

# HEALTH AND SCIENTIFIC SANITATION

EDITED BY HAROLD KINGSLEY

## GENERALIZATIONS DANGEROUS

Careless generalizations regarding hygienic and dietetic measures may do almost as much harm in some instances as careless drug giving. While the old way of pouring drugs into the body and ignoring the importance of nourishment, including oxygen and water, as well as nature's methods of stimulating metabolism and bodily functions in general, has nearly disappeared, and there seems to be no danger of the pendulum oscillating too far in the other direction, it has been established, rather recently that tuberculous patients, although requiring open air and freedom from business cares, engage in any active exercises at great risk. There is a question whether outdoor air is so necessary as to warrant exposure to rain and extreme cold. So far as the last stages of consumption are concerned, warnings have come from practically every health resort that the advantages of climate and change of residence are more than balanced by home comforts.

Exercise, either active or passive (massage, etc.), is liable to prove dangerous in various inflammatory conditions, as of the appendix and other abdominal organs. It should be carefully graded according to the condition of the vital organs. While in this connection we naturally think first of the heart, a mere murmur, the result of a past disease, certainly does not warrant the loss of the beneficial effect of moderate activity, and, subject to precautions, exercise has the same influence on the cardiac as on other muscular tissue. Thus, in regard to exercise, the term vital organs should lead us to think rather of the lungs, kidneys, blood vessels and blood.

The benefits of fresh air should be prescribed with some degree of common sense. It would require too much space to go into details, but it is a sane general rule not to submit a sick or delicate person to exposure which we would ordinarily consider dangerous for a person in health.

Diet is a part of the hygienic armamentarium to which there is scarcely an objection under any circumstances, if the word is properly used. Unfortunately, the average practitioner fails

to base his ideas as to diet on the firm foundation of chemistry and physiology. Too often the dietetic prescription is of some one kind or food that is inadequate quantitatively or qualitatively or of a routine which cannot secure the proper stimulation of reflexes. As milk is usually employed in typhoid the patients get well in spite of semi-starvation and the development of intestinal putrefaction. To place an anaemic patient on milk in cold weather is bad hygiene. Not to dwell on the subject, it may be said that in many instances a prescribed diet absolutely ignores the caloric needs of the body and is directly contrary to the physiologic principles involved in the particular case. In digestive failure diet often means reducing the nourishment to the capacity of the unaided, diseased or weak organs of digestion. Being themselves inadequately nourished they become still weaker and the diet is further reduced, so that a vicious circle is instituted which can only be broken by realizing the necessity of supporting and even forcing the digestive functions.

But hygienic measures have their limitations, not solely because their injudicious prescription may result in harm. The vast majority of organic diseases and the more marked and definite functional disturbances—if, indeed, the latter are strictly functional—represent chemic, mechanic and structural changes which require various direct applications, solvent and supporting measures among drugs occupy an important though not the exclusive role.

It is true that many diseased conditions are incurable, that many pharmacologic and local, not to mention surgical procedures fail unless the body is relieved of the unfavorable influences of insanitary and unhygienic environment, that sometimes hygiene alone may enable the system to cope with organic disease, but it is true that as a general rule, purely hygienic regimens fail or are extremely slow in the treatment of real disease.

## SUCCESSFUL BUSINESS WOMAN

Mrs. D. B. S. Ramsdell has been the able and successful business manager of the California del sur branch of one of the greatest enterprises in the world for the uplifting of mankind.

The Viavi movement today is world-wide and thousands of grateful men, women and children who have been brought back to health are a living testimonial of what Viavi is and what Viavi does.

Mrs. Ramsdell has the rare tact of winning and holding not only the respect, but love, of the large corps of women in her employ, who are bonded together to carry the message of hope and cheer of renewed health and a return to happiness into homes where the light of hope has well nigh flickered out, where mothers are nervous wrecks, children neglected and husbands hopeless.

There are thousands of homes in the world today whose watchword is Viavi (the way to health), where mutilation of the body is unknown and where the wife and mother has grown back to health and strength in nature's own way with the aid of Viavi.

Mrs. Ramsdell has devoted years (heart and soul as well as time) to the advancement of the Viavi movement in Southern California, and hundreds of women have been sent on their way rejoicing, cheered, encouraged and cured, who had grown hopeless with long years of suffering, believing it their heritage to drag out a miserable existence because drugs and other methods had failed to remove the cause of their suffering. Every Thursday afternoon at 2:30 o'clock in the office at the Bryson building, Mrs. Ramsdell gives a health talk to mothers, wives and daughters, and as the Viavi system is twofold in its nature, educational as well as curative, all are invited and welcome to these lectures.

Particular Soubrette—That fellow would drive anyone to drink.  
Thirsty Comedian—Would you mind introducing me?—Ally Sliper.

## TUBERCULOSIS CAN BE CURED

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## TUBERCULOSIS BEING CURED

Consumption not only is a curable disease but has been and is being cured in a large number of cases. This has been demonstrated and is proved by the records of remarkable recoveries that are being compiled in Los Angeles from day to day.

A discovery which was made by Charles F. Aycock, an Oklahoma physician, after fourteen years' research and which has resulted in wonderful cures of persons afflicted with tuberculosis, has been taken up by Los Angeles men who are determined to give the world the benefit of the remarkable remedy.

No hypodermics are used in this treatment. Just take the remedy with the nourishment or meals. Tuberclecid eradicates the tubercle bacilli from the human body and gives the lungs a chance to heal and brings about a condition which results in restoration of the system to health, cleanses the blood and gives the sufferer opportunity to regain strength. In many cases treated the patients have begun to improve from the first week. In some instances the tubercle bacilli have been eliminated in five months, but in all instances the general health is improved from the start. Great success has been attained in cases abandoned by physicians and pulmonary specialists as absolutely hopeless. Tubercular patients are now under treatment in many states and all are progressing in a most encouraging manner. Tuberclecid is a home treatment given amid home comforts. No burdensome conditions are imposed. Simply eat nutritious food, breathe pure air and be cured.

## SANITARY BATH AND KITCHEN

Of all the materials used in bath rooms and kitchens for walls, floors and even for ceilings the only perfect one is the tile. The rest are merely makeshifts made necessary on account of expense usually.

The tile is absolutely smooth and non-absorbent; in consequence it is very easily cleaned with soap and water.

A core or sanitary base should be used where the walls and floor join to prevent the accumulation of dust, which may become a breeding ground for germs. Door and window trims of tile may also be used.

While tile may be obtained in practically all colors, there is no color that gives the idea of cleanliness as pure white does. As people realize the advantages of tiling in both the kitchen and bath room it is coming into more and more general use, and the economizing is done on something else. One of the great advantages of tile in the kitchen is that being vitrified, even hot grease cannot be absorbed, but is wiped off as easily as off of a plate. Even the strongest acid will not affect it.

## HOW TO LIVE LONG

Man's greatest desire is long life, yet few seem to realize that long life depends upon certain conditions and by meeting them life may be greatly lengthened.

Heredity is of course a factor to be considered, but its power has been greatly overrated. A man of poor stock from a sickly and short-lived family can often by taking proper care of himself live longer than the man endowed with a superb vitality but who lives carelessly or is dissipated and uses up his natural stock of life power and so fills an early grave.

A calm mind and a clean body are the two greatest requisites for a long life.

To have a clean body one must drink plenty of pure water and see to it that

the natural eliminating organs are doing their full duty. Calmness of mind is essential because excitement, particularly unpleasant excitement, disturbs the action of the vital organs interferes with their duty, depletes vitality and curtails the span of life.

## WITCH HAZEL CREAM

At this season of the year one of the greatest calls is for a good, soothing cream. Here is one you can make at home, inexpensively, and it is one of the best it is possible to procure:

One ounce each of white wax and spermaceti, one-fourth pint of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rose water and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is cold. Pour into mo.ds.

## PRETTY EYEBROWS

Many otherwise pretty faces are sometimes disfigured by ugly eyebrows. The following lotion will be found of great assistance in training them into the desired shape:

Oil of nutmeg, ½ ounce, olive oil, 12 drops, oil of rosmarin, 12 drops, tinct. cantharides, 3 drachms. Mix and gently rub a few drops into the roots every night or two, always rubbing toward the outer extremities, never in the reverse direction.

## Dr. Adolph (NaturAID) Petter's

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