

# The Vacation Number

VOL. XXXIX.

Edited by J. H. KELLOGG, M. D.

NO. 7

# GOOD HEALTH



July, 1904.

How to Keep Cool.  
Summer Hygiene for the Household, Especially the Children.  
The Woman with the Hoe—*Illustrated*.

How to Recreate at Home.  
Vacation Schools.  
Tenement Boys' Evenings—*Illustrated*.

"The Fitting of Self to Its Sphere."

Ocean Traveling—*Illustrated*.  
Summer Disorders of Infancy and Early Childhood.

Healthful and Delectable Dainties—*Illustrated*.

Freshness and Fripperies.

CHAUTAUQUA SCHOOL OF HEALTH: The Cold Wet Sheet Rub (*Illustrated*); Methods in Hygienic Cookery; Liver Digestion; Treatment for the Helpless Invalid (*Illustrated*).

NORTHLAND

10 CENTS A COPY.

PUBLISHED MONTHLY

\$1.00 A YEAR

Entered at the Post Office in Battle Creek, Mich., as Second-class Matter.

For  
Prickly Heat  
and  
Irritated Skin  
use  
Packer's  
Tar Soap  
and



— DONT SCRATCH!



# GOOD HEALTH

*A Journal of Hygiene*

VOL. XXXIX

JULY, 1904

No. 7

## HOW TO KEEP COOL

BY J. H. KELLOGG, M. D.

THE first requisite to keeping cool is to have a mind at peace with God and man. Anger, hurry, worry, excitement, are totally incompatible with 90° in the shade. Horace Fletcher calls anger and worry "germs," and says that all evil passions are traceable to one of these two germs. Anger and worry involve heat and strife. Sweetness and light bring refreshing coolness and peace. The first principle of midsummer wisdom, then, is to cultivate peace with men and love to God. This is midwinter wisdom, also.

The daily bath is essential to midsummer comfort. The morning cool bath, taken on rising, is the very best tonic to prepare one for the labor and exposure of the day. The evening bath of tepid or cool water, or a short hot bath, if one be greatly fatigued, is grateful not only for cleanliness, but as one of the most effective means of bringing restful sleep.

Another requisite to keeping cool is that one be moderate, not only in the exercise of mind and body, but in the matter of diet as well. It is the oxidation and burning of the food we eat that gives rise to all bodily heat. Therefore, when a rise of temperature is not desirable, we should diminish the amount of fuel supplied to the body. A hot summer morning affords an intelligent person a good oppor-

tunity to show that he is a reasoning being, and not the unquestioning slave of habit.

In very warm weather the breakfast should be exceedingly light. Four-fifths of the food we eat is used for fuel; consequently, on a very hot day only enough food need be eaten to maintain the stores of vital energy, or to support muscular and mental work. A meal consisting of whole-wheat bread or zwieback and a dish of strawberries or half a dozen ripe peaches, a dozen plums, a melon, or a few ripe apples, is an excellent preparation for exposure to a scorching sun.

The man who takes a breakfast of griddle-cakes, soda biscuit, fried eggs, bacon or sausage, Worcestershire sauce, and strong coffee as an introduction to the work of a midsummer's day, should not be surprised that as the sun climbs toward the zenith, his suffering from the heat becomes more and more intense until, by midday, it is well-nigh unendurable, notwithstanding copious drafts of ice-water, cold beer, and other kindred beverages. The picture of such a man, fairly roasting and melting under the influence of the solar heat of the temperate zone, presents a strong contrast to the Hindu coolie, toiling, bareheaded, under the direct rays of the sun in an atmosphere twenty degrees hotter, and yet suffering no inconvenience what-



ever. The difference between the two men is less one of constitutional habit and adaptation than of diet. The man who excites his heart and irritates his nerves by a diet of flesh foods and condiments, must expect to require the aid of an electric fan to cool the vital conflagration set up by his injudicious eating.

Englishmen residing in Bombay, Calcutta, and other portions of India who continue their flesh-eating habits, pay the penalty for violating a law of nature by succumbing to infectious jaundice, abscess of the liver, Bright's disease, and various digestive disorders. An American friend, who had spent some years in the hottest part of India, assured the writer that while living on a vegetarian diet, he experienced no difficulty whatever from the heat, even during the hottest portion of the season and the hottest hours of the day.

Fruits and cereals constitute the best dietary for human beings at all seasons of the year; but while the dog-star rages, this natural dietary is especially appropriate. Fruits and grains, with a few nuts, make an ideal dinner for a hot day. Two meals a day, with nothing between meals, are amply sufficient during the heated term.

There is a popular prejudice against the free use of fruit in summer, especially for children. The troubles arising from the use of fruits, however, are due to carelessness or ignorance of certain

necessary precautions. Fruits, when whole and ripe, are the most natural of all foods, and suitable to all seasons. But they are as perishable as they are natural. As soon as fruit becomes stale, it swarms with bacteria of various kinds, and if these are introduced into the stomach, they are likely to set up fermentative and putrefactive processes.

Another cause of the prejudice against eating fruit is that a large portion of the fruit brought to market in early summer is picked green, and is entirely unfit for food. When fruit enters the stomach in this state, it dissolves very slowly in the digestive juices, and readily undergoes fermentation.

Another frequent reason why fruit apparently disagrees with the stomach is its improper combination with other food substances. Foods, as well as people, have incompatibilities.

Fruits alone are not capable of sustaining vigorous strength for any great length of time; but fruits supplemented by wholesome nuts or nut products constitute a complete and perfect dietary. From these most delicate and delicious of earth's products a bill of fare may be constructed which might well tempt the appetite of an epicure.

By the exercise of intelligence and good sense in the selection of one's bill of fare during the hot months, it is safe to say that at least nine-tenths of the inconvenience and sickness suffered at this season may be easily avoided.

---

If thou art worn and hard beset  
With sorrows that thou wouldst forget;  
If thou wouldst read a lesson that will keep  
Thy heart from fainting, and thy soul from sleep,  
Go to the woods and hills! No tears  
Dim the sweet look that Nature wears.

— Longfellow.



## SUMMER HYGIENE FOR THE HOUSEHOLD, ESPECIALLY THE CHILDREN

BY KATE LINDSAY, M. D.

SUMMER is here once more, regal in rich green foliage. Every blade of grass, every leafy tree, the growing grain and blooming flowers,—all proclaim life, activity, growth, and prophesy the coming harvest with plenty of stored-up energy for man and beast to live on in the coming winter of plant-rest.

Every green leaf and every blade of grass is a busy workshop, where the green chlorophyl cells are engaged in starch making and storing up the sun's energy, to sweeten the fruit, fill the grain kernels with starch, and form the cotton and linen fibers, as well as make all the wood fabric of stalk and tree trunk. These cunning workers take the carbon dioxid ( $\text{CO}_2$ ) breathed out by man and beast, and, separating the carbon from the oxygen, return that needed oxygen gas to the air, and then combine the carbon with water taken from the earth by the roots, and the product is starch for animal food, and oxygen to keep up atmospheric purity.

Amid all this life and activity in the vegetable world, the heat and moisture which stimulate the grass, trees, and flowers to store up energy, also increase the activity of certain specific, low vegetable forms known as germs, many of which are disease-producing, and often impair health and destroy human life. The ravages of these deadly diseases are especially manifest now in an increase of death-rate from stomach and intestinal disorders among infants and young children.

All winter, with closed doors and windows at home and in schoolrooms, the children have suffered and died

from colds, bronchitis, croup, whooping-cough, measles, diphtheria, la grippe, etc. The old man with the scythe has gathered in a rich harvest of little ones because of these pestilences which flourish in bad air. Now, open doors and windows and housecleaning have freed the home from these infections, and the death-rate from these epidemic disorders lessens. The children are home from school, and thus protected from personal contact with the sick. But this lessening of measles, whooping-cough, croup, diphtheria, etc., does not reduce the general death-rate. Diseases of the alimentary canal often greatly increase the mortality among children, till, at the height of the warm season, from fifty to eighty per cent of children under two years of age in the cities die from such attacks. At the head of the causes of this fearful slaughter of innocents stands spoiled food, or food infection and water infection. Then come the debilitating influence of extreme heat, infection due to insect bites, want of sleep, inflammatory diarrhea, cholera infantum, dysentery, cholera morbus, and later on typhoid fever and malaria.

The important inquiry for each householder, each father and mother, with the health and lives of the members of their families to care for, and for whose welfare they are responsible, should be, What are the causes of these disorders? and, What can be done to prevent them and to keep the children well through the summer months?

First comes water infection, the danger from which is now much increased because each rain shower is liable



to carry into running streams, lakes, fountains, wells, and cisterns infected fecal and other septic organic matter in an active state of fermentation and full of disease germs.

Infected dust may settle in the food, especially that which is moist and fluid. Thus the milk, jelly, sauce, etc., set in the windows to cool, may be seasoned with dust infected with germs, causing dysentery, diarrhea, cholera morbus, cholera infantum, cholera, and typhoid fever. The rich yellow cream, under even a moderate magnifying glass, may show a coating of infected dirt containing germs enough to stock a bacteriological laboratory. The milking, as usually done, means milk infected with dirt from the cow's body, the milker's hands and clothing, unclean vessels, improper storage, and often the transportation for miles in dust and heat before it reaches the babies. Under such treatment it is swarming with bacteria, and often proves to the babies a poison instead of a food.

But of all the insect germ carriers which inflict infectious diseases upon the human family, the common house-fly is the chief. Raised in filthy animal excrement, and lighting on and partaking of every vile thing, it boldly enters the house with feet coated with typhoid, cholera, and other disease-producing germs, and settles in the food. It infects everything one eats, moist or dry. How often the writer has seen carefully sterilized milk set to cool in an open window, where flies and dust had free access to it, and when served at the family meal, flies were skimmed out, but the germs they left were thoughtlessly swallowed. Every one wondered why the family were all sick with summer complaint, or why there was in the family an epidemic of dysentery or typhoid fever, when the

country home had a faultless, deep-bored well and all the milk was sterilized; forgetting that their neighbors in the city half a mile or more away had just had an epidemic of this disorder, and that daily passing of teams on the busy highways brings with each, swarms of flies with infection from open closets, and dispenses them along the route.

At camp-meetings how often one has been astonished at the amount of sickness, and how many lives have been lost because of the steady traffic in germs carried on by flies between the outhouses and the tents, and especially the dining-hall.

Infection is also carried by mosquitoes and other parasitic insects, and injected directly into the blood vessels, causing malaria, yellow fever, and other blood-poison disorders.

The children, free from school, delight in being outdoors with the younger members of the family. The luscious strawberry, red and tempting; the crisp watercress, green and fresh in the brook; the lettuce, green onion, etc.,—all tempt them to pick and eat, but the soil where these things grow, may be foul with excrement, and the beautiful, tempting fruit and crisp salad covered with a coating of germs. "O dear," I hear some say, "what shall we eat or drink? Wherever shall we go to get away from the ever-present microbe and his efficient allies, dust and insects." We are disturbed when we learn the causes of disease, but passive about the prevalence of the disease itself, and fatalists, to a greater or less extent, as to results.

The Lord of old warned the Israelites that he would leave their camp if he found uncleanness there, and that disease and death would follow.

To keep water clean, means to get it from a pure source, or by filtering, dis-



tilling, or boiling to make it clean and sterile, and keep it so by covering it and keeping it free from all dust, flies, and outside infection.

The house must be kept open for the admission of air and sunlight, but screened to shut out all insects.

All foods, both moist and dry, should be carefully covered, and milk, especially, so protected that it can be aerated, yet at the same time kept free from dust and insect infection. All should be kept in a cool, clean refrigerator.

From sleeping-rooms, dining-room, and pantry keep out the insect pests. A few good screens and a few days' work by the carpenter, mean family health and absence of doctors' bills.

Keep everything clean around the premises. The outdoor closet is a great menace to the country home; so are the stables and the barnyard; and the fly is the carrier between these and the house. The safety of the home demands that the filth of both be kept covered with chlorid of lime or quicklime, or even dry coal ashes enough to keep the flies out; and that it be seen to that there is no drainage into any water supply or danger of dust blowing from them into the house.

Do not allow the children to play in the vicinity of decaying organic matter, especially human or other excrement. The playground should be a green shady lawn. Their water and food should be germ-free and clean. In hot weather protect them from the debilitating effect of the heat by the tonic effects of cool bathing and by plenty of sleep. Teach

them to eat only at regular meals. All fruits and vegetables eaten raw should be washed in sterile water, and, if possible, peeled. If not, they should be dipped in boiling water for a minute at least, and then rinsed with sterile cold water.

The increased mortality of the warm months is due chiefly to infection from food and water and insect bites. The protection of the health of the children and lessening of the summer juvenile death-rate mean clean food, and fresh and sterile water, protection as much as possible from contact with insects and parasites, clean environment of out-of-door life, with plenty of sleep and nerve tranquility, and toning up with cold water to withstand climatic influences.

It is good missionary work to make even one home sanitary. This means a screened pantry, refrigerator, windows, doors, and even porches of the home; painstaking to secure clean playgrounds and to shut out all filth from the household, and at the same time to let in clean, fresh air and the bright sunshine. Then summer will mean life and activity to young human plants as well as to the vegetable world. The children will return to school, the youth to college, and the little ones to more or less unavoidable winter confinement,—all stronger and better able to contend with and withstand the causes of winter disorders. Their summer, out-of-door vacation will have been to them a real recreation of energy instead of a battle to maintain life against disease-producing infections.

An ounce of prevention is worth hundreds of pounds of cure.

---

My soul's religion is an earnest love  
Of all that's good and beautiful and true,  
My noblest temple is the sky above  
This vast pavilion of cerulean blue.

— J. C. Prince.



## THE WOMAN WITH THE HOE

BY HELENA H. THOMAS

NO one who watched her last summer, from early springtime to late autumn, would, I am sure, have disputed her right to the foregoing title, which, when we consider that she

"live out of doors" as much as possible, just where she was.

This semi-invalid had always cultivated flowers to some extent, but usually confined her "constitutional" to transplanting, weeding, etc., leaving all else to a day laborer; but she well knew that the little left for her to do in this way would not give her sufficient exercise to meet her needs, and she resolved, in spite of what "they" might say, to substitute for pen, garden implements such as she had never before wielded.

So, beginning, according to her weak condition, with toy rake and hoe, she worked on until her strength would admit of the use of heavier imple-



THE WOMAN WITH THE HOE

lived in the city, surrounded by aristocratic neighbors, meant far more than had her home been in the country.

The woman of whom I write, however, found herself, on the arrival of the harbingers of spring, in so debilitated a condition, as the result of too sedentary a life, combined with a case of "nerves," that physician and friends said:—

"A change of climate is imperative! If you value your life, you must go where, during trying spring days, you can live out of doors."

She did value her life, for she regards it as a sacred trust, though she then realized that, by too close application to pen work, she had endangered it. She realized, too, as physician and friends did not, that leaving home at that juncture was out of the question; but she resolved, then and there, to

ments—which was much sooner than those who saw her first weak efforts supposed possible.

Consequently, by the first of May she was heard to wail:—

"I have come to a standstill, until there is weeding to do, the grounds are in such perfect order!"

A fine vegetable garden had heretofore furnished her home, as well as her neighbors, the luxury of fresh vegetables; but beyond suggestions as to planting, and superintending the care of it, she had not before gone. Finding that digging in the dirt was giving renewed vigor and an appetite that made eating a luxury, she formed another resolve, which was that she would have a vegetable garden "all my own."

True, friends and neighbors counted her "crazy" to undertake anything so



arduous, and hinted further that the garden, the only one in that neighborhood, that had given such universal pleasure, would, later on, be "only weeds."

Nothing daunted, however, the health-seeker summoned the former gardener and surprised him by saying:—

"John, you are only to spade the ground this spring. I need more exercise than the flowers afford me, so after you have made the soil light and raked it off, I will do the rest."

"You!" exclaimed the faithful helper of years, forgetting himself in his surprise. "You looks like one vind blow you away, lady! Your leetle garden, mit the posies, too mooch for you already."

But his employer, when her directions had been carried out, dismissed him, telling him that, should her courage fail her, she would turn the garden over to him later on. This evidently nettled the Hollander, who went off muttering:—

"I no take care of voman's garden!"

Did space suffice, I should like to picture the planting of that garden, in all its details, and all that followed, but will only add that it was one of such luxuriance and yield, with such a scarcity of weeds, that springtime jests gave place to highest praise.

Nothing, however, gave the "woman with the hoe," who all summer had remained at home, such satisfaction as the remarks made by the Hollander before mentioned, whom one day in August she saw passing, and calling to him, said:—

"I want to give you some vegetables to carry home, John. I have more than I know what to do with." The man, who evidently had held a grudge all summer because of a lost job, was speechless as he looked over the luxuriant garden, and then, too honest to tell anything but the truth, he exclaimed:—

"I not see so fine garden since I leave ole country! You looks like Holland voman, too, lady! All brown, an' not sick like odder days!"

## HOW TO RECREATE AT HOME

BY DAVID PAULSON, M. D.

AT this season of the year, the average mortal instinctively longs for the cooling breezes of the seashore or the invigorating air of the mountain-side, or, at least, some change from the daily grind of the ordinary occupation, and vast multitudes throng to popular watering-places, until existence at these resorts frequently becomes almost unendurable.

The unsuitable dietary, the apparent necessity to keep up conventional methods of living, often prompts the apparently fortunate individual to long for the unobtainable,—an opportunity to be natural.

After all, the greater portion of our population must necessarily remain at home, but if they would put forth one-half the effort to utilize to the utmost extent the opportunity to secure an additional instalment of health and recreation at home that their wealthy neighbors expend in seeking at a distance, they might be even more successful.

If one maintains a proper poise while walking up a well-ventilated stairway, daily, the entire year, in his own home, it certainly ought to accomplish more for him than he could secure from indulging in a few weeks of excessive



mountain climbing away from home.

A well-kept resolution to drink a much larger quantity of pure water from the home well is a far better plan than attempting to strain through the system an excessive quantity of brackish water from the mineral spring, even if the mind is laboring under the delusion that such water can in any way be more beneficial than when it is sparkling, wholesome, and pure.

Sleeping out of doors in a hammock under the trees in the backyard affords as great health possibilities as are to be found in fighting mosquitoes while attempting to sleep in a tent on the edge of a marsh, no matter however famous and popular its name. When one is thoroughly determined to take some general application of cold, daily, be it a bath, a wet sheet rub, or even an ordinary cold sponge bath, he will eventually accomplish far more in the devel-

opment of a sound, healthy physique and a strong nervous system than can possibly be secured by a few weeks' bathing even in famous waters, when the same treatment is practically neglected for the remainder of the year. The temporary physical uplift, which is all that the average individual acquires from a summer outing in favorable climates, is more than counteracted, a few weeks after he has returned home, by the unfavorable climate created within him by using an unnatural and unwholesome dietary; and, when his jaded nerves begin to utter their vigorous protests, sympathizing friends console him with the fact that he is being overworked. If he would only include in his daily program a vigorous, sensible, and scientific cultivation of that which is the most valuable in this world, next to character—health,—he would secure an abundant harvest of the same.

### THE CHILDREN

WHEN the lessons and tasks are all ended,

And the school for the day is dismissed,

And the little ones gather around me

To bid me good-night and be kissed;

O, the little white arms that encircle

My neck in a tender embrace;

O, the smiles that are halos of heaven,

Shedding sunshine of love on my face!

And when they are gone, I sit dreaming

Of my childhood too lovely to last;

Of love, that my heart will remember

When it wakes to the pulse of the past;

Ere the world and wickedness made me

A partner of sorrow and sin,

When the glory of God was about me,

And the glory of gladness within.

O! the heart grows weak as a woman's,

And the fountain of feelings will flow,

When I think of the paths steep and stony

Where the feet of the dear ones must go;

Of the mountains of sin hanging o'er them,

Of the tempest of fate blowing wild;

O, there's nothing on earth half so holy

As the innocent heart of a child.

They are idols of hearts and of households,

They are angels of God in disguise,

His sunlight still sleeps in their tresses,

His glory still gleams in their eyes;

O, these truants from home and from heaven,

They have made me more manly and mild,

And I know how Jesus could liken

The kingdom of God to a child.

— Charles Dickens.



## VACATION SCHOOLS

BY E. E. ADAMS

ONE of the enterprises of modern Christian charity in England is the creation of a Holiday Fund for the despatch of thousands of poor children from the crowded city slums to the fresh air and beautiful free life of the country for a week or two. This vacation spent in Nature's school, under wise supervision, has results much further reaching than mere physical benefit. It opens up an entirely new world to the starved natures of these neglected waifs, many of whom have even to be taught how to play.

Heavy burdens rest upon the shoulders of the children of the London poor almost as soon as they are able to walk. A child of eight years will often have to assume the responsibilities of motherhood to five or six younger children from early morning till late at night while the real mother is away at work.

The discovery that many of these "little mothers," were altogether ignorant of happy, healthy play, led to the establishment in West London of "The Guild of Play," a vacation school where "The Sisters of the Poor," women of refinement and culture, open up to their little brothers and sisters, defrauded of their natural birthright, some of the delights of social life.

The play-centers established in this country for providing space for play and the normal activities of healthy childhood, and the work of the Outdoor League in providing playgrounds and open-air gymnasiums, have shown that a large percentage of the arrests of boys was due to lack of space and opportunity for natural activity, which consequently found vent in mischief.

Besides being of incalculable benefit to the children, these play-centers and va-

cation schools are becoming the laboratories of the educators, where they can analyze and study the real child, not trammelled and restrained by conscious supervision.

Mrs. Shaw, a daughter of Professor Agassiz, established more than twenty play-schools, many of them for street children. These demonstrated to the Boston school committees the way to develop the social instincts and provide for the happiness of the children; and now Boston is filled with such schools. At first the space for them was provided by people, charitably disposed, giving up their gardens during their own vacation, to be used for this purpose, that the children might play among the birds and flowers.

Later, sand pens were provided, with part of the sand moistened, making a temporary clay, enabling the child to exercise the creative faculty in the construction of images, forts, palaces, landscapes, maps, and anything else that could be imagined. These schools were adopted by the school committee and put in charge of kindergarten teachers, as refuges where the children can develop their own happiness by the exercise of their faculties, each according to his natural bent.

To rescue the child for a time from the sordid and often squalid surroundings of life in a crowded city center, and place him in the midst of the beauties of nature, cannot fail to have an educating, refining, and ennobling influence upon the character. The contemplation of beautiful objects cultivates the faculties of admiration and reverence.

Finding that a certain statue in Germany was becoming injured by the children climbing over it, the authorities



hit upon the happy idea of planting beautiful flowers in the surrounding space. The statue was then perfectly safe, for no German child would think of stepping upon a flower.

The admiration and love of the beautiful, which grows by what it feeds on, leads children simply and naturally to the worship and love of Him of whose

unseen presence all beauty is the manifestation. Many, as a certain writer has said, "enter the temple through the gate called Beautiful," and thus, like the poet Spenser, —

"Learn to love with zealous humble duty  
The eternal Fountain of that Heavenly  
Beauty."

## TENEMENT BOYS' EVENINGS

BY EMMA WINNER ROGERS, B. L.

A HANDSOME little lad sat on the curb with a group of older boys about him as I crossed the street at nine o'clock at night, returning from a settlement club. It was the typical street of the city's poorer quarter,—badly paved, squalid, and dirty—with many brightly lighted saloons between shops of small tradesmen, bearing unpronounceable foreign names over the doors. The small boy was so winning that I stopped for a word with him, and to ask why he was not in bed and asleep. The touch of innocent childhood lingered in his big brown eyes and lithe little form and fair skin. Pity stirred me to find him in a street like this at night, and that he was only one of the many children of the streets did not make it the less pitiable to me. The whole group of six or eight lads, all apparently under eleven years of

age, gathered around me in a friendly way when I asked the small boy his age. He looked barely five, but said he was seven years old, and another boy volunteered, as if catching my point of view, that sometimes the small boy's mother let him stay up until nine o'clock. I thought of the homes where a child like this one would have been cuddled and tucked in bed an hour before; and looking at the group of young boys about me, at home in the streets already, and being educated in its demoralizing atmosphere and environment, the waste and wickedness of this sacrifice of beautiful child-life struck me with new force. The inevitableness of this street life under present living condi-



tions and low standards of home life, and the fact that hundreds of boys in the small city and thousands in the large city spend their evenings on the



streets, means that street morals and street manners are the standard of a large and increasing proportion of the youth.

Good and bad boys are mixed in the street gangs, and this makes the chief problem. A gang is made up, generally, of neighborhood fellows, and the vicious or criminal boys go with the rest, unless some club or settlement or other outside influence has helped the better boys to separate from the worst elements in the gang. This happens when the group of boys is organized into a club with some ethical standards and a meeting-place. Recently such a club of young boys, organized about a year, and having eliminated the vicious and unmanageable element of their own club, protested earnestly against the use of their club-room by an older and newly organized group of boys, because they were a tough lot of fellows. "We wouldn't mind their using our room, but they are such bad boys," they said. The room was one provided by the settlement. This feeling one does well to respect heartily, and the reply was, "Let us give these older boys a chance to meet and improve. If they do not, we can stop their using the club-room."

Mr. David Willard, principal of the Tombs Prison School, and probation officer of the Magistrates' Court in New York, estimates that there are twenty thousand bad boys loose on the streets of New York, and says his experience shows him that only one bad boy in every hundred gets locked up. The thousands at large are mixed up with tens of thousands of boys in the process of becoming bad, or at least under influences which tend to deteriorate character. Conditions are precisely the same in the small cities, only the numbers are smaller. Indeed, the

broader life and interests of the great city, felt even in its poorest sections, would be apt to turn out from its streets a better kind of bad man than the small city with its provincial narrowness and sluggish atmosphere.

In explaining to a Chicago police captain the movement to start a settlement in his precinct, his response emphasized the burden and the pressing need of the community: "Why, if you would build a place with a high stone wall around it," he said, "I could send you during the year twenty thousand boys coming out of these courts," and he pointed to the police court opposite. What to do with the thousands of boys, some bad, some only mischievous, some simply led into petty crime by older boys, is a problem that right-minded officials welcome every aid in the solution of, and that stirs good citizens to practical social experiments for the rescue of the rising generation of street boys. The majority of the population of cities live in overcrowded and unattractive tenements in the neglected quarters of the cities, and from these homes the army of boys, far outnumbering the protected classes of children, swarm the city streets at night, and from the school of the streets are graduated into citizenship. In the streets they find or make a world of their own, and develop in accordance with its environment and influences. This environment and these influences starve and blunt the boy's higher nature and tend to make him a barbarian. It is only the very worst element among the street boys that gets weeded out and shut away from civic life, and it is a testimony to the sturdy traits of the common people that of the vast numbers growing into citizenship from street life so many escape the worst moral contagion and become respect-



able citizens. It is inevitable, however, that the moral standards of these must be lowered by contact with the more reckless element of street life.

There is something to be said for the street as a place to live, versus the ordinary tenement home. Bad as the average street in the tenement region is, it has the sky above it and fresh air, as compared with the stuffy rooms inside. There is diverting life and interest and amusement in the street, and the restricted, joyless existence of the poor finds some outlet and enjoyment in the street panorama, while from the worst overcrowded and insanitary tenement homes the refuge of the streets is almost a means of self-preservation. Rarely is more than one room heated in winter even where the tenement contains three or more rooms. The air is steamy and stifling. The confusion of



STREET LIFE

family life in one room, used often as a workshop as well, and with possible boarders, necessitates getting rid of the noisiest members at almost any risk. "We can't do anything at home, it makes too much noise," one of the boys said dolefully. And so the boys of a neighborhood make up a little group or "gang" of congenial spirits and ages, and find a club-room on a street corner, unless by rare chance a

settlement or other friendly association invites them in. The boy who wants to learn his lessons or likes to read, is driven out by the same home conditions. One of these boys, who goes evenings to the study-room provided by the University Settlement of New York to study his lessons, said: "There is the baby crying and your mother trying to keep her still, and the children playing around, and your sister talking to someone, and maybe there is a neighbor or two in. And there you are, trying to study in the same room. A fellow don't have any chance to study at home."

Those who see the question of tenement boys' evenings in all its bearings realize that so much needs to be done along various lines that the mere mention of the progressive steps necessary to safeguard them may sound utopian. But the stake is large,—honest, kindly citizens from present-day, fair-faced, chubby little boys, instead of brutalized, dissipated, or criminal men, with a remnant saved by native sturdiness and chance opportunities. Moreover, what would save the boys to good citizenship would at the same time transform the social life conditions of the poor.

Reform the streets, reform the homes, reform the home-makers. Provide ample places indoors and out for recreation, popular entertainment and instruction, and for reading and study, in the city's poorest sections. Or, if one objects to that much-abused word—reform,—let us say: Bring up to a reasonable standard of comfort, safety, and attractiveness the streets and the homes of tenement dwellers, and help the home-makers in them to a higher ideal of home life. Anything less than this will fail to meet the issue. For generations yet the streets are bound to be



the playground and club-room of thousands of boys, unless a millenium should arrive among tenement homes and home-makers. For this reason, and others as cogent, the streets ought to be made and kept clean, wholesome, and attractive; dark alleys paved and lighted; small parks and playgrounds opened; the co-operation of shopkeepers and tenement dwellers sought in transforming this common ground into a place of safety and comfort, and even beauty. It is not too much to expect that a civilized community will limit the number of saloons in a district, and so guard them as to make safer the home environment. Every consideration demands that these and similar measures for a better and more beautiful city and a higher civic ideal should be begun and carried out first in the most squalid quarters of the city, among the most ignorant and helpless of the people. Not a few must feel that Colonel Waring enhanced his claim to honored distinction very greatly by beginning the cleansing of New York's streets in the tenement regions, and continuing to spend a large share of the street fund where it was most needed for the betterment of the health and morals of the community.

Improved housing for the masses of the people is a step of still more importance. It is fundamental for the health and morals of the tenement regions and for future good citizenship. Boys and girls can no more grow into industrious, honest, and intelligent citizens with the environment of the squalid and filthy streets and dark, insanitary tenement homes than lilies and roses can bloom in the dust and mire

of the slum alley. Here and there, carefully guarded or exceptionally endowed children will grow up to be valuable men and women, as flowers



CHILDREN OF THE TENEMENTS

lovingly tended in the window-box might bloom even in an alley; but the mass of tenement-bred children in the most squalid quarters of the cities can never come to a fair average manhood and womanhood.

Fortunately, in all progressive communities, the importance of better houses and clean and attractive streets is understood, and some effort made to improve conditions, but the movement is so slow and the smaller cities so apathetic that the outlook for the present young generation is not very encouraging. If the home-makers, especially the mothers, could be helped to higher ideals of life and practical ways of realizing these, it would go far toward solving the whole question. People live down to their environment, and poverty and toil help on this tendency. Hence the vital need that the city, and citizens with a social conscience, co-operate with the more helpless and ignorant classes to lift the standards of life, material, social, and moral.



The settlements, the churches, and many other associations, working through the mothers and the children, are doing much to raise the standard of home life and environment. But the work being done is small compared to the numbers to be reached. To change the ideas and habits of large masses of people is a slow process at best, but a perfectly possible one where the community collectively and as individuals recognize their responsibility for the general betterment of social conditions.

With not only the normal proportion of the poor and the ignorant in our cities, but a share of this class from many lands added to our burden, the work to be done may seem discouragingly large. But the strong are called to bear heavy burdens. There are bloodless battles to be fought in the march of civilization, and would that arms and men and ships were provided for these with the speed and enthusiasm called forth by less important warfare.

One must never fail to acknowledge the vast debt of our cities to the public schools as the chief factors in Americanizing and civilizing their cosmopolitan population, and in raising the standard of social life on a scale impossible to any other agency or institution. In the extension of the work of the public schools beyond the intellectual field, into the social and the moral, there exists without doubt a most potent force for the betterment of the home and social life of the people.

Boys' clubs under the auspices of settlements, churches, and other associations have come to be an increasing factor in keeping boys off the streets at night, and in inspiring new ideals of conduct, and ambition for a broader

and better life. When it is a question whether the boy shall spend all of his evenings at the club or part of them in his own home, however poor and inadequate that home, there can be but one answer. The habit of home life ought to be encouraged in him. And here the opportunity offers to the friendly visitor, and to the thoughtful people who make friendships among the very poor, of influencing parents to provide a tolerable home life for their children. And here, too, plainly appears the necessity laid upon the community of insuring to its poorest citizens, tenements fit for homes; for bricks cannot be made without straw. If the alternative is between the street and the club, it is as easily settled. The influences and occupations and ordered recreations of the boys' club tend to good citizenship, while the associations and temptations of the street are bound to contaminate the boy.

Wisdom is needed, and tact, to keep the street boy faithful to the club and to make it a force in his right development,—not a mere loafing place, or for play only, though a little loafing and much play are essentials of the program. For the young boys, still in school, with opportunities for exercise after school, and instruction and study about up to the point they can digest, the club may offer handicrafts, dramatics, readings, music, games, and many other entertaining plans. Two or three evenings a week at the club should be the limit for these younger boys where the possibility of home life exists or can be encouraged.

Older boys who come to the clubs from ten hours of factory or other work, their young faces dull and pale from the shut-in life and overstrain, need, above all, something to enliven their minds and rest their bodies; abundant



fresh air, cheer, light and warmth, the stimulus of free movement and social companionship. The tired factory boy gets, in his evenings on the streets, the fresh air, diversion, and excitement that the ordinary fifteen-year-old school-boy gets from his walk or drive or out-of-door games after school hours.

To help these older boys is more difficult, because none of the usual out-door pastimes are possible for them except on Sunday. Recently, at a boys' club meeting of boys between the ages of twelve and fifteen, the director announced in place of the usual Saturday evening meeting for that week, an afternoon walk to the country and a game of football, and for the following Saturday a tramp to the woods. How many of them could go, he inquired. About two thirds of the number raised their hands, while the other little fellows, undersized for their age and fagged looking, said that they had to work. Their faces fell, and one of their number said urgently that they could go on Sunday.

Both the large club, offering gymnasium, bath, and reading-and game-room privileges to members, and the small club, in which an individual responsibility and a sense of proprietorship is felt, are benefits hardly to be overestimated to the tenement boys, and in

the work of uplifting community life. The proper extension and development

of clubs and the imperative need for betterment of the tenement homes and streets, call for a larger civic and social endeavor on the part of the more fortunate citizens, and for a municipal administration the first care of which shall be its neediest and most helpless

citizens. And it is well to remind ourselves that however helpful the school and the club work may be in solving the problem of tenement boys' evenings, the welfare of the boys and the future of the community depend most of all on better homes and home environment. While the tenements and streets are intolerably squalid, insanitary, and ugly, and the home life chaotic and unlovely, boys and girls alike, and men and women, more and more will find their pleasure in the streets, public halls, and saloons.





## "THE FITTING OF SELF TO ITS SPHERE"

BY ROSE WOOD-ALLEN CHAPMAN

IT was a "town of brides," as the earliest comer laughingly said. After years of lethargy, the town had developed, two years before, a mild and perfectly normal case of boom, which drew to it, as a "good place to make a start," the young men of business and of the professions. With them came their brides, one displacing another in the town's eyes with unusual celerity.

The brides had naturally felt drawn to one another, and had fallen into the habit of gathering together once a week at the different homes to do their fancywork, and talk about things of common interest.

To-day they were in Mrs. Winthrop's home, and Mrs. Freeman had just picked up a book from the center-table and exclaimed, "Who's reading this?"

"What is it?" queried the others.

"'Essays on Work and Culture,' by Hamilton Wright Mabie."

"Are you reading it?" turning to her hostess, who smiled and nodded her head. "Well, I'd like to know where you find time for reading," sighed her interlocutor. "It's all I can do to get my housework done, and if I do snatch a minute or two for reading, I'm so tired I just have to take something light—the latest magazine, generally. But I do wish I could occasionally read some of the good things we dipped into when I was in school."

One after the other, the brides expressed a similar wish, all seeming to feel, however, that the attainment of their wish was not within the bounds of possibility, until finally one broke the monotony of repetition by exclaiming, "But see here, girls! Mrs. Win-

throp has just as much work to do as we have, and yet she finds time and strength. Let's make her tell us how she does it, and then we'll 'go and do likewise.'"

With one accord the young women turned to their hostess with a demand for an explanation. Her protests were cut short, and she was given to understand that she must speak.

"Very well," she finally said. "If what I can tell will be of any real value to you, I shall be only too glad; but you must excuse the personality of what I say. I can't talk in generalities, you know. I'll just have to tell what I did."

"That is just what we want," murmured one, *sotto voce*.

"You all know," continued Mrs. Winthrop, "that I had had almost no experience in housework when I was married; I realized my inexperience to a painful degree. I was determined, however, to show all my friends that a girl who had been in an office all her life could, nevertheless, make a good housekeeper. With that ambition I started to work, determined to do everything just the way it should be done. I had learned, in visits to my husband's family before we were married, what elaborate meals he had been accustomed to, and these I tried to duplicate. Meat and potatoes, coffee and hot breads, for breakfast; soup, meat, potatoes, two vegetables, or a vegetable and a salad, with dessert of some kind, for dinner; meat and potatoes, sauce and hot bread, for supper.

"In spite of my inexperience I had 'good luck,' as they say, with my cooking. Things made from the cook-book turned out, in the great majority of



cases, as they should, and I was correspondingly happy, albeit tired each day and growing more tired as the days went by.

"My house was small, but it seemed to call for a great deal of attention. Every day the parlor and dining-room must be thoroughly swept and dusted; every other day the bedrooms must be gone over.

"So I struggled on, day after day. My muscles were unaccustomed to the tasks required of them, and often ached so at night that I could not sleep. Each day found me more tired than the previous day, but I would not give in. As I grew more tired, I grew more irritable, more difficult to please, until I used to wonder that my husband would stay at home with me at all.

"I grew morbid over my growing sensitiveness; wept many heart-wrung tears over my inability to be the kind of wife I had hoped to be—but kept on in my struggle with the work.

"Often my husband would say to me, 'Now don't work so hard to-day; you're tired.' But I would reply, with my voice harsh from intense nervous strain, 'But I *must* do it; it *has* to be done, and there's no one else to do it.'

"To tell the truth, I rather wanted to impress him with the amount of work I had to do; for I was thoroughly convinced that men did not appreciate the work done by women, either as regards its quantity or its importance. When busy at home, I would be thinking how little my husband appreciated what I was doing for him or how hard I was working to make his home what it should be. So, with a mind full of thoughts of self-pity, I was not averse to impressing him with the weight of the burden I was carrying, so that he should pity me also.

"Finally, my husband was obliged

to leave home for several months. We packed our goods, and I went to my mother's home for a long rest; for I was at the point of a breakdown.

"I did some thinking while I was home. I realized in the first place that what my husband needed most was a home-maker, not a housekeeper. He needed some one to be bright and cheerful when he came home at night tired from his day's labors. For it suddenly dawned upon me that, while I was working at home for my husband, he was working for me at his place of business—and hard and disagreeable work I knew it to be, although he would never complain, nor, I felt sure, pity himself for a single moment.

"Then, as I came back to the simple fare of my childhood home, I began to wonder if we couldn't live more simply; for I saw that, no matter how experienced the cook, elaborate meals call for much time and strength.

"So I made a vow. When in my own home once more, I would see how easy I could make my housework, how rested I could keep myself; for I saw that physical weariness had been the cause of my 'crankiness,' and, because of that, physical weariness was a crime against my husband and my home. I must keep rested at all hazards.

"Moreover, I must cease pitying myself and find joy in my work. Self-pity, I felt convinced, was more than half the cause of my breakdown. Moods, as well as emotions, have a direct effect upon the physical being, and a careful observation of my feelings had shown me that self-pity had a most depressing effect upon my body. Just notice for yourself, sometime, the difference between your condition when overcome with self-pity and when filled with exuberant joy, and you'll reach the same conclusion.



"I wanted to be strong; I was determined to become strong, and to make my housework a means to that end.

"Upon our return to the town we moved out here in the 'superbs,' where, as you know, it's almost impossible to get a girl. During the first three weeks of our unpacking and settling I had one who was a little better than nothing, but I finally had to dismiss her.

"Then came the real test of my 'converted state.' Here was a house in confusion, needing to be settled, and a certain amount of the routine to be done each day. Would I be able to keep my resolutions?

"My husband had been living so long in hotels and boarding-houses that anything I cooked tasted good to him, and our present crisis was a sufficient excuse for simple meals.

"I tried to give him a good proportion of the kind of food he had been accustomed to, but every once in a while I would prepare some simple dish and try it on him. As he expressed his liking for these, I gradually replaced the richer foods with those of easier preparation, until, as the weeks went by, our meals more and more nearly approached the ideal simplicity.

"I made it a rigid rule to take to my couch whenever I *began* to feel tired. Oftentimes I would stop in the middle of a busy morning to lie down, and if I went to sleep, so much the better. Even if I had nothing more to give my husband than bread and milk, he was satisfied, for did I not give it to him with a smiling face, and season it with the brightest talk of which I was capable?

"Gradually my house got into order, and gradually I felt myself growing stronger. One thing still tired me unduly, however, and that was work in the kitchen. At first I could not understand

why it should be so much more exhausting than harder work performed elsewhere; but finally I came to the conclusion that it was the heat that exhausted me so. Whereupon, I got myself a pair of felt slippers with high fur tops coming close around the ankles, and, with feet protected by these, I kept my kitchen windows, and often my door also, wide open. Thus I was able to breathe pure, invigorating outdoor air while doing indoor work, and to live in a room of moderate temperature instead of a bake-oven.

"Whenever I felt a temptation to pity myself because I could not get a girl, even to do the scrubbing, I would say to myself, 'Remember, you're not doing this work because you have to, but because you wish to. It is a joy thus to express yourself in your home, and an especial joy to be strong enough for all this work. Thus I kept my heart full of joy over my work.

"When the house was finally settled and I came to make out my routine, I tried to see how many things I could omit, rather than how many I could do.

"First, with my meals. Breakfast now consists of fruit, some kind of grain, or some prepared food like toasted corn flakes or granola, and toast. No coffee, you see, for we no longer have that in our home. If I prepare more than the one main dish, my husband says I tempt him to overeat.

"Dinner consists of soup, a meat substitute, potatoes, and one vegetable. When there is no soup, there is either a dessert or a salad. My desserts are now of the simplest, generally either baked apples, apple dumpling, apple cake, apple fritters — something with apple in it, for we never tire of the fruit, and have a store of apples in our cellar.



"For supper we have one main dish and a fruit sauce. That main dish may be fruit toast, or granose with cream, or rolls with fruit. Having such simple breakfasts, we often use so-called breakfast dishes for supper.

"With such meals you can easily see that I spend comparatively little time in the kitchen. Breakfast takes about five minutes for preparation; dinner, from half an hour to an hour; supper, fifteen minutes to half an hour.

"I bake my own bread, but very seldom do any other baking. Once in two or three weeks I may bake some pies, or some cookies, or some simple cake. But I do these things because I have extra time on my hands, not because they are required by the household. There is so much comment on all the 'good things' that we have every day that I do not feel compelled to bake extra dainties.

"Every week I make some kind of gems. Oftentimes they are apple sauce gems, or pumpkin gems, and these are greeted with the approval usually bestowed upon cake.

"We also have nuts and raisins on the table for every dinner and supper. I wonder sometimes that other housewives do not keep these on hand and use them for dessert instead of pies, etc. There is so much nutriment in them and they are so generally liked, yet seldom seen on the table save at Thanksgiving and Christmas.

"I cannot claim to be a 'model housekeeper,' for there are doubtless many corners where dust could be found. But I do not go seeking them out. I sweep and dust whenever it seems to be necessary, and that means every two days, sometimes three. The main point is that I do not let myself get tired. My husband sometimes worries for fear I am working too hard, because I 'never

let the house get out of order,' and as long as it seems neat and orderly to him, I am satisfied, even though I know of a dozen places that are not absolutely spotless.

"Once a week Mr. Winthrop sends up his office boy, to sweep the whole house for me, black the stove, and scrub the kitchen floor. Oh, I know that there are corners that he doesn't always pay proper attention to, and he scrubs with a broom, but the house looks livable and that's the important thing.

"I send my sheets, pillow-cases, towels, tablecloths, and napkins to the laundry. The rest of the things I wash, performing that task once in two weeks. I soak the clothes overnight, and then, with the aid of my washing machine, I get along with it very nicely. I try to arrange things so as not to have too much heavy work to do in one week. For instance, I generally let my ironing stand over a few days, so that if I wash this week, the ironing is done next week. Then every once in a while I manage my work so that I'll have a week entirely free from washing, ironing, or baking. In that free week I can get many little extra tasks of sewing, straightening out drawers, etc., done, and I generally get a little extra time to devote to my correspondence. I think it is a mistake for us to let go of all of our girlhood friends because we are so burdened with work. We need all the friends we can gather about us throughout our lives, and none can ever come quite so near to us as those who were with us in our younger years.

"Shall I sum up my experience for you and tell you what I think are the three most important things for a bride to do?"

"Yes, yes," was the eager chorus of assent.

"Well, first, she should simplify her



housework; second, she should take a nap every day; third, she should have some outdoor exercise every day."

Mrs. Winthrop smiled at the look of consternation that crossed some of the faces before her at her last two requirements.

"I never sleep in the daytime," said one. "It seems too much like a waste of time."

"Yes, I know it seems like a waste of time," said Mrs. Winthrop, "but did you ever hear what the poet said about rest?"

"Rest is not quitting the busy career;  
Rest is the fitting of self to its sphere."

"You see, that is the work that we brides have before us, fitting ourselves to what is, for many of us, an entirely new sphere; and a daily rest is a very important part of the process."

"But I can't sleep in the daytime."

"But you can rest," said the hostess with a smile. "Lie down for fifteen minutes each day, relaxing every muscle and nerve, and see how peacefully quiet you can become. Such relaxation gives one a new lease on life; it gives the bodily forces a chance to repair the damage done by the morning's labor, and it allows the soul to regain its wonted poise. The little things that have annoyed one during the morning retire into their native insignificance, and the truly important things of life come once more into prominence. I think that is the reason why one who takes a daily rest keeps younger and lives longer than would otherwise be possible. I feel that I owe it to my husband to keep as young as possible."

"Besides this,—I'll tell you a secret—I find that I am inclined to be cross and irritable, or, if not that, depressed and blue, if I fail to get a rest and some outdoor exercise every day. In that you'll find my most powerful argu-

ment. I want to make a model wife—just as you each do, I know; I want to make the home bright and attractive, happy and harmonious. But I find that I can't do these things when I fail to get rest and exercise. I can't 'bear and forbear' when tired and nervous.

"But when I have my nap and a good run in the outer air, I'm bright and happy when evening comes, ready to play the piano, to read, to talk, to do anything to rest and amuse the man of the house, whose day of strenuous labor has given him no such opportunity for relaxation.

"I tell you, I am more and more impressed with the fact that we owe our husbands something more than well-kept houses and satisfying meals. We should also furnish them with some food for the soul. Their work is of a kind that allows no cessation from morning till night; ours is made up of many small items, some of which are comparatively unimportant and may be omitted. Therefore, I think we ought to find time each day, not only for bodily rest, but for soul refreshment. We should try to read a few pages of something uplifting, inspiring, that we may give to those we love the uplift and inspiration which they are prevented from getting for themselves. Is not this our greatest work? And should not all other things give way before it? 'Our sphere' is not so limited as we used to think it. It is broad, including care of soul as well as care of body. Let us but understand this, and our daily tasks assume their proper relation to the great whole."

A silence fell upon the little group which evidenced the effect of the last earnest words, and as the days went by, more than one bride showed the benefit received from this bit of personal experience.



## OCEAN TRAVELING\*

THE ocean voyage incident to a trip to Europe is no longer to be dreaded as a necessary evil that must be endured by the would-be tourist. Thanks to the enterprise of the various steamship companies, travelers may now make the trip surrounded with every convenience and luxury. From the wide deck promenade, which forms an excellent recreation ground, one can look out unmoved on sunshine or storm, since the massive steamship which forms the temporary habitation is so little influenced by stress of weather.

The larger the boat, the less is it affected by the motion. But the largest boats are built rather for comfort than for speed, and consequently take somewhat longer to make the trip. One who is not proof against seasickness may

make the choice between six days of misery, the memory of which will stay by him and make the thought of the return journey a nightmare, or eight to ten days of healthful recreation which will be looked back upon as one of the most delightful parts of the trip to Europe.

Select a berth as near to the middle of the ship as possible, for the motion is there least perceptible. It is also convenient to be in close proximity to the bath- and toilet-rooms, since in case of sickness, the less walking, the better.

The preparation for the journey is a very simple matter to an experienced traveler, though usually quite formidable to one making the trip for the first time. The inexperienced traveler can usually be detected by the amount of



\* We are indebted to the American Line for the views accompanying this article.



luggage which accompanies him, much of which is merely an encumbrance. The more one travels, the less one takes, until the things which experience teaches to be absolutely essential can be condensed into the small compass of a traveling-bag. Thus equipped, one is master of the situation, independent of expressmen, railway porters, etc., and can come and go as he pleases. He can look upon his encum-

mensions allow of its being pushed under the berth, out of the way. Trunks can be packed much more comfortably, and without fatigue, if supported upon two chairs during the process. In this position one avoids the necessity of stooping, and can stand and pack with no more inconvenience than in packing a bureau drawer.

For one whose time is to be spent in travel, the traveling costume is the all-



bered fellow-travelers with the superior, self-complacent pity that caused Thoreau to remark concerning the immigrant whom he saw carrying upon his back the bundle that contained his all, that he pitied him, "not because it was his all, but because he had *all that*." The writer came over from Europe last year with two girls who had made the tour of the continent most comfortably and enjoyably with no more baggage than they could actually carry with them.

The only kind of trunk that is permissible in the stateroom, is the regular steamer trunk, twelve inches high and thirty-six inches long. These di-

important thing. For this, nothing equals a good, health-fitting, tailor-made suit. Dark colors should be avoided, and some soft shade that will not show dust selected. A small hat, slightly trimmed and well-fitting gloves and boots complete a costume in which one can virtually live. This suit, to be kept in the best condition, should be taken off on going on board, placed in a bag with a drawstring at the top, and hung on the hook in the cabin. If nothing better is available for this purpose, a pillow-case will answer very well. In this way the dress and hat will be preserved from the salt, damp air.

In these days of the shirt-waist, it



is an easy matter to vary one's costume with a small wardrobe. A skirt of some weather-proof material, which will admit of sponging if necessary, some flannel shirt-waists, and one or two lighter and more dressy waists for afternoons, will be found the most convenient things to take for wear on board. Dainty waists, collars, etc., should be packed closely together in a box before being placed in the trunk,

The number of changes of linen, etc., that one carries is a matter of personal taste and convenience. A good supply of such articles will help to keep one fresh and in the best condition to enjoy the trip. The packing of soiled linen for the unwelcome inspection of a custom-house officer, may be avoided by taking old garments that can be dispensed with, and leaving them with the stewardess for disposal.



to avoid tumbling them every time the trunk is overhauled.

A costume of one of the soft, clinging, summer silks that are "all the go" this season will pack into a very small space, and be useful during the trip. It should not be folded, but rolled into a compact bundle. Packed in this way it will take less space, and the marks of travel will not be so apparent.

A dressing-gown is indispensable, and should be of some dark and inconspicuous material and of simple make. A pair of slippers that can be easily slipped on and off should be packed with the gown.

A generous supply of handkerchiefs is a necessity.

All toilet articles left in the stateroom unattached are liable to be found somewhat remote from the place where they were deposited. This contingency should be provided for beforehand by taking a linen toilet case or "place for everything" hanger, with pockets of various sizes, and a pincushion in the center. This should be fastened by its four corners to the wall of the stateroom, and by means of it all small toilet articles in frequent use may be kept in place in spite of the ship's motion. Among the toilet articles in-





ON DECK.

clude a collapsible tube of lanoline or some other good face cream, which will prevent burning and roughness of the skin from the sun and wind.

A rubber bag for hot water, and a smaller one for ice, should be included among the necessities. If not needed for personal use, they will enable one to play the part of the Good Samaritan to some one in need.

A supply of stationery and all the necessary writing materials are always to be found in the ship's library for the use of passengers. One's literary wants are also met by the large assortment of books contained in the library to suit all tastes.

A chatelaine or hand-bag with pockets is handy for keeping the various small articles that are likely to be needed at any moment: penknife, scissors, pencil, smelling salts, stamps, and a box of assorted safety-pins, etc.

It is nearly always more or less cool in mid-ocean, even in the warmest months. A long warm coat is the most comfortable garment for deck wear. The ocean breezes are likely to make a cloak or cape a somewhat flapping and inconvenient garment. If there is not room for the coat in the trunk, it can be strapped up with the steamer rug.

The hat in the ordinary sense disappears altogether on board ship, and its place is taken by traveling caps, hoods, or soft felt hats with long gauze veils. Much hair dressing is out of the question for most people, and this part of the toilet has sometimes to be altogether neglected by those who are not quite sure what will happen if they attempt to raise their arms over their head. For such it is a great convenience to have

a soft woolen wrap or hood that can be thrown over the head to enable one to go on deck.

"Fletcherizing," or the mastication of all food until it is reduced to a liquid, has been proved to be one of the best preventives of seasickness. If one has not acquired this habit, it should be cultivated for some time before the prospective voyage. The system is thus relieved of all waste and surplus material, and the stomach and nerves put in the best condition to encounter the unaccustomed conditions. The continuation of this practice while on board will prevent what is probably one of the chief causes of seasickness—overeating.

A steamship steward, who had excellent opportunities for observation, when asked why so many people suffered from seasickness, whispered to his questioner, "I think folkses eat too much." There are many temptations in this direction, as the tables of an Atlantic liner are spread with delicacies prepared by first-class chefs, and meals are the principal events of the day. Many an attack of "seasickness" is a sort of precipitated "bilious attack."

One is much less liable to seasickness if able to remain on deck in the fresh, bracing ocean air. As a general



thing, those stand the journey best who take the most vigorous exercise up and down the quarter of a mile of deck promenade available for this purpose. If, however, one cannot in this way overcome the tendency to nausea, the horizontal position will usually give comparative comfort. Lying down and keeping the eyes closed will help to minimize the effects of the ship's motion. If the sickness persists even then, the best remedy is an ice bag to the back of the neck and a hot water bag to the stomach or feet.

A party of vegetarians traveling together can make arrangements beforehand with the head steward, who will see that they are provided with whole-meal bread, eggs, and an extra supply of vegetables and fruit. The solitary vegetarian may find it more difficult to satisfy his appetite and stick to his principles. The stewards are, as a rule, very obliging and accommodating, and will endeavor to get anything within reason that is asked for. It is well, however, to take a small supply of nitrogenous food to supplement the ship's rations if necessary. For this purpose bromose tablets, protose, and malted nuts are excellent, containing a maximum of nutriment in a minimum of space.

It is well to plan to go on board

some time before the ship sails. The necessary things should be unpacked and adjusted, the dust of travel washed off, and the hair braided and coiled close to the head. It may be a day or two before one finds it advisable to make a lengthy toilet again.

The garments should be such as can be easily adjusted. A warm union suit, linen freedom waist with under-skirt attached, flannel shirt-waist with buttons around the waist corresponding with buttonholes in the skirt-band, will be found most convenient and healthful.



DISSEMBARKING AT LIVERPOOL

These can be rapidly donned, enabling one to reach the deck very soon after rising.

Many women find it advisable to sleep in a dressing gown while on ship-board, as they can then get to the bathroom or the ladies' saloon without the unwelcome effort of making a change of garments.

E. E. A.

---

"It always comes — the summer, with its blooms,  
 Its suns, distilling from them rich perfumes ;  
 Its earing corn, its grasses strong and tall,  
 And waiting for the rhythmic scythe-strokes, all :  
 Its still, sweet nights, more odorous than the days,  
 Its ripening things, its blossom-bordered ways.  
 Unto one chilling wind our faith succumbs,  
 We say, 'It is not near.' But still it comes."



## SUMMER DISORDERS OF INFANCY AND EARLY CHILDHOOD

BY KATE LINDSAY, M. D.

WRITERS on children's diseases ascribe more than half of the disorders of infancy to defective digestion. Such diseases prevail especially during the summer and early autumn months, when fermentation of organic matter is active and water and food are likely to be infected with disease germs, and food to ferment and become unfit for use.

The alimentary tract of the infant and the young child is not so well fortified and prepared to repulse and destroy germs and neutralize toxins as is that of the adult. An infant's natural food, when the mother is in normal health, is practically germ-free, and the solids and liquids are in proper proportion. Such milk is of alkaline reaction, and recent investigations of its properties point to certain constituent compounds, called "enzymes," with digestive principles, and others, called "antibodies," which destroy toxins. Nature thus makes provision for the lack of these elements in the feeble digestive fluids of the infant by supplying them in its food.

Most digestive disorders of the first year arise either because of want of mother's milk and the use of artificial foods, or because the milk is furnished by unhealthy mothers whose environments are unhygienic.

All infections enter the body from without, either through the mucous membrane of the alimentary tract or the respiratory surfaces or through wounds in the skin and mucous membranes. Diseases of the mouth are often the starting-point of serious infectious disorders of the stomach and intestines. So this important and much-

neglected cavity should be well looked after. All redness, swelling, heat, and other symptoms of inflammation, as well as all thrush spots, ulcerations, decaying teeth, and other symptoms of germ infection, should lead the caretaker to cleanse the mouth. If there are cavities in the teeth, have them filled, thus preventing food infection in this way. It is almost useless to expect good digestion with a foul, inflamed, infected, ulcerated buccal cavity, even when the little ones are fed the best of foods.

The most common stomach disorder is known as acute gastric catarrh, acute indigestion, or acute dyspepsia,—all three terms signifying the same disease. The chief cause is irritation due to food, improper in quality and quantity, spoiling in the stomach and forming toxins, instead of being digested and prepared for absorption. This malady rarely occurs in infants fed on good breast milk, unless something occurs to upset the mother; as, mental shock, or some physical change due to overwork, illness, change of habits of life, etc., this causing a change in the quality of the natural food. Older children often have attacks from eating too much candy, unripe fruit, pastry, and the like. In grown people this disorder is called a bilious attack.

In bottle-fed infants, especially during the summer months, it is a very common complaint, and is most often due to an excessive amount of artificial food of improper quality, and unclean and partially spoiled when fed to the infant. The symptoms are loss of interest in play and surroundings, starting in the sleep, crying with colic



pains, drawing up the legs on the abdomen, sharp, shrill cry, paleness around the mouth, blueness of the skin, and cold feet; in severe cases (fever  $101^{\circ}$ – $103^{\circ}$  F.), nausea, and vomiting of mucus and undigested food. When the food has been more than usually indigestible, there are often convulsions, and symptoms resembling those of inflammation of the brain and spinal cord. The child may be delirious or even comatose from the acute intoxication caused by the poisons absorbed from the alimentary canal. The writer remembers well a typical case in her own practice. A child of three years, after eating a number of windfallen apples and drinking two cups of milk, was suddenly seized with convulsions, occurring every half hour or less, and remained unconscious for hours. Some effort had been made by vomiting to empty the stomach, but in vain. An emetic and tickling the throat with a feather brought up a spoiling mass of lumps of unripe apple and large sour curds. This soon restored the little one to consciousness. A thorough enema and dose of castor oil freed the alimentary canal of the spoiled food and toxins; but several days of fever followed, during which no food could be retained by the stomach, and even water was rejected for a time.

The treatment indicated in case of an attack of acute indigestion is to empty the alimentary tract at once by an emetic of warm water or the stomach lavage; a thorough enema and a mild cathartic, to free the bowels. Stop at once all food, and do not try to put anything into the stomach until the vomiting ceases, unless it be ice-pills from ice made of sterile water, or sips of hot water. Often the colic pains can be relieved by fomentations. In

the chill stage at the onset, a warm full bath,  $100^{\circ}$ – $104^{\circ}$  F., or a warm sheet pack is good; and a hot mustard foot-bath when the feet are cold. If there is diarrhea, hot enemas, followed by tepid or cool ones, are often very soothing. Complete rest in bed is required, with heating compresses to the abdomen, or the employment of the wet girdle. The alimentary canal must be kept clean.

The next most important consideration is the diet. In cases of infants, especially bottle-fed babies, all milk should be kept out of the food for a time. During the first twenty-four to thirty-six hours only clean, sterile cold water or ice should be given. After vomiting and purging cease, the child may be fed a teaspoonful or two of white of egg and barley water or well-strained gruel and white of egg (the white of one egg mixed with four ounces of water or gruel). The stomach should be washed out occasionally, and the sufferer put under the best of hygienic conditions: plenty of fresh air, sun baths, oil rubs, short cold mitten frictions, and when there is fever, neutral baths or tepid compresses. When the patient begins to convalesce, milk, modified and sterilized, may gradually be given. Or, if nursing, a small meal of breast milk, say one-fourth the usual meal, may be given; if bottle-fed, one-fourth the usual amount of solids.

Watch the effects of the change of food, as the stomach is likely to remain irritable for a long time afterward, and relapses are very common, which may terminate in chronic glandular dyspepsia and chronic vomiting, and lay the foundation for impaired digestion for life; or, in hot weather especially, cholera infantum or some other acute inflammatory disorder may result.

(To be continued.)



## HEALTHFUL AND DELECTABLE DAINTIES

THE preparation of the daily meals for the family during the hot weather is at best a trying and generally tiresome task, particularly so if one attempts to keep up the round of courses and variety of dishes characteristic of meal-getting in many households. At no season is simplicity of diet more essential than during the heated term; and at no time can it be accomplished with greater facility than when Nature provides us so lavishly

If for dessert one wishes something in addition to the delicious fruits so abundant at this season, the following recipes for articles prepared from fruits and vegetable gelatin, a convenient and nutritious material, will afford something wholesome, easily prepared, and tempting to the eye as well as the palate:—

*Lemon Jelly.*—Soak one-fourth of a box of vegetable gelatin in hot water (that of a temperature of about 140°)



CHERRY MOLD

with sun-cooked foods. Supplied with breads, nuts, fruits, and salad greens, one may, if one chooses, dispense with the need of the kitchen-range almost altogether.

Some hot foods are, of course, desirable, but these may be limited to such as can be prepared in the early morning, requiring only to be reheated over a lamp-stove or in a chafing-dish as a soup or purée for dinner, or to such as require but a minimum of heat to prepare, as an omelet, a fruit toast, hot milk, or malted nuts. If bread cannot be purchased, its preparation can with painstaking be gotten out of the way before the greatest heat of the day. Pastry, roasts, puddings, and complex dishes may well be reckoned among the non-essentials during hot weather.

for twenty minutes. Remove from this water, cover with one cup of boiling water and let it boil rapidly until perfectly clear, which it should be in eight or ten minutes. Strain through cheesecloth or a very fine wire sieve to make sure there are no lumps. Have in readiness one-half cup of lemon juice, to which add one cup of sugar, one and one-fourth cups of water, and then one cup of the prepared gelatin. Pour into molds previously wet with cold water, and set in a cold place or on ice to mold.

Serve with a dressing of whipped cream or beaten meltose, flavored with vanilla.

*Raspberry Mold.*—To one and one-half cups of raspberry juice add one-fourth cup of lemon juice, one cup of sugar,





FRUIT JELLIES

and one cup of the cooked gelatin. Mold, and serve the same as lemon jelly.

Other jellied desserts may be made by using pineapple, grape, cherry, strawberry, blackberry, or other fruit juices in place of the raspberry.

*Banana and Other Fruit Molds.*—Prepare a lemon, pineapple, or other fruit jelly. About one minute after it has been poured into molds, slice into it some ripe bananas. If the slices do not readily sink to place, they may be put there with the end of a knife.

Other fruits may be substituted for the banana, viz., cherry, strawberry, raspberry, pineapple, etc.

*Orange Fruit Mold.*—Line individual molds with thin slices of orange, then pour into the mold an orange jelly prepared by using one cup of orange juice, one cup of sugar, one-fourth of a cup of lemon juice, one-half cup of water, and one cup (one-fourth box) of gelatin cooked as previously directed. Set

on ice until ready to serve, then turn out into individual dishes.

An orange jelly prepared as above, used to fill one-half a mold, and when this has become slightly hardened, the remainder of the mold filled with pineapple, lemon, or other jelly of a differing color, makes a very pretty layer jelly.

*Strawberries in Jelly.*—Prepare a lemon or pineapple jelly as previously directed. Pour a shallow layer in the bottom of a round mold, and when it has become somewhat hardened, place a smaller mold of similar shape, wet on the outside with cold water, inside the large one and fill the space with the pineapple jelly. Set on ice until firm. When ready to use, brush the inside of the smaller dish with hot water, and remove it, taking care not to crack or break the jelly. Fill the center thus formed with strawberries or other small fruit. When ready to serve, turn out into a glass dish and serve with meltose sauce.

E. E. K.



STRAWBERRIES IN JELLY



## FRESHNESS AND FRIPPERIES

BY STILLETTA PEYTON BURKE

THOSE "Disciples of Unrest" who are always on the lookout for distraction, emotion, entertainment, and the newest fad, lose, surprisingly soon, the zest, *élan*, of real, spontaneous enjoyment. The almost breathless endeavor of "society" to devise fresh schemes for its own diversion, hints oftentimes of an appalling lack of resources, almost equal to that of the perplexed lad who was having extraordinary difficulty with his "sums," and when his father suggested that he ask God to help him, he replied, "I have asked God, but he has made several mistakes already!" A break-neck pace in the pursuit of life's "crispest novelties" is almost sure to finish in a tip-up over some snare-line of hygienic law, and evolves premature age with the precision of a theorem in geometry.

Some experiences are like books with shockingly abrupt endings, where the whole truth ends with a bang. And woefully disappointing they are, too, no matter what the thrall of fascination by which they may have held us. There is, indeed, an ineffable satisfaction in being able to separate by a clean-cut cleavage the essentials of life from the non-essentials, the substantial enjoyments from the frills and fripperies; for this way lies not only true comfort and peace of mind, but a fine freedom from cosmetic necessities.

The woman who deliberately chooses the simple, hygienic mode of living and steadfastly declines to use nerves in the place of brains as she pursues her unruffled course, possesses in this attitude of mind a veritable talisman for the preservation of freshness of face as well as of real physical well-being. She

has learned, happily, that to plan everything quietly and in advance is a very important principle in the elusive art of keeping young. Her hurried, worried sister who "runs on her nerves" and who "really cannot spare the time" to sit down and calmly think out the best way of doing things before attacking them, is pushing Youth away from her with both hands.

Unthinking, breathless achievement, like the musketry of Queen Anne's soldiers, is most deadly in its rebound, and is sure to leave its blighting imprint on face and figure.

Restlessness is not energy: it is simply the friction of overwrought nerves. Those women who are always "doing things" and never dodging them, serve to keep the atmosphere in motion, but fail, frequently, of any real accomplishment because they have made no intelligent selection beforehand of their duties, and do not bring rested bodies and responsive minds to the carrying-out of their activities. To leave off doing useless things in the way of social exactions, the preparation of food, the clothing of our bodies, and the furnishing of our homes, is to leave a wide, white margin of joyous leisure in which to get the best things out of life, and to retain the freshness and receptivity of youth. We should bring our best thought and brightest ideas to our every-day living, just as we should use our best manners and brightest cutlery for our every-day dining. But there is no "brightest and best" for the woman who is wearing her nerves to a wire edge in an unintelligent effort to compass superfluities. She is exhausting body and brain in an attempt to straighten out non-essentials



— a task as absorbing and depressing as that of a mother crab who is trying to teach her little crabs to walk without getting tangled up in themselves.

\* \* \*

Few of us realize the tremendous amount of life force that is consumed in the digestive process. Men and women grow old and die, daily, from "overwork," but it is much more often from overwork at the table than at the world's big work-bench. To turn the crude mass of a great variety of food into blood and tissue, brain and nerve power, is a mighty, mysterious, physiological task. While it is true that the intricate enginery of digestion will work more smoothly if we really enjoy our food, it is also true that a fine discrimination is necessary in order to separate the things that simply "taste" good from those that "build" good. Overfeeding means invariably under-living, and under-living soon shapes its protest in withered faces and waning forces.

The highest medical authorities agree that the majority of men and women eat too much and rest too little. Those resolute souls who cheerfully take the stand that they will not put into the stomach more than the body demands for its highest efficiency, allowing every function of the body generous periods of rest for its rejuvenation, and who turn with dogged serenity from all those "robber pleasures that plunder sleep," are, it would seem, almost as rare as ripe cherries in a snowstorm. For the privilege of indulging in palatal pleasures regardless of bodily necessities, we are almost all paying the price in premature wrinkles, dull eyes, and rheumatic limbs. All of this complicated machinery of the digestive process is run by orders *outside* of ourselves — "sealed orders," with which

we cannot meddle. It takes what it needs of our life-force for its own immediate purposes, quite independent of our volition after we have thrust work upon it; and whether there be anything left for thought and action and giving "spring" to our bodies is none of its affairs.

But it is not alone those who "feast in folly" who pay a penalty of hastening ills. The thousands of fagged, joyless housewives who spend the shining hours of the day, and work, often, far into the night planning and preparing the three "square" meals in a never-ending round, soon become victims to the maddening repetition. There is something pathetic in the way ceaseless drudgery takes the snap and sparkle out of life for both men and women. Monotony and unthinking toil lead slowly but surely to an unresponsiveness touching life's higher joys and beauties that virtually amounts to coma.

But the sacrifice is, in reality, needless. The hurried, harried sister who is almost always at her last gasp, mentally and physically, needs to swing herself squarely around and look at life from a new view-point. Let her rest quietly, close her eyes, fold the hands of thrift, until she becomes clear-visioned enough to see that true home-making is a sane, simple, joy-giving calling, and that it not only means freshness of body and freedom of soul to those to whom it ministers, but also allows "sweet leisure for keeping young" to the home-maker, herself.

That poor, worn-out housewife who, with her last breath, said to those at her bedside that she hoped the Judgment Day might not come for a thousand years, as she would not be rested enough before to "take part" in the resurrection, was only one of a great



company of deluded martyrs who are wearing themselves out, body and soul, over the odds and ends of living.

\* \* \*

A recent writer has said, effectively: "Every physical state has inwoven with it a mental one. A gloomy mood blocks every bit of work the organs are trying to do. Worry, whether it be over trifles or matters of large moment, is a foe to the heart, to the digestion, the circulation, to every nerve, vesicle, and brain-cell, and will leave on them all, as well as on the outer flesh, its evil mark of age."

"The science of life is realizing ever more clearly the exact co-ordination between the physical and spiritual states."

"To the extent to which the soul is

wrong, every part of us, from top to toe, is out of gear. The time is coming when we must all see clearly that, while the inevitable years produce their results, the inner spiritual conditions are, *at every point*, modifying them."

"In this matter of 'keeping young,' it seems often as if the passing years had least to do with it. There are men and women who are young and fresh at eighty, and others who, in their third decade, are disillusioned, disenchanted, —aged at heart and in body."

To cut out with relentless stroke all the superfluous out-croppings of daily existence, and to live always in our inmost being without fret or strain or haste, is to insure the true comfort and happiness of those nearest us as we pitch our own tent "hard by" the Fountain of Youth.

## THE QUIET WAY BEST

WHAT'S the use of worrying,  
Of hurrying,  
And scurrying,  
Everybody flurrying  
And breaking up his rest,  
When everything is teaching us,  
Preaching, and beseeching us  
To settle down and end the fuss,  
For quiet ways are best?

The rain that trickles down in showers, —  
A blessing to thirsty flowers, —  
And gentle zephyrs gather up  
Sweet fragrance from each brimming cup.  
There's ruin in the tempest's path,  
There's ruin in a voice of wrath,  
And they alone are blest  
Who early learn to dominate  
Themselves, their violence abate,  
And prove by their serene estate  
That quiet ways are best.

—Josephine Pollard.



# *Chautauqua School of Health*

## THE COLD WET SHEET RUB

BY J. H. KELLOGG, M. D.

THIS is a very vigorous tonic measure. It consists in wrapping the body in a sheet wrung out of cold water, then rubbing over the sheet. The water must be cold,  $70^{\circ}$  to  $60^{\circ}$  at least. Even colder water may be employed with advantage. The sheet may be wrung very dry for feeble patients, or may be applied dripping wet to patients who are strong and able to react well.

There are three things to which particular attention must be given:—

1. The wringing of the sheet.
2. The application of the sheet to the patient.
3. The rubbing of the sheet.

Make ready a pailful of water at a temperature of  $70^{\circ}$  to  $60^{\circ}$ , two sheets, and two towels. If the patient is feeble or does not react well, prepare also a foot-bath at  $102^{\circ}$  to  $104^{\circ}$ . Let the patient stand in the foot-bath, which should be placed in the center of a large

rubber sheet if necessary, to protect the floor from water. Wrap one of the sheets about the patient, including the tub, so that the heat can ascend about his body. While he is getting well warmed up, prepare the other sheet. Shake it out and gather one side (the long way of the sheet) in the right hand. Grasp the other end with

the left hand. Immerse in the cold water, keeping hold of the ends. Wring until the water ceases to fall from it in a stream, then drop the end held in the left hand, shake loose, and while holding the wet sheet in the right hand, remove the dry sheet from the patient with the left and apply the wet sheet as quickly as possible. The patient raises both hands above his head while the attendant, standing in front of him, grasps the upper left hand corner of the sheet and places it at his right armpit. The patient at once



FIRST STEP



lowers his arm to hold the sheet in place while the attendant carries the sheet across the chest, under the left arm, across the back, over the right shoulder, across the chest again, and over the left shoulder, then on across the back, tucking the corner under the sheet by the side of the neck so as to keep all in place.

The wrapping of the sheet about the patient must be done quickly, so the patient will not chill. The sheet should be drawn tight, so as to touch as much of the surface as possible.

As soon as the sheet is applied, the rubbing must begin, and must be done in a most energetic manner and continued for one or two minutes or until the sheet is well warmed. Every part of the surface must be rubbed, the hands moving quickly from one part to another; the chest, back, and arms first, then the abdomen, loins, and legs, repeating until each part has been gone over six or eight times at least. At the conclusion of the application, the skin

as the rubbing ceases, the wet sheet is removed,

and the patient is quickly dried and rubbed in the usual manner.

It should be remembered that the rubbing should be *over* or *on* the sheet, but not *with* it. If necessary to encourage reaction, spitting or percussion with the flat surface of the hand may be practiced. This is especially useful over the back and over fleshy portions. Care must be taken to cool the head, neck, and face well with water colder than that from which the sheet is wrung before the wet sheet is applied. The hair should be saturated, and a cold, wet towel applied to the head.

The wet sheet rub is one of the most effective of all known means of exciting the surface circulation. By its use the blood may be diverted from congested internal organs to the skin. The powerful nervous impression made by the cold water and the rubbing awakens the vital energies of the body, creates an appetite, increases digestive power, strengthens



SECOND STEP



THIRD STEP



the muscles, and encourages all vital processes.

The wet sheet rub may be used as a tonic measure once or twice a day. It is generally employed in connection with some other bath, as after a wet sheet pack, a hot blanket pack, a warm sitz, a vapor or electric-light bath, or a large fomentation to some part, as the back or abdomen.

The wet sheet rub may be applied in bed, when necessary, by protecting the bedclothing with a rubber sheet. It may be employed thus as a means of lowering the temperature in fever when the patient does not react well to the

wet sheet pack. In such a case the sheet is made very wet, and the rubbing is continuous, but less vigorous than in ordinary applications. The duration of the application may be as long as necessary to produce the effect desired. The patient's temperature should be taken at intervals of five minutes. When it has been lowered one or two degrees, the wet sheet should be removed, the patient gently wiped, and covered with a dry sheet and one blanket, to prevent slow chilling of the surface by evaporation, which is always dangerous, and must be carefully avoided.

## METHODS IN HYGIENIC COOKERY

BY MRS. E. E. KELLOGG

THERE are comparatively few foods which are not rendered better adapted to the needs of the body by proper cooking. Food well cooked is already partly digested. In addition to making food more digestible, good cooking makes it more palatable, more inviting to the eye, and more fully develops its flavors. Hygienic cookery requires the attainment of these objects through simple processes, and the exclusion of all unwholesome ingredients, such as chemical leavening agents, vinegar, peppersauce, mustard, and other pungent and irritating condiments, and the excessive use of free fats.

Five basic methods are variously employed in the cooking of foods. Juicy food substances may be *cooked by radiant heat*, by broiling or grilling, or by roasting. This may be accomplished before an open fire, above glowing coals, under a gas jet, or in other ways whereby the food material is brought in contact with direct radiation of heat. This method is frequently approxi-

mated by what is termed "pan boiling," the food being cooked on or in some heated utensil. Moist foods may also be *cooked by dry heat* in some closed receptacle, as by baking in an oven. Only foods containing a considerable degree of moisture are adapted for cooking by this method. The hot dry air which fills the oven is always thirsting for moisture, and will take from every moist substance to which it has access, a quantity of water proportionate to its degree of heat. Foods containing but a small amount of moisture, unless protected in some manner from the action of the heated air, or in some way supplied with moisture during the cooking process, come from the oven dry, hard, and unpalatable.

Food substances, both moist and dry, may be cooked in *liquids at boiling temperature* (212°); the solvent property of liquids kept just a few degrees below boiling temperature (185°) is also employed for *stewing* foods. This process is necessarily more lengthy than



ordinary boiling, but for many foods it is much superior. *Steaming*, as its name implies, is cooking by hot vapor. For foods not needing the solvent powers of water, or for such as already contain a large amount of moisture, this method is preferable to boiling. The foods may be placed in a perforated utensil which admits of direct contact with the steam, or they may be cooked in a closed receptacle placed inside another vessel containing actively boiling water—a double boiler.

The superiority of these various methods as regards nutritive results, depends much upon the composition of the food substance to be cooked. The effect of heat at different temperatures and of the length of exposure varies with the different food elements. Foods composed largely of albumin require cooking at a low temperature, as albumin coagulates at  $160^{\circ}$ , and the effect of heat as great as that of boiling water upon albumin is to harden, toughen, and render it leathery and indigestible in proportion to the period of exposure.

Food articles containing considerable cellulose and fibrous material require the solvent aid of water, and are best cooked by boiling, stewing, or steaming.

Substances in which starch predominates, need long cooking and high

temperature in order so to change the starch as to render it easy of digestion. Starch passes through five stages in undergoing digestion. First, it is converted into *amylodextrin*, or soluble starch; second, *erythrodextrin*; third, *achroödextrin*; fourth, *maltose*; and fifth, *levulose*, or fruit-sugar. By cooking, it is possible to carry the starch through the first three stages. The last two changes are the result of digestive action.

The preliminary digestive work done by cooking varies in degree with the method employed. The cooking in water of boiling temperature for a short period only, simply carries the starch through the first step of the digestive process by changing the raw starch, which is insoluble, into soluble starch, or *amylodextrin*. To secure a further conversion into *erythrodextrin* requires a prolonged cooking at or near the boiling temperature, or the application of a higher degree of heat, as by baking in an oven. The third stage of starch digestion is attained only in articles from which the moisture is already evaporated, by exposing such to the action of heat at a temperature of at least  $320^{\circ}$ , as in the toasting or rebaking of foods by which they are browned throughout. Zwieback, roasted rice, and crystal wheat are examples of foods thus changed.

---

## TREATMENT FOR THE HELPLESS INVALID

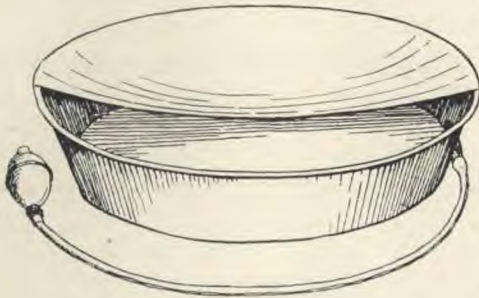
BY LENNA F. COOPER

THE success of a hydiatic treatment depends upon the care with which it is given. A treatment which leaves the bed wet or damp and the patient chilly or uncomfortable will do little or no good. Of course, the bedding should be changed for dry if it becomes damp,

but the important thing is to be so skillful in the application of the treatment that such a change will be unnecessary. Especially is this imperative if the patient is very weak, or is a surgical case, when changes are tiresome and even dangerous.



Before any treatment is begun, everything should be in readiness. The patient's feet should always be warm before beginning the treatment. If they are at all cold or clammy, administer a hot foot-bath. A foot-tub is the most convenient vessel in which to give this, but any vessel



which is large enough to receive the feet and sufficient water to cover them above the ankles, will serve the purpose. An infant's bath-tub or a large wooden pail reserved for the purpose are excellent substitutes.

Place an oilcloth or several thicknesses of newspaper under the patient, extending from the knees to the feet when outstretched. Over this place a folded sheet. Have the patient flex the limbs, place the tub filled with warm water ( $102^{\circ}$ – $105^{\circ}$ ), immerse the feet, and add hot water until the bath reaches a temperature of  $110^{\circ}$ – $115^{\circ}$ . The duration of the bath should be from five to ten minutes. Finish by a dash of cold water to the feet. Dry thoroughly.

An important treatment for bedridden patients, especially those who do not have access to a full-bath tub, is the sponge bath.

This may be given for different purposes; viz., cleansing, cooling, and tonic effect.

The bed should be thoroughly protected by two old blankets or Turkish bath sheets,—one above the patient, the other below. If two are not at hand, one may be used by folding the blanket and placing the patient between it, with the open side toward the front of the bed.

If the bath is given for cleansing purposes, have ready a cake of soap, two soft washcloths, two Turkish towels, and two pails or bowls of water, one at a temperature of  $100^{\circ}$ , the other at  $90^{\circ}$  (the first for cleansing, the second for rinsing). Only one portion of the body should be exposed at a time. With one washcloth and the warmer water apply the soap, and with the second washcloth and the cooler water rinse the part thoroughly, then dry quickly with the Turkish towel, using considerable friction in so doing, to insure good reaction.

If for cooling purposes, as in cases of fever, use one pail of water,  $60^{\circ}$  to  $90^{\circ}$ , and bathe each part several minutes or until the part is thoroughly cooled. Dry and proceed to another part. The





temperature may be reduced two or three degrees in this way.

If the cold application produces chill or "goose-flesh" appearance, this may often be remedied by applying heat to the spine while administering the cold application, or very hot ( $130^{\circ}$ – $140^{\circ}$ ) sponging may be advantageously used, but it must be applied with very rapid strokes. This reduces the temperature by acting reflexly upon the heat-producing centers.

When given for a tonic effect, one pail of water ( $50^{\circ}$ – $35^{\circ}$ ) is used. The cloth is wrung quite dry and the body is



rapidly covered with short, quick strokes.

One of the most difficult treatments for an inexperienced nurse to give is the enema, or rectal injection. To give this successfully, a bedpan should be employed. There are several kinds of bedpans in use, but one of the best is a simple arrangement that can be made in any tinshop. An ordinary milk pan fourteen inches in diameter, with a top

soldered to the rim, extending over about two-thirds of the pan and inclined one-half inch toward the center, thus forming a support for the hips, will serve quite as well as a much more expensive one. But this can be improved upon by adding a drainage consisting of a one-half inch opening at the bottom with a funnel-shaped spout to which is attached two feet of one-half inch rubber tubing and at the end of this a bulb with an air outlet.

The patient should be placed on one side of the bed while the other side is made ready for the treatment. Over the central portion of one side of the bed place an oilcloth about two and one-half by three feet, and over this a folded sheet. Put the pan near the center of one side of the bed, with the covered portion toward the head. Close behind this place a pillow. From this build an inclined plane of pillows to the head of the bed. Place a newspaper over the covered portion of the pan, to prevent chilling of the patient.

Have ready one to three pints of liquid ( $70^{\circ}$ – $102^{\circ}$ ). If for chronic constipation or for reducing temperature, use cool or cold water. If for mere cleansing effect, use tepid or warm water, to which may be added enough pure soap to make a good soapsuds. If for pain, hot water ( $112^{\circ}$ – $110^{\circ}$ ) should be used.

See that the patient's feet are warm. Lift the patient to the built-up side, with hips upon the pan and the knees flexed. Set a newspaper in the pan and let it incline toward the knees. This is to prevent soiling the bed. Instruct the patient to take as much of the liquid as possible. Stop the flow of water for a moment or two, then repeat the process, and have the patient retain the liquid for a few minutes if possible.

Many little things, if observed, add much to the comfort of the sick one.



Even a hot water bag can be made soft and pliable by letting out the air before closing it. This may be done by placing the bag against a flat surface, holding up the mouth with one hand and expelling the air with the other.

If the patient is troubled with cold extremities, it is better to apply extra clothing than artificial heat continually. A convenient arrangement for keeping the patient warm is a bag made by folding a single blanket once each way and sewing it up; thus making a bag of two thicknesses of blanket. This can be slipped over the patient's feet and will extend almost to the waist, and allows ample room for free movements of the limbs. If the blanket is irritating to the patient, the bag may be lined with eiderdown or some soft cloth.

Thirst in fevers is often allayed by a

compress wrung out of ice water and applied to the throat.

Compresses should never be so wet as to drip. Large cool compresses applied to the abdomen in typhoid fever will help to keep the temperature down. The skin may be kept soft and smooth by giving an oil rub occasionally. The feet should be well oiled at least once a day.

Bed-sores are likely to occur in cases of long and wasting illness, and being extremely difficult to cure, all precautions should be taken against them. If tenderness or reddening of the skin occurs, massage or rub the tissues about, and rub the parts well with alcohol two or three times a day. A cushion made in the form of a ring to fit the affected part will relieve it of pressure and irritation.

## LIVER DIGESTION

BY THE EDITOR

IN the liver the food is acted upon by the cells of this important organ in a very remarkable way. The albumins which have been digested in the stomach and intestines, are, as one might say, inspected by the liver, which puts on certain finishing touches, rejecting any unusual or poisonous materials which may have crept in. The starch which has been converted into sugar, is, by the liver, reconverted into animal starch, or glycogen, in which form it is stored up in the tissues of the liver until needed for body-work or heat production, when it is doled out as needed. The digestive function of the liver is not the least of its many most interesting and important activities. There is no more wonderful manifestation of organic intelligence in the body than that shown by this great

brown gland in the regulating of the supply of sugar to the blood in the interim between meals. In this respect, the liver might be looked upon as a sort of living, automatic "stoker," which supplies fuel to the body as needed, as devices made for the purpose of supplying coal to the furnaces of steam boilers.

Here we have another proof, not only of the marvelous benevolence and wisdom of man's Creator, but of his constant watchcare and unfailing vigilance in guarding the interests of the body, and providing for its needs. If all the sugar formed from the digestion of starch, which constitutes more than half of the bulk and weight of our natural dietary, or about one pound a day, were thrown at once into the blood and general circulation when absorbed



from the stomach, the heat-making processes of the body would be excessively excited; or, if the sugar was not oxidized, or burned, the kidneys would be at once called into activity to eliminate the sugar, and it would thus be lost to the body. This condition is sometimes present, as in a disease known as diabetes, in which varying quantities of sugar are discharged through the kidneys.

The liver does not deal with all kinds of sugars with equal facility. Just as some fuels are more easily handled than others, so some sugars are more easily stored and distributed by the liver. Of all the sugars, cane-sugar and milk-sugar are least readily dealt with by the liver. Maltose, the sugar formed from starch in digestion, and levulose, the sugar of fruits, are most readily utilized.

## SCHOOL OF HEALTH SEARCH QUESTIONS

### THE COLD WET SHEET RUB

1. What materials are necessary for the giving of this treatment?
2. What precaution should be taken with feeble patients?
3. Describe the method of applying the sheet.
4. How may reaction be encouraged during the process?
5. What is accomplished by this treatment when skilfully given?

### METHODS IN HYGIENIC COOKERY

1. Describe the five methods that are employed in the cooking of foods.
2. At what temperature should foods composed largely of albumin be cooked?
3. What kind of foods are best cooked by boiling, stewing, or steaming? and why?
4. Name the five stages through which starch passes in undergoing digestion.
5. Tell how much of this work may be accomplished by cooking, and the methods by which it is done.

### TREATMENT FOR THE HELPLESS INVALID

1. How should the bed be prepared for the giving of a foot-bath to the patient?
2. At what temperature should the water be for a cooling sponge bath in case of fever?
3. How may chill caused by the cold application be remedied?
4. Describe the best method of giving an enema to a bedridden patient.
5. What precautions should be taken to prevent bed-sores?

### LIVER DIGESTION

1. How is the supply of sugar to the blood regulated?
2. About how much sugar is formed in the body each day from the digestion of starch?
3. What would result if this amount were at once thrown into the circulation?
4. What disease is characterized by too much sugar in the blood?
5. What sugars are least readily dealt with by the liver, and which are most readily utilized?



## *Hundred Year Club*

### "GRANDPA" SEYK

IN this degenerate age it is seldom that one reaches the age of one hundred years in full possession of all his faculties. This has been accomplished by Mr. Frank Seyk, familiarly known as "Grandpa" Seyk, of Kewaunee, Wis. He completed a century of life last September, without ever having experienced what it was to be sick, owing to the temperance of his dietetic habits.

The accompanying illustration gives a good idea of his still hale and hearty appearance. He shows every indication of living for a number of years yet. On pleasant days he may be seen in the streets enjoying a quiet walk and responding to the greetings of his many friends. The steadiness of his nerves is shown by the fact that he still shaves himself, never yet having trusted his face to any hand but his own.

Mr. Seyk was born in Bohemia in 1803, and came to America with his wife and only son in 1854. Much of his time was devoted to the study of music, and he became especially proficient in both the vocal and instrumental branches of this art.

After the death of his wife, in 1888, Mr. Seyk, who was then eighty-five years of age, made his home with his son, one of the prominent business men of Kewaunee. At the present time

there are living in that city four generations of the Seyk family.

"Grandpa" Seyk is a favorite with old and young. He is a good conversationalist and keeps well posted on



FRANK SEYK

current events. The Bohemian papers have never lost their interest for him, and he spends several hours each day in looking them over, reading sometimes with and sometimes without glasses.



## A VETERAN SENATOR

HON. DAVID WARK, of the Canadian Parliament, is one of the twenty-two out of 100,000 who, according to Dr. Farr's English population table, reached the age of one hundred years. He is in marvelously good health, physically and mentally, and during the sixty-three years that he has been a member of some legislative body, he has never missed a session.

The venerable senator is a north-of-Ireland man, of rugged Scotch ancestry, and in his prime was a burly, broad, muscular type of country-bred manhood. He immigrated to New Brunswick, Canada, when he was twenty-one years of age. As a boy of eleven he distinctly remembers the battle of Waterloo, and the celebration of Napoleon's downfall. He was sixteen years old when George III died, and has lived through the reigns of George IV, William IV, Victoria, and three years of the reign of Edward VII.

The habits, and especially the diet, of a centenarian are always a matter of interest to the younger generation, since these play so prominent a part in the problem of longevity. With this in mind, Senator Wark wrote a letter, in his own handwriting, which is remarkably firm and legible for one of his years, to the young people, to be published in the *Globe* (Toronto), on his hundredth birthday anniversary. No doubt he gives much of the secret of his old age in the following words: "I have made it a rule to eat noth-

ing that disagrees with my digestion, no matter how palatable." This rule, he says, led him to discard the use of beef, mutton, and pork many years ago. He also abstains from both pie and pudding, eats no suppers, and retires at or before 10 o'clock, rising at 7:30, thus insuring at least nine hours' sleep.

Always a temperate man in every way, Mr. Wark has for many years been an abstainer from intoxicants. On only one occasion has he used tobacco, being persuaded by his friends to try it as a preventive of quinsy; but the resultant sickness was so sore that he could never be prevailed upon to repeat the experiment. He says that he has ever been thankful for that sickness.

Mr. Wark has always lived on a very simple diet, and has all his life spent most of his time out of doors. In all his habits he is as methodical as clock-work. These, he tells with pride, are the reasons he has attained such a great age.

The aged statesman travels alone to the sessions at Ottawa, disdaining assistance, and takes an active part in the proceedings, doing his work as thoroughly and efficiently as a man of sixty. Last year Sir Wilfred Laurier offered to place a government car at his disposal, so that he might travel with more comfort from his home in Fredericton, N. B., to the federal capital; but he declined the offer, preferring to make the journey like anybody else.



## *.. By the Editor ..*

### GOOD HEALTH CAMPS

MAN is naturally an out-of-door dweller. The indoor life imposed upon him by civilization is a prolific source of disease. A multitude of maladies may be traced directly to the sedentary life in the dust-filled, germ-infected, sunless homes in which multitudes of human beings are compelled, by the conditions brought about by modern civilization, to spend their lives. Consumption, one of the most frequent and fatal of these indoor maladies, is multiplying at such a terrific rate that a general interest has been awakened to battle against this deadly foe of human life. In numerous States, governmental aid has been secured and laws enacted having for their purpose the suppression of this fearful disease.

One of the most effective plans thus far devised, has been the creation of establishments for the open-air treatment of this disease. Wherever this plan has been adopted, marked evidence of benefit has been secured. Many persons in the incipient stage of the disease have been restored to health; others further advanced have been rendered comfortably well; still others, too far gone to recover, have been temporarily helped.

The return to nature by the adoption of the out-of-door life arouses the defensive powers of the body in a remarkable way. The resistance of tissue gradually increases to such a degree that the germs are killed off, and recovery comes as the natural result. The greatest difficulty has been to provide for the poorer class, so that they could for a sufficient length of time enjoy the advantages of the treatment.

A New York paper publishes an account of a successful effort recently made by Mr. N. O. Nelson, in southern California, to provide for this class. Mr. Nelson has established at Indio, in southern California, what he calls a health camp for consumptives. We quote the following description of this worthy enterprise with the hope that it may encourage others to do likewise; for certainly no more beneficent work can be undertaken by anyone:—

"The camp is located in a desert valley, cut off from the ocean by the mountains. There is no rain, no fog, no clouds. The winter days are all warm, the nights comparatively cold.

"The camp was established in December, 1902, to provide in part for the large number of consumptives and other invalids who go to southern California. Most of the invalids have little means; they cannot afford expensive sanitariums, and are not wanted by hotels and boarding-houses.

"To meet the requirements of such patients, Mr. Nelson bought one hundred and twenty-five acres of land adjoining the Indio depot. This tract he has improved by sinking artesian wells, and by putting most of the land under cultivation, in order to give convalescents something to do.

"Tents, with all necessary equipment for sleeping and taking meals, have been set up. Land and water are free to those who have their own outfit. A small rental for tents is made to those who can afford it. No charge is made to those who cannot pay, and, where necessary, board is



given them. All expenses need not be more than from \$2.50 to \$4.00 a week.

"Work is provided for those who are able to do it, so that their care does not become a burden on the camp.

"The camp is situated in the midst of a sandy valley one hundred miles long and three to ten miles wide. The mountains on each side rise by degrees to four thousand and five thousand feet high. In some places in the foothills there are springs and vegetation.

"In the valleys most of the land has been taken up in the past few years. The crops of melons and vegetables are early, and bring high prices. From \$100 to \$200 an acre is an ordinary yield. Alfalfa hay is cut ten times a year, giving twelve to fifteen tons an acre.

"When the campers get well enough to work, they buy or lease a few acres. They can either buy the land on the instalment plan, or lease it on shares for such length of time as desired."

## COLLEGE DIETETICS\*

WE learn from recent newspaper reports that 250 students of the University of Missouri have decided to adopt the two-meal-a-day system. It seems that two students in the law department, Mr. Stafford and Mr. Robinson, became interested in the question of dietetics, and after some study of the subject were persuaded that they would be better off for dropping the midday meal. Their views were soon adopted by another law student, a Mr. Schurmeyer, and all three announced their determination to make the experiment for thirty days.

At the end of the thirty days, they made their report. All had about the same experience. The first two weeks they suffered considerably from hunger, as the result of omitting the midday meal. The third week they began to experience good results from the change; and by the end of the fourth week they suffered no inconvenience whatever, and found themselves enjoying a marked improvement in health and spirits. One gained in weight, four pounds; another, six pounds. All agreed that they were able to study more hours, and that they could master a subject in much less time than formerly. This was evident to all the students, for Stafford stood at the head of his class after the month's work, and the rating of the others was considerably above their previous average.

These results naturally led other students to take a deep interest in the two-meal-a-day plan of eating. A mass meeting was called. The interest had become so great that nearly all the students of the University attended. Each student made a report of the result of his experiments in writing, and the reading of these reports aroused such enthusiasm that a resolution abolishing dinner was offered at once. Some discussion occurred as to which meal should be omitted. The experimenters had information to give upon this subject, as they had made a trial of omitting each one of the usual meals. Stafford reported that when he went without his breakfast he was not able to study in the morning. When he went without his supper he became so hungry at bedtime that he did not sleep well. Some of the students of the medical department opposed the movement on the ground that dinner was the most important meal of the day, and should not be omitted. But the investigators had the facts on their side, and the result was an almost unanimous vote on the part of the students in favor of the following petition, which was presented to the faculty:—

"Whereas, by scientific investigation it has been discovered that man's health, comfort, and convenience are best conserved by eating two meals a day instead of three, and —

\* Editorial in *May Modern Medicine*.



"Whereas, we desire to live as economically as possible, we most respectfully request that in the future no noon meal be served in Lathrop Hall."

The faculty did not care to take the responsibility of saying whether the students should eat their dinner or not, so referred the matter back to the students, who held another mass meeting and carried by a large majority a resolution to abolish the midday meal. The experiment is to last for four months. Two hundred and fifty students have pledged themselves to give the plan a fair trial.

No doubt a large proportion of those who are making this experiment will find themselves so much improved by dropping one of the three meals that they will permanently adhere to the practice. The writer has followed this practice for nearly forty years, and with great benefit. The only criticism that can be made of the plan offered is that the last meal should be taken early enough so that the work of the stomach shall be fairly completed before bedtime. Students generally work a little later at night than do other persons, and consequently no special injury may be apparent from the lateness of the second meal. If the sup-

per or dinner could be taken not later than four o'clock, beneficial results would probably be somewhat greater through the advantage gained by sounder and more refreshing sleep.

If reasonable attention is given to the quality of food furnished the students in this experiment, the results will be so excellent that the students of other universities will be likely to follow the example set them by these enterprising food reformers.

If the progressive and sensible students of the Missouri University could be informed respecting the great benefits to be derived from thorough mastication, or "Fletcherizing" the food, they would experience a still further and tremendous increase in mental and physical vigor which would surprise them fully as much as the advantage gained by omitting an unnecessary meal.

The economy in dollars and cents is a matter of consideration for the struggling student, but a still greater economy is experienced in the wear and tear of the constitution, and the saving of vital energy for some more useful and elevating purpose than the digestion and elimination of unnecessary foodstuffs.

## A DYSPEPSIA DINNER

MADISON, N. J., is considerably stirred up over a recent event in that usually quiet town. Encouraged by their success of previous gastronomic feats, it seems that the Orchard Campaign Club of that village had for some months been plotting a unique feast, the special feature of which was to be the indigestibility of the viands furnished. The following is a copy of the menu:—

Weehawken Cigars

### DESSERT

Peach Tarts with Vinegar and Tabasco

Angel Food and Fried Pickles

Lemon Meringue Pie and Cucumbers

Coffee and Champagne

### ROAST

Roast Pork and Caramel Custard

### SALAD

Chopped Nuts and Onions

Raw Potatoes with Maple Sugar

### ENTREES

Soft-shell Crabs and Buttermilk

Corned Beef Hash and Caviar in Wine Jelly

### FISH

Frosted Weakfish with Cranberries

Lobster Salad and Ice-cream

Blended Burgundy and Mixed Ale

### SOUP

Green Turtle with Cold Molasses

Clams *en brochette* with Cauliflower and Chocolate

Oyster Cocktail with Syllabub and Mustard

One hundred of the élite of the town gathered at the appointed hour in a beau-



tifully decorated dining-room, where they found the table groaning under the weight of a ponderous load of tasty, but indigestible viands. An hour or two later the diners were doing the groaning, and performing all kinds of contortions, while the tables were still standing up straight.

It is said that only two or three out of the whole one hundred who partook of this villainous dinner escaped the proper retribution, and that two or three dozen doctors were kept busy looking after the victims.

This event affords us much gratification. It is to be hoped that a similar feast will be held in every city throughout

the length and breadth of the land. Such an enterprise serves a double purpose. First, it performs an important function as a foolometer. Only those who have parted company with sound sense and good judgment would ever conceive of such a silly mode of entertaining themselves, or consent to have any part in it. Second, the consequences of such a swinish repast ought to serve as a good object lesson to those who have not yet become so bereft of normal instincts as to be altogether unsusceptible to the salutary influence of a wholesome lesson. If a few fatalities should occur after such a fools' feast as the one described, the world would be none the poorer.

## GOOD HEALTH PRINCIPLES IN FOREIGN PARTS

THE editor has recently received an interesting communication from a lady who visited Battle Creek and became interested in the principles represented at the Battle Creek Sanitarium and advocated in this journal, and who has since found opportunity for making use of them in a very practical way in one of the great European centers. The lady sends a photograph, which we take the liberty of reproducing, together with some extracts from her very interesting letter. After referring to her stay at the Battle Creek Sanitarium five or six years ago, on account of "a dreadful case of nerves as the result of not knowing how to live rationally," she says: "By your example, and through your splendid teachings, together with my God-given reasoning power, I have become the healthy, useful woman I am to-day. Being offered a chance to come

abroad in 1900, I at once took up the subject of massage and hydrotherapy very seriously. I have visited all parts

of Europe for the best instruction from the greatest masters. I am a Hungarian, and speak five languages, so it was not too difficult for me to 'arrive,' as the French say."

The reception accorded in the highest circles to the principles she advocates, and the confidence inspired by her rational methods of treatment, are shown in the following statement: "I have worked tremendously hard for the position I hold, but,

thank God, I have been rewarded with not alone magnificent health, but with a *clientele* second to none. I have treated all but kings, and diagnose my own cases. I am called first, and it is left to me to suggest if medical aid is necessary."

Having visited all parts of Europe in





the interest of rational hygiene, this lady states that she has yet to find the equal of the Battle Creek Sanitarium "in genuine, effective work in restoring physical and moral health," and she is proud to be known as a faithful follower and advocate of the principles there inculcated.

"I still treasure," she says, "a pair of fomentation cloths used on me in the Battle Creek Sanitarium. They seem to be my talisman, and have already covered the bodies of royal princesses of Russia, as well as famous titled French army officers."

#### Acid Fruits.\*

Nearly all fruits contain more or less acid. The acids of fruits are three: citric, malic, and tartaric. Tartaric acid is found in grapes; citric acid, in cranberries, lemons, and oranges. The principal acid of other fruits is malic acid—the acid of apples. The pear and the blackberry contain the least acid of any fruits, the proportion being about one fifth of one per cent. The strawberry, grape, cherry, peach, apple, and prune contain one per cent of acid; while one and one-half per cent of acid is found in the whortleberry, raspberry, gooseberry, plum, and apricot. The cranberry, the currant, and the orange contain two and one-half per cent of acid; while the lemon, the most acid of all fruits, contains seven and one-half per cent of citric acid.

All fruits contain sugar in larger percentages than acid, and in some instances the proportion of sugar to acid is so great that there is almost no acid flavor, but the acid is present and exercises its special purpose just the same as if the sugar were not present. The grape contains the largest proportion of sugar, more than fourteen per cent. The cherry comes next, with ten per cent. The lemon and the pear contain a little more than eight per cent of sugar; the strawberry, currant, and prune, six per cent; the orange, apricot, peach, blackberry, raspberry, and whortleberry, from four to five per cent; the plum a little less than four per cent, and the cranberry least of all, only one and one-half per cent. The cranberry is the only fruit which does not contain more sugar than acid. The cur-

rant contains three times as much sugar as acid, yet it is still quite acid, while the lemon is intensely acid, although it contains nearly one per cent more sugar than acid. The strawberry contains nearly six times as much sugar as acid, and the cherry ten times as much.

The acid of fruits gives to them their most important value. They are natural disinfectants for the alimentary canal. None of the ordinary germs which thrive in the stomach and the intestines can live in ordinary fruit juice. It is only of late that this germicidal property of fruits has been appreciated.

#### Water Purification.

A physician connected with the United States Agricultural Department has recently called attention to the fact that an extremely small quantity of sulphate of copper will prevent the growth of algæ in lakes, ponds, and storage reservoirs, and will also destroy typhoid and cholera germs. The question at once arises whether this method can be considered thoroughly hygienic. The probability is that the small amount of copper thus employed would be neutralized by combining with vegetable substances so that the water will be left practically pure; nevertheless, the addition of chemical substances to water cannot be considered the most desirable method of purification. Boiling and filtering through a Pasteur filter are really the best methods. Filters are cheap, and boiling is an easy and simple process. The old-fashioned charcoal and gravel filters cannot be relied upon.

\* Editorial in *May Modern Medicine*.



## ... Question Box ...

**10,079. Hay-fever — Bronchitis — Furnace Heat.**—Mrs. G. W. B., Tennessee: "1. I have had hay-fever for several years; had grippe last summer, and in the fall bronchial trouble, from which I am still feeling the effects. I am over forty years of age. Can you give me any useful hints as to diet and hygiene? 2. Is furnace heat harmful? 3. Does any grocer in Knoxville carry your goods?"

*Ans.*—1. Live as healthfully as you know how. Especially spend much time in the open air, in active exercise. Take a cold bath every morning. Consult a good specialist for the nose, and get into as healthy a state as possible before the hay-fever season arrives. You will probably have to make a change of climate, as this disease is largely due to local causes which operate through the atmosphere.

2. No; if the furnace is a good one, and does not leak smoke or gas. The air may be too dry. There should be a water pan in the furnace, and this should be kept supplied with water. Care should be taken to bring fresh air to the furnace from out of doors, and not from the basement, cellar, or front hall.

3. For information, address the Battle Creek Sanitarium Co., Ltd., Battle Creek, Mich.

**10,080. Pimples and Blotches on the Face.**—F. K. P., Ohio: "I am twenty years old, and have been troubled with a blotched, pimply complexion ever since I was eight or ten. I would be grateful for suggestions as to diet, habits, and any means by which I may remove and prevent this diseased condition of the skin."

*Ans.*—You are suffering from autointoxication. Follow an aseptic diet, as suggested for 10,067 in the June number. The digestion is impaired. Would recommend Pan-Peptogen especially as a means of sterilizing the stomach and intestines. Take a cold bath every day. Bathe the face with hot and cold water alternately for five or ten minutes twice daily. Live out of doors as much as possible.

**10,081. Earache.**—H. A. R., Washington: "My right ear pains me so much, into my

head and back of the ear, that it seems to affect the hearing. What is the cause?"

*Ans.*—You probably have nasal catarrh and disease of the middle ear. You should consult a good specialist at once.

**10,082. Falling of the Hair — Backache.**—Mrs. H. B.: "1. What is the best treatment for falling of the hair, with soreness of scalp? 2. Suggest treatment for aching in the lower part of the backbone, with which I have been troubled for eight years, without relief."

*Ans.*—1. Live out of doors as much as possible. Going bareheaded in the sunshine is an excellent practice. Bathe the scalp with cold water two or three times daily, rubbing the scalp well with the tips of the fingers for ten minutes. Apply once a day a lotion consisting of twenty grains of resorcin to the ounce of alcohol. If the hair is dry, add two or three drops of castor oil to the ounce of alcohol.

2. Apply fomentations to the lower part of the back at night, and after the fomentation a towel wrung out of cold water dry enough so it will not drip. Over the towel place mackintosh or oiled muslin, and over this several thicknesses of flannel bandage around the body to hold it all in place. In the morning take this compress off and rub the parts with the hand, and then with a towel wrung out of cold water.

**10,083. Abscess.**—H. A., Nebraska: "What will cure an inflammation about a pore of the skin on the nose? For two months I have been able to get matter from it by squeezing."

*Ans.*—It is a small abscess. It should be opened so it will drain well, then bathed alternately with hot and cold water two or three times a day, for five minutes.

**10,084. Pain in the Nose.**—Mrs. S. K., Wisconsin, is troubled with great pain in the nose, especially when sifting flour, and would like to know what to do for it.

*Ans.*—Protect the nose with a handkerchief while sifting flour. Bathe the face with very hot water twice daily.



**10,085. Itching Scalp.**—Mrs. S. J. S., Canada: "For about a fortnight my head felt as if the hair were all combed the wrong way: then an unbearable itching set in, with a nettle feeling under the skin. Can you advise me what to do?"

*Ans.*—Treat the scalp as suggested in reply to 10,082.

**10,086. Overeating — "Bills of Fare."**—Mrs. H. W., Washington: "An incurable nervous dyspeptic finds it impossible to decide when she has taken enough food. She eats only two meals, but never feels satisfied, and often suffers from taking too much food. She always uses zwieback, fruits, green corn, green peas; at long intervals eggs, chicken stew; occasionally butter, rolls shortened with butter or cream and sweetened with meltose, and walnuts and almonds. Please suggest several bills of fare with these foods properly combined, giving the proportion of each article by weight."

*Ans.*—Send ten cents for "Balanced Bills of Fare," which will give many valuable suggestions. Take pains to chew the food very thoroughly, three or four times as long as usual. This will set the natural instincts in operation and prevent overeating.

**10,087. Cinnamon — Food Combinations.**—Mrs. W. L. M., Maine: "1. Are there any objections (from a health standpoint) to using a little cinnamon in foods, for flavoring? 2. Can potatoes and fruit be taken together with impunity?"

*Ans.*—1. Cinnamon in very minute quantities probably does no harm.

2. Yes, if both are very thoroughly chewed.

**10,088. Distilled Water.**—C. P. H., California: "1. Is it true, as Dr. Koppe in the *National Druggist* tells us, that 'distilled water withdraws the salts from the animal tissues and causes the latter to swell or inflate. Isolated living organic elements, cells, and all unicellular organisms are destroyed in distilled water—they die, since they become engorged therein. They lose the faculty, upon which life depends, of retaining their salt and other soluble cell constituents, and consequently these are allowed to diffuse throughout the water. Distilled water is, therefore, a dangerous protoplasmic poison. . . . The same poisonous effects must occur whenever distilled water is drunk'? 2. Can any bad effects result from the use of distilled water as a beverage?"

*Ans.*—1. This theory is entirely pernicious. Distilled water never comes in contact with the living tissues. When taken into the stom-

ach, it is quickly rendered saline by mixture with the serum of the blood. There is no possible danger from this source.

2. No.

**10,089. Nettle Rash.**—Mrs. S. J. C., Oregon: "Please give advice for treatment of nettle rash in an infant."

*Ans.*—Bathe with very hot water containing a dram of salt or soda to the pint. The child's diet should be corrected. Nettle rash is due to indigestion.

**10,090. Eye Examinations.**—E. E. A., Michigan: "1. Do you think that the diagnosis of an optician can usually be relied upon in diseases of the eye? 2. Is it necessary to consult an oculist concerning failing sight?"

*Ans.*—1. Yes.

2. Yes.

**10,091. Nutmeg — Beans — Peanuts.**—G. E. C., Michigan: "1. Is there any objection to the use of nutmeg as a flavoring? Is it any more objectionable than vanilla? 2. Is not the starch in cooked beans as imperfectly cooked as it is in mushes? 3. Why is it necessary to cook peanuts to prepare them for digestion? They consist almost wholly of fat and albuminous substances, and both of these are, if anything, more easily digested raw than cooked."

*Ans.* 1. It will be difficult to trace any serious injury to the use of a minute quantity of nutmeg. However, the oil of nutmeg is irritating—much more so than the oil of vanilla. In certain cases in which the stomach is highly sensitive, it is better to discard all articles of flavoring.

2. Boiled beans are notoriously indigestible. Many persons with slow digestion have a great deal of trouble with gas, and often with colic, as the result of the use of beans. There are thousands who cannot use beans on this account. Baked beans are more digestible than boiled beans. The digestibility of beans is increased by the removal of the hulls, which secures more perfect cooking.

3. Peanuts are more closely allied to beans than to nuts. Botanically, they are not nuts at all; they are legumes. They contain a small amount of starch, but a considerable amount of woody matter which needs to be softened by cooking so as to render the albumin and fat accessible to the digestive fluids.



## LITERARY NOTES

You will find that the habit of minimizing annoyances or difficulties, of making the best of everything that comes to you, of magnifying the pleasant and the agreeable, and reducing to the least possible importance everything that is disagreeable or unpleasant, will help you wonderfully not only in your work, but also in your attainment of happiness. It transforms the disagreeable into the agreeable, takes the drudgery out of the distasteful tasks, eases the jolts of life wonderfully, and it is worth infinitely more than money. You will find yourself growing to be a larger, completer man.—*Orison Swett Marden, in June Success.*

Genuine gripping readableness is the marked quality of the June *McClure's*. This is supplied by a number of live, vital articles, and some significant editorial comment.

The letters of Lewis and Clark, the great explorers of this continent, written to each other just a hundred years ago, at the outset of their expedition, have remained unknown and unpublished until this time. They will appear in the June number of *Scribner's* magazine, with facsimiles from the notebooks of the explorers.

Fresh food is the basis of summer hygiene, and it has two corner-stones; one is fire, and the other is ice. A good refrigerator kept clean, with plenty of ice, is an economy in the matter of both food bills and doctors' bills; but ice, like fire, should not be used to cover sanitary sins. Don't try to see how long food can be kept on ice without spoiling. Keep it just as short a time as you can, even with ice.—*Dr. Charles V. Chapin, in Good House-keeping.*

**The American Prohibition Year Book for 1904**, compiled by Alonzo E. Wilson. Published by the United Prohibition Press, 92 La Salle St., Chicago, Ill. Price: cloth, 35 cents postpaid; paper cover, 15 cents postpaid.

This publication, which appears annually, is now in its fourth year. It is a standard authority on the liquor question, and its one hundred papers are packed with the most potent facts and reliable statistics. The Almanac, which forms Part I of the book, gives for each day in the year a pithy quotation on

the drink evil, from its most prominent opponents. Other departments are Total Abstinence, Criminology, Cost of the Drink Traffic, Legislation, Results of Legislation, Election Figures, and Organization. Every phase of the drink question is covered in this useful book, which is just the thing for all who have to deal with it in any way,—pastors, Sunday-school workers, young people's societies, as well as temperance workers.

**"Return to Nature,"** by Adolph Just. Translated from the fourth enlarged German edition, by Benedict Lust. Published by the translator, 124 East 59th St., New York.

While we cannot endorse all the author's theories respecting a truly natural life, we are entirely in sympathy with the aim of the book and the heart of his message—the return to the natural method in diet, dress, exercise, bathing, the treatment of disease, etc. So natural has our conventional and artificial mode of life become that it is difficult for us to realize how far the human race has departed from the truly natural condition furnished by the Creator. "My mind is unable to grasp," says the author, "how much less sorrow and want, how much less misery and despair, there would be in the world if we should once more trust ourselves wholly to the air, to the earth, and to a natural mode of nutrition."

"But to-day the fond mother still dresses her children in heavy clothes and cloaks, and wraps thick bandages about their limbs, and especially the head and throat. She runs after her husband to fetch him an extra wrap. If a crisp wind and bracing air reign outside, inviting human beings to be refreshed and strengthened by them, the mother takes care that her own dear ones remain inside in the warm, stuffy room. The fear of colds will not give her a moment's peace. From sheer anxiety for the health and welfare of her loved ones, she works incessantly, in her untiring love, to dig their early graves."

"However, we have already again taken to cold water, and the day will surely come when we shall also give our confidence to air, earth, and a truly natural diet. Then men will drink in new health, serene enjoyment of life, and the freshness of youth to a ripe old age at the fountain-head of all life and happiness."



PUBLISHERS' DEPARTMENT

# GOOD HEALTH

*A Journal of Hygiene*

J. H. KELLOGG, M. D., EDITOR

*Subscription Price, \$1.00 a year*  
*Single Copies 10 cents : : : :*  
PUBLISHED MONTHLY BY

GOOD HEALTH PUB. CO.

115 WASHINGTON AVE, N.

BATTLE CREEK. . . . . MICHIGAN

## WHAT A COMMERCIAL CONCERN THINKS OF US.

LAST month we made mention of the fact that the National Cash Register Company, of Dayton, Ohio, had ordered 1,000 copies of that number to be distributed among its employees.

Mr. Patterson, the head of this gigantic manufacturing concern, has visited the Battle Creek Sanitarium a number of times. He fully endorses the principles which are the foundation of the Battle Creek Idea, and deems the placing of this magazine in the hands of his workers the best possible means by which they may individually become acquainted with these ideas.

In a future number we shall present an article from the *N. C. R.*, a paper published expressly for the company at Dayton. This article is written by a former Battle Creek Sanitarium nurse, who is now stationed at Dayton, to look after the health of the many employees.

We are indeed gratified that such a progressive man as Mr. Patterson is making so practical a demonstration of his faith in the principles which GOOD HEALTH represents.

# LISTERINE

To promote and maintain personal hygiene.

The sterilization of the Teeth may  
be most nearly accomplished by  
using Listerine as a mouth wash.

Interesting literature on dental and general hygiene, upon request.

LAMBERT PHARMACAL CO., ST. LOUIS, U. S. A.

*Be assured of genuine Listerine by purchasing an original package.*



GOING somewhere this summer? Of course you want to go somewhere, and when you come to look into it carefully you will find that somewhere isn't necessarily very far away. Every city and town in America is surrounded by numerous interesting somewheres. It may be only ten miles away, and a visit thereto may give you enough food for thought to last for a year, if you go with your eyes open and your heart in a responsive mood to see, and absorb, and enjoy. If not, you might as well stay at home. There is no use traveling, even ten miles, unless you are keyed to the receptive pitch and are prepared to make the most of the environment into which you project yourself.

But go somewhere! The world is full of delightful places to go, and they all offer inducements of one kind or another; inducements that are as varied as the whims and tastes of man.

After you have been to somewhere and back and have had a change and a rest, you will realize more than ever before that this old earth is a pretty good place to tarry in for a few years on our journey through this vale of lights and shades.—*From "Vest Pocket Confidences," in Four-Track News for June.*

#### "What Shall We Eat?"

THE food question, from the standpoint of health, strength, and economy. Containing numerous tables showing the constituent elements of over three hundred food products and their relations, cost, and nutritive values, time of digestion, etc., indicating best foods for all classes and conditions. By Alfred Andrews. 120 pp. Price, 50c. The Health-Culture Co., Publishers, 481 Fifth Ave., New York.

This condensed and practical work opens with a consideration of the purposes for which we eat, and how food material is converted to our needs and used in sustaining life. The causes of indigestion are considered, showing how it interferes with nutrition. In addition to numerous valuable extracts from authorities on dietetics, the book contains tables showing the results of some 1,500 analyses of food products to determine the comparative values of most of the articles of food in common use. These tables show that one pound of protein can be obtained from cornmeal for

twenty-two cents, while from oysters it would cost \$5.00; and the cost of 1,000 calories of energy runs from one cent in potatoes to \$1.25 in lobsters. The legumes and nuts are found to be greatly superior to meat as regards nutritive value, economy, healthfulness, and purity. The large amount of information condensed in this book into such compact and convenient form will be of great value to housekeepers.

**Just Ready.** New (5th) Edition. "Simon's Clinical Diagnosis," A Manual of Diagnosis by Microscopic and Chemical Methods. For Students and Practitioners. By Charles E. Simon, M.D., Late Assistant Resident Physician at Johns Hopkins Hospital, Baltimore. Thoroughly revised and much enlarged. Octavo, 695 pages, 150 engravings, 22 colored plates. Cloth, \$4.00, net.

"An Epitome of Diseases of Children." By Henry E. Tuley, M.D. Cloth, \$1.00, net.

"Scott's State Board Examination Questions in Surgery." Cloth, \$1.50, net.

Lea Brothers & Co., Publishers, 706-8-10 Sansom St., Philadelphia; 111 Fifth Ave., New York.

**"The Body Beautiful."** Common Sense Ideas on Health and Beauty without Medicine, by Nannette Magruder Pratt. Published by the Baker & Taylor Co., New York.

"Some women want to be well; some want to be strong; all want to be beautiful. My opinion is that unless a woman is well and strong she is not beautiful," says the author of this work; and consequently her system of beauty culture is no mere surface treatment, but relates altogether to the acquisition of perfect health through intelligent exercising, proper eating and bathing. That health is within the reach of all who desire it enough to work earnestly to obtain it, is indicated in the following passage: "Chronic ill health is a thing to be ashamed of. Without exception it is the result of laziness, ignorance, wrong mental attitudes, and foolish eating and drinking. One or all of these causes lie at the root of all confirmed ill health."

Perhaps the most valuable feature of the work is the beautifully illustrated series of exercises of all descriptions for developing and strengthening all the muscles of the body.



Here's Something New. Sanitas Vegetable Gelatin we call it. A vegetable product, rich in a substance practically identical in chemical composition and physical properties with animal Gelatin. Its vegetable origin guarantees absolute freedom from unwholesome and diseased products. Use it in jellies, puddings, custards, and molded delicacies of every sort. Sanitas Vegetable Gelatin is put up in one-ounce packages, price 15 cents; by mail, 17 cents. One package goes as far as two packages (30 cents' worth) of ordinary animal gelatin and costs you only one-half as much.

To readers of GOOD HEALTH living in the States north of Tennessee and east of Kansas, we are making the following special offer, good until August 15, provided you mention this advertisement. Until August 15 we will enclose a full-sized package of Sanitas Vegetable Gelatin in every five dollar order, at list price, received from customers residing in the above territory. In ordering, you must mention this advertisement. Your order must reach us before August 15.

BATTLE CREEK SANITARIUM CO., LTD.,

Battle Creek, Mich.

In replying to advertisements please mention GOOD HEALTH.



**REDUCED TO \$5.75 PER ONLY 60 DAYS.**



**Our Famous PURITAN WATER STILL.**  
 Finest made. Solid Copper. Used by U. S. Gov't. Over 72,000 sold. Wonderful invention. Beats filters. Placed over kitchen stove it purifies the foulest water, removes every impurity. Furnishes delicious, pure, distilled water. Saves lives and Dr. bills. Prevents deadly typhoid and other fevers and summer sickness. Only safe water for babies, children, invalids, etc. Cures disease. Customers delighted. Guaranteed as represented or your money refunded. Shipped promptly to any address. Booklet free. Last chance.  
**HARRISON MANUFACTURING CO., 73 HARRISON BLDG., CINCINNATI, O.**

**50 YEARS' EXPERIENCE**

**PATENTS**

**TRADE MARKS  
 DESIGNS  
 COPYRIGHTS & C.**

Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. **HANDBOOK** on Patents sent free. Oldest agency for securing patents. Patents taken through Munn & Co. receive special notice, without charge, in the

**Scientific American.**

A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, \$3 a year; four months, \$1. Sold by all newsdealers.  
**MUNN & Co., 361 Broadway, New York**  
 Branch Office, 625 F St., Washington, D. C.

**Ten Days Free Trial**



allowed on all our bicycles. We **SHIP ON APPROVAL** without a cent deposit; any wheel not satisfactory returned at our expense.  
 Highest grade **\$8.75 to \$17**  
 1904 Models  
 Coaster Brakes, Hedgethorpe Puncture proof Tires and best equipment.  
 1902 & 1903 Models, best makes **\$7 to \$12**  
**500 Second-hand Wheels**  
 All makes & Models good as new **\$3 to \$8**  
 Great Factory Clearing Sale at half Factory Cost.  
**RIDER AGENTS WANTED**  
 in each town to take orders from sample wheel furnished by us. Our agents make big profits. Write at once for catalogues and our Special Offer.  
**AUTOMOBILES, TIRES, Sewing Machines, Sundries, etc., half usual prices.**  
**MEAD CYCLE CO., Dept. 48K Chicago**

**\$3,000 a YEAR and INDEPENDENCE**



WE successfully teach the profession of Piano Tuning **BY MAIL**, by a new scientific method. The course includes action regulating, voicing, fine repairing, etc., with personal attention to each student. We are the original teachers of Piano Tuning by mail, and inventors of the **TUNE-A-PHONE**, an instrument by which anyone

who can hear can set the equal temperament. We have the indorsements of Ministers, Public School Superintendents, Piano Manufacturers, and hundreds of successful graduates. In these days of competition and uncertainty it is wise to fortify one's self by learning a profession which can be turned into money any time or any place in the civilized world at an hour's notice. Write to-day for our illustrated prospectus, which is free and very interesting.

**NILES BRYANT SCHOOL OF PIANO TUNING,**  
 65 Music Hall. **BATTLE CREEK, MICH.**

# NEW BOOKS

## LAND AND SEA

A visit to five continents. An appropriate gift, a work of art. A beautiful and useful book. By G. C. Tenney. Price, postpaid, \$1.50.

## THE ART OF LIVING LONG

The famous work of Louis Conaro, the Venetian centenarian. Price \$1.50. Add 12 cts. for postage.

"Good Health" one year with either of these books, \$2, postpaid.

## The Three Remarkable Books by Horace Fletcher

The **A. B-Z. of Our Own Nutrition**, 462 pages, price \$1, postpaid \$1.14. **The New Menticulture or the A. B. C. of True Living**, 310 pages, price \$1 net, postpaid \$1.12. **The New Glutton or Epicure, or Economic Nutrition**, 324 pages, price \$1 net, postpaid \$1.12. Any one of these books and one year's subscription to **GOOD HEALTH** \$1.75, postpaid.

## THE BUSY MAN'S FRIEND

or Guide to Success by Facts and Figures (things that every one should know, by Prof. J. L. Nichols, A. M.), cloth binding, 50 cts. postpaid, or with one year's subscription to **GOOD HEALTH** \$1.10, postpaid.

Address **GOOD HEALTH PUBLISHING COMPANY**  
**BATTLE CREEK, MICHIGAN**



# Dr. Deimel Underwear

(LINEN-MESH)

If you want to be thoroughly comfortable, put away the irritating sticky "summer flannels" or damp, sour cottons, and wear Dr. Deimel Underwear, of porous linen. It's delightful. Garments to fit any one—Tall, short, slender, or stout.

All Dr. Deimel garments bear the Dr. Deimel name.  
For sale at best Dealers everywhere.  
If your Dealer cannot supply you, write to

**The Deimel Linen-Mesh Co.**

**491 Broadway, NEW YORK.**

SAN FRANCISCO,  
111 Montgomery St.

WASHINGTON,  
1313 F. Street, N. W.

BROOKLYN,  
510 Fulton St.

MONTREAL,  
2202 St. Catherine St.

LONDON,  
83 Strand (Hotel Cecil)

BALTIMORE, 110 W. Lexington St.

# Hydrozone



Which yields thirty times its volume of "nascent oxygen" near to the condition of "ozone,"

is daily proving to physicians, in some new way, its wonderful efficacy in stubborn cases of *Eczema, Psoriasis, Salt Rheum, Itch, Barber's Itch, Erysipelas, Ivy Poisoning, Ringworm, Herpes Zoster or Zona, etc.* Acne, Pimples on Face are cleared up and the pores healed by **HYDROZONE** and **GLYCOZONE** in a way that is magical. Try this treatment; results will please you.

Full method of treatment in my book, "The Therapeutical Applications of Hydrozone and Glycozone"; Seventeenth Edition, 332 pages. Sent free to physicians on request.

Prepared only by

*Charles Marchand*

Chemist and Graduate of the "Ecole Centrale des Arts et Manufactures de Paris" (France)

57-59 Prince Street, New York





## Folding Bath Tub



Weight, 16 lbs. Cost little. Requires little water.  
STRONG AND DURABLE.  
Write for special offer. Agents wanted. Address  
H. R. IRWIN, 112 Chambers St., NEW YORK, N. Y.

## \$40.00 A WEEK.



Reliable man or woman each county as manager to exhibit, take orders, appoint agents for Harrison Valveless Oil-Gas Stoves. Wonderful invention—beats others—Automatically generates fuel gas from kerosene—Miniature gas works—Absolutely safe—Enormous demand—Splendid for summer cooking—Delight customers—Cheap, clean, safe fuel. Gasoline is dangerous. Catalogue Free. Write today. WORLD MFG. CO., 5687 World Bld'g., Cincinnati, O.

## PATENTS

promptly obtained OR NO FEE. Trade-Marks, Caveats, Copyrights and Labels registered. TWENTY YEARS' PRACTICE. Highest references. Send model, sketch or photo. for free report on patentability. All business confidential. HAND-BOOK FREE. Explains everything. Tells How to Obtain and Sell Patents, What Inventions Will Pay, How to Get a Partner, explains best mechanical movements, and contains 300 other subjects of importance to inventors. Address,

H. B. WILLSON & CO. Patent Attorneys  
811 F Street West. WASHINGTON, D. C.

SENT ON APPROVAL  
TO RESPONSIBLE PEOPLE

## Laughlin Fountain Pen

Guaranteed Finest Grade 14k.  
SOLID GOLD PEN

To test the merits of

GOOD HEALTH  
as an advertising medium  
we offer your choice of

These  
Two  
Popular  
Styles  
For Only

**\$1.00**  
Postpaid  
to any  
Address.

(By registered mail 8 cents extra.)

Holder is made of finest quality hard rubber, in four simple parts, fitted with very highest grade, large size 14k, gold pen, any flexibility desired—ink feeding device perfect.

Either style—Richly Gold Mounted for presentation purposes, \$1.00 extra.

## Grand Special Offer

You may try the pen a week, if you do not find it as represented, fully as fine a value as you can secure for three times the price in any other makes, if not entirely satisfactory in every respect, return it and we will send you \$1.10 for it, the extra 10c. is for your trouble in writing us and to show our confidence in the Laughlin Pen—(Not one customer in 5000 have asked for their money back.)

Illustration on left is full size of Ladies' style; on right, Gentlemen's style.

Lay this Paper Down and Write NOW  
Safety Pocket Pen Holder sent free of charge with each Pen.

ADDRESS

**Laughlin Mfg. Co.**  
192 Griswold St., DETROIT, MICH.

## BURLINGTON TREATMENT PARLORS

On the shore of Lake Champlain between the Green Mountains and the Adirondacks.

The Burlington Treatment Parlors are thoroughly equipped along the lines of rational and physiological therapeutics.

Those desiring retirement from active life for the purpose of building up a worn-out system and the restoration of a lowered vitality from any cause will find this a very desirable opportunity.

Number of rooms limited.

For further particulars address,

Dr. C. F. Ball or H. F. Litchfield, Mgr.

308 No. Main St., Burlington, Vt.

## A NEW TRACT

## THE REVELATION OF GOD

— BY —

Elder Alonzo Trever Jones

**5 Cts.**

Order of GOOD HEALTH PUB.  
CO., Battle Creek, Mich.



Stop drinking Coffee!!  
Have Breakfast  
— with Me —



IT'S  
*Huyler's*  
"IF YOU WANT  
QUALITY"  
YOUR GROCER  
HAS IT.

# Bicycle News.

JULY.

Never since the beginning of this industry have bicycles been so near perfection, both in construction and equipment, as they are to-day. Modern inventions like the two-speed gear and new coaster brake have brought the chainless wheels to a wonderful stage of development.

The two-speed gear is rightly called a hill leveler. A slight pressure of either foot on either pedal changes the gear from high to low for hill climbing and difficult roads. Another like pressure sets the high gears for a swift run on the level.

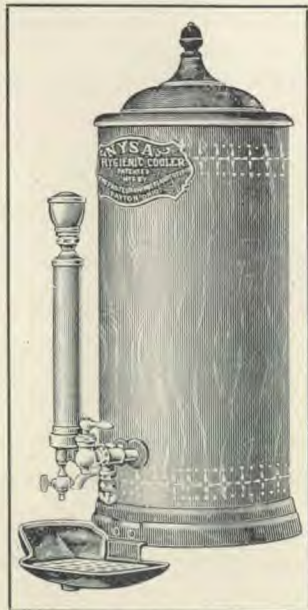
The coaster brake increases the rider's efficiency about one-third.

American highways are in better condition than ever before, so that touring a wheel is attractive.

The people have never been more outspoken in their appreciation of bicycling as a health-giving exercise. It is rapidly returning to a leading place in the list of outdoor recreations.

The Pope Manufacturing Company has two departments, the Eastern and the Western, the former at Hartford, Conn., manufacturing and marketing the famous Columbia, Cleveland, Tribune and Crawford wheels, and the latter at Chicago, Ill., producing the well-known Rambler, Crescent, Monarch and Imperial models.

Catalogues are free at the stores of over 10,000 dealers, or any one catalogue will be mailed on receipt of a two-cent stamp.



Combined Water Filter and Cooler

## Pure Water is Essential to Good Health

THE PASTEUR WATER FILTER is the only apparatus that will furnish **Pure Water;** therefore, it is a necessary adjunct to every home.

Many people are under the impression that boiling or distilling the water is satisfactory. This is not true. Not only does it have an insipid taste, but many of the salts and gases have been taken out of the water, thus robbing the system of beneficial elements. Distilled water is especially unhealthful to growing children.

We shall be pleased to send Catalogue upon receipt of your request.

THE PASTEUR-CHAMBERLAND FILTER CO.,  
DAYTON, OHIO.



# What Only \$1.00?

YES, IT IS A FACT THAT  
WE OFFER YOU A

## Six Months' Trial Subscription to Good Health and a Laughlin Fountain Pen

WITH A SOLID 14K GOLD PEN

As advertised elsewhere in this magazine for only \$1.00. (Pen by registered mail 8 cents extra.)

We also offer one year's subscription to any \$1.00 magazine in our clubbing list and six months' subscription to GOOD HEALTH for the same price.

---

---

# FOR \$1.30

We will send you one of our

## Summer Waists and a Six Months' Subscription to Good Health

For particulars as to Summer Waist, see our waist advertisement or write for booklet.

***Good Health Publishing Co.***  
**BATTLE CREEK, MICHIGAN**



# Summer Waists



LONG WAIST



SHORT WAIST

FOR THE SUMMER MONTHS WE OFFER OUR  
**Good Health Adjustable Jean Waists**

For \$1.25, or with One Year's Subscription to  
 Good Health for \$1.60

These waists are made of light-weight twilled material, white or drab, in sizes, bust measure 30 to 38. No odd sizes. They are adjustable, and can be made larger or smaller by adjusting the shoulder straps and oval elastics on each side of the waist. By making the former longer or shorter the length of the skirt may be regulated. We also carry a line of sateen waists, drab, white, or black.

For health, grace, and economy our waist has no competitor. Send for descriptive booklet. When ordering give bust, hip, and waist measurements.

===== ADDRESS =====

Dress Dept., Good Health Pub. Co.,  
 105 Washington Ave., N., Battle Creek, Mich.



"The Nation's pleasure ground and sanitarium."—*David Bennett Hill.*

## THE ADIRONDACK MOUNTAINS.

The lakes and streams in the Adirondack Mountains are full of fish; the woods are inviting, the air is filled with health, and the nights are cool and restful. If you visit this region once, you will go there again. An answer to almost any question in regard to the Adirondacks will be found in No. 20 of the "Four-Track Series," "The Adirondack Mountains and How to Reach Them;" issued by the

NEW YORK CENTRAL

A copy will be mailed free on receipt of a two-cent stamp, by George H. Daniels, General Passenger, Agent, Grand Central Station, New York.

## *The* TRI-CITY SANITARIUM

Situated on the Moline Bluffs Over-  
looking the Majestic Mississippi



Offers the delight of a beautiful and ever changing landscape, besides a magnificently constructed and equipped building, the services of Sanitarium trained physicians and nurses, a carefully prepared and daintily served hygienic dietary, the most modern facilities for the care of surgical and obstetrical cases, and a quiet homelike atmosphere.

An attractive illustrated booklet describing the institution, its advantages and methods, will be cheerfully mailed to those interested if addresses are sent to

TRI-CITY SANITARIUM,  
MOLINE - - - ILLINOIS.

# *The* PHOTOPHORE

*What is it?*



The photophore is an appliance for utilizing the powerful curative rays of light. It consists of an electric lamp placed in the center of a metallic reflector whereby the rays of light are connected and centered upon any surface to which the application may be made. The rays of radiant energy through the incandescent films of the lamp have been shown by experiment to be capable of penetrating tissues to a considerable distance. Fomentations and other hot applications affect only the surface, but the photophore sends the rays of light and heat into the recesses of the tissues, and is thus much more effective than any ordinary means of applying heat. Light as well as heat has a curative virtue.

The photophore is especially helpful in neuralgia, rheumatism, sciatica, pain in the back, chronic pleurisy, chronic cough, inactive liver, chronic gastritis, hyperpepsia, hypopepsia, constipation, chronic intestinal catarrh, ovarian and uterine pain, pelvic inflammation, inactive kidneys, painful kidneys, and enlarged spleen.

The photophore is needed in every house in which the electrical current is available. Ready for immediate use. Simply screw the plug into the ordinary lamp socket, turn the button, and the photophore instantly begins its curative work.

Sent by express, together with book giving full instructions for use in the above named and various other maladies, on receipt of the following prices:—

1 lamp photophore, \$5; 2 lamp photophore, \$6; 3 lamp photophore, \$7.

*Electric Light Bath Company, Ltd.,*  
BATTLE CREEK, MICH.



# OSTERMOOR



Would you sleep on a MATTRESS stuffed with human hair, gathered from many heads anywhere, everywhere—even though a doctor's certificate that each person was well and healthy accompanied same?

Does it not conjure visions that are most unpleasant? The horror of disease, the danger of contagion? And yet, consider how much more repulsive is the idea of mattresses stuffed with *horse hair*—impure animal hair from tropical countries where malignant diseases abound. The

## Ostermoor Mattress, \$15.

contains no animal fibre and is absolutely sweet, pure and clean. Not "stuffed" like hair, but "built" in eight layers of light, airy, interlacing, fibrous OSTERMOOR sheets of everlasting softness, and enclosed within the tick by hand.

The OSTERMOOR MATTRESS is better than hair in every possible way, softer, purer, cleaner, and far more elastic—besides being dust-proof, germ-proof, vermin-proof, water-proof, and practically un-wear-out-able—first cost is last and only cost; the OSTERMOOR never requires remaking.

### STANDARD SIZES AND PRICES:

2 feet 6 inches wide, . . . 25 lbs., . . .	\$8.35	ALL 6 FEET 3 INCHES LONG.
3 feet wide, . . . 30 lbs., . . .	10.00	
3 feet 6 inches wide, . . . 33 lbs., . . .	11.70	
4 feet wide, . . . 40 lbs., . . .	13.35	
4 feet 6 inches wide, . . . 45 lbs., . . .	15.00	

### EXPRESS CHARGES PREPAID.

In two parts, 50 cents extra.

Special sizes at special prices.

### 30 Nights' Free Trial

Sleep on the "Ostermoor" thirty nights free and if it is not even all you have hoped for, if you don't believe it to be the equal in cleanliness, durability and comfort of any \$50. hair mattress ever made, you can get your money back by return mail—"no questions asked."

## OUR 136-PAGE BOOK IS FREE

Mailed on postal card request. "The Test of Time" is printed in two colors, contains 250 beautiful illustrations, heaviest plate paper. Probably the most expensive book issued for advertising purposes. May we send it to you?

**Look Out!** Dealers are trying to sell the "just-as-good" kind. Ask to see the name "OSTERMOOR" and our trademark label sewn on the end. Show them you can't and won't be fooled. "It must be Ostermoor." Mattresses expressed, prepaid by us, same day check is received. Estimates on cushions and samples of coverings by return mail.

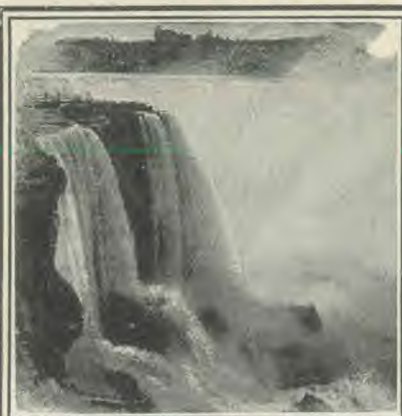
**OSTERMOOR & COMPANY, 152 Elizabeth Street, New York**

Canadian Agency: The Alaska Feather and Down Co., Ltd., Montreal.



In replying to advertisements please mention GOOD HEALTH.





### Summer Excursions

Via the MICHIGAN CENTRAL, "The Niagara Falls Route," to the Thousand Islands, Adirondacks, White Mountains, Catskills, Lake George and Lake Champlain, the New England Coast, etc., the Michigan Central's Vacation Tours for 1904 will be found a great help in planning the Summer holiday. Illustrated, with full information regarding routes and rates. Ready in May. Address, with three red stamps, O. W. RUGGLES, G. P. & T. A., CHICAGO.

\$1.00 Per Year

10c Per Copy

## The Railway Critic

Vigorous, Progressive and Independent

THE RAILWAY CRITIC is all that its name implies. It is the Leading Illustrated Railroad and Travel Magazine of the World, and is the established authority on all matters within its periphery.

It has its readers in all sections of the United States, Canada and Mexico. It is ably edited, abreast with the times, and is a powerful leader of public opinion.

### Published Monthly

#### ADVERTISING RATES

\$40 per page      \$25 per half page  
\$15 per quarter page

#### DISCOUNTS

Three months..... 5 per cent  
Six months..... 10 per cent  
Twelve months..... 15 per cent

Advertising forms close the 20th of the month preceding the date of issue.

Ask your newsdealer for it, or send to the publication office

143 LIBERTY STREET  
NEW YORK CITY

# THE NEW ENGLAND SANITARIUM

MELROSE, MASSACHUSETTS



Is the Eastern Branch of the Battle Creek Sanitarium and follows the same rational principles as to diet, treatment and health culture. It is thoroughly equipped with every convenience for the care of invalids, and with the latest and best appliances for the diagnosis and treatment of chronic conditions.

The location is truly ideal. Within six miles of Boston, and yet completely hidden away in midst of the famous Middlesex Fells, a natural park of 3,500 acres preserved by the state on account of the wonderful charm and beauty of the scenery.

It is just the place to rest tired nerves and recuperate from brain fog; assisted by

a corps of experienced physicians and trained nurses.

Particulars with Reference to Accommodations, Methods, Rates, Etc., may be had by Addressing

**NEW ENGLAND SANITARIUM, Melrose, Mass.**

Or C. C. NICOLA, M. D.,  
Superintendent.



# OUR NEW MAGAZINE CLUBBING OFFERS

For the Season of 1903='04

Our offers for the season of 1903-'04 are the best, in many respects, which we have ever been able to make. There is associated with us this year a most brilliant galaxy of magazines, all of which are offered *without restriction as to new or renewed subscriptions.*

## Read This List

	Regular Price	CLASS B	Regular Price
Good Health	\$1 00		
Success	1 00		
CLASS A			
Frank Leslie's Popular Monthly	1 00	The Review of Reviews	\$2 50
The Cosmopolitan	1 00	The World's Work	3 00
Woman's Home Companion	1 00	Outing	3 00
Good Housekeeping	1 00	Country Life in America	3 00
Pearson's Magazine	1 00	Lippincott's Magazine	2 50
		The Independent	2 00
		Current Literature	3 00

## Our Prices

	Regular Price	Price to the Public
Good Health with Success	\$2 00	\$1 50
Any 1 Magazine in Class A with Good Health and Success	3 00	2 10
" 2 Magazines " A " " " " " " " " " " " "	4 00	2 60
" 3 " " " " " " " " " " " "	5 00	3 10
" 1 Magazine " B " " " " " " " " " "	5 00	3 10
" 2 Magazines " B " " " " " " " " " "	8 00	4 60
" 3 " " B " " " " " " " " " "	11 00	6 10
" 1 Magazine " A and 1 of Class B with Good Health and Success	6 00	3 60
" 2 Magazines " A " 1 " B " " " " " " " "	7 00	4 10
" 3 " " A " 1 " B " " " " " " " "	8 00	4 60
" 1 Magazine " A " 2 " B " " " " " " " "	9 00	5 10
" 2 Magazines " A " 2 " B " " " " " " " "	10 00	5 60
" 3 " " A " 2 " B " " " " " " " "	11 00	6 10
" 1 Magazine " A " 3 " B " " " " " " " "	12 00	6 60
" 2 Magazines " A " 3 " B " " " " " " " "	13 00	7 10
" 3 " " A " 3 " B " " " " " " " "	14 00	7 60

Magazines ordered by subscribers may be sent to different addresses. Subscriptions will commence with issues requested whenever possible to furnish copies; otherwise, with issues of the month following the date on which the subscription is received.

Order at Once

# GOOD HEALTH PUB. CO.,

115 Washington Ave., N.

Battle Creek, Michigan

In replying to advertisements please mention GOOD HEALTH.



**OBESITY** belts are used to advantage by corpulent people, both ladies and gentlemen, to reduce corpulency and give shape to a pendulous or relaxed abdomen. The



use of these belts reduce the size and leave no room for superfluous fat to accumulate.

## ELASTIC STOCKINGS



for enlarged veins, weak or swollen joints, or where there is tenderness, itching, or burning, are the recognized relief and cure for these ailments.

*Literature gratis. Correspondence invited.*

**Sharp & Smith**

92 Wabash Avenue, Chicago, Illinois

2 DOORS N. OF WASHINGTON ST.

MANUFACTURERS OF

High Grade Surgical Instruments, Hospital Supplies, Invalid Comforts, Trusses, Crutches, etc.



The Superior Quality of this Powder makes it one of the best for the treatment of—

**Prickly Heat  
Nettle-Rash  
Chafed Skin  
etc., etc.**

It is an excellent remedy for **PER-SPIRING FEET** and is especially adapted—

**FOR  
INFANTS**

Delightful After Shaving.

Price, postpaid, 25¢ per box.

Agents wanted.

**ONLY \$2.00**

— FOR A —

# RAPID STEAM COOKER

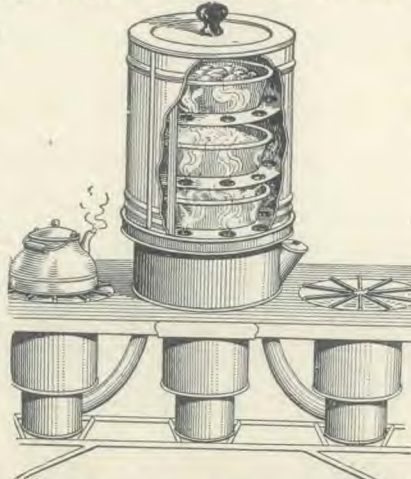
AND A SIX MONTHS' SUBSCRIPTION TO GOOD HEALTH

We want to introduce our Cookers and

**Until August 1, 1904**

we will ship to any point in the U. S. one of our No. 1, 4 Gal. Cookers, tin cap and boiler, copper bottom, f.o.b. Battle Creek,

**On Receipt of  
\$2.00**



We also offer Consumers **SPECIALLY LOW PRICES** on Our High Grade Cookers.

**The Most Convenient and Durable Cooker on the Market.**

Will Poach Eggs, Cook a Meal, Can Fruits, or prepare Fomentation Cloths.

Saves Fuel, only One Burner Required

Write for Booklet and Prices

Address: **RAPID STEAM COOKER COMPANY**  
10-135 Washington Ave. Battle Creek, Mich.



GOOD CLIMATE

IS A

GOOD DOCTOR

*CALIFORNIA*

has a climate that is kind to both sick and well. There is invigorating ozone in the mountains and hills, exhilarating freshness beside the soft Pacific sea, and wonderful mineral springs. Write for resorts folder, and other California literature to

W. G. NEIMYER,  
GENERAL AGENT

193 Clark St., CHICAGO, ILL.

*Southern Pacific*



# SPECIAL OFFERS

## REMIT US \$2.00

And we will send you **GOOD HEALTH**, and a \$3.50 **HOLMAN BIBLE**, bound in Egyptian morocco with divinity circuit, red under gold, size  $5\frac{1}{4} \times 7\frac{1}{4}$ . The type is bourgeois, 8vo., easy to read. Contains column references, fifteen maps, four thousand questions and answers on the Bible, concordance of nearly fifty thousand references, and a new illustrated Bible dictionary. These are valuable helps. We will send a smaller Holman Bible, size  $4\frac{1}{4} \times 6\frac{1}{4}$ , with fine minion print, 16mo. in place of the larger size, if desired. Thumb index, 50c extra.

Or we will send with **GOOD HEALTH**, one **GOOD HEALTH ADJUSTABLE WAIST** for... **\$1.60**

The latter is one of our best white or drab jean waists, which have been listed at \$1.50, now reduced to \$1.25. When ordering, send bust, hip, and waist measurements. Bust measure 30 to 38 only.

## BOOKS

We will send you any of the following named books written by J. H. Kellogg, M. D., Superintendent of the Battle Creek Sanitarium, the Mecca for health seekers, with one year's subscription to **GOOD HEALTH** and **MEDICAL MISSIONARY** for the prices set opposite each.

<b>The Stomach, Its Disorders and How to Cure Them, cloth</b> .....	<b>\$1.75</b>
<b>Half-buff</b> .....	<b>2.25</b>
<b>Ladies' Guide, cloth</b> .....	<b>3.25</b>
<b>Half-buff</b> .....	<b>3.75</b>
<b>Library</b> .....	<b>4.00</b>
<b>Home Hand Book, cloth</b> .....	<b>4.50</b>
<b>Half-buff</b> .....	<b>5.00</b>
<b>Library</b> .....	<b>5.50</b>
<b>Also, The Story of Daniel, by Elder S. N. Haskell and the above named subscriptions for</b> .....	<b>1.75</b>

## NOTICE!

Since January 1, 1904 the subscription price of **THE LIFE BOAT** has been increased to 35 cents and the **MEDICAL MISSIONARY** to 50 cents per year; we offer, however, these two with **GOOD HEALTH**, one year's subscription to each for **\$1.25**, or **GOOD HEALTH** with the following one year for price set opposite each.

<b>Medical Missionary</b> .....	<b>\$1.00</b>
<b>Southern Watchman</b> .....	<b>1.50</b>
<b>Bible Training School</b> .....	<b>1.00</b>
<b>Atlantic Union Gleaner</b> .....	<b>1.00</b>
<b>Pacific Health Journal</b> .....	<b>1.00</b>
<b>Signs of the Times</b> .....	<b>2.00</b>
<b>Advocate of Christian Education</b> .....	<b>1.00</b>
<b>Vegetarian</b> .....	<b>1.25</b>
<b>American Motherhood</b> .....	<b>1.25</b>
<b>Youth's Instructor</b> .....	<b>1.50</b>

The Review and Herald may be included in any of the above offers by adding \$1.50. New or renewed subscriptions accepted. All sent to different addresses if desired.

## Have You a Cold? Do You Suffer with Catarrh?

Try Our  
**Magic Pocket Vaporizer**

A simple convenient instrument for the treatment of Catarrh, Colds, and all diseases of the nose, throat and lungs.

**PRICE, ONLY \$1.00**

With one year's subscription to **Good Health**, new or renewed, only \$1.25

Write for descriptive booklet and terms.

## GOOD HEALTH BATH CABINET

**Now \$4.00**

Recently reduced from \$5.00, with one year's subscription to **GOOD HEALTH** \$4.50

Agents Wanted. Send for Circulars and Terms.

—ADDRESS—

# GOOD HEALTH PUBLISHING CO.,

115 Washington Ave. N., BATTLE CREEK, MICH.



# THESE OFFERS

CAN NOT BE EXCELLED

	Publisher's Price	Our Price
Good Health and Vick's Magazine.....	\$1 50	\$1 00
" " " " and Housekeeper.....	2 10	1 15
" " " Inter Ocean (weekly) .....	2 00	1 00
" " " Save the Boys .....	1 30	1 00
" " " Farm and Fireside.....	1 50	1 00
" " " Green's Fruit Grower .....	1 50	1 00
" " " Farm, Field, and Fireside.....	2 00	1 25
" " " Womans' Home Companion .....	2 00	1 25
" " " Bookkeeper .....	2 00	1 50
" " " Physical Culture .....	2 00	1 50
" " " Beauty and Health.....	1 50	1 00
" " " Health Culture.....	2 00	1 50
" " " Pearson's Magazine.....	2 00	1 50
" " " Pilgrim.....	2 00	1 50
" " Housekeeper and Leslie's Monthly.....	2 50	1 75
" " Woman's Home Companion, and Cosmo- politan.....	3 00	1 75
" " Harper's Bazaar, and Cosmopolitan.....	3 00	1 75
" " and New Voice.....	2 00	1 50
" " " Modern Medicine.....	2 00	1 00
" " " American Boy .....	2 00	1 25
" " " Country Gentleman .....	2 50	1 75

All of the above may be new or renewed and the following as noted.

Good Health, Housekeeper and Little Folks (New Subscriptions only to Little Folks).....	3 00	1 75
Good Health and Youth's Companion (New Subscription only to Youth Companion. We will forward renewed Subscription for above for \$2.35) .....	2 75	1 75
Good Health and Ram's Horn. (Eight Months \$1 25 Four Months \$0.75. Please add 15c if the subscription to Ram's Horn is a renewal) .....	2 50	1 75

We will also combine GOOD HEALTH with any other magazine not mentioned in our various offers, with Bibles, books, health literature, invalid supplies, rubber goods, Good Health Adjustable Waists and Bath Cabinets, and other supplies that we may handle. Name the article you wish to obtain and we will give you our price thereof.

## Good Health Pub. Co.,

BATTLE CREEK, MICH.



## Illinois Central R.R.



### DAILY FAST TRAINS.

Elegantly equipped and with Dining, Buffet-Library, Sleeping and Reclining Chair Cars, from its northern and southern terminals, connecting at its numerous gateways with trains from the

### EAST, SOUTH AND NORTH.

Particulars of agents of the Illinois Central and connecting lines.

A. H. HANSON, Gen'l Pass'r Agent, CHICAGO.

Three months' trial  
subscription to  
**GOOD HEALTH**  
only 25 cents.

U. S. AND FOREIGN COPYRIGHTS,

## PATENTS

### AND TRADE-MARKS.

Consult us if you have an idea in the way of invention you desire to protect. Those using trade-marks, should secure exclusive right to same by registration. Best services at reasonable cost. Send description and receive advice free.

**COLUMBIA COPYRIGHT CO.,**

WARDEN BLDG.

WASHINGTON, D. C.

# The ST. HELENA SANITARIUM



### OPEN ALL THE YEAR

A most delightful place at which to spend your winter in California. Very little frost and no snow; green fields and flowers, showers and sunshine.

**ST. HELENA SANITARIUM,** Sanitarium, California.  
R. R. Sta. & Exp. Office, St Helena

In replying to advertisements please mention **GOOD HEALTH.**

### THE LOCATION

Is picturesque in the extreme, being 760 feet above the sea, and 400 feet above the beautiful Napa Valley, which it overlooks in its most charming section.

Lawns, flower gardens, and groves of spruce, live oak, madrone, manzanita, and other trees and shrubs of perennial leaf abound.

### THE EQUIPMENT

Is complete in every detail. A large main building of five stories, numerous cottages, chapel, gymnasium, natatorium, laboratory, laundry, livery stable, store, etc., connected by telephone and electric call bells, heated by steam and lighted by electricity. Every detail of appliance, apparatus, etc., for giving all kinds of treatment in Hydrotherapy, Electrotherapy, Massage, etc. Surgery a specialty. A full corps of physicians and trained nurses.

Complete catalogue sent on application. Address



*"For Thirty-six Years a Standard Piano"*

# WING PIANOS

## Sold Direct from the Factory—and in No Other Way

When you buy a Wing Piano you buy at wholesale. You pay the actual cost of making it with only our wholesale profit added. When you buy a piano as many people do—at retail—you pay the retail dealer's store rent and other expenses; you pay his profit and you pay the commission or salary of the agents or salesmen he employs.

The retail profit on a piano is never less than \$75; often it is as much as \$200. This is what you save by buying a Wing Piano direct from the factory. Isn't it worth saving?

Our plan of selling is not an experiment, but a great success. In 36 years over 38,000 Wing Pianos have been manufactured and sold. They are recommended by seven Governors of States; by musical colleges and schools; by prominent orchestra leaders, music teachers, and musicians.

Every Wing Piano is guaranteed for 12 years against any defect in tone, action, workmanship, or material.



## SENT ON TRIAL

**We Pay Freight No Money in Advance**

We will place a Wing Piano in any home in the United States on trial without asking for any advance payment or deposit. We pay the freight and other charges in advance. If the piano is not satisfactory after 20 days' trial in your home we take it back entirely at our expense. You pay us nothing and are under no more obligations to keep the piano than if you were examining at our factory. There is absolutely no risk or expense to you. Old instruments taken in exchange.

**SMALL EASY MONTHLY PAYMENTS**

**Special Features** Some of the special features which make the Wing Piano better than others are as follows: Built up "wrest plank construction;" "dove-tail" top and bottom frame construction; over-strung concert grand scale with extra long strings and largest sounding board area, giving great volume and power of tone; double lever grand repeating action; patent "capstan" regulating device; "non-twisting hammer shanks; noiseless "direct-motion" pedal action; metal key bed support; extra heavy metal plate; metal depression bar; sound board of Canadian spruce selected for vibrating qualities; cases of quarter-sawn

## A WING STYLE 45 OTHER STYLES TO SELECT FROM

lumber throughout, double veneered with choicest Circassian walnut, figured mahogany, and quartered oak; full length duet music desk; patent practice clavier.

**Instrumental Attachment** imitates perfectly the tones of the mandolin, guitar, harp, zither, and banjo. Music written for these instruments, with and without piano accompaniment, can be played just as perfectly by a single player on the piano as though rendered by an orchestra. The original instrumental attachment has been patented by us and it cannot be had in any other piano.

**Wing Organs** are made with the same care and sold in the same way as Wing Pianos. Separate organ catalogue sent on request.

**A Book You Need—FREE** If you intend to buy a piano you need the "Book of Complete Information About Pianos" which we publish and will send free if you write for it. It tells everything that anyone can possibly want to know about pianos. If read carefully it will make you a judge of tone, action, workmanship, and finish. It is the only book of its kind ever published. You can have it free if you send us your name and address.

**WING & SON** 350-370. West 13th Street, New York City  
36TH YEAR—ESTABLISHED 1868



# DIRECTORY

## Sanitariums

**T**HE following institutions are conducted under the same general management as the Sanitarium at Battle Creek, Mich., which has long been known as the most thoroughly equipped sanitary establishment in the United States. The same rational and physiological principles relative to the treatment of diseases are recognized at these institutions as at the Battle Creek Sanitarium. Both medical and surgical cases are received at all of them.

- BATTLE CREEK SANITARIUM**, Battle Creek, Mich.  
J. H. KELLOGG, M. D., Superintendent.
- COLORADO SANITARIUM**, Boulder, Colo.  
**ST. HELENA SANITARIUM**, Sanitarium, Napa Co., Cal.
- NEBRASKA SANITARIUM**, College View, Lincoln, Neb.  
**PORTLAND SANITARIUM**, Mt. Tabor, Ore.  
W. R. SIMMONS, M. D., Superintendent.
- NEW ENGLAND SANITARIUM**, Melrose, Mass.  
C. C. NICOLA, M. D., Superintendent.
- CHICAGO BRANCH SANITARIUM**, 28 33d Place, Chicago, Ill.  
DAVID PAULSON, M. D., Superintendent.
- IOWA SANITARIUM**, 603 E. 12th St., Des Moines, Iowa.  
J. D. SHIVELY, M. D., Superintendent.
- TRI-CITY SANITARIUM**, 1213 15th St., Moline, Ill.
- SANITARIUM TREATMENT ROOMS**, 1117 4 St., San Diego, Cal.
- GARDEN CITY SANITARIUM**, San Jose, Cal.  
LEWIS J. BELKNAP, M. D., Superintendent.
- GUADALAJARA SANITARIUM**, Apartado 138, Guadalajara, State of Jalisco, Mexico.  
J. W. ERKENBECK, M. D., Superintendent.
- INSTITUT SANITAIRE**, Basle, Switzerland.  
P. DE FOREST, M. D., Superintendent.
- SKODSBORG SANITARIUM**, Skodsborg, Denmark.  
CARL OTTOSON, M. D., Superintendent.
- NEWFOUNDLAND HEALTH INSTITUTE**, 282 Duckworth St., St. Johns, Newfoundland.  
A. E. LEMON, M. D., Superintendent.
- SYDNEY SANITARIUM**, Wahroonga, N. S. W., Australia.  
D. H. KRESS, M. D., Superintendent.
- FRIEDENSAU SANITARIUM**, Post Grabow, Bez, Magdeburg, Germany.  
A. J. HOENES, M. D. Superintendent.
- MADISON SANITARIUM**, Madison, Wis.  
C. P. FARNSWORTH, M. D. Superintendent.
- SPOKANE SANITARIUM**, Spokane, Wash.  
SILAS YARNELL, M. D., Superintendent.
- DETROIT BRANCH SANITARIUM**, 54 Farrar St., Detroit, Mich.  
H. B. FARNSWORTH, M. D., Superintendent.
- KEENE SANITARIUM**, Keene, Texas.  
P. F. HASKELL, M. D., Superintendent.
- LOS ANGELES SANITARIUM**, 315 W. 3d St., Los Angeles, Cal.
- PENNSYLVANIA SANITARIUM**, 1809 Wallace St., Philadelphia, Pa.  
A. J. READ, M. D. Superintendent.
- SURREY HILLS HYDROPATHIC INSTITUTE**, Caterham, Surrey, England.  
A. B. OLSEN, M. D., Superintendent.
- CALCUTTA SANITARIUM**, 51 Park St., Calcutta, India.
- CHRISTCHURCH SANITARIUM**, Papanui, Christchurch, New Zealand.
- TREATMENT ROOMS**, Suite 219 Meriam Block, Council Bluffs, Iowa.
- TREATMENT PARLORS**, 164 Wisconsin St., Milwaukee, Wis.

- TREATMENT ROOMS**, 320 North Tejon St., Colorado Springs, Colo.
- TREATMENT ROOMS**, 201-4, Granby Block, Cedar Rapids, Iowa.  
R. L. MANTE, M. D., Superintendent.
- BUFFALO BRANCH SANITARIUM**, 922 Niagara St., Buffalo, N. Y.  
A. R. SATTERLEE, M. D., Superintendent.
- NASHVILLE SANITARIUM**, corner Church and Vine Sts., Nashville, Tenn.
- INSTITUTE OF PHYSIOLOGICAL THERAPEUTICS**, Rooms 230-232 Temple Court Building, Denver, Colo.  
H. C. MENKEL, Superintendent.
- KOBE SANITARIUM**, 42 Yamanoto-dori, Nichome, Kobe, Japan  
S. A. LOCKWOOD, M. D., Superintendent.
- CLEVELAND TREATMENT ROOMS**, 230 Euclid Ave., Cleveland, Ohio.
- LEICESTER SANITARIUM**, 80 Regent St., Leicester, England, A. B. OLSEN, M. D., Superintendent.

## Vegetarian Cafes and Restaurants

**E**ATING-HOUSES where food prepared in accordance with the principles of rational dietetics and scientific cookery may be obtained, are now open in the following places.

- The Pure Food Cafe**, 13 S. Main St., Salt Lake City, Utah.
- The Laurel**, 11 W. 18th St., New York City.
- J. B. Stow**, 105 E. 3d St., Jamestown, N. Y.
- W. L. Winner**, 1017 Walnut St., Philadelphia, Pa.
- Sanitarium Rooms**, 1809 Wallace St., Philadelphia, Pa.
- Hygienic Company**, 1209 G St., N. W. Washington, D. C.
- Sanitarium Dining Room**, corner Church and Vine Sts., Nashville, Tenn.
- Restaurant**, 2234 Magazine St., New Orleans, La.
- Ellen V. Vance**, 307 Madison St., Fairmount, W. Va.
- Hygeia Dining Room**, 54 Farrar St., Detroit, Mich.
- North Mich. Tract Society Rooms**, Petoskey, Mich.
- Hygeia Dining Rooms**, 5759 Drexel Ave., Chicago, Ill.
- Hygienic Cafe**, 426 State St., Madison, Wis.
- Hygienic Cafe**, 164 Wisconsin St., Milwaukee, Wis.
- Pure Food Cafe**, 607 Locust Street, Des Moines, Iowa.
- Pure Food Cafe**, 403 E. 11th St., Kansas City, Mo.
- Good Health Cafe**, 145 S. 15th St., Lincoln, Neb.
- Nebraska Sanitarium Food Co.**, College View Neb.
- Pure Food Store**, 2129 Farnum St., Omaha, Neb.
- Vegetarian Cafe**, 322½ N. Tejon St., Colo. Springs, Colo.
- Vegetarian Cafe**, 1543 Glenarm St., Denver, Colo.
- Hygienic Restaurant**, Sheridan, Wyoming.
- The Vegetarian**, 755 Market St., San Francisco, Cal.
- Vegetarian Dining Rooms**, 317 W. 3d St., Los Angeles, Cal.
- Portland Sanitarium Rooms**, Mt. Tabor, Ore.
- Good Health Restaurant**, 616 3d St. Seattle, Wash.
- White Rose Restaurant**, W. H. Nelson, Proprietor, 36 W. 18th St., New York City.
- Boston Health Food Store**, W. F. Childs, Room 316, 100 Boylston St., Boston, Mass.
- VEGETARIAN CAFE**, S. 170 Howard St., Spokane, Wash.



# The Summer Vacation

Are you going on a camping tour?

Do you seek the best place for Trout fishing,  
Bass or Muskallonge?

Are you looking for a quiet farm house or village  
where your family can spend the Summer, or for more  
elaborate hotel service at points where fine golf links,  
tennis courts, bathing beaches and yachting fleets provide  
recreation?

Do you desire information as to the hundreds of cool and  
charming lake resorts and fishing and hunting grounds of Wis-  
consin, Minnesota and Northern Michigan?

Are you interested in the trip to the mountain resorts of Colorado,  
Utah, the Black Hills, the Yellowstone, the Yosemite, Alaska,  
or the many delightful places on the Pacific Coast?

If so, you can obtain hundreds of helpful facts by application to  
the ticket offices of the

## CHICAGO & NORTH-WESTERN RY.

We publish numerous maps, extensive hotel lists and interest-  
ing booklets which are at your disposal. Our representa-  
tives will answer your inquiries and give you all possible  
assistance in arranging your Sum-  
mer Outing.

If you cannot call, write, advising  
what subject you are interested  
in, and printed matter will be  
sent you free of charge.

All agents sell tickets via this line.

W. B. KNISKERN,  
Passenger Traffic Manager,  
CHICAGO.

THE  
NORTH-WESTERN  
LINE

NW301





# THE Mexican Central Railway Co., Ltd.,

CALLS ATTENTION TO THE FACT THAT

IT IS THE ONLY Standard Gauge Route from the United States Frontier to Mexico City.

IT IS THE ONLY Line in Mexico that can offer the Traveling Public the conveniences and comforts of Standard Gauge Pullman Drawing Room Sleepers, lighted by Pintsch Gas.

IT IS THE ONLY Line by which you can travel without change from St. Louis, Mo., to Mexico City.

IT IS THE ONLY Line from El Paso, Texas, to Mexico City.

IT IS THE SHORT Line from San Francisco and Pacific Coast points to Mexico City.

The Lines of the Mexican Central Railway pass through 15 of the 37 States of the Republic. Eight million of the thirteen million inhabitants of Mexico are settled contiguous to them.

The principal Mining regions receive their supplies and export their product over it. Chihuahua, Sierra Mojada, Mapimi, Fresnillo, Parral, Guanacevi, Durango, Zacatecas, Guanajuato, Sombretete, Pachuca, etc., etc.

## WHEN YOU TRAVEL FOR BUSINESS, GO WHERE BUSINESS IS DONE.

There are only five cities of over 35,000 inhabitants in the Republic of Mexico, that are not reached by the Mexican Central Line.

The following ten cities are reached only by the Mexican Central Railway.

Chihuahua, 30,098 inhabitants; Parral, 16,382; Zacatecas, 34,438; Guanajuato, 40,580; Leon, 63,263; Guadalajara, 101,208; Queretaro, 38,016; Zamora, 12,533; Aguascalientes, 37,816; Irapuato, 19,640.

It also reaches the cities of Torreon, 13,845; San Luis Potosi, 60,858; Tampico (Mexican Gulf Port), 16,313; Celaya, 25,565; Pachuca, 37,487; City of Mexico, 368,777.

Daily Pullman service between St. Louis, Mo., and Mexico City, also between El Paso, Texas, and Mexico City, and vice versa.

A. V. TEMPLE, Industrial Agent,  
Mexico City.  
T. R. RYAN, Gen. Agt., 328 Marquette Bldg., Chicago.

W. D. MURDOCK, G. P. A.  
Mexico City.

A Bath  
for  
Beauty  
and  
Health.

TRADE

MARK



## The Allen Fountain Brush and Bath Outfit

**Friction, Shower and Massage Combined.** The only Sanitary Bath Brush that at one operation thoroughly cleanses the skin, imparting a healthy tone and glow, and puts one in a condition to resist colds, la-grippe and all contagious and infectious diseases. Furnished either for bath tub connection, or with our fountain and Safety Portable Floor Mat, enabling one to take a perfect spray and frictional bath in any room. With this outfit one is independent of the bath room, as a better bath can be taken with two quarts of water, than with a tub-full of the old way. Insures a clear complexion, bright eyes, rosy cheeks, cheerful spirits, sound sleep. Should be in every home, and every traveler's trunk or grip. Full outfit No. 2, consisting of Fountain Brush; open mouth rubber water bag; bath fountain and safety mat. Price \$5.00.

Agents are making from \$25 to \$75 per week selling these outfits. Send for FREE booklet, "The Science of the Bath," prices and terms.

THE ALLEN MANUFACTURING CO., 401 Erie St., Toledo, O.

No. 2—Brush with bath-tub connection, \$3.50.

Allen's Safety Mat, 5 feet square, \$1.50.

Mat holds five gallons.

Easily emptied.



For Breaking Up Colds of the year, nothing can surpass the

So prevalent and easily contracted at this time

# GOOD HEALTH BATH CABINET

It will relieve a cold at once, by stimulating the skin, and causing the millions of little pores to perform properly their function—that of eliminating the waste matter produced by the continual wear of the tissues. Those having kidney or liver trouble will find the Good Health Bath Cabinet of great help in assisting these organs to regain their normal condition, as it stimulates the skin to greater activity and causes it to carry off much of the matter which would otherwise have to be disposed of by these already overworked organs.

It is also valuable in breaking up symptoms of la grippe, pneumonia, fevers, and other ailments, and in fact, in every instance where the skin pores need to be kept in an especially active condition, it is of great assistance. It affords a cleansing and refreshing bath for those in health, and its occasional use is an excellent tonic. Many cannot afford an expensive outfit for home treatment, but all can obtain a Good Health Bath Cabinet, which is recommended by the physicians of the Battle Creek Sanitarium. Write for description and prices, or much better, ORDER ONE AT ONCE. Price with Alcohol Heater, Vapor Basin and Frame, \$4.00, F. O. B., Battle Creek.

Address GOOD HEALTH PUB. CO., Battle Creek, Michigan.

We offer liberal terms to agents. You can profitably use your spare time working for us. Write for terms.



# SANITARY AND INVALID SUPPLIES

*We will furnish any of the following named supplies in combination with one year's subscription (new or renewed) to GOOD HEALTH for the price set opposite each :—*

Combination Water Bottle and Fountain Syringe, B	\$2 00
“ “ “ “ “ “ A	2 25
Hot Water Bag, cloth insertion, two quart	1 75
“ “ “ “ three quart	2 00
Spine Bag, 26-inch	1 75
Stomach Tube	2 00
Natural Flesh Brush	1 00
Wet Abdominal Girdle	2 00
Faradic Dry Cell Battery	8 00
Abdominal Supporter	4 00
Perfection Douche Apparatus, complete	2 25
Douche Pan	1 25
Perfection Vaporizer	3 00
Magic Pocket Vaporizer	1 25
“ “ “ with bulb for ear treatment	1 75
Rectal Irrigator	1 10
A Package containing Sanitarium Talcum Powder, Massage Cream, and Antiseptic Dentifrice	1 15

*Any of the above Combinations will be sent to separate addresses if so desired. Address*

## GOOD HEALTH PUB. CO.,

115 WASHINGTON AVE., N.,

BATTLE CREEK, MICH.





## SOLID THROUGH TRAINS

BETWEEN

### CHICAGO, BUFFALO, NEW YORK AND PHILADELPHIA

VIA BATTLE CREEK.

Also to BOSTON via the important business  
centers of CANADA and NEW ENGLAND.

For Information, Time Tables, etc., apply  
to any Agent of the Company, or to

**CEO. W. VAUX,**  
ASST. GEN. PASS. & TKT. AGT.,  
ROOM 917, 135 ADAMS ST.,  
CHICAGO.



Send for our 1904  
Bible catalogue and  
prices. Big discount.



Improved  
by the  
Addition of  
an  
Adjustable  
Spray  
Tip.

THE...

## LADIES' Perfect Syringe

*The Only Perfect  
Vaginal and Rectal  
Syringe in the World.*

THE BEST SYRINGE invented for making vaginal injections without leaking and soiling the clothing, or necessitating the use of a vessel, and which can also be used for rectal injections, or irrigation and spray effects.

The Syringe is operated by using the ring handle to push or double the thin flexible half of the bulb into the thick, firm part, and to draw it out again. This pumping motion first injects all the fluid into the vagina, then draws it back into the bulb, with all the discharges. Our new adjustable spray tip greatly improves the syringe, affording the opportunity to produce a fine spray or a veritable deluge of water, by simply turning the screw head on end of spray tip.

**It Will Pay You to Handle this Article.**  
Ask your jobbers for prices and further particulars, or write us direct.

**THE B. F. GOODRICH COMPANY.**  
(Akron Rubber Works, AKRON, OHIO.)

NEW YORK - 66-68 Reade St.      BOSTON - 157 Summer St.  
CHICAGO - 141 Lake St.      SAN FRANCISCO - 392 Mission St.

# ON CREDIT.

\$22<sup>90</sup>



Free  
Catalogue

**Century Steel Range, No. 80-A-18**  
Has six 8-inch lids, oven 17x21x12, splendid reservoir and warming closet, lined throughout with asbestos, burns anything, best bakers and roasters on Earth. Guaranteed 10 years. Weight 475 lbs. Only \$22.90. Terms \$8.00 cash, balance payable \$3.00 a month, no interest. Shipped immediately on receipt of \$8.00 cash payment. We trust honest people located in all parts of the World. Cash discount \$1.50 on Range. Freight averages \$1.25 for each 600 miles. Send for free catalogue, but this is the greatest bargain ever offered. We refer to Southern Illinois National Bank.

**CENTURY • MANUFACTURING • CO.**  
Dept. 1107      East St. Louis, Ill.



## Send for the latest Regal Style-Book

**T**HE advance Spring number is just out. Send your address on a postal and let us mail you a copy. Then we will place your name on our list and future numbers will be mailed you as fast as they are issued.

Don't think this Regal Style-Book is just an ordinary booklet full of shoe-cuts. It is a reliable and correct 32-page **index** of Spring fashions—the most complete shoe style-book ever printed; full of accurate photographs and careful descriptions. It is not only an interesting but a **valuable** book to have. It is a **Regal store on paper**.

The Regal tannery-to-consumer system of **one profit** instead of **five** brings you **six-dollar shoes at the wholesale price**; and the "window of the sole" and the Buzz-saw prove it.

The Regal Mail-Order Department's perfect organization brings a New York shoe-store to your door—no matter where you live.

But never mind whether you need shoes now or not. We will talk buying and selling whenever you **are** ready. You **do** need the Style-Book. Send for it at once.



RALEIGH

**RALEIGH.**—A handsome, striking model on pronounced lines, but entirely within the limits of style and good taste. The characteristic shape of the toe of the Raleigh is a certain success. Extension soles and high walking heel.

Style D2321 as illustrated: Oxford Blucher style, Imported Enamel Leather. Style E2321 Oxford, plain lace style (not Blucher), Soft Russet Leather.

Are you planning to visit any of the large cities this season? We shall be very glad to mail you, free, a convenient folding street map of any large city you may name if you will take the trouble to send for it.

Regal Shoes are delivered carriage prepaid anywhere in the United States or Canada, Mexico, Porto Rico, Hawaiian and Philippine Islands, also Germany and all points covered by the Parcels Post System, on receipt of \$3.75 per pair. (The extra 25 cents is for delivery.) We are prepared to furnish special low shipping rates to any part of the world. Samples of leather and any information gladly furnished.

22 Regal stores in New York City, 6 Regal stores in Boston, 4 Regal stores in Philadelphia, 72 Regal stores in United States and England.

Women's Regal Shoes are made in all the latest styles. Sold only through our Mail-Order Department and in our exclusive women's stores.

**REGAL SHOE COMPANY, Incorporated,**  
Mail Order Department, 613 Summer Street, Boston, Mass.

# REGAL

## THE SHOE THAT PROVES

London Mail-Order Address 97 Cheapside, London, England.



# ON CREDIT.



## The Celebrated Century Incubators.

Cash or easy monthly payments. We trust honest people living in all parts of the world. The first hatch pays for the Incubator, gives you large profits besides. Write for free catalogue of Incubators and Brooders.



**CENTURY MFG. CO.**

Dept. 1107

EAST ST. LOUIS, ILL.

CASH  
OR  
CREDIT



Cata-  
logue  
FREE.

PRICE  
**\$33.50**

IT WILL PAY YOU

to send for our Catalogue No. 6, quoting prices on Buggies, Harness, etc. We sell direct from our Factory to Consumers at Factory Prices. This guaranteed Buggy only \$33.50; Cash or Easy Monthly Payments. We trust honest people located in all parts of the world.

Write for Free Catalogue.

**CENTURY MFG. CO.**

Mention this paper.

East St. Louis, Ills.

DEPT 1107

Do you wish the news for 1904 condensed? If so, subscribe for the National Magazine or Weekly Inter Ocean. Make your selection and we will send with Good Health for one year for \$1.00.

GOOD HEALTH PUB. CO., Battle Creek, Mich.

## LEMONADE FILTERED

Will Still be Lemonade



which proves that filtering does not purify water. The Enc. Britannica says that the only way to obtain pure water is by distilling it. Impure water causes more sickness than all other causes.

## The Sanitary Still

will supply you with plenty of delicious, pure, aerated water at a trifling expense. It is easy to use, scientifically correct, and every still is guaranteed perfect. Do not confuse "THE SANITARY STILL" with cheap unreliable imitations. It received highest award at Paris Exposition.

Justice David J. Brewer  
of the U. S. Supreme  
Court Says:

"I take pleasure in recommending 'THE SANITARY STILL' to all who desire pure water. The still is simple and easy to operate."

**100 Page Book  
Free**

Reliable Agts. Wanted

A. H. PEIRCE MFG. CO.

(Successor to)

The Cupriograph Company

154 N. Green Street, Chicago



## Become A Vegetarian

AND become stronger, healthier, happier, clearer-headed—and save money. Learn about Vegetarianism through

### The Vegetarian Magazine.

The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on HYGIENE, SELECTION OF FOODS, TABLE DECORATION, KITCHEN ECONOMY, CARE OF COOKING UTENSILS, etc. Full of timely hints on PREVENTION AND CURE OF DISEASE. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of longstanding diseases by the adoption of a natural method of living. TELLS HOW TO CUT DOWN LIVING EXPENSES WITHOUT GOING WITHOUT ANY OF LIFE'S NECESSITIES, EXPLAINS THE ONLY WAY OF PERMANENTLY CURING THE LIQUOR HABIT. WAYS TO INCREASE MUSCLE AND BRAIN POWER. Valuable hints on Child-Culture—how to inculcate unselfishness, benevolence and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 7 by 10 inches in size. Published monthly. Sent postpaid to your address, 1 year, for \$1; 6 mos., 50c; 3 mos., 25c; 1 mo., 10c. No free copies.

#### BOOKS YOU OUGHT TO HAVE

Why I am a Vegetarian, J. Howard Moore.....	25
24 Reasons for Vegetarian Diet.....	05
Just How to Cook Meals Without Meat.....	25
Meatless Dishes.....	10
The Natural Food of Man and How to Prepare It.....	25
Force in Foods, Dr. J. D. Craig.....	10
Saline Starvation and How to Avoid It.....	05
Cleanliness the First Principle of Hygiene.....	10
Clerical Sportsmen, J. Howard Moore.....	05
The Art of Breathing.....	1.10

THE VEGETARIAN MAGAZINE, Chicago, Ill.

In replying to advertisements please mention GOOD HEALTH.





## “Lake Lore”

is the title of a new book descriptive of the lake resorts of Wisconsin, Michigan, Minnesota, and northern Illinois and Iowa. It is written by Forest Crissey and just published by the

## Chicago, Milwaukee & St. Paul Railway.

“Summer Homes” for 1904 gives the rates by day and week, distance from Chicago, and other valuable information regarding hundreds of these delightful resorts. They will be of great assistance in helping you to plan your summer vacation. Sent for six cents postage.

**F. A. MILLER,**  
General Passenger Agent.

**CHICAGO.**



# COLORADO AND RETURN.

via

## UNION PACIFIC

EVERY DAY from June 1st to  
Sept. 30th, inclusive, with final  
return limit Oct. 31st, 1904, from

**ST. LOUIS \$25.00**  
**CHICAGO \$30.00**

With correspondingly low rates  
from other points.

Be sure your ticket reads over this line.

Inquire of

**F. B. CHOATE, C. A.**

128 Woodward Ave.,

Detroit, Mich.

## YOU CAN MAKE YOUR OWN NUT BUTTER AT HOME



IF YOU HAVE ONE OF  
OUR MILLS, AND THUS  
HAVE FRESH BUTTER  
EVERY DAY. OUR MILL  
IS SUPERIOR TO ANY  
OTHER IN THAT —

*It requires one-third less effort to operate.*

*It cannot be overfed.*

*It is unequalled in point of durability.*

**PRICE OF MILL, \$3.25.**

With "Science in the Kitchen," by

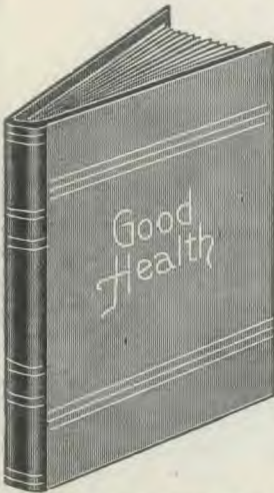
Mrs. E. E. Kellogg.....\$5.00

*Recipe with each Mill.*

**GOOD HEALTH PUBLISHING CO.**  
Battle Creek, Mich.

## FINE BINDERS FOR "GOOD HEALTH."

Save All Your Copies of This Publication and  
Make Them into Handsome Books for Your Library!



THE Simplex special Binder for "GOOD HEALTH" marks a new era in the art of bookbinding. It is not a mere holder for your magazine. **It Binds.** It makes a **Perfect Book.** You could take your copies to a book-binder and have them made into books, but it would be expensive. We furnish you all the materials and plain instructions in this new system of bookbinding, and you can **Do It Yourself.** For 30 cents we supply you with the simple **Simplex Binding Tools.** For 35 cents we furnish a special Binder for "GOOD HEALTH." With these tools you can bind 12 numbers of this magazine into your binder permanently, easily and well. For \$1.00 we send you two "GOOD HEALTH" binders and the box of tools, and **Prepay Express Charges.** The binders are strongly made and beautifully finished in Art Vellum. They will look as well and last as well as any book in your library. Each has the name "GOOD HEALTH" stamped on side and back.

### BIND ALL YOUR MAGAZINES AT LITTLE COST

The same outfit of tools will serve to use any of the special **Simplex Binders** we make for all popular magazines. Here is a partial list: —

Harper's Magazine.....	35c	Collier's Weekly.....	65c	Smart Set.....	35c
Harper's Bazaar.....	40c	Ladies' Home Journal..	65	Review of Reviews.....	40c
Harper's Weekly.....	55	Woman's Home Companion	65	No. Amer. Review.....	35
Scribner's.....	35	ion.....	65	Lippincott's.....	35
Munsey.....	35	Ladies' World.....	65	Argosy.....	35
Pearson's.....	35	Youth's Companion.....	65	National Magazine.....	35
Ainslee's.....	35	The Housekeeper.....	65	Leslie's Magazine.....	35
The World To-day.....	35	Men and Women.....	65	Bookloer's.....	35
Little Folks.....	35	Scientific American.....	65	The Reader.....	35
Century.....	35	Leslie's Weekly.....	65	The Bookman.....	35
McClure's.....	35	The Etude.....	55	Delineator.....	40c
Everybody's.....	35	World's Events.....	55	Designer.....	40c
The Strand.....	35	Madame.....	55	Literary Digest.....	50c
Outing.....	35	Twentieth Century Home	55	St. Nicholas.....	40c
Saturday Evening Post..	60				

All the above stamped on side and back with name of publication. We make a special binder for **Binding Sheet Music**, for 70 cts.

Don't forget to order the 30 cent box of tools the first time you send for **Simplex Binders.** Remember We Pay Express on an order for any **Two Binders** and the tool outfit. Ask for a free copy of **Bookbinding at Home**, which is a complete catalogue of the great **Simplex Binders.** Address

**GOOD HEALTH PUBLISHING CO.**

115 Washington Ave. N., BATTLE CREEK, MICH.

In replying to advertisements please mention **GOOD HEALTH.**



# A New Book

## SOME OF THE SUBJECTS TREATED

**The Wonderful Mysteries of Life.**—Marvelous Intelligence Manifested in Plants—The Strange Instincts of Carnivorous Plants—Intelligence in the Inanimate World—The X-Ray and Radium—Can Atoms Think?—Tissues Which Think, Feel, and Work—A Physiological Puzzle—The Vital Fire—The Source of Bodily Heat.

**Miracles of Digestion and Nutrition.**—Creative Power Manifest in Digestion—Why the Stomach Does not Digest Itself—The Miracle of the Cornfield—Pawlow's Interesting Experiment—The Remarkable Discoveries of Horace Fletcher.

**Dietetic Sins.**—The Divine Way in Diet—God Feeds the World—Erroneous Notions about Fruits—The Curative Value of Fruits—Nuts—Milk Germs—Vegetable Milk.

**Shall We Slay to Eat?**—Flesh Eating and Cancer.

**The Natural Way in Diet.**—Why Fats Render Food Indigestible—Condiments the Cause of "Gin Liver"—Cane-sugar a Cause of Disease.

**"Life in the Blood."**—Marvels of Healing and Creation—The Battle in the Lymph Glands—The Mystery of the Heart Beat—The Life in the Blood—The Creative Power of the Blood—The Healing Power of the Blood—How the Blood Cells Combat Germs—How the White Cells Destroy Malarial Germs—Blood-building Foods—How to Strengthen the Heart.

**What to Do in Case of Sudden Illness or Accident.**—Proper Breathing—The Use of the Abdominal Muscles in Breathing—Breathing and Digestion—Vital Capacity—Cultivating Lung Capacity.

32 FULL-PAGE PLATES  
600 PAGES

# The Miracle of Life

—BY—

J. H. Kellogg, M. D.

Physiology from a New  
Standpoint.

Old Truths Presented in a  
New Setting.

Simple, Practical, Surpass-  
ingly Interesting.

AGENTS WANTED  
EVERYWHERE.

**Dangers in the Air, and How to Avoid Them.**—Diseases Due to Germs—The Marvelous Defenses of the Body—How to Combat Germs—Soap as a Disinfectant—Are Germs Useful?

**The Curing, Healing Power of Light.**—Wonderful Properties of Light, and Its Effect upon the Skin—Skin Training—The Morning Bath.

**How the Body Is Warmed.**—Regulation of the Body Heat—Fever.

**The Proper Clothing of the Body.**—Waist Constriction—The Deformities of Civilized Women—Savage Fashions—The Barbarity of Popular Modes of Dress—Displacement of Vital Organs Due to Waist Constriction—Far-reaching Mischief from Errors in Dress.

**How to be Strong.**—A Day's Work—Exercise Assists Digestion—Round Shoulders and Flat Chest—Correct and Incorrect Sitting Attitudes—The Amount of Exercise Required—Estimation of the Work Done in Taking Exercise.

**The Brain and the Nerves.**—Feeling Cells and Working Cells—The Windows of the Mind—How to Have a Good Memory—Recent Interesting Discoveries about Nerve Cells—How to Have a Clear Head—How the Human Mind Differs from Mind in Lower Animals—Human Instinct—The Ministry of Pain—The Problem of Heredity—Man's Kinship with His Maker—Christian Science—Rational Mind-cure.

**What Is Disease?**—The Rational Use of Water—Cold Bathing—Stomach Disorders—The Hydratic Treatment of Typhoid and Other Fevers—The Tonic Use of Water.

**Drugs Which Enslave and Kill.**—A Drunkard's Liver—Appalling Statistics—Tea Tippling and Drunkenness.

6 COLORED PLATES  
\$1.50 by MAIL, POST-PAID

Address **Good Health Pub. Co.**  
BATTLE CREEK, MICHIGAN





*Factory of the Compensating Pipe Organ Co., Ltd.*

# THE COMPENSATING ≡ PIPE ORGAN ≡

The most unique and remarkable instrument of the present day, giving a power and tone quality impossible in the ordinary pipe organ, and overcoming the difficulty of correcting the variations of pitch in pipes and reeds.

*ASK US QUESTIONS ABOUT IT*

**COMPENSATING PIPE ORGAN CO., LTD.**  
**Battle Creek, Mich.**



# SANITARIUM

## Grape Juice

A FOOD AND DRINK IN ONE

Appetizing, Wholesome, Delicious,  
Tasty, Medicinal

Sanitarium Grape Juice is manufactured from the choicest grapes by a special process,

### WITHOUT BOILING

By this process the natural flavors are retained.

Sanitarium Grape Juice contains

### NO SUGAR

Sanitarium Grape Juice is without a peer as a

### SUMMER DRINK

Sanitarium Grape Juice is put up in quarts and pints. Quarts are packed twelve to the case, at \$6.00; pints twenty-four to the case, at \$6.00. To points north of Tennessee and east of Kansas we will *prepay express on case shipments.*

"In every drop is health and pleasure rightly mixed"

"Pure deliciousness and health, besides, await your pleasure"

If your dealer carries it, buy of him. If not, don't do without, but *order direct.* We guarantee safe arrival. In ordering mention GOOD HEALTH.

**Battle Creek Sanitarium Co., Ltd.,**  
**BATTLE CREEK, MICHIGAN**



## The Largest and Most Thoroughly Equipped of Sanitariums

The Battle Creek Sanitarium management were the first to organize a thoroughly complete system of physiological therapeutics. Water cures had existed before,—eclectic institutions, mineral springs, and similar establishments,—but the Battle Creek institution was the first to organize a system and method embodying all physiological agencies.

The fire which consumed the main building of the institution Feb. 18, 1902, gave opportunity for complete reorganization and new equipment. The new structure is absolutely fire-proof; the mode of fire-proof construction employed was, of all so-called fire-proof constructions, the only one that stood the test of the recent conflagration in Baltimore.

One hundred and seventy-five rooms with private baths; six hydraulic elevators; electric lights; and private telephone in each room.

Spacious parlors on every floor, roof garden, dining-room and kitchen at the top. Beautiful outlook from every window.

Accommodations for eight hundred guests. Staff of thirty doctors; three hundred and fifty nurses.

Nearly forty years' experience in this institution has demonstrated that the great majority of chronic invalids of all classes, including many considered incurable, can be trained up to a state of healthful vigor by a systematic regimen based upon scientific principles, combined with a thoroughgoing application of the resources of hydrotherapy, phototherapy, thermotherapy, massage, Swedish movements, Swedish gymnastics, electrotherapy, and the open-air treatment, guided by the findings of bacteriological, chemical, microscopical, and other accurate methods of examination.

Special ward for surgical cases with perfect appointments.

Special departments for diseases of the eye, ear, nose, and throat, and in charge of experienced specialists.

For information concerning the facilities afforded, terms, etc., address,

**THE SANITARIUM, Battle Creek, Mich.**



## THE COLORADO SANITARIUM

Thirty miles northwest of the city of Denver is a well-equipped and well-regulated institution for the treatment of all chronic disorders. Buildings with all modern conveniences, including steam heating, electric lights, elevators, gymnasium.



Baths of every description, including the Electric-light Bath.

Massage and Manual Swedish Movements.

Electricity in every form.

Medicated-Air Rooms for the treatment of diseases of the lungs.

Special accommodations and separate building for tubercular patients.

Classified Dietary.

Laboratory of Hygiene, for bacteriological, chemical, and microscopical investigations.

Experienced Physicians and well-trained nurses.

**COLORADO SANITARIUM, BOULDER, COLORADO**