR AND HYGIENIC LIVING FOR EVERYONE

VOL. I

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NO. 9

## No Future For Physic

The Hope of the Race in Fresh Air and Hygienic Living.

WHEN so high an authority as Sir Frederick Treves affirms that tuberculosis cannot be dealt with by physic but by fresh air, sunlight, and such-like, and that consumption can be cured by simple methods, a magnificent testimonial is thereby given to the teaching and methods of the National Sanitarium Association. We commend his words to the careful consideration of our readers and feel that it should be a matter of much hope and joy that tuberculosis is being intelligently and successfully fought at last.

Sir Frederick Treves says: "I am certain it is safe to prophesy that the time will come when hospitals for infectious diseases will be empty, and not wanted." He was speaking at the opening of an isolation hospital at Preston.

"The argument of facts, he said, showed this to be inevitable, as was shown by the great success in dealing with these diseases. Very little, however, could be done by the legislature, but everything by the progress of medical science and in a much larger degree by the intelligence of the people and the interest they took in it.

### A FIGHT WITH MICROBES

"The fight of the present day was against millions of microbes, and the weapons were sanitary regulations, municipal government, the sanitary inspector, and the medical officer of health. Tubercule at this moment was killing 50,000 people every year, not one of whom need die, for the disease was preventable. It could not be dealt with by physic, but by fresh air, sunlight, and such-like.

"Consumption and similar diseases could be cured by very simple methods, which would be efficacious as soon as the education of the public on matters of this kind was complete. These methods were simply notification of disease, isolation, disinfection,

and lastly, preventive or protective treatment. He looked forward to the time when people would leave off the extraordinary habit of taking medicine when they were sick, and when it would be as anomalous for persons to die of scarlet fever, typhoid, cholera, and diphtheria as it would be for a man to die of a wolf's bite in England."

A well-known West End consulting physician, when asked by the *Westminster* what he had to say to Sir Frederick's statement, replied:—"Medical science, for the first time in history, is a long way in advance of the general education of the people; and if we wish to see the benefits which it is in the power of medicine to confer thoroughly and fully applied, we must advance the general education—teach the people of all classes to appreciate what is known and what the application of this knowledge can do. Ignorance and scepticism are the foes to be overcome. Before sanitary science can be thoroughly applied, those whom it is intended to benefit must be educated up to the point of appreciating it; otherwise they will not accept, much less apply, it.

### THE DOCTOR OF THE FUTURE

"When medicine is no longer required, the doctor's power and influence will increase every day. The doctor of the future will be a sanitary officer for the prevention of disease. His business will be to prevent his patients from harming themselves, and it would be a great mistake to imagine that that is an easy task. The complex nature of our civilization, the increasing demand made upon the people's energy and powers of endurance, the constant attack upon the health of the people either by themselves or by their fellows, will give the doctors of the future plenty of work to do, though it will be done in a better and far more efficacious way, with far less dependence upon drugs than characterized the healing art in distant or recent days."



# Eggs—Their Use and Abuse in Tuberculosis

By W. J. DOBBIE, M. A., M. D. C. M., Physician-in-Chief Toronto Free Hospital for Consumptives.

**E**GGs constitute a very valuable food product. They are very generally used everywhere, and may be served in a very great variety of ways.

Hens' eggs are most common, but the eggs of ducks, geese, turkeys and guinea fowls are also used to a greater or less extent.

A fertile egg contains an embryo and is at the same time a store-house of material to be used in the development and growth of the young bird until it has reached a stage at which it is capable of existing outside the narrow limits of the shell. This embryo is situated quite close to the yolk, and the material of the yolk is first consumed and that of the white later.

Since in all cases the egg is designed to furnish the sole source of material for the development and growth of the young bird for a considerable period of time, it is evident that it must contain all the elements required for the maintenance of life. For this reason, eggs, like milk, have been called a complete food, because they contain a proportion of each of the essential food elements.

### COMPOSITION OF EGGS

Eggs resemble such animal foods as meat, milk, and cheese more than such vegetable foods as flour and potatoes. The egg contains considerable protein and fat, in addition to water and mineral matter. The white and the yolk differ in composition in that the white contains less protein and water than the yolk and scarcely any fat and mineral matter, whereas the yolk contains considerable fat and mineral matter. The following tables show the composition of hens' eggs, and for purposes of comparison that also of beefsteak, milk, oysters, cheese, flour and potatoes :

#### APPROXIMATE COMPOSITION OF AN EGG

Shell . . . . .	11 parts	..	Carbonate of lime	
Yolk . . . . .	32 parts	..	Protied	15.7 per cent.
			Fat	33.3 "
			Mineral Matter	1.1 "
			Water	49.5 "
Total calories . . . . .			1705	
White . . . . .	57 parts	..	Proteid	12.3 per cent.
			Fat	.2 "
			Mineral Matter	.6 "
			Water	86.2 "
Total calories . . . . .			250	

FUEL VALUE PER LB.	Calories	MINERAL MATTER	Per Cent.	CARBOHYDRATE	Per Cent.	FAT	Per Cent.	PROTEIN	Per Cent.	WATER	Per Cent.	REFUSE	Per Cent.
685	0.9	9.3	11.9	65.5	11.2								
720	1.0	10.5	13.4	73.7									
250	0.6	0.2	2.3	86.2									
1705	1.1	33.3	15.7	49.5									
705	0.8	12.0	13.2	73.3									
985	0.9	16.1	16.5	54.0	12.8								
1130	1.0	18.5	18.9	61.9									
325	0.7	5.0	3.3	87.0									
235	3.7	1.2	6.2	86.9									
1960	3.8	33.7	25.9	34.2									
1650	0.5	75.1	11.4	12.0									
310	0.8	14.7	1.8	62.6	20.0								
385	1.0	18.4	2.2	78.3									

#### HENS' EGGS

Whole egg, as purchased . . . . .	11.2
Whole egg, edible portion . . . . .	73.7
White . . . . .	86.2
Yolk . . . . .	49.5
Whole egg, boiled, edible portion . . . . .	73.3
Sirloin Steak, as purchased . . . . .	54.0
Sirloin, Steak edible portion . . . . .	61.9
Milk . . . . .	87.0
Oysters, edible portion . . . . .	86.9
Cheese . . . . .	34.2
Wheat Flour . . . . .	12.0
Potatoes, as purchased . . . . .	62.6
Potatoes, edible portion . . . . .	78.3

As shown by their composition, eggs are nutritious food. They contain more water than cheese, but less than milk or oysters. The white is sometimes said to be pure protein. As a matter of fact, it is made up of four albumens and a slight amount of carbohydrate. The yolk on the other hand is very complex in composition, and contains about 15 per cent. of protein (vitellin), 20 per cent. of fat, and 0.5 per cent. of coloring matter, besides various other substances, such as phosphorus, calcium, magnesium, salts of iron, etc.

### THE HOSPITAL THE ONE HOPE

REV. E. H. JUDGE, Brome, Que. Myron Norton, a young man of 21 years, under my pastoral care, has developed tuberculosis. He has no means and is at present stopping with his poor mother who has married again, and is unable to support him away from home. There are two younger children in the home which is very small. Possibly a stay in your hospital might avail to save his life.



The flavor of an egg depends in the first place on its freshness and in the second on the food eaten by the hen. It is generally conceded that eggs which are perfectly fresh have the finest flavor, stale eggs are not regarded as palatable, and the flavor of spoiled eggs is alone sufficient to render them unfit for food.

#### THE DIGESTIBILITY OF EGGS

Investigations as to the length of time different foods remain in the stomach show that two eggs eaten raw, poached, or in the form of an omelet, leave the stomach in from two to three hours, being included in the same class as milk, oysters, white bread, etc. The ordinary kinds of fresh meat leave the stomach in from three to four hours. Various other experiments have been made and from all the evidence it seems fair to conclude that eggs are quite thoroughly digested and that the length of time of cooking has less effect upon the digestibility of the eggs than upon the time required for digestion.

If the absorption of eggs from the intestines is delayed, decomposition ensues with the production of sulphuretted hydrogen and ammonia. These cause considerable trouble in the stomach and intestines, for which the yolk is particularly responsible.

It is therefore a matter of great importance that only eggs which are absolutely fresh should be served to invalids. If the source of supply is unknown, there are two simple methods by which the freshness of an egg may be determined:—

1. Hold the egg between the hands so that the light of a candle may shine through it. If fresh it is more transparent in the centre; if stale it is more transparent at the ends.
2. Make a solution of two ounces of common salt in a pint of water. An egg one day old will sink in this solution, but will not quite reach the bottom; an egg three days old will barely float beneath the surface, and an egg two weeks old will float above the surface, only partially dipping beneath it.

#### THE VALUE OF EGGS

Eggs are especially rich in protein. This material is required and used to build and repair the tissues of the body. Each egg eaten may be considered to furnish about five per cent. of the daily requirement of protein and from the results of numerous dietary studies it has been calculated that

on an average eggs furnish three per cent. of the total food, 5.9 per cent. of the total protein, and 4.3 per cent. of the total fat used per man per day. And as compared with other food products, eggs may be considered to hold an important place in the average daily dietary, not only on account of the percentage of total food which they constitute, but also on account of the total protein and fat furnished by them.

#### THE MISUSE OF EGGS

But even a valuable food may be abused, and when patients suffering from tuberculosis consume from twelve to sixteen eggs per day in addition to other food, they are misusing what might otherwise be to them a very valuable food product. The point may be readily illustrated. A very simple diet would be the following:—

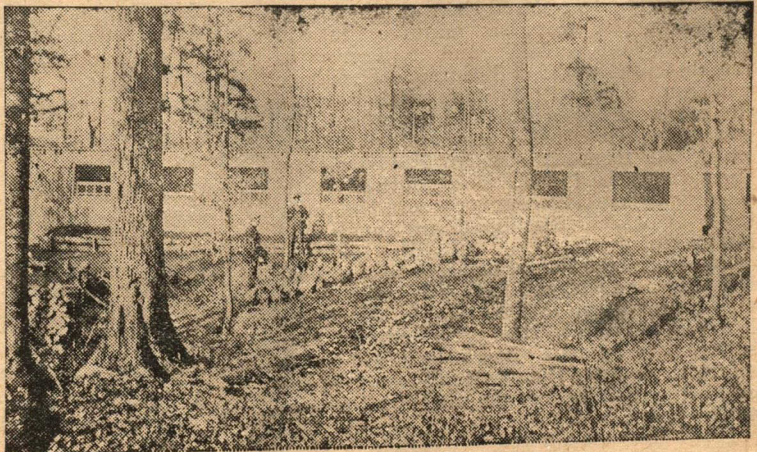
Breakfast—Oatmeal porridge, skim milk, sugar, sausage, bread and butter.

Dinner—Beef flank (stewed), potatoes, cabbage, cornmeal pudding.

Supper—Beef warmed in gravy, hot biscuit, butter, milk.

Yet such a menu would furnish four and one-half ounces of proteid and 3411 calories per individual. Now experiments on tuberculous patients have shown that they should eat daily four and one-half ounces of proteid or just the amount supplied by such a menu.

Whereas if in addition are consumed a dozen eggs, the amount of proteid would be seven and one-half ounces,—a quantity much too high, even if the ordinary standards are accepted. If on the other hand we hold the more modern view that the actual proteid requirement of the body is almost 50 per cent. lower than the figures usually quoted, we would recognize that since it is neither necessary nor advantageous to consume large quantities of proteid which the body can neither use nor store up as reserve material, it is unwise to make such a mistake



PART VIEW OF HENNERLY IN OPERATION AT MUSKOKA FREE HOSPITAL FOR CONSUMPTIVES.



as that above described. Eggs certainly are a valuable food but like every other food they must be used with moderation and discretion.

#### THE COOKING OF EGGS

Eggs may be boiled, poached or fried. As ordinarily applied, the term "boiled eggs" refers to eggs cooked in the shell in hot but not necessarily boiling water. An egg placed in boiling water for not more than two minutes will have a thin coating of coagulated white next the skin. The remainder of the white will be milky, but not solid, while the yolk, though warm, will be entirely fluid. This might be called a "very soft boiled" egg. If the egg is kept in boiling water for a little more than two minutes the white will be entirely coagulated. If the boiling is extended to three minutes or more the egg will be solid throughout and if the time is extended to ten minutes or longer the hard boiled egg results. The white of such an egg is hard and elastic and the yolk crumbles readily. All these changes are due in the main to the more or less complete coagulation of the albumen of the egg by heat.

When egg white is gently warmed no change is noticed until the temperature reaches 134° F., when coagulation begins. At about 160° F. the whole mass of white is coagulated, almost opaque, and yet tender and jelly-like. If the temperature is raised to 212°, the boiling point of water, the coagulated albumen becomes hard and eventually more or less tough.

These changes in the albumen of eggs under the influence of heat go to show that it is not desirable to cook eggs in boiling water in order to secure the best results. The following methods have been found to give uniform results: Using a granite-ware stew pan of one quart capacity, one pint of water is heated over a gas flame. When the water boils the gas is turned off and the egg is dropped into the water. The vessel is then closely covered and the egg allowed to remain in the water six minutes. It will then be "soft cooked" and if allowed to remain in the water eight minutes it will be "medium cooked." By this method when the egg is dropped into the water and the gas is turned off the temperature of the water falls from 212° F. to 185° F. at once and then slowly to 170° F. This method while serving to cook the egg prevents the outer layer of white from becoming tough and indigestible.

Poached eggs should be dropped into boiling water and then for reasons given above the temperature of the water should be lowered. By some it is recommended that salt and a very little vinegar be added to the water to prevent the loss due to some of the egg being dissolved in the water and to add to the flavor.

Fried eggs are not very digestible. They are generally cooked in a flat pan, in a little

hot fat, oil, or butter and the result is that there is a coating of fat on the outside of the egg which has first to be removed before the interior can be subjected to the action of the digestive juices.

The omelet consists of a beaten egg with a little milk, water, and cream or melted butter added, the whole being quickly cooked in a little fat or butter. Lightness is desired and is secured by beating.

Scrambled eggs resemble an omelet in method of preparation, but no effort is made to preserve the characteristic form and appearance of the omelet. Here thorough mixing is desired and is secured by stirring.

#### THE USES OF EGGS

Eggs are used in almost all puddings and desserts, and may be added to almost all beverages. Alone they may be boiled, poached, fried, scrambled, baked, or as oyster eggs, while in conjunction with other things they may be used in eggnog, soups, omelets, custards and jellies.

In cases also when protein alone is desirable, or when the whole egg cannot for any reason be tolerated, the whites alone may be advantageously used. Raw with lemon juice the white is very palatable or it may be introduced into almost anything without its presence being noticed.

#### RAW EGGS

Whole raw eggs are very much commended when a nutritious, highly concentrated diet is desired as in cases of tuberculosis and other wasting diseases. Sometimes as many as a dozen are given daily with advantage when other food cannot be taken, for it may be assumed that the average weight of a hen's egg is about 50 grammes, made up of shell 7; white 27 and yolk 16 grammes. Of the white 12.3 per cent. or 3.3 grammes is proteid, and of the yolk 15.7 per cent. or 2.5 grammes, making the total amount of proteid in each egg 5.8 grammes. A dozen therefore would yield 69.6 grammes, while the total requirement is considered to be about 112 grammes on an average.

Eggs therefore are a valuable food because:

1. Because they are a well balanced ration.
2. Because they may be used in so many forms, either alone or in conjunction with other foods.
3. Because the quantity used may be increased or diminished with ease and without inconvenience.
4. Because they are a comparatively cheap food at ordinary prices.
5. Because they may be used continuously over comparatively long periods.
6. Because they can be easily procured by all classes in almost any locality.



## Diseases by Suggestion.

**A**N eminent doctor is fixedly of the opinion that sickness is frequently caused by imagination.

The mere thought of a sickness or an infirmity, he says, is often sufficient to cause distress similar to that arising from the ailment itself. An instance of this was furnished by a man who was present at an operation upon his brother. The patient's leg required forcible straightening, and at the crunching sound attending the operation the brother looking on experienced a sharp pain in the leg, and was not able to rid himself of it for more than a year; while the man who had undergone the operation under the influence of ether felt no pain at all, either at the time of the operation or afterwards.

Even when the imagination is purposely aroused by, say, an author, he may, while writing a description of an ailment, become so deeply absorbed that the reins of reason are slipped, and, presto! the whole range of that particular disease are forthwith felt by him. It is said that this actually occurred to Flaubert when he was writing his novel "Madame Bovary," While depicting with technical accuracy the suicide of the heroine by arsenic, the author suffered all the symptoms of arsenious poisoning.

Since auto-suggestion can cause disease, so suggestion can also heal. A physician prescribed harmless bread-and-sugar pills for an insane woman who suffered from insomnia.

They produced the desired effect; but several days later, the patient, believing the pills to contain morphine, swallowed the entire boxful with suicidal intent. The result was in every respect like that produced by morphine poisoning; and the coma into which the woman fell was so profound that it was with the utmost difficulty that her life was saved.

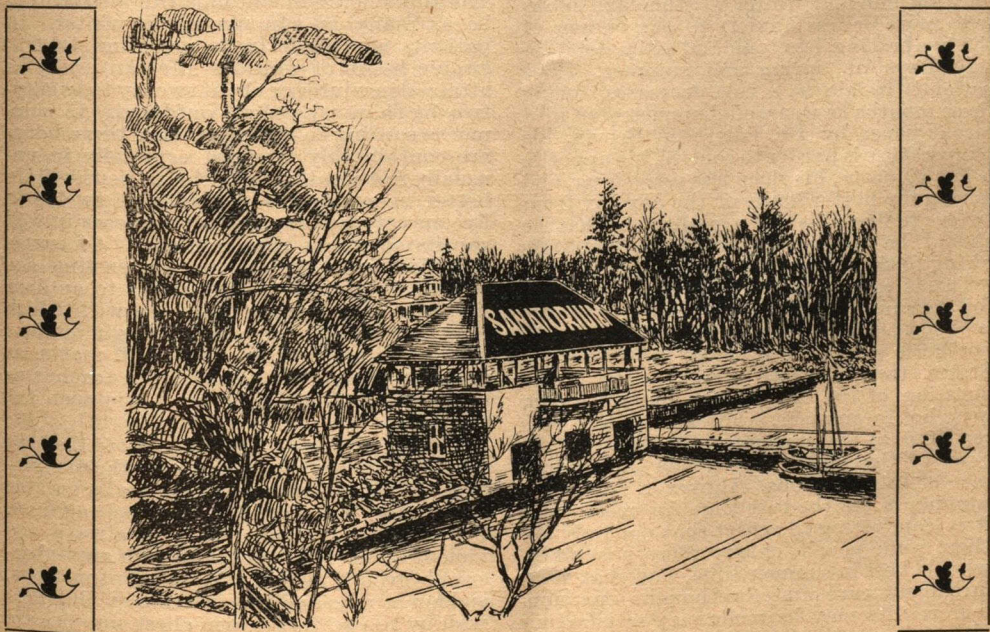
Another scarcely less striking case was that of a clergyman who said he was suffering from insomnia.

He was a man of most exemplary habits and extremely methodical, and for a while I was puzzled to account for his condition, until he mentioned casually that his sleeplessness dated from a time when he transplanted a large number of flowers from one set of pots to another.

"And I should not be surprised," he added, "if the red color of the pots had something to do with my nervousness, for red has a most depressing effect upon me."

I reasoned with him for several days, and finally, a week or so after the first visit, he came to me, and, taking from his pocket a fiery red banflana, said:—

"You were right about the part the imagination played in regard to the colour. I came to that conclusion yesterday, and as a result slept soundly last night—the first time in many weeks. Red has no longer any terrors for me."



MUSKOKA COTTAGE SANATORIUM AS SEEN FROM THE WATER.



## Safe Rules For Summer

### Seasonable Advice for Those Who are Seeking Health Out-of-Doors

CHARLES L. MINOR, M.D., Asheville, N. C.

THE average layman would suppose, very naturally, that the out-door life and the hygienic treatment for tuberculosis could be carried out much more thoroughly, satisfactorily and easily in summer than in winter, but if we turn to those who have had experience in treating this disease or being treated for it we will find that they have learned that it is by no means the case.

This recalls the story which comes down to us from a classic age of the contest between the sun and the wind as to which was the most powerful. They finally decided to test their powers upon a stranger who was passing, that one to be declared the strongest who could the most quickly cause him to remove his cloak. The wind blew and blew, harder and harder, but the more it blew the tighter did the wayfarer wrap his cloak around him till finally the wind gave up in despair. The sun now began to shine with fervor and in a little while the traveler himself removed his cloak.

Just so it is easier for a patient to prepare himself to resist the rigors of the winter, the cold, snows and winds than to withstand the heat and the relaxing days of summer time and any physician handling this disease would gladly, as far as his patients' welfare was concerned, have the year made up of only autumn and winter weather and looks with more or less anxiety to the return of the less bracing, less tonic and often debilitating days of spring and summer. The patient's weight as a rule decreases during these months as was well demonstrated in a recent paper by Dr. Lawrason Brown, his temperature is harder to control, his appetite is less vigorous, his sleep less refreshing, and during the hotter hours of the day say from twelve to five, it is often preferable that he should be indoors rather than outdoors owing to the uncomfortable heat.

This is equally true whatever the latitude for the summer heat, as far as its intensity is concerned, is very little different in northern or southern places in the United States, the difference chiefly being in the duration of the hot season, Canada being very hot in summer, while arctic explorers report great and uncomfortable heat on the coast of Greenland during the short summer of those regions. However, while the summer is not the best time for most cases it is comforting to reflect that not only are there some people, chiefly those past sixty, who do best in summer time, but that with intelligent care and forethought our summer results may be made very satisfactory although never approaching what we can accomplish in autumn and winter. Taking

up the various points which one dwells upon in planning out the life of a tubercular patient and following the order used in the "Hints and Helps" which were published in this journal, I would turn first to the subject of exercise.

Exercise in summer should always be less than in winter and in places where the humidity is high, care should be taken to protect oneself by an umbrella from the sun's rays while walking. Moreover in hot weather walks should be taken early in the morning and late in the evening, and between eleven and five they should be avoided. In those who tend to perspire freely, care should be taken not to sit down to cool off after a walk with the underclothing soaked with perspiration. Again too, in summer time roads are apt to be more dusty than in winter and both in walking and more especially in driving care should be taken not to inhale dust, the mouth being covered if necessary by a handkerchief when passing through it.

As to rest in summer time, even in those who have reached a point when they need little rest in winter, it is wise to take a rest every afternoon during the hot months and much more care must be taken in summer than in winter, to see that while reclining outdoors the head is kept out of the sun. The total hours of outdoor life also cannot be as many in summer as in winter. In patients who sleep in rooms from eight to twelve hours of outdoor life can easily be attained in winter or about twenty to twenty-two by those who sleep outdoors. In summer according to my experience these hours are considerably lessened especially in unusually hot weather and the patient will do better spending the hours from twelve to five on very hot days quietly indoors in well ventilated rooms than outdoors. Of course sensitive patients who in winter time are slow in accustoming themselves to outdoor life, can on account of the ease with which they get chilled more quickly begin outdoor life in summer, but this is a small matter as practically universal experience teaches us that even these sensitive ones very soon get hardened.

As to amusements there are more that are available in summer time and the temptation to overdo is therefore naturally greater and must be carefully guarded against. Personally I consider tennis always too violent an exercise for those with any tuberculosis even if healed. The violent motions, sudden strains and the traction on the chest wall by the powerful arm-chest muscles are too severe a strain for such people. Golf when reasonably indulged in has no such



objections against it but should only be played in the early or late hours of the day. Boating is excellent especially if some one else does the rowing and the shade be courted.

Rowing, unless the patient keeps a straight back and rows with the arms alone, has a tendency to narrow the chest. Croquet, while a harmless amusement if played with good temper, is notorious for its tendency to arouse ill-feeling and breed quarrels and I have found it in my patients sometimes very harmful from being thus too exciting though the game itself is anything but exciting. Moreover if played too long the constant stooping is bad. Riding is generally more available in summer time than in winter, and under the doctor's orders is an invaluable amusement and exercise but a patient should never dose it for him or herself. Driving, save that it exposes one to the dust, is also excellent if the patient be not too much in the sun.

The question of summer clothing is one which gives much trouble to the doctor handling these cases. With the first warm days of spring our patients, especially the ladies besiege us with requests for permission to change their underclothing, and if, having yielded to the cajolery of the sex, we weakly give in we are pretty sure to regret it when the temporary warmth of the warm spell is followed by a cold snap and our patients begin to report colds in the head and such things due to insufficient clothing in cold weather.

The principle exemplified in the possibly vulgar but apt saying "stick to your flannels till your flannels stick to you" is after all the safest guide; that is to keep to your winter clothing just as long as you possibly can even if they are rather too warm for comfort.

As to the time when one can safely change to summer clothing, there is no exact date. It not only varies with the latitude but with each year and the man who sets a fixed date for changing his clothing is as foolish as the apartment-house owner who puts out his furnace on a given day in the spring whether the weather be as warm as it should be or yet cold, or those amusing city fathers in some of our smaller country towns who do not light the street lamps on the nights when the moon is due even if it happens that the skies are overcast and black.

Personally I believe the best plan is to have three weights of underclothing, a winter, an intermediate and a summer. In this way we avoid the extreme change from winter to summer weights and allow ourselves more comfort and freedom. It is wiser, I believe, to first change the outer clothing, that is for a man, his coat, vest and trousers holding to the thicker underclothing for a while longer and by doing this the necessity for three weights of underclothing which while good is expensive and inconvenient can be avoided. Those who

have got accustomed to the morning cold bath and find exhilaration and brace in the stimulus of cold water to the skin will generally in summer miss the luxury of really cold water at say about sixty degrees which north or south I find in summer time cannot always be had, but aside from this the summer season need make no change in bathing habits though I think the reaction after a cold bath is apt to be much better in winter than in summer even when the temperature of the water is the same. Bed time in summer can wisely be made later, ten, or in exceptional cases, even eleven o'clock, and fortunately at this season we are not troubled by even our new patients wishing to keep out of the "night air."

Sleeping outdoors is of course easier to carry out in summer than in winter, for while in winter a warmed dressing room attached to the shack is essential, this is not the case in summer. If a patient sleeps in a room, and if there are sufficient windows I believe this is perfectly satisfactory. There is some trouble for those whose rooms are on the top floor. In American climates such rooms in summer time get greatly overheated during the day and do not cool off until late at night time, interfering with quiet and refreshing sleep. Sleep, too, in summer is apt to be less sound and refreshing than in winter, therefore, when it is possible in the summer time patients should avoid the top-floor rooms.

Eating in summer is often a difficult problem. Even those who eat well in the bracing cold months in winter very often have poor appetites in summer and the table needs to be most skillfully run if the desire for food is to hold out well. The avoidance of greasy cooking, the favoring of cold meats, abundance of green vegetables and fruits, a lessening of fats and sometimes even of eggs and milk are the points to be chiefly dwelt upon. I would also note that it is especially in the spring and summer time that the liver, clogged with the heavy eating and abundance of fats of a winter dietary, needs assistance and acid fruits and green things in excess, with possibly a dose or so of calomel are indicated both for appetite and health. Eating we all know to be one of the most important things in the treatment of tuberculosis, but it never should be pushed unintelligently but should be modified according to the time and season if we are to get from it all the good possible.

The call of the woods in our ears, freedom of every sort appeals to us, living a carefully regulated life is harder then than in the colder and calmer times of the winter, and we need more self-control, more self-denial, more indomitable determination in the fight to win back our health, more strength to put from us all those forbidden pleasures that are so sweet and to continue in that pursuit of health which at such times, when it interferes with those pleasures, we are apt to neglect.—*Journal of Out-Door Life.*



# CANADIAN OUT-DOOR LIFE.

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## SANATORIA AND NEAR-BY TOWNS

AT the present time when not a few municipalities are moving in the direction of establishing sanatoria or hospitals for consumptives in their midst, it may be timely to present some figures showing the influence of such institutions on the prosperity of the towns or communities where sanatoria have had an existence for a period of years.

"Population will surely decrease in any town where a sanatorium for the treatment of tuberculosis finds an existence." Common talk so affirms. Facts will not bear out the contention.

Gravenhurst is the post office town of the Muskoka Cottage Sanatorium and the Muskoka Free Hospital for Consumptives, the two institutions of the National Sanitarium Association, established in 1896 and 1902 respectively.

The assessor's roll shows that the population of this town was 1253 in 1885, 1848 in 1895, and 2482 in 1905 an increase that any municipality might be proud of.

During the past year the town has probably enjoyed a greater degree of prosperity than at any time in its history. Concrete sidewalks, the equal of those of our larger cities, have been laid, and at the present time workmen are busy bringing to completion the establishment of electric power on a scale that it is expected will make Graven-

hurst one of the most important manufacturing towns of the north.

The Gravenhurst *Banner* dealing with this question rather more than a year ago said:

"No case of consumption in town or district can be traced to its (the Sanatorium's) presence. . . . That the Sanatorium is a benefit to the town and the farmers in the district is a certainty. . . . There are no empty houses to be had. . . . There is more business done in Gravenhurst to-day than ever before. . . . Our town was never as prosperous or the future as bright than at the present."

In 1895, the total assessment of the town was \$266,750; in 1905, \$423,945; or an increase of 59 per cent. in less than a decade.

The figures of Goerbersdorf, Germany, the seat of a successful sanatorium of nearly fifty years standing, are frequently given as evidence of the relationship of a sanatorium to the health of the people.

### DEATHS FROM PULMONARY TUBERCULOSIS.

1790—1799.....	14	1840—1849.....	6
1800—1809.....	5	1850—1859.....	7
1810—1819.....	9	1860—1869.....	4
1820—1829.....	9	1870—1879.....	5
1830—1839.....	8	1880—1889.....	5

Data from other sources could easily be added, all showing to what extent foolish fears and prejudice have given currency to statements that will in no particular bear comparison with the facts.



## A Consumption Catechism

What is Being Done to Teach the Children and the Parents Through the Children.

THE agitation to get the tuberculosis problem into the schools is taking shape. Canadian educators and physicians are taking up the question seriously. A regular reader of

CANADIAN OUT-DOOR LIFE, noting the lead we have been giving the question in these columns, sends us a newspaper clipping telling of active work along these lines in New York. We again raise the question: Should not the educational authorities in Canada commence to do something? Here is the suggestion from New York:—

A Consumption Catechism for School Children is the subject of a pamphlet being printed by the Department of Health of New York city for distribution in the schools of the city. Through the help which has been promised by the Department of Education it is expected to get this catechism into the hands of every one of the 600,000 and more children attending the public schools. Another large group of children will be secured it is expected from parochial and private schools. As these cards will bear the imprint—"Take this card home and show it to your family and friends," and as it is planned to have the teachers give this same advice to their pupils, this will prove the most widespread and thorough distribution yet attempted in this country of printed instructions on the subject of consumption.

In a series of 32 questions and answers the catechism briefly and simply tells what consumption is, how it is conveyed from person to person, "how you can keep from getting it," "how you can keep others from giving it to you," and how it is cured. Added to the catechism is a list of the associated special tuberculosis dispensaries and a map of the city showing the district allotted to each one of these.

Although the pamphlet is primarily designed for school children it contains much material which will be of help to their parents and older brothers. Such an answer as that given to the question, "What are the first signs of the disease?" will warn many an unsuspecting person that an examination by a competent physician should not be put off. "Loss of strength, cough, fever in the afternoon, and loss of weight, sometimes bleeding or hemorrhage of the lungs, and

coughing up of sputum or phlegm" are the first signs that the unwary are now told to look for. After describing how one person infects another through the germs which are contained in the spit of the consumptive or in the invisible droplets sprayed out when the consumptives cough or sneeze it is stated that those who are sickly or run down from disease, overwork or intemperance and whose systems cannot fight the bacilla are those most likely to get consumption, just as the ordinary cold or cough is neglected in the most common sickness and develops into consumption. Thorough cleaning and disinfection of houses or rooms newly moved into are urged as one essential safeguard against the consumption germs which a careless consumptive may have left in rooms occupied by him.

"Even if the tubercle bacilli get into the lungs of a healthy person they are usually killed there," it is stated, and so the lesson is plain that the first great rule to keep from getting consumption, is simply "keep as well as possible." To do this four things are recommended, fresh air, proper food, cleanliness and temperance in all things. If a cough lasts more than two weeks an examination of the lungs by a competent doctor or at a special tuberculosis dispensary is advised. A minimum program for cleanliness is set forth in two warm baths a week and in cleaning house with damp brooms while for air it is stated that every study and living room should be aired several times a day and one window in the bed room kept full half open all night.

The catechism in answer to the question, "Is it dangerous to live or work with a consumptive?" answers, "no, not if he is careful and clean; careful to destroy all the sputum he coughs up and never to spit on the floor or streets." It is said that consumption can be cured if treatment is begun early by good food, fresh air and rest and such medicines as the doctor may prescribe. If a consumptive cannot go to a country sanatorium, he is advised to go to a doctor or a dispensary, to keep out in the fresh air and sunlight as much as possible, to keep his windows open day and night and not to waste time and money on patent medicines and advertised cures.

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### READER, WE NEED YOUR HELP.

*Money is urgently needed to help in the pressing calls for accommodation at the Muskoka Free Hospital for Consumptives. Contributions have fallen off very largely since the opening of summer, and it is difficult for the management to meet the heavy bills that come before them each month. Contributions may be sent to Sir Wm. R. Meredith, Kt., Chief Justice, Osgoode Hall, Toronto, or W. J. Gage, Esq., 84 Spadina Ave., Toronto.*



## Hale at Ninety-Seven. How a Spry Old Man Keeps Himself in Health.

ONE of the most wonderful old men living is Dr. John B. Rich. He is ninety-seven years of age, and is still as healthy and spry as any man of fifty. Rich was trained as a dentist, and practised his profession daily until 1898, when he retired at the ripe old age of eighty-seven with a competence, intending to devote the remainder of his life to the study of old age and the best way to live to be one hundred.

On the matter of health he has ideas of his own, founded on common-sense, and he snaps his fingers at dumb-bells and rowing machines, and thinks all college athletics are bad.

"To begin with," says Dr. Rich, "the common idea that rapid and violent exercise is good for one is all a mistake. Dumb-bells, weights, lifting machines, Indian clubs—all these things you find in the ordinary gymnasiums are useless, if not harmful. What little strength they give to one part of the body they take from some other part. College athletics, as they are now conducted, are wrecking the lives of hundreds of young men every year. It is cruel and criminal of the professors to let these young men use up all their brain energy on their studies at the same time that they are exhausting their vitality on the football field or on the river.

"Twenty minutes a day of intelligent exercise is all that one needs to keep his body in the highest health. The slow motion under high tension which I have practised every day for more than eighty years constitutes the best form of exercise.

"My system of physical development consists simply of a slow movement of the arms while the entire body is under a high nervous tension. I begin by taking a deep breath, pulling in strongly on the abdominal muscles, with the entire body perfectly rigid, every muscle at its highest tension. I move my arms slowly forward until they are extended straight from the body, after which, with the same slow movement, they are opened wide as far out as can be reached.

"Then come the downward movement, the most important of all. With this move-

ment the muscles of the back come into play, and the chest is thrown out to such an extent as to give the lungs the greatest possible breathing space.

"In performing this movement the fists, which are tightly clenched, should be turned slowly outward from the body as the arms move down. During all the time occupied in performing these motions I hold my breath. After the downward motion I slowly empty my lungs, maintaining at all times the same position—head erect, chin up, shoulders back, chest thrown out.

"And in letting the air escape from my lungs I am most particular not to allow myself to collapse. Three or four good, long breaths to the half-minute in that position, repeated for about twenty minutes, will raise a flat chest three or four inches within three months.

"To these simple exercises, taken daily for more than eighty years, I attribute my perfect health and long life. Other essentials are pure air, moderation in all things, quiet, no worry, and a rational use of my strength.

"Almost all men eat too much. Eating has become a habit, with our fixed hours for meals. I wait on hunger. I never eat until I am hungry, and then I eat all I want. But I never put anything in my stomach that it cannot easily digest.

"I eat sparingly of meat, not because I am opposed to it, but because I do not care for it. But I am not a vegetarian. I have never used tobacco in any form; it rather upsets me. I have taken liquor once in a while, never for pleasure, but simply as a stimulant when I felt I needed it. I occasionally take a little wine at dinner, however.

"I don't understand how city men of today live at all. They never exercise, or if they do, it is in the most violent way. It is hurry and bustle all day long, with strain and worry ever present. At night it is some sort of excitement—anything to drive dull care away. Then with the constant drinking and smoking, the great, heavy meals of most indigestible things, the late hours, the noise and the racket—I can't see how they do it."—*Scotsman*.

### DOCTORS SAY "HER LUNGS ARE VERY SICK."

A. LEPASSEUR, Montreal, Que. I have seen advertised a free hospital for consumptives and I hasten to apply for a place for my daughter. Since six weeks she coughs, spits and has lost the capacity of her legs which necessitate her to keep the bed. Could you help me? I am a widow, a seamstress, can furnish all required references and will hope to receive a line from you. I have to leave her and go earn my living and am unable to get her into any hospital so do please let me know, I had three doctors see her and they say her lungs are very sick.



## The White Plague and the Scholar

### Educational Department May Inaugurate Campaign Against Tuberculosis

It is stated that the Provincial Government will ask Mr. A. M. U. Colquhoun, M.A., LL.D., deputy minister of education, to represent Ontario at the International Congress on School Hygiene, to be held at the University of London, London, England, next month.

It is believed that the proceedings at this congress will have an important bearing on the framing of certain features of the new educational policy for the Ontario public schools.

Next year it is understood to be the intention of the education department to apply itself to the general improvement of hygienic conditions in the public and separate schools. This step was foreshadowed by the minister himself in an interview some weeks ago, when he indicated that a special campaign was in preparation against the inroads of the great white plague. Further, it is the intention to include in the series of new text books now in preparation, special articles dealing with the prevention and treatment of tuberculosis and other contagious diseases.

It is believed that Mr. Colquhoun may lay before the International Congress some of

the plans that the Ontario department has in view, and solicit consideration and advice upon them.

Among the matters which will likely be considered in relation to Ontario's schools are: Methods for the first and subsequent medical examinations of school children; school work in its relation to the duration of lessons, the sequence of subjects and the season of the year; the school in its relation to tuberculosis; the lighting and ventilating of class rooms.

"The most important factor in the educational work of our Province is the health of its people," said Hon. Dr. Pyne, "and in as far as it is in our power we purpose to give it every possible attention in our schools."

It was the intention of the Minister of Education, as a medical man, to have attended this International Conference himself, but he has found that it will be impossible for him to leave Canada this year. As a result, Mr. Colquhoun, who is closely in touch with the Government plans in this connection, and who has given the subject extensive consideration, will be asked to represent Ontario.

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<b>4</b> Per Cent.	<b>LIMITED</b> Temple Building, 174-176 Bay St., Toronto	<b>4</b> Per Cent.

**IN YOUR WILL** Remember the National Sanitarium Association, organized for the benefit of consumptives. The Association can legally receive any sum which may be given or bequeathed. The following form will serve:

*I give, devise and bequeath to the NATIONAL SANITARIUM ASSOCIATION, in trust, to be applied to the Muskoka Free Hospital for Consumptives, the sum of \$.....*



## BACILLI THE REAL CAUSE OF PARESIS

**D**R. F. W. LANGDON, of Cincinnati, has made public an interesting paper on paresis. The paper, Dr. Langdon states, is but a report of progress of the research that is now being made as to the causes of insanity. The physicians claim to have established that "wine, women and worry" are not the cause of paresis, but that it is due to the existence of bacilli.

Dr. Langdon quotes from the report of Dr. Ford Robertson, pathologist to the Scottish asylums, whose investigations have already extended over a period of four years. Dr. Robertson states:

"Paresis is caused by a widespread infection of the organism by a specific bacillus, the bacillus paralyticans." This bacillus, although different from the bacillus of diphtheria, has been termed by Robertson diphtheroid, because of its morphological character and its staining affinities.

Dr. Robertson states that this bacillus gains access to the system by way of the

respiratory tract and the alimentary canal. Dr. Langdon cites several experiments of Dr. Robertson, made to ascertain the effects of the bacillus on the lower animals. The bacillus was fed to guinea pigs, but it had no effect on them. Three rats were fed for several weeks on bread mixed with unsterilized broth cultures of the bacillus. In this case it was fatal.

Dr. Langdon states that a series of observations at the clinical laboratory of the Cincinnati Sanatorium have been made and the "bacillus paralyticans" has been located in the bodies of patients at that institution.

Owing to the difficulty in securing bodies for post-mortem examinations at the College Hill Sanatorium the investigations have been somewhat handicapped, but Dr. Harmon, superintendent of Longview, has remedied this difficulty by furnishing unclaimed bodies from the state institution at Carthage and good results are expected by those in charge of the work.

# CONSUMPTION

*Its Relation to Man and His Civilization.—Its Prevention and Cure.*

BY JOHN BESSNER HUBER, A.M., M.D.

**T**HIS BOOK, as its title denotes, is a comprehensive exposition of the effect which consumption has had upon civilization, and a consideration of its relation to human affairs. The scope of the work is wider than that of a medical treatise. It is essential that the subject of the disease most destructive to the human race should be viewed broadly. Medical science cannot cope alone and unaided with this difficult and prodigious world-problem: many forces economic, legislative, sociological, humanitarian—must be enlisted. For this reason the book is addressed to both physician and layman.

*To those connected with or interested in Hospitals, Sanatoria and Camps*, this book will be of the greatest value. It is safe to say that in no other volume will the same amount of helpful information be found. Besides containing an enormous amount of general information on the subject of tuberculosis, there will be found chapters devoted to the principal American Sanatoria; to those of England, France, Austria, Switzerland, and Germany; and to such subjects as Hospitals and Homes for Advanced Consumptives, Farm and Open-Air Colonies, Tuberculosis in Insane Asylums, Tuberculosis in Prisons, the Financing of the Tuberculosis Situation, Tents and Temporary Structures, and Rules of Treatment.

*The subject is treated under the following headings:—*

General Considerations. The Specific Cause of Tuberculosis. Predispositions to Tuberculosis. Sociological. The Home. Prevention. The Cure. The Means of Cure. American Sanatoria. European Sanatoria. The Sanatorium and its Adjuncts. Administrative Measures. Non-Governmental Activities. Scientific Résumé. Sociological Résumé. Appendices.

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## SLEEP OF GREAT MEN.

"FIVE hours' sleep is sufficient for men," declared Napoleon, "Seven for women, children and fools."

History hardly bears out the great Corsican's dictum, although there have been some notable advocates among the world's great men of the theory generally regarded as "burning the candle at both ends." Men, however, undoubtedly differ fundamentally in regard to the need of sleep as they do in other respects, and, whether great or little, each one must work out from experience a schedule of rest, as he must of diet and exercise. One fact, however, may be predicted of almost all great persons; whatever their habits as regards retiring they have been early risers. During the years of Daniel Webster's greatest congressional activity it was remarked of him that no one ever saw him reading or preparing for his speeches. This was done, according to his own confession, at an hour when other men were still enjoying their morning slumber. Webster possessed in a high degree what is known as the "morning temperament," as distinguished from the "night temperament," and he found, consequently, that his mind manifested greatest clarity and productivity during the early hours of the day.

Balzac, that titan of the nineteenth century, was accustomed regularly to arise at midnight, and after enveloping himself in his monk's habit, to seat himself at his desk, and force his weary brain to its task of creation. Carried away by admiration of the "master," Theophile Gautier and a number of other ambitious youths of the day, undertook to imitate this peculiarity of the "father of realism," with the result that very soon they were forced to take to their beds in earnest to make up for the hours stolen from slumber. Doctors, doubtless, would point to the early taking off of Balzac, who died when 51 years of age, as proof of the deleterious effects of such a regimen. On the other hand, it may be questioned whether his exhaustion was not due to the privations and financial troubles of his early years, rather than to work at ill-advised hours. It is as illogical to attribute his early death to the abnormality of

his habits of labor as to attribute the long survival of Voltaire and the explorer and traveller, Alexander Humboldt, to a like cause.

On one occasion Max Muller, as related in his autobiography, was returning from an evening entertainment in Berlin with Humboldt, who was then 80 years of age, and the conversation turned upon the latter's "Cosmos." Bitterly the savant complained that he was no longer able to accomplish as much as previously, since he now required four hours' sleep instead of two, as in earlier years. "When I was your age," he remarked to the philologist, "I would simply turn down my lamp, and, after a nap of two hours, would be as fresh as ever."

The sleeping room of Voltaire's secretary at Ferney was directly beneath that of the author, and at any hour of the day or night when moved to composition, the great Frenchman was accustomed to stamp upon the floor of his chamber and summon the unfortunate scribe to take down his thoughts.

When once under way it was no unusual thing for him to continue working sixteen hours at a stretch.

Certainly for the non-genius there can be little doubt as to which of the two "temperaments" it is wise to cultivate. Goethe, despite his habit of early rising, was wont to arise in the night to scribble down a poem or song, and Emerson's wife was subject to the danger of being aroused by the philosopher in his search for writing materials. "Only a thought, my dear," he would reassure her, as he seized the fleeting inspiration. Those of us, however, who are not blessed or cursed with genius can echo Sancho Panza's fervent prayer: "Blessings on the head of him who invented sleep!"

During the time when suspicion pointed strongly to Sir Walter Scott as the author of the Waverley novels, the closest watchfulness of his guests at Abbotsford failed to detect signs of literary activity on their host's part, the reason being that his pen had always completed its daily labours by the time the amateur detectives had arisen from their beds.—*Selected.*

## A CALL FOR HELP FROM FAR SASKATCHEWAN

A. M. MATHESON. Arcola, Sask. A young girl of about 21, who recently came out from Scotland to work for me, has, I am advised by the local doctors, developed consumption. She has no friends or relatives in this country, and I believe has practically no funds. If you could take her in I would be willing to pay her transportation down. The girl is quite able to do general housework and could, and I think would be glad to endeavor to earn her keep while in the institution. I would be glad if you would advise me as early as possible whether you would take her in. I believe that if she went at once that there would be a good chance of a cure.



All profits of **CANADIAN OUT-DOOR LIFE**, from subscriptions and advertising, will be devoted to the maintenance of patients in the **Muskoka Free Hospital for Consumptives**. **Subscribe now and ask your friends to subscribe. \$1.00 a year.**

# FORWARD STEP

IN THE INTERESTS OF

## Muskoka Free Hospital for Consumptives

The growing interest in the out-door treatment of tuberculosis makes the present time opportune for the publication of a journal devoted to the gospel of fresh air.

The National Sanitarium Association has led in the building of Sanatoria for Consumptives in Canada.

In educational propaganda it has ever been in the fore.

The Tuberculosis Exhibition held in Toronto for two weeks during the past year, and that created widespread interest among the medical profession and laymen, was brought here on the direct initiative of the National Sanitarium Association, and all expense was borne by this Association.

With this record for aggressive work in the interests of the consumptives of Canada it is, perhaps, natural that the N. S. A. should take the further forward and important step indicated in the publication of a monthly magazine devoted to the advocacy of these ends.

And here is the **CANADIAN OUT-DOOR LIFE** to fulfil this mission. Are we to have your aid? Are we to count you a subscriber now?

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††† All Subscriptions received will be acknowledged in the Toronto "Globe" and "News." Any one subscribing one dollar or more becomes a subscriber to the Canadian Outdoor Life for one year.

When dealing with advertisers please mention **CANADIAN OUT-DOOR LIFE**.



## Sanatoria News and Comment

**D**OCTORS HARRY JAMES and J. S. PRITCHARD have been appointed to the Medical Staff of the National Sanitarium Association, the former as assistant to the Physician-in-Chief of the Muskoka Cottage Sanatorium, and the latter to the Muskoka Free Hospital for Consumptives. The resident medical staff of the Muskoka Institution now consists of C. D. Parfitt, M. D., M.R.C.S., L.R.C.P.; W. B. Kendall, M.D.C.M., L.R.C.S., L.R.C.P.; J. K. M. Gordon, M. D. and Doctors James and Pritchard.

Waterloo County Council has passed a sympathetic resolution in response to a request from Oxford County Council asking that the several counties within a given district unite in establishing a hospital for indigent consumptives. A committee was appointed to co-operate with committees from other districts. A step in this direction was taken in 1904, when ex-mayor Radford, of Galt, was a member of Waterloo County Council, but nothing concrete or actual has so far developed. One interesting commentary is found in the fact that when Galt, the home of Dr. Radford, was proposed as a suitable place for the hospital, the newspapers and people protested, almost as one man, against the proposal. This sentiment, strongly entertained in all localities, must always operate against the establishment of county sanatoria. No one knows better than the trustees of the National Sanitarium Association, the leaders in Canada in the erection of Sanatoria, what this prejudice means. It causes one to pause and enquire, whether all things considered, large provincial institutions like those in Muskoka and Weston, thoroughly equipped and appointed, do not most completely meet the needs of the case.

About \$65,000 of the proposed \$100,000 for the erection of a sanatorium for consumptives at Fish Lake, B. C. has been subscribed.

In any consideration of the consumptive problem in Canada it is to be remembered that during its five years history not a single applicant for admission to the Muskoka Free

Hospital for Consumptives, has ever been refused admission because of his or her inability to pay. The one thousand and more patients that have been admitted to this institution since its doors were opened in April, 1902, have come from every province in the Dominion; over one-half have been entirely free and those who have paid in part for maintenance have averaged less than one-half the actual cost of maintenance to the hospital.

Strong opposition has developed against the proposition to build a hospital for advanced consumptives, on the grounds of the General Hospital, Hamilton. Here again one of the difficulties that surround a solution of this problem shows itself.

Ottawa is moving in the direction of making some provision for its consumptives in the advanced and far-advanced stages of the disease.

\$35,000 has been raised towards the erection of sanatoria for consumptives for Province of Manitoba.

Texas has adopted drastic, and it may be said, almost inhuman methods to drive the consumptives from the state. Twenty consumptives were driven from the hospital of San Antonio, where they have been treated for many months. All of them were public charges and five of them have only a few weeks to live with the best of care. Things are different in Canada.

A prominent Chicago physician, basing his prediction on the decrease of the last few years in the mortality from tuberculosis, asserts that in a quarter of a century the ravages of the disease will be practically stayed.

The new buildings of the Muskoka Free Hospital for Consumptives, that will give accommodation for about twenty additional patients, are being pushed ahead by the contractors. Heavy blasting of rock had to be undertaken before the foundations could be placed. The building is to cost \$15,000, with only \$8,000 provided for—again a work of faith of the trustees of the National Sanitarium Association.

### HEED THEIR PITIFUL CRY.

*In different parts of this issue of CANADIAN OUT-DOOR LIFE, we publish letters of distress from those seeking admission to the Muskoka Free Hospital for Consumptives. To what extent the management can help the needy consumptive, and how much he needs our help, depends on the contributions that come to hand from week to week. Just now the hospital bank account is heavily over drawn. Who will help? Everybody can help some. Contributions may be sent to Sir Wm. R. Meredith, Kt., Chief Justice, Osgoode Hall, Toronto, or W. J. Gage, Esq., 84 Spadina Ave., Toronto.*



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### A Change of Clothes

**D**RESSING for dinner," says *The Lancet*, "is regarded by some as a piece of arrogance, and as evidencing merely a desire to appear superior to somebody else. They observe no dignity in the custom, and perhaps do not realize the fact that the change of clothes is consistent with personal comfort and cleanliness, whether the new garments donned be of the evening dress pattern or not. The most important meal of the day affords to those who dine in the evening an excellent opportunity of exchanging their work-a-day clothes for a suit which has been brushed and aired. The bracing effect of a change of clothes is well known. Many a man feeling almost too fatigued after an arduous day's work to change his clothes finds himself considerably refreshed when the change is accomplished, and at the same time he experiences a feeling of cleanliness and preparedness for his dinner, and good digestion invariably waits on healthy appetite. The changing of clothes may even thus favourably affect nutrition. Nor need the changing of clothes be the exclusive luxury of the persons who dress for dinner. The hard-worked clerk, the shopkeeper, and the working man would all be better if they would cast off their work-a-day clothes and put on clean clothes for the evening meal after the day of toil is over. Probably the

brightness and cheerfulness of the working classes on Sunday have much to do with the 'best' clothes which they wear on that day."

### A Literary Note

The July table of contents of the *American Review of Reviews* is inviting. Following the always informing pages of the editor comes the following, a few of many excellent papers that make the number:—Rubber as a World Product, by William M. Ivins, with portraits and other illustrations; Morocco, the Derelict of Diplomacy, by William G. Fitz-Gerald, with portraits and other illustrations; Resourceful Central America, by John Barrett, with illustrations; a Year of Delayed Harvests, with maps.

### The Curse of Money

"Money doesn't always bring happiness and peace of mind."

"You are right there," answered the man with an anxious look. "Sometimes it tempts you to buy automobiles."—*Washington Star*.

THE FACT that the majority of persons sleep during a third part of their lives enhances the desirability of recognising the importance of the admission of fresh air into bedrooms.—*Lancet*.