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The American Magazine

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MERLE CROWELL, *Editor*
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Watch Out For Health Fads!

By William S. Sadler, M. D.

DURING the past two generations we have undergone a series of periodic health revivals, and the result of this stirring up of our health consciousness is that men and women live a great deal longer than they used to—and live better.

However, we could hardly expect to have this awakening in health matters without acquiring also a tendency to go to injurious extremes now and then. It was inevitable that numerous health fads, hygienic cults, and extreme systems of teaching should arise. Medical science is becoming fairly well established; but among its more recent extensions there is always room for difference of opinion, as well as for the opportunity for misguided enthusiasts to seize upon some isolated truth and overwork it in practical application.

What I want to do in this discussion of health fads is to point out the good in many of them, and to emphasize their real dangers.

Most of these schools of health thought contain grains of truth, and under certain conditions and in the case of certain individuals, they are helpful, oftentimes decidedly beneficial; but under other conditions, and when applied in an ignorant, slavish, and routine manner, they are often productive of serious harm.

An open-minded attitude which enables us to gather truth from every source and intelligently apply it to our own lives should be our ideal. We can learn the principles of health practice from medical scientists and sanitarians; but we should apply these things to ourselves in accordance with our individual needs. *Science can give us health principles, but we must make our own health rules.*

Physical Culture Fads:

BODILY exercise is an essential of health, and we owe a great deal to those pioneers of the last generation who introduced and sought to popularize the idea of physical culture for the masses. There is no question of the improvement of the health of the sedentary classes through these diverse systems of exercise. Unquestionably, the physical culture fad has done more good than it has done harm. But why should we make a slavish fad out of it? Since ordinary walking is the most valuable of all exercises, why

should we endow some particular set of physical contortions with magical health power?

We are all so thoroughly agreed on the value of exercise that it is only necessary for me to call attention to certain dangers connected with physical culture as a fad. First, there is the danger of over-exercise on the part of those who are constitutionally inferior, semi-debilitated, or more or less neurotic individuals.

These are the very people who should take a reasonable amount of exercise, regardless of their chronic fatigue. But if they become devotees of the exercise cult

exercise may have been benefited by it, but here was one case that was greatly harmed.

Again, there are persons who have enfeebled hearts or other debilitating disorders of a constitutional nature. Without proper medical guidance they sometimes plunge with enthusiasm into physical culture movements, or join gymnasiums, and now and then do themselves irreparable harm. A certain amount of exercise is highly beneficial, even to a weak or diseased heart; but it should be planned and taken under the direction of a physician. If you have simply a nervous

heart or one that palpitates merely because of gas in the bowel, then you don't need to worry about your exercise. That sort of heart is just as good as any other when it comes to ordinary physical exertion.

Don't Lose Your Sense of Proportion Because the Enthusiast Has Lost His

“WHEN one of us discovers a little piece of truth,” says Doctor Sadler, “he becomes so enthusiastic that he is likely to lose all sense of proportion and to go shouting through the world that here, at last, is the great essential element in truth that mankind has been waiting for! It is like this in many, if not all, phases of life. A ‘reformer’ discovers something wrong with the administration of law, and then devises a remedy. ‘Here’s what ails us,’ he says; ‘and here’s the cure!’ He may be right when he says that he has unearthed a bad thing, and discovered a good one to take its place. But he covers entirely too much territory when he claims that he has dug up the one great evil in the administration of law, and that he is offering the one real remedy for our governmental or social ills.

“It is the same way with health fads. Many of them have good in them. But no one of them contains any universal remedy. The matter of health is a lot more complex than the faddist will admit.”

they are likely to drive themselves a bit too far, and add extreme physical exhaustion to their already distressful nervous exhaustion. In these matters, it is just a case of using common sense. To walk a mile or two a day would be physical salvation to many of these neurasthenics; to walk six or eight miles would be their undoing.

Just the other day I had occasion to treat a woman who had found it extremely difficult to walk six blocks a day. She heard over the radio a talk on physical exercise, got converted to the idea, and, without consulting her physician, went out and walked three miles, collapsed, and was brought home in an automobile. She will probably be in bed for six weeks. Now, I grant you that hundreds, maybe thousands, who heard that talk on physical

surely at these things, but not with the vim and enthusiasm employed in our youth.

Many middle-aged persons, more especially those above fifty, do themselves great harm by taking hikes that are too long. Of course, age alone is only a relative criterion, as some people are just as old at forty as others are at fifty or even fifty-five. The condition of the arteries, early habits of living, and blood pressure, are all factors to be considered in this matter of exercise after one is fifty years of age.

Another thing I should call attention to is the so-called athletic heart. I am greatly opposed to over-training in youth, over-developing the muscles, including the heart muscle. This is very dangerous, unless such training (Continued on page 202)

Watch Out for Health Fads!

(Continued from page 47)

can be moderately kept up throughout lifetime. When the heart is over-developed, we are sometimes confronted, around the age of forty, with the tendency to fatty degeneration of the heart. To overtrain the muscles of the heart when young means that, if you would live to a good old age, you must keep up this training for the rest of your life.

Let us then avoid over-exercise, and not put too much confidence in faddish exercises. There are, of course, certain physical exercises that are good for certain physical conditions, and competently conducted gymnasiums are good things. But, generally speaking, you can work out a system of exercises for yourself that will keep you in good normal health.

Moreover, I want to warn you that, just because some doctor or physical culturist has recommended certain sorts of exercises, or a certain amount of exercise, for a friend or neighbor of yours, and it has greatly benefited him, you must not be too ready to start in enthusiastically on the same exercises. I know a man who is all but killing himself trying to carry out the exercises that put a neighbor on his feet. Just because a doctor prescribed some medicine for your neighbor and it helped him, would you jump to the conclusion that it would help you? Of course not; you have more sense. Well, exercise is just as dangerous to take on your neighbor's prescription as medicine would be.

It isn't necessary to have big muscles to be healthy. The muscles are not our most vital organs. They are useful; but the exercise we take is not for muscle development so much as it is for increasing the circulation of the blood, promoting elimination, and stimulating activity on the part of the stomach, liver, bowels, and other vital organs, as well as keeping the heart in good condition.

Breathing and Ventilation Fads:

THERE is a lot of nonsense connected with our so-called breathing exercises. To stand still and stretch your lungs is good exercise for the diaphragm; it makes enormous pressure on the liver; it promotes digestion; it is a good anti-constipation practice, and it helps to flush the brain with fresh blood. But you are not getting any more oxygen into your blood.

The only way you could get more oxygen into your blood would be to take some physical exercise, and thus produce deep breathing that would be natural. I have nothing to say against the regular practice of breathing exercises. I merely want you to understand that, as far as getting oxygen into your blood is concerned, the performance is ineffectual. It does good in other lines; but to do good to your whole system, breathing exercises must be preceded or accompanied by physical exertion.

We have a lot of fads connected with ventilation. Some of our improved ventilating systems work when the wind blows one way and don't work when it blows the other way. Many authorities on ventilation are coming to advocate the flushing

system. This is done by opening the doors and windows every hour, and letting the air in and out.

It is a fad to have the temperature at an exact figure all day long. Indeed, it's a tonic to your skin to have a little variation in temperature. If you live all day in an equable temperature, you are more likely to catch cold when you go out.

I want to say a word about the fad of sleeping outdoors. One day I called on a friend who is an outdoor-sleeping faddist. I found him reading on his porch. His hands and feet were cold, his face was blue, and he was coughing; already the lungs were congested as the result of the driving of the blood from the outside of the body, inside. When your skin gets cold, the blood has to go some place, and the weakest internal organ will probably be over-congested.

Now, I am repeatedly advising people to sleep out of doors; but I try to teach them the rule of reason. You can be sure that if your outdoors sleeping is causing you to get chilled in going to bed or in getting up, or if, during the night, your hands or feet are chilled, then it is questionable if you will get good out of it. No matter how cold your face becomes, no harm will be done; but the rest of the body during sleep must be kept reasonably warm.

I have a patient at the present time, a somewhat enfeebled woman around forty years of age, who nearly killed herself by trying to sleep out of doors last winter. The sleeping porch fad is all right in its place; but in the case of the enfeebled, the aged, and of individuals who are not over-robust, common sense should be used.

The same extremes are carried out with reference to taking sun baths—over-exposing one's self to the rays of the sun. In fact, to get over-tanned in the summer is positively injurious. I have seen cases where over-exposure to the sun's rays has destroyed the living cells beneath the skin. Going barehead summer and winter is also, in my opinion, a fad calculated to do a great deal of harm.

Dressing Fads:

FORTUNATELY, most of the fads that appear in connection with the frequently shifting styles of dress, particularly with women, are relatively harmless from a health standpoint. Women's dress has become increasingly more hygienic in recent years. But I still shudder when I see none too robust young girls and middle-aged women going about in winter with one pair of thin chiffon stockings and sleeveless dresses.

I am not so much worried about the low-necked dresses as I am about failure to clothe the arms and legs properly. There is better circulation up around the chest. In fact, the lower neck or upper chest is very much like the face—it has many blood vessels, and if given time the skin circulation will become very vigorous in that region. But it is ridiculous to go around with dresses but little lower than the knees, and thin silk stockings, in the winter.

I think that men-folks are also faddish to a certain extent when they persist in wearing their high, stiff collars and their heavy coats in summer, and I cannot too strongly condemn the modern tendency to do away with suspenders and substitute a belt. Except in the case of very emaciated men, or men with pronounced hips, a belt tight enough to hold up the trousers is too tight for health.

I thoroughly disapprove, too, of the tendency to take young children and try to "harden" them by sending them out in zero weather with bare knees. I know a great many of them "get by with it" beautifully. Some of them probably get real good out of it; but when it is adopted as a fashion certain delicate children are injured.

You simply can't run all human beings through the same mold. You can't put them through the same health paces, and get universal good.

Bathing Fads:

I OFTEN prescribe the morning cold bath, cold shower or plunge, for patients of sluggish circulation, or for those whose nervous systems are below par; but just because a cold bath in the morning is good for a lot of people, I see no reason for making everybody get out of bed in the morning to douse himself with cold water. I think with about half of the people it is immaterial whether or not they take a cold bath in the morning. About twenty-five per cent get benefit from the morning cold bath, and another twenty-five per cent are definitely harmed.

Remember that if you have chilly feelings or a headache after taking a cold bath you have harmed yourself. Probably, however, you would have got good out of the morning plunge if you had taken it in a warm room. It is the chilling following the bath that does most of the harm. Others would be helped by the cold bath if they immediately preceded it with a short hot bath, or hot shower.

I have at the present time a patient who nearly killed herself taking hot baths. A friend told her that she cured herself of all her troubles by taking a very hot bath for fifteen minutes every night before going to bed. As a result of following her friend's example my patient is suffering from loss of weight, insomnia, and headaches.

The same thing is true of surf bathing—of going into the water when it is too cold, and staying in too long. Outdoor bathing is altogether a question of individual adaptability. One day last winter I read of three girls breaking the ice in a lake in order to take a dip. No good can possibly come from such a practice.

Young mothers, too, sometimes over-bathe their babies. When the babies are robust it doesn't matter so much, but when the babies are feeble they are often over-washed—particularly if the water happens to be too warm. If your baby is not thoroughly robust, you had better consult your physician before you attempt any extreme measures in this direction.

I want to say a word about mud baths,

and mineral baths. A great many people go off to "take the cure," but I always suspect that the change of environment and diet does them as much good as anything else. As a matter of fact, if they would take about three days to be examined physically, to find out whether the teeth, tonsils, or some other part of the body were causing their rheumatism, or if they were to take hot baths at home every morning, with a tablespoonful of salts, very likely the same results would be reached as by the mineral baths.

Understand, I am not saying anything against the use of water as a remedial agent. I have great faith in it. The water cure is a great thing in modern scientific medicine; but it is often carried to faddish extremes and sometimes to injurious lengths. A well person can do these things with more or less impunity. If you are sick, before you plunge into any remedy of this sort, talk matters over with your doctor. Find out whether you are really going to hurt yourself.

And what I am saying about bathing in general refers also to extreme sweating procedures, particularly as employed in many reducing regimens.

Water Drinking Fads:

THE most common neglect of ordinary folks in their health practices is the failure to drink enough water. Early in middle age the kidneys begin to show evidence of irritation, of the neglect to take six to eight glasses of water each day; and yet every now and then I have to put the brakes on some enthusiast who is drinking twelve or fifteen glasses a day. Of course our water intake depends a great deal on our perspiration. In the summer time, when perspiring freely, you can perhaps take a dozen glasses or more of water a day; but in this connection it seems to me that the faddish tendency is in running to water substitutes. We are drinking anything and everything to avoid drinking water, when water is the natural liquid with which to quench thirst.

Then we have fads about drinking at meals. I had a hard time not long ago to get a woman to drink with her meals. She had read somewhere that it diluted the digestive juices to drink water at meals, and she absolutely refused to drink at meal time. She had excessive acidity in her digestive juices, and I knew it would be a good plan to dilute them a little. When she began to drink at meals she was greatly relieved, but she thought the practice was harming her digestion. I had to explain to her, illustrating with the X-ray, that the liquid didn't ordinarily mix with the food. Now, in cases of slow digestion and too little acid, it might be well to avoid taking much liquid during meals. Again it is a case of the individual; we cannot form a rule of thumb that we can go by.

I think, too, that it is decidedly harmful, as a general practice, to drink two or three glasses of hot water each morning on arising. Such a practice may be beneficial in certain isolated cases; but for most individuals a single glass of cold water is preferable.

Fletcherism—The Chewing Fad:

THERE can be no doubt that, in this age of hurry, most people are guilty of bolting their food. Failure to masticate

properly is the cause of a great deal of stomach trouble. Not only the failure to masticate, but the very hurry and rush that is associated with this eating is, through the nervous system, harmful to the digestion. Now, Horace Fletcher, about twenty-five years ago, tried to bring about a revival of thorough mastication. He even went so far as to advocate chewing up all foods, swallowing the juices, and rejecting all solid matter. His whole propaganda was not based on practical experience.

We should chew our food a sufficient length of time to taste it thoroughly, because taste is the nervous trigger that pulls the lever of digestion and causes the digestive juices to flow in the stomach about five minutes after we taste or smell our food. But I have seen a great deal of harm come from this faddish mastication—from sitting down, and chewing and chewing, until all the joy was taken out of the act of eating.

We need to chew our food reasonably well, because the mouth is an organ of digestion and the saliva is a digestive juice designed to turn starch into sugar. But if we over-chew and under-eat, we are contributing to the national tendency toward constipation. We don't want our foods too thoroughly digested. That is just why we eat bran and other roughage now and then, to have a residue for the bowel to work on, and to encourage it to carry the meal out of the system.

Food Fads:

WHEN we come to the question of food we encounter a flock of fads. Long before the discovery of vitamins, somebody hit upon the revival of the raw food fad. Now it is a fact that most of our foods are just as well or more easily digested raw as cooked. Cabbage is much more easily digested raw, and certainly we get our vitamins whenever we take our food raw. But vitamins are not such a serious question if we eat a variety of food. By eating some green stuff every day, together with an orange, or a tomato, we get all the vitamins that are necessary. This idea of buying some special food to get vitamins is a joke. They are in all our foods. It is only those who live exclusively on highly cooked and artificial foods who suffer from lack of vitamins.

What is wrong with the raw food fad is simply this: Starches are more easily digested if they are cooked, though certain individuals can take their oatmeal almost raw, and in cases tending toward constipation it is a good plan to have some of these foods but slightly cooked, in order to encourage their passing through the system without being completely digested and assimilated. The other weakness of the raw food fad we encounter when we come to meat. Meat, particularly pork, is sometimes infected with parasites, and the only safe course to pursue is to cook the meats. Of course, when vegetables are eaten raw they must be thoroughly cleansed, or there is great danger of infecting the body with numerous types of worms.

The raw food fad has a great deal more to be said in its favor than against it. If we pick out the few weak spots and eliminate them, it stands as a pretty good health practice. There is a whole lot of unnecessary cooking being done in this

country, though I recognize the value of having hot foods in cold weather. Cook stove energy is cheaper and more practical to use in warming the body than vital energy. But our ancestors for many generations have been using more or less of hot foods, and I doubt the wisdom of trying to depart entirely from this practice in a single generation.

Then we get single food fads: Because sauerkraut contains lactic acid, like buttermilk, we get up a sauerkraut fad, or some other fad, and run it into the ground. I remember a fellow student who, years ago, almost lost his life trying to live on raw apples and nuts. Then there's the raw meat fad. Some anemic people may benefit by it, if they escape the tapeworms; but it should be taken only under medical advice.

Then along comes the faddist with the dry diet. He tells you the juice out of the food you eat and your own saliva are enough, and that you must cut out all liquids. There are certain cases of stomach trouble that we temporarily put on a dry diet, but how foolish to ask everybody to follow that sort of regimen!

Then we get other faddish notions, like fish being a brain food, or tomatoes being a cause of cancer. There is absolutely no foundation for these foolish ideas.

The other day I met a woman who refused to eat salt in her food. She has the idea that we eat too much salt, and she is right in that. In certain forms of kidney trouble we have to take practically all the salt out of the diet to avoid dropsy. But just because that is true is no reason why we should go to an extreme, and eat no salt at all. Salt is a chemical very necessary to the human blood. Again, thousands of people go to the other extreme, and regularly take two or three spoonfuls of salt in a certain amount of water every morning. The pendulum of human experience seems to swing from one extreme to another.

The same fact is true of sugar. I have a very good friend who has quit using sugar. He eats honey. I think he has the idea that it is not so fattening as sugar. Now and then there is an individual who will do better on honey than on sugar, but the honey fad would not do the world any particular good. I have no objection to individuals working these things out and enjoying the benefits, but I think it is harmful to try to introduce them as a plan for everybody.

IMEET, from time to time, folks who are trying to improve their health or complexion by eating carrots. Carrots do, by the way, tend to deposit pigment in the skin temporarily. Then we have the whole wheat bread faddist. To him all bread is poison unless it is whole wheat bread. Now, we all know that the race, as a rule, would be better off with whole wheat bread, except certain nervous people with a colitis tendency; but you can carry even this to an extreme! Then there is the oatmeal fad, the raw egg fad; and the joke is on these latter people, for it has recently been found that the uncooked white of egg is quite indigestible and unassimilable by the human system.

Why, in the name of common sense, should we make a fad of anything in the realm of eating? Even though grapefruit is a good thing in the morning, why should

you eat it every morning. I recently saw a case of gastritis caused by continuously eating lemons. Somebody suggested it was a good way to cure a torpid liver and prevent constipation, and that was all that was necessary. This poor soul started in on a dozen lemons a day.

Then there's the no-breakfast fad.

Now, this fad helps a lot of people who are eating too much and who would be much better off if they cut out one meal, whether it be breakfast, dinner, or supper. But as for doing without breakfast, it is simply a fad. Of course if you are thriving on it, keep it up; but don't insist on all your neighbors going without their breakfasts.

One food fad I regard as very harmful, and that is after-theatre eating, late at night. If you have already had two or three meals, and then take on another at midnight, I am convinced that no good can come of it.

The Starvation Fad:

NOW I come to a fad that, in my opinion, has little to recommend it—the starvation fad. I have seen some terrible results from this starvation-cure business. There is no question that some people have been helped by practicing starvation, but I think it is exceedingly risky, and should be greatly modified. You can go on an apple and orange diet for a week or ten days, and get great good sometimes, because the system is provided with a minimum of fuel and the liver is enabled to make glycogen for the blood and thus to keep up the rations of the white blood cells. These cells are the standing army of the interior that defend us against microbic invasion. When you fast completely, you must recognize the fact that you have merely changed your diet. You are eating, but you are eating your own body, and are living on an exclusive meat diet. After the first week of the fast, the excretions of the body are sometimes highly toxic, just as they would be if you subsisted wholly upon a beefsteak diet. Now, in fasting, it is better to supply the body with oranges and other means of sustenance, so that the system will not be required to live on an exclusive meat diet.

Modified fasting is highly beneficial. I often take cases of high blood pressure and have them fast one day a week, or limit themselves on that day to two glasses of milk, one in the morning and one in the evening.

Sometimes when long fasts are undertaken the system never again will take food, and every now and then an unfortunate individual pays the price of his life for the privilege of indulging in this fasting fad.

I want particularly to warn against starvation as a reducing procedure. No good will come, if you are fat, from trying to reduce by starving yourself. Cut your diet down to about a thousand calories a day, and then gradually lose your fat. Don't go on a three weeks' fast to reduce. Your weight will come back just as soon as you begin to eat.

While speaking about reducing, I especially want to warn the reader against the administration of thyroid or other drugs which are guaranteed to reduce weight. This is an exceedingly dangerous practice. It is also highly dangerous to try to re-

duce by cutting down your water intake. Look to your diet, and continue to drink your six or eight glasses of water daily.

Vegetarianism as a Fad:

WE NOW come to vegetarianism as a health fad.

I have to admit frankly that the vegetarians have many things in favor of their contention. They point with pride to China and India, and show us whole races of people who are able to live without meat. And there can be no question that human life can be sustained on a non-flesh diet. I freely admit that the majority of the American people eat too much meat; but as I study this question from every angle I cannot see the scientific basis of the contention of vegetarians. The arguments, in the main, that could be applied against eating meat could be applied against eating too much baked beans, cheese, nuts, eggs, or bread. Meat is largely a protein element, and while the vegetable proteins do not contain the objectionable extract—the blood of the animal—they are more difficult of digestion and assimilation.

I recognize the value of a comparatively non-flesh diet to certain sick individuals, and even to others for short periods of time. I often ask patients to go on a no-meat diet for a time, and still others to take less meat; but I cannot look upon vegetarianism, from a scientific and dietetic standpoint, as anything but a fad. I have given great thought to vegetarianism, and while I see in it many advantages I also think these advantages can all be secured by a reasonable, moderate protein diet. After all, it is largely a matter of protein nutrition and it makes very little difference to the human body whether this protein is animal or vegetable.

It is certainly a great mistake to give up a reasonable meat diet, and then eat an enormous quantity of legumes, eggs, and cheese. This means that a vegetarian would be taking two or three times the protein an ordinary meat eater would consume.

This whole question of meat eating has nothing to do with rheumatism or neuralgia. Some of our vegetarian friends used to insist that rheumatism came from meat eating. We know better now. One of the worst cases of rheumatism I have seen in five years was a vegetarian, a woman who had eaten no meat since she was eight years of age. Rheumatism is an infection. It is not a matter of diet.

Vegetarians who take milk and eggs are much safer than those who refuse to eat any animal products. The latter are in danger of tuberculosis. But I have observed that many vegetarians who take milk and eggs get along pretty well.

Medical and Surgical Fads:

EVEN in medicine and surgery, things have a tendency to go by fads. No one, I am sure, will accuse me of objecting to operations when they are necessary. If your tonsils are bad, and threaten to make trouble by way of rheumatism, heart disease, and so on, have them out; but I see no reason why they should be yanked out when perfectly healthy.

Then there is the matter of dead teeth. I am not a dentist, and am not going to

undertake to settle in an article of this kind the question whether dead teeth should be removed in nearly all cases. But I haven't as yet been able to subscribe to what I think is a medical fad; that is, that every dead tooth should be pulled out, willy-nilly.

Being human, we doctors have the same tendency to fads as you have. Of course no doctor thinks he is a faddist; but I assume we are all tainted with this tendency to become over-enthusiastic on a single idea.

We have an illustration of this in mind cures. Because the mind has a great influence in causing diseases, we have whole systems built up to cure all diseases through the mind.

I have written a number of articles in this magazine about fear in its relation to health and disease, and I can call attention only briefly to the fact that fear runs by epidemics. We have expectant mothers, who fear birthmarks in their offspring. There is no satisfactory basis or foundation for this fear.

THE rest cure is another health practice, valuable as it is in some cases, that has become a fad. A great many people are taking the rest cure who ought to be taking the work cure. It is true that in the case of patients who are emaciated and have nervous exhaustion, the best thing to do is to put them to bed, and feed them on a fattening diet, like the milk and orange juice diet. But the health of a lot of nervous people would be improved if they found congenial work.

There is one fad I don't believe ever did anyone any harm, and that is the noon-time rest fad. I don't see any need for it in young people; but I have come to the place where I believe all persons over fifty should stop for one hour in the middle of the day and rest—sleep, play, relax, do whatever they choose to do—provided it is remote from their regular activities and daily routine. Personally, I don't eat luncheon, but I do take a noon rest; I believe in it. Maybe that is one of my fads. If so, I can't see that it does me any harm. In fact, I feel certain that it does me good, and in recommending a midday rest for men and women over fifty years of age, I feel I am safe in that, if it does them no good, it can't possibly do them any harm.

Generally speaking, you are not going to get health out of a bottle, or strength out of a pill, unless the medicine is definitely prescribed to correct some specific deficiency in the body. When the doctor gives you medicine, take it cheerfully, and go about your business. But you make a great mistake when you try to prescribe for yourself, or dose yourself.

Just because soda is useful occasionally when you have sour stomach, some people adopt it as a regular practice, and so the soda habit is sooner or later formed.

No matter how good any idea is, if we overwork it, we are certain to get in trouble. There is no one cure for all the ills the flesh is heir to, and we are doomed to disappointment if we try to get out of any system of treatment that which is not inherently in it.

Let us exercise common sense in our health fads, and be moderate, sane and sensible, avoiding all extremes.