

GOOD HEALTH



January, 1906

The True Foundation of Permanent Health.

Taking the "Cold-Air Cure"—*Illustrated.*

The Causes of Restless Sleep in Infancy and Childhood.

"Always Ailing."

Another Year (*Poem*).

OUR WALKING CLUB: A Plan for Pleasant and Profitable Acquaintance with Trees (*Illustrated*); Our Bird Neighbors (*Illus.*).

CHAUTAQUA SCHOOL OF HEALTH: The Absorption of Oxygen; An Individual Menu for One Day, Showing Amount Needed and Food Units for Each Article (*Illustrated*); The Enema.

Children's Department.

Editorial.

A SANITARIUM IN THE WOODS



THE HINSDALE SANITARIUM

IN Hinsdale, seventeen miles from the Union depot, Chicago, on the Burlington Railroad, is the home of the Hinsdale Sanitarium.

Its grounds comprise ten acres of rolling land covered with virgin forest and fruit orchard.

A most ideal place for invalids, with full equipments for sanitarium work.

Open - air treatment, Swedish movements, hydrotherapy, electric-light baths, massage, scientific

dietetics, sun baths, and sensible health culture cure thousands of invalids where ordinary means have failed. Try the Battle Creek Sanitarium methods at the Hinsdale Sanitarium. Send for an illustrated booklet and full information. Address,

HINSDALE SANITARIUM, Hinsdale, Ill.



NATIONAL HIGHWAY

ACROSS THE CONTINENT.

If you contemplate a trip to

CALIFORNIA

with its lovely seaside resorts, orange groves, beautiful gardens, and quaint old Missions, the only way to reach these magical scenes, without suffering any of the inconveniences of Winter travel

is over the

UNION PACIFIC

Electric Lighted Trains Daily

E. L. LOMAX, G. P. & T. A.
OMAHA, NEBR.

ANNOUNCEMENT

GOOD HEALTH FOR 1906

For nearly forty years *GOOD HEALTH* has been an exponent of the principles of the simple life. From year to year substantial improvements have been made, but the volume for 1906 will be more interesting, more instructive, and more attractive than any of its predecessors. All the regular features of the journal which have made it a standard health magazine will be retained

SOME NEW FEATURES

A SERIES OF LESSONS IN COOKERY

Based upon food units, or calories. Each lesson will show how to prepare a properly balanced bill of fare for one person; that is, a bill of fare which contains all the various elements—proteids, carbohydrates, and fats—needed by a single person, so that it may be used as a unit in the preparation of bills of fare for any number of people. This will make it possible for every housekeeper to bring the family bill of fare in line with the very latest developments in scientific dietetics.

THE WALKING CLUB

Nature Studies, among which will be a series of seasonable articles on trees and plants, by Julia Ellen Rogers, also a series, "Our Bird Friends," by Belle M. Perry.

THE CHILDREN'S DEPARTMENT

Will be continued and improved.

SPECIAL NUMBERS

SPECIAL TEMPERANCE AND ANTI-NARCOTIC NUMBER (February)

HOUSEKEEPERS' NUMBER (April)

In which special attention will be given to the selection and construction of a home from a sanitary standpoint—sanitary furnishings, sanitary house-keeping, and how to maintain perfect sanitation in the ordinary dwelling.

INVALIDS' NUMBER (August)

devoted especially to the home care of the sick. This number will be of special interest, as it will contain a great variety of new and effective measures of treatment which may be employed in the home. Every home must make provision for sickness. It will come sooner or later. This number alone will be worth vastly more than the subscription price.

The June number will be devoted to **OUTDOOR LIFE**. There will also be a special **MOTHERS' NUMBER (October)**, which will be of great practical interest.

The publishers are planning for special illustrative material, and are making premium offers which are well worth considering.

How to FEED THE BABY

Is often a perplexing question when mother's milk is insufficient, either in quantity or quality. Pure cow's milk is not always available, and most of the proprietary substitute foods are deficient in fat. Even cow's milk, although containing the requisite fat, is somewhat deficient in carbohydrates. But Winters says: "Children get over slight chemical differences in cow's milk much more readily than they do physical differences—those due to contamination." And Jacobi states: "Clean milk is far more important than any amount of modification."

Highland Brand Evaporated Cream

Which is simply good cow's milk reduced two and one-half times by evaporation and sterilized, overcomes all danger of contamination. Further than that, it is more readily digestible than either raw, pasteurized, or boiled milk. In short, it is far preferable to ordinary uniform, and satisfactory substitute. It is the simplest, most cow's milk from every stand-stitute food. Trial quantity on request.

HELVETIA MILK CONDENSING CO.,

HIGHLAND, ILL.



\$3.70 FOR \$1.85

A New Unprecedented Combination Offer

For New Subscribers only. Just see what you get

BIRDS AND NATURE, ONE YEAR	\$1.50
CONSTRUCTIVE WORK—WORST	1.00
WILD BIRDS IN CITY PARKS—WALTER40
16 PHOTO-ENGRAVINGS OF TYPICAL FOREST TREES80
TOTAL VALUE	\$3.70
YOU CAN GET ALL THE ABOVE FOR ONLY	1.85

This offer saves you \$1.85—Think of it

Birds and Nature. The only publication exclusively illustrated by color-photography. Each number contains thirty-two pages of popular text and eight large plates in colors true to nature of birds, animals, flowers, plants, fruits, insects, minerals, shells, fishes, reptiles, etc. "I would not be without *Birds and Nature* if it cost \$10.00 a year."—*F. W. Baker, Ogden, Utah.* "Please consider me a perpetual subscriber as long as I am on this planet."—*W. Scott Way, Pasadena, Cal., Sec'y and Treas. Pasadena Humane Society.*

Constructive Work. Its Relation to Number, Literature, History, and Nature Work. New and enlarged edition. Fifth thousand. By Edward F. Worst, Yale Practice School, Chicago Normal. 300 illustrations. 225 pp., 5 3/4 x 8 3/4 inches. Price, \$1.00.

There is no book which contains the variety of work found in this book. Its chief value lies in the fact that constructive work is treated not as an isolated subject, but in its relation to other lines of work.

Wild Birds in City Parks. By Herbert Eugene Walter and Alice Hall Walter, Chicago, 1904. Pocket edition, pp. 66, cloth, with Chart showing Migration of Birds. Price, 40 cents.

Every person who is interested in birds, and visits city parks, should have a copy of this handy little book. It furnishes those who may be interested in making the acquaintance of wild birds with a simple letter of introduction to 145 interesting birds. The essential and striking characteristics that are readily noticed are mentioned.

16 Photo-Engravings of Typical Forest Trees. Printed on fine card board 9 x 12 inches. Each plate shows the tree, section of the trunk, and spray of leaves, and at the bottom of each plate is given a description of the tree. These plates are beautifully printed and absolutely perfect in detail. Nature lovers everywhere should have them.

Any of the above may be purchased separately at prices specified. Don't delay, remit \$1.85 to-day. You are getting a bargain pure and simple. Money back if not satisfied.

A. W. MUMFORD & CO., PUBLISHERS, 378 Wabash Ave., CHICAGO

Established 1887

In replying to advertisements please mention GOOD HEALTH.

California's Climate

Has a cash value. The farmer builds more cheaply, provides less expensively for stock, lays up less feed, uses less fuel, does not eat up and burn up in winter what has taken half a year to produce.

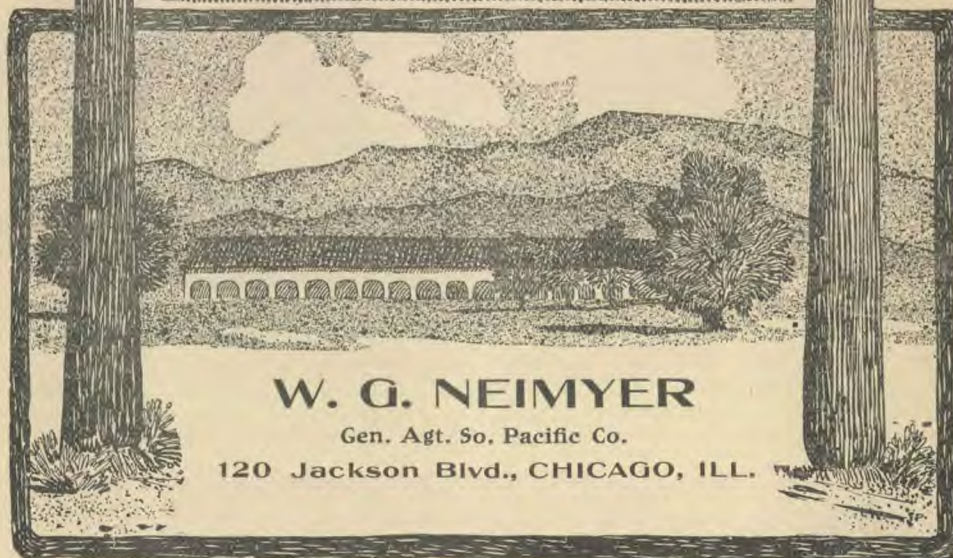
California's Harvest

Does not hurry him. No summer rains. Grain unsheltered in the sack, and hay in the swath. Sowing goes on from November to March. No "cold spells" or "late springs" hindering growth. No cyclones destroying the crop.

California's Lands

Are among the richest in the world and to-day are a good investment. Will yield more profit with less toil from fewer acres than under other skies. Get a copy of "The Sacramento Valley," "The San Joaquin Valley," "The Coast Country," "South of Tehachapi."

Books of one hundred pages fully illustrated and honestly written. FREE.



W. G. NEIMYER

Gen. Agt. So. Pacific Co.

120 Jackson Blvd., CHICAGO, ILL.

EXACT KNOWLEDGE
OF
MEXICO

Is a SEALED BOOK to most people of the United States; yet it is the most attractive neighbor America has. Its fertile soil produces cotton, corn, tobacco, and tropical fruits in abundance, while its mining regions are rich in treasure. There are but five cities in the republic of MEXICO not reached by the

**Mexican Central
Railway**

Excursion tickets sold the year round with nine-months' limit and stop-over privileges

WRITE FOR

"Facts and Figures," "Guadalajara," "Nueva Galicia," for Folders, Maps, Etc., to

W. D. MURDOCK, P. T. M. Mexico City	J. T. WHALEN, General Agent 328-9 Marquette Bldg. Chicago, Ill.
A. DULOHERY, W. P. A. 209 Commercial Bldg. St. Louis, Mo.	A. V. Temple, Industrial Agent Mexico City

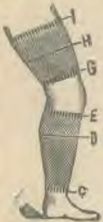
OBESITY

Belts are used to advantage by corpulent people, both ladies and gentlemen, to reduce corpulency and give shape to a pen-



dulous 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 Ave., Chicago, Ill.
2 Doors North of Washington Street

MANUFACTURERS OF

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

NEW BOOKS

STUDIES IN CHARACTER BUILDING.

By Mrs. E. E. Kellogg, A. M. 368 pages, 20 full-page illustrations. Price, postpaid...\$1.25

HEALTHFUL COOKERY.

By Mrs. E. E. Kellogg, A. M. 300 pages. Nearly 600 recipes. Price, postpaid, paper. .30
Board50
Cloth75

ARISTOCRACY OF HEALTH.

By Mary Foote Henderson (wife of Ex-Senator Henderson, of Missouri). 772 pages. Net 1.50
Price, postpaid 1.68

THE BLUES, CAUSES AND CURE.

By Albert Abrams, A. M., M. D. 240 pages. Illustrated. Price, postpaid..... 1.50

PERFECT HEALTH.

By H. B. Weinburgh. 330 pages. Illustrated. Price, postpaid 1.25

Add 50 cts. to your order for any of the above-named books, except Healthful Cookery, to which add 70 cts., or 75 cts. to any of the following, and we will enter your name for one year's subscription to Good Health.

SOCIAL PURITY.

By J. H. Kellogg, M. D. 82 pages, paper cover. Price, postpaid25

SHALL WE SLAY TO EAT?

By J. H. Kellogg, M. D. 175 pages, paper. Price, postpaid25

ALMOST A WOMAN.

By Mary Wood-Allen. Board..... .50

ALMOST A MAN.

By Mary Wood-Allen. Paper..... .25
Board50

ART OF LIVING LONG.

The famous work of Louis Cornaro, the Venetian centenarian. Price, postpaid..... 1.50
With Good Health, one year..... 2.00

FIVE REMARKABLE BOOKS

BY HORACE FLETCHER

ADD \$1.00 NET.

The A. B.-Z. of Our Own Nutrition. 462 pages. Price, postpaid.....\$1.14
The New Menticulture, or A. B. C. of True Living. 310 pages. Price, postpaid..... 1.12
The New Glutton, or Epicure, or Economic Nutrition. 420 pages. Price, postpaid..... 1.12
Happiness as Found in Forethought Minus Fearthought. 251 pages. Price, postpaid..... 1.12
That Last Waif; or, Social Quarantine. 270 pages. Price, postpaid..... 1.12

Any one of these books, postpaid, and one year's subscription to Good Health, for.... 1.75

ADDRESS

GOOD HEALTH PUBLISHING CO.

Battle Creek, Mich.



LOMA LINDA SANITARIUM

Loma Linda Sanitarium is sixty-two miles east of Los Angeles on the main line of the Southern Pacific Railroad, located upon a hill 125 feet high. It stands in a valley amid orange groves, fruits, and flowers, for which this section is famous. Surrounding this valley on every side are emerald hills and snow-capped mountains. Loma Linda has been justly called a veritable "Garden of Eden." Address,

LOMA LINDA SANITARIUM, Loma Linda, California.

When you visit Los Angeles and its seaside resorts, make your home at Glendale Sanitarium.

Glendale Sanitarium is a three-story building of 75 rooms, steam-heated and lighted with electricity. It is located at Glendale, one of the suburban villages of Los Angeles, eight miles from the heart of the city. The Pacific Electric cars pass the Sanitarium every thirty minutes. The elevation is 600 feet above the sea. The climate is delightful both in summer and winter. Address,

GLENDALE SANITARIUM, Glendale, California.

When you visit the home of Romona, San Diego, and Old Mexico, abide at the Paradise Valley Sanitarium.

The Paradise Valley Sanitarium is building a large addition including very commodious bath-rooms, surgical ward, and Swedish mechanical department. This well-equipped Sanitarium, located in a perfect climate, offers exceptional advantages for the restoration of health. Here the convalescent can enjoy the abundant sunshine amid blooming flowers, free from frost, storms, or extremes of any kind. The winter climate of San Diego is very much like an Eastern June without the extremes.

The Paradise Valley Sanitarium combines remedies without drugs, a menu without meat, with a winter without frost. This combination will restore your health.

It will cost you no more to purchase your ticket to San Diego than it does to Los Angeles. If you have not made up your mind definitely where you wish to stop, purchase your ticket to San Diego and make up your mind after you reach California.

Address,

PARADISE VALLEY SANITARIUM, National City, California.

City Office,

1117 Fourth St., San Diego, California.



**GLENDALE
SANITARIUM**

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.

ACQUIRE THE COCOA HABIT!

OF COURSE IT'S

Stuyler's

YOU WANT.



From Bean to Cup
WITHOUT ADULTERATION



There is none "just as good"

IT IS THE BEST.

GROCERS EVERYWHERE

15 CENTS

Will bring you, on trial, thirteen weeks, the *Pathfinder*, the old reliable national news review. This paper gives you every week all the important news of the world, stated clearly and without bias. It is the only news review that is truly comprehensive, and at the same time it is not padded or bulky. It gives you the wheat without the chaff. It is a time saver for all busy people. In purpose it is high-toned, healthy, and inspiring; it is a protest against sensational journalism. It takes the place of periodicals costing \$2.50 and \$3.00. Try it, and you would not be without it for many times its cost. \$1.00 per year. Address, **PATHFINDER, Washington, D. C.**

PURE TOILET PREPARATIONS

Our own make. Guaranteed harmless. Strictly high grade in quality.

	Price	Postage
Antiseptic Tooth Paste, per tube	\$.15	.05
Borated Talcum Powder, per box	.15	
Massage Cream, per box	.25	
Cold Cream, per box	.10	
Hair Shampoo, per bottle	.25	.10
Carbolated Ointment, per box	.10	
Camphor Ice, per box	.10	.04
Toilet Cream, per bottle	.25	.10
Liquid Court, per tube	.10	
Corn Cure, per box	.10	

Our Sanitary Medicated Soap is healing, antiseptic, hygienic; made of the best materials, combined with Eucalyptus, Thymol, Benzoin, etc. Four-oz. cake, 10c; 3 for 25c; postage, 5c per cake.

SANITARIUM SUPPLY CO.,
NASHVILLE, TENNESSEE

The NEBRASKA SANITARIUM



is located in the most beautiful suburb of the capital city, Lincoln, with which it is connected by a street railway. The institution is conducted on the same principles as the Battle Creek Sanitarium, giving special attention to the use of hydrotherapy, massage, electricity of all forms, exercise, and proper diet. A large health food factory is connected with the Sanitarium. Special attention is given to the treatment of diseases of women, digestive disorders, rheumatism, nervous diseases, and diseases of the eye, ear, nose, throat, and lungs. Offensive cases not received. Surgical cases of all kinds accepted. Trained nurses always ready to send out when called.

For further information address

The NEBRASKA SANITARIUM

College View - - - Nebraska.

In replying to advertisements please mention GOOD HEALTH.

SPECIAL OFFERS



BIBLES, Remit us \$2.50

And we will send you GOOD HEALTH one year, and a \$3.85 HOLMAN BIBLE, bound in Egyptian morocco with divinity circuit, red under gold, size 5¼x7¾. 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. We will send a smaller Holman Bible, size 4¾x6½, with fine minion print, 16mo., in place of the larger size, if desired. Thumb index, 50c extra.

Send for our 1905 Catalogue.

COMBINATIONS

We will send GOOD HEALTH one year with the following for price set opposite each:

Life Boat.....	\$1.00	Life Boat and Medical Missionary.....	\$1.25
Medical Missionary.....	1.00	Vegetarian.....	1.25
Little Friend.....	1.10	American Motherhood.....	1.25
Bible Training School.....	1.00	Youth's Instructor.....	1.50
Atlantic Union Gleaner.....	1.00	Southern Watchman.....	1.25
Home, Farm and School.....	1.00	Signs of the Times.....	2.00

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.

HEALTH BOOKS

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

The Stomach, Its Disorders and How to Cure Them, cloth.....	\$2.00	Man the Masterpiece, cloth.....	\$3.50
Half-buff.....	2.50	Half-buff.....	4.00
Art of Massage, cloth.....	2.75	Library.....	4.25
Half-leather.....	3.50	Home Hand-Book, cloth.....	4.75
Ladies' Guide, cloth.....	3.50	Half-buff.....	5.25
Half-buff.....	4.00	Library.....	5.75
Library.....	4.25	Or Science in the Kitchen, by Mrs. E. E. Kellogg, in Oilcloth.....	2.25
Miracle of Life, cloth.....	2.00	Healthful Cookery.....	1.45

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.

Write for descriptive booklet and terms.

Price only \$1.00

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



Address GOOD HEALTH PUB. CO.
115 Washington Ave. N. . . . BATTLE CREEK, MICH.

IF YOU ARE INTERESTED and wish to save money, read our Magazine Offers this month. If you do not find what you want, let us know, and we will make you an offer on any combination you may want.



GRAND TRUNK RAILWAY SYSTEM

SOLID THROUGH TRAINS
BETWEEN
CHICAGO, BUFFALO, NEW YORK AND PHILADELPHIA
"VIA NIAGARA FALLS."

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

ARTICLES ON THE PREVENTION AND CURE OF TUBERCULOSIS

The JOURNAL OF THE OUTDOOR LIFE, of Trudeau, N. Y., a monthly journal which is not published for profit, but to give reliable, helpful advice to persons seeking health by an outdoor life, especially pulmonary patients, has some back numbers containing valuable articles on the prevention and cure of consumption. To defray publication expenses a charge of ten cents per copy is made. The following are some of the leading articles in the numbers for sale, but each number contains other interesting matter.

VOL. 1, NO. 12; JAN., 1905

CONTROLLING A COUGH WITHOUT DRUGS.
NEW JERSEY'S THREE CLIMATES. By Dr. Irwin H. Hance, of Lakewood, N. J.

VOL. 2, NO. 2; MAR., 1905

THE VALUE OF REST AT THE OUTSET OF TUBERCULOSIS. By Dr. Hugh M. Kinghorn, of Saranac Lake, N. Y.

THE CAUSES OF TUBERCULOSIS. By Dr. O. C. Probst, Professor of Hygiene and Diseases of the Chest, Starling Medical College, Columbus, Ohio.

SOME FALLACIES ABOUT HEALTH RESORTS.

VOL. 2, NO. 3; APR., 1905

HOW TO LIVE AFTER RETURNING FROM A HEALTH RESORT. By Dr. Jay Perkins, Providence, R. I.
DUST AND ITS DANGERS.

VOL. 2, NO. 4; MAY, 1905

SLEEPING OUT OF DOORS. By Dr. E. L. Trudeau, of Saranac Lake, N. Y.

AN OUTDOOR HOBBY AS A PREVENTION OF DISEASE.

VOL. 2, NO. 5; JUNE, 1905

"TEMPERATURES" IN HEALTH AND ILLNESS.
"SURE CURES" FOR TUBERCULOSIS.
MILK AS A FOOD.

VOL. 2, NO. 6; JULY, 1905

RESPIRATORY EXERCISES IN THE PREVENTION AND TREATMENT OF PULMONARY TUBERCULOSIS. By Dr. S. A. Knopf, of New York.
PLAIN FACTS ABOUT TUBERCULOSIS.
PIONEERS OF THE OPEN-AIR TREATMENT.

10 CENTS PER COPY, SIX COPIES, 50 CENTS

JOURNAL OF THE OUTDOOR LIFE

Box A, TRUDEAU, ADIRONDACKS, N. Y.

PER YEAR, \$1.00

Endorsed by the leading lung specialists of the country

PER COPY, 10 CENTS

SANITARIUMS

The following institutions are conducted in harmony with the same methods and principles as the Battle Creek Sanitarium.

- CALIFORNIA SANITARIUM**, Sanitarium, Napa Co., Cal.
NEBRASKA SANITARIUM, College View, Lincoln, Nebr.
 W. A. George, M. D., Superintendent.
PORTLAND SANITARIUM, West Ave., Mt. Tabor, Ore.
 W. R. Simmons, M. D., Superintendent.
NEW ENGLAND SANITARIUM, Melrose, Mass.
 C. C. Nicola, M. D., Superintendent.
CHICAGO SANITARIUM, 28 33d Place, Chicago, Ill.
 Frank J. Otis, M. D., Superintendent.
IOWA SANITARIUM, 603 E. 12th St., Des Moines, Iowa.
 J. E. Colloran, M. D., Superintendent.
TRI-CITY SANITARIUM, 1213 15th St., Moline, Ill.
 S. P. S. Edwards, M. D., Superintendent.
PARADISE VALLEY SANITARIUM, City Office and Treatment Rooms, 1117 Fourth St., San Diego, Cal.
 Sanitarium, Box 308, National City, Cal.
LOMA LINDA SANITARIUM, Loma Linda, Cal.
 J. A. Burden, Manager.
TREATMENT ROOMS, 257 S. Hill St., Los Angeles, Cal.
 J. R. Leadsworth, M. D., Superintendent.
GARDEN CITY SANITARIUM, San Jose, Cal.
 Lewis J. Belknap, M. D., Superintendent.
MADISON SANITARIUM, Madison, Wis.
 C. F. Farnsworth, M. D., Superintendent.
SPOKANE SANITARIUM, Spokane, Wash.
 Silas Yarnell, M. D., Superintendent.
TREATMENT PARLORS, 137 Oneida St., Milwaukee, Wis.
TREATMENT ROOMS, 201 Granby Block, Cedar Rapids, Iowa.
 R. L. Mantz, M. D., Superintendent.
BUFFALO SANITARIUM, 922 Niagara St., Buffalo, N. Y.
 A. R. Satterlee, M. D., Superintendent.
NASHVILLE SANITARIUM, Cor. Church and Vine Sts., Nashville, Tenn.
 O. M. Hayward, M. D., Superintendent.
PROSPECT SANITARIUM, 1157-1161 Prospect St., Cleveland, Ohio.
 F. A. Stahl, Superintendent.
TACOMA SANITARIUM, 426 S. C St., Tacoma, Wash.
 T. J. Allen, M. D., Superintendent.
COLORADO SPRINGS SANITARIUM, 126 N. Cascade Ave., Colorado Springs, Colo.
 T. J. Evans, M. D., Superintendent.
KANSAS SANITARIUM, 3200 W. Douglass Ave., Wichita, Kans.
 B. E. Fulmer, M. D., Superintendent.
- UPPER HUDSON SANITARIUM**, Hadley, N. Y.
 E. F. Otis, M. D., Superintendent.
HINSDALE SANITARIUM, Hinsdale, Ill.
 David Paulson, M. D., Superintendent.
TREATMENT ROOMS, 44 E. Main St., Middletown, N. Y.
 A. J. Read, M. D., Superintendent.
TREATMENT ROOMS, 565 Main St., Springfield, Mass.
 Chas. S. Quail, Manager.
ROCHESTER TREATMENT PARLORS, 156 Monroe Ave., Rochester, N. Y.
SEATTLE SANITARIUM, 1313 3d Ave., Seattle, Wash.
 Alfred Shryock, M. D., Superintendent.
PEORIA SANITARIUM, 203 3d Ave., Peoria, Ill.
 J. E. Heald, M. D., Superintendent.
LONE STAR SANITARIUM, Keene, Texas.
 D. C. Ross, M. D., Superintendent.
GLENDALE SANITARIUM, Glendale, Cal.
 W. Ray Simpson, Manager.
PENNSYLVANIA SANITARIUM, 1929 Girard Ave., Philadelphia, Pa.
 H. B. Knapp, M. D., Superintendent.
SURREY HILLS HYDROPATHIC INSTITUTE, Caterham, Surrey, England.
 A. B. Olsen, B. S., M. D., M. R. C. S., Supt.
LEICESTER SANITARIUM, 80 Regent St., Leicester, England.
 F. C. Richards M. D., M. R. C. S., Supt.
CALCUTTA SANITARIUM, 50 Park St., Calcutta, India.
 R. S. Ingersoll, M. D., Superintendent.
PLUMSTEAD SANITARIUM, Cape Town, So. Africa.
 Geo. Thomason, M. D., L. R. C. S., Supt.
CHRISTCHURCH SANITARIUM, Papanui, Christchurch, New Zealand.
KOBE SANITARIUM, 42 Yamanoto-dori, Nichome, Kobe, Japan.
 S. A. Lockwood, M. D., Superintendent.
GUADALAJARA SANITARIUM, Apartado 138, Guadalajara, State of Jalisco, Mexico.
 J. W. Erkenbeck, M. D., Superintendent.
INSTITUT SANITAIRE, Basle, Switzerland.
 P. DeForest, M. D., Superintendent.
SKODSBORG SANITARIUM, Skodsborg, Denmark.
 J. Carl Ottosen, A. M., M. D., Superintendent.
SYDNEY SANITARIUM, Wahrenga, N. S. W., Australia.
 D. H. Kress, M. D., Superintendent.
FRIEDENSAU SANITARIUM, Post Grabow, Bez. Magdeburg, Germany.
 A. J. Hoenes, M. D., Superintendent.
KIMBERLEY BATHS, 32 Old Main St., Kimberley, So. Africa.
 J. V. Willson, Mgr.

Health Food Restaurants

Eating-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:—

RESTAURANTS.

- The Pure Food Cafe, 13 S. Main St., Salt Lake City, Utah.
 Hygienic Company, 1209 G St., N. W., Washington, D. C.
 Dining Room, Church and Vine Sts., Nashville, Tenn.
 Hygeia Dining Rooms, 5759 Drexel Ave., Chicago, Ill.
 Hygienic Cafe, 426 State St., Madison, Wis.
 Pure Food Cafe, 607 Locust St., Des Moines, Iowa.
 Pure Food Cafe, 403 E. 11th St., Kansas City, Mo.
 Good Health Cafe, 143 N. 12th St., Lincoln, Nebr.
 Vegetarian Cafe, 19 East Bijou St., Colorado Springs, Colo.
 Vegetarian Restaurant, 555 Boylston St., Boston, Mass.
 Vegetarian Cafe, 814 Pine St., St. Louis, Mo.
 Vegetarian Cafe, 1519 Stout St., Denver, Colo.
 The Vegetarian, 755 Market St., San Francisco, Cal.
 Vegetarian Cafe, 259 So. Hill St., Los Angeles, Cal.
 Portland Sanitarium Rooms, Mt. Tabor, Oregon.
 Restaurant, 2129 Farnum St., Omaha, Nebr.

- Vegetarian Cafe, 214 Union St., Seattle, Wash.
 White Rose Restaurant, W. H. Nelson, 36 W. 18th St., New York City.
 Vegetarian Cafe, S. 170 Howard St., Spokane, Wash.
 The Laurel, 11 W. 18th St., New York City.
 Hygeia Cafe, 203 3d Ave., Peoria, Ill.
 Vegetarian Cafe, 105 6th St., Portland, Oregon.

STORES.

- Pure Food Store, 2129 Farnum St., Omaha, Nebr.
 Health Food Store, Herman M. Walen, 16 Pinchon St., Springfield, Mass.
 Health Food Store, J. H. Whitmore, 118 Miami Ave., Detroit, Mich.
 Boston Health Food Store, W. F. Childs, Room 316, 100 Boylston St., Boston, Mass.
 N. E. Sanitarium Food Co., 25 Wyoming Ave., D. M. Hull, Mgr., Melrose Mass.
 Health Food Store, 156 Monroe Ave., Rochester, N. Y.
 Nebraska Sanitarium Food Co., College View, Nebr.

In replying to advertisements please mention GOOD HEALTH.





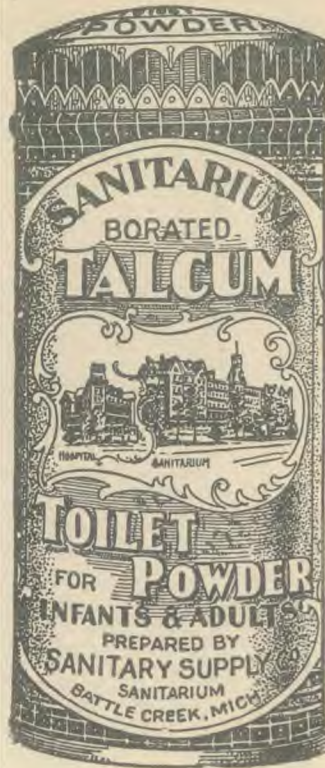
St. Louis

Green, Gold and Brown "Daylight Special"
—elegant fast day train. "Diamond Special"
—fast night train—with its buffet-club car is
unsurpassed for convenience and comfort.

Buffet-club cars, buffet-library cars, complete
dining cars, parlor cars, drawing-room and
buffet sleeping cars, reclining chair cars.

Through tickets, rates, etc., of I. C. R. R.
agents and those of connecting lines.

A. H. HANSON, PASS'R TRAF. MGR., CHICAGO
S. G. HATCH, GEN'L PASS'R AGENT, CHICAGO

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

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

It is an excellent remedy for PER-SPERING FEET, and is especially adapted—

FOR
INFANTS

Delightful after
Shaving

Price, post paid,
25c per box

AGENTS WANTED

THE NEW ENGLAND SANITARIUM

MELROSE, MASSACHUSETTS



a corps of experienced physicians and trained nurses.

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

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.

BULL DOG

50¢

50¢



TRADE MARK
REGISTERED.



BULL DOG

BULL DOG

SUSPENDERS

**WILL OUTWEAR THREE
OF THE ORDINARY KIND**

More elastic, non-rusting metal parts
Absolutely unbreakable leather ends

Guaranteed Best 50c Suspender Made

Can be had in light or heavy weight for
man or youth, extra length same price

SUITABLE FOR ALL CLASSES

If your dealer won't supply you
we will, postpaid, for 50 cents

SEND FOR VALUABLE FREE BOOKLET
"CORRECT DRESS AND SUSPENDER STYLES"

HEWES & POTTER

LARGEST SUSPENDER MAKERS IN THE WORLD
79 Lincoln St., Boston, Mass.

The New Voice Mothers' Problems

JOHN G. WOOLLEY, Editor

Established Sept. 25, 1884

The greatest Prohibition newspaper in the world.
The national and international bureau of information on all subjects relating to the liquor traffic.

Published weekly. Contains 16 pages every issue, sometimes more.

"It has a cheer for every honest effort against the liquor traffic."

C. N. HOWARD, President Prohibition Union of Christian Men, says: "No other reform can show a single agency which has accomplished so much for its consummation as has this paper for Prohibition."

PRICE, \$1.00 A YEAR, IN ADVANCE.

Sample copy free on application.

SPECIAL PRICE OF "GOOD HEALTH" AND THE "NEW VOICE" TO NEW SUBSCRIBERS, \$1.25.

In connection with the above we can offer **TEMPERANCE PROGRESS IN THE 19TH CENTURY**, by John G. Woolley and William E. Johnson. The latest and most important history of the temperance reform yet published. A valuable reference book. 533 pages. Cloth. Price, \$2.00.

To new subscribers we can make the following unparalleled offer:—

The New Voice, regular price.....	\$1.00
Good Health	1.00
"Temperance Progress in the 19th Century"	2.00
Total	\$4.00

Special Price to New Subscribers, \$2.70

or only 70 cents more than the price of the book alone. Address either—

THE NEW VOICE COMPANY,

HYDE PARK CHICAGO, ILL.

or **GOOD HEALTH PUB. CO.**

BATTLE CREEK MICH.

Every mother knows that happiness or misery—success or failure—for her little one depends upon the knowledge and sympathy she puts into the task of bringing it up.

American Motherhood

Is a monthly magazine devoted to raising the standards of home life and motherhood. Its 80 pages are full of help for the mother, not alone regarding the baby, but all other matters pertaining to the home and to its management. It is vibrant with strong, healthful ideas that will help many a weary mother who is now perplexed with problems different from any she has ever before had to deal with.

It is edited by mothers, Dr. Mary Wood-Allen and Mrs. Rose Woodallen-Chapman, women of wide experience in councils of national breadth in matters pertaining to Social Purity and Home Culture.

You will enjoy seeing a sample copy of **American Motherhood**—we will enjoy sending it to you. One dollar pays for a year's subscription.

New Trial Subscribers, 16 Months for \$1.00.

Try It under the New Management

AMERICAN MOTHERHOOD

Cooperstown, N. Y.

SOUTHERN PACIFIC

New York - New Orleans
Steamship Line

BETWEEN

NEW ORLEANS and NEW YORK

Steamer sails from New Orleans every Saturday at 10:00 A. M.

Steamer sails from New York every Wednesday at 12:00 noon.



New Orleans - Havana
Steamship Line

BETWEEN

NEW ORLEANS and HAVANA

Steamer sails from New Orleans every Saturday at 2:00 P. M.

Steamer sails from Havana every Tuesday at 4:00 P. M.

"Sunset Express," between New Orleans and San Francisco

Leaves New Orleans daily at 11:55 A. M. Leaves San Francisco daily at 5:45 P. M.

Carries Pullman Drawing Room Sleepers, Tourist Sleepers, Combination Library, Buffet, and Observation Cars, Dining Cars, Chair Cars, Oil-Burning Locomotives from New Orleans and San Francisco.

Inquire of Any Southern Pacific Agent for All Information.

T. J. ANDERSON,

Gen. Pass. Agent.

JOS. HELLEN,

Asst. Gen. Pass. Agent.

HOUSTON, TEXAS

The Battle Creek Sanitarium Training-School

For Missionary Nurses GREAT OPPORTUNITY

Now opens its doors to *all Christian young men and women* who are in sympathy with the truths taught at this institution, and who desire to prepare themselves to work for the betterment of the race in the capacity of *Christian or missionary nurses*.

A *three-years' course* is provided, and the instruction given comprises a *larger number of subjects and more thorough training* than is offered by any other training-school in the world. In addition to the subjects taught in ordinary hospital training-schools, students in the Battle Creek Sanitarium Training-school for Missionary Nurses are thoroughly instructed in *hydrotherapy* (more than two hundred applications); in *massage, manual Swedish movements* (several hundred different manipulations and movements); the use of *electricity* (galvanic, faradic, static, and sinusoidal currents); *phototherapy* (the electric-light bath, the photophore, the arc-light, the actinic ray).

There is also a very thorough course in *surgical nursing*. Ladies receive thorough theoretical and practical instruction in *obstetrical and gynecological nursing*.

The course also includes instruction in *bacteriology and chemistry*, comprising *laboratory work lectures, and recitations*.

Nurses receive on an average two hours of regular class work daily besides the regular training at the bedside and in practical work in the various treatment departments.

The course in *gymnastics* embraces not only ordinary *calisthenics*, but also the *Swedish system of gymnastics, medical gymnastics, manual Swedish movements, swimming, and anthropometry*. There is no school of physical culture in which the opportunities are greater than those connected with this school.

The *school of cookery* also affords great advantages in *scientific cookery*, and also instruction in *dietetics* for both the sick and the well, the *arranging of bills of fare, the construction of dietaries*, and all that pertains to a scientific knowledge of the *composition and uses of foods*.

Graduates receive diplomas which entitle them to registration as trained nurses. Students are not paid a salary during the course of study, but are furnished books, uniforms, board, and lodging. Students are required to work eight hours a day, and are expected to conform to the rules of the institution at all times. Students may work extra hours for pay. The money thus earned may be ample for all ordinary requirements during the course.

Students who prove themselves competent may, on graduation, enter into the employ of the institution at good wages.

**Address Battle Creek Sanitarium Training-School,
BATTLE CREEK, MICHIGAN**

The Nashville Sanitarium

In aim, methods, and principles a branch of the Battle Creek Sanitarium. It offers the quiet and restfulness of a secluded country location with agreeable climate. Also a fully equipped city branch. Prepared to give all kinds of physiological treatments. Experienced Physicians and Well-trained Nurses. A complete Dietary, suited for individual cases. All forms of Electricity, including the Electric-light Bath. X-Ray examination and treatment. Swedish Movements and Massage. Surgery when required.

Address **O. M. HAYWARD, M D., Supt.**

Or **NASHVILLE SANITARIUM**

Church and Vine Streets **NASHVILLE, Tenn.**

HENSEY & GOUGH

PATENTS

"THE KEY TO SUCCESS"

Have You Ideas?

You can get NEW ones
by reading

THE AMERICAN INVENTOR

\$1.00 a Year. 10 Cents a Copy

A beautifully illustrated and printed 32-page monthly journal devoted to Patents, Inventions, Mechanics, and General Science. The handsomest publication in its field.

Any one sending a sketch and description of an invention may promptly ascertain, without cost, our opinion as to its merits. Communications strictly confidential.

Send for free sample, and our Book on Patents.

Patents taken out through us receive, without charge, special notice in THE AMERICAN INVENTOR.

HENSEY & GOUGH

Office of **THE AMERICAN INVENTOR**

Engineering Building, 124-126 Liberty St.
NEW YORK



HERE'S YOUR CHANCE AN EXTRAORDINARY OFFER



Read this announcement. It is the opportunity of years. The greatest magazines in their respective lines in this country have entered into an arrangement whereby they are offered in combination as a premium to be handled by other

periodicals. We can secure but a *limited number* of these subscriptions for premium purposes, therefore "first come, first served."

	Regular Price	Our Price
GOOD HEALTH 1 year with COSMOPOLITAN	\$2.00	\$1.00
GOOD HEALTH 1 year with COSMOPOLITAN and REVIEW OF REVIEWS	5.00	2.50
GOOD HEALTH 1 year with COSMOPOLITAN, REVIEW OF REVIEWS and WOMAN'S HOME COMPANION	6.00	3.00

Mail your remittance to-day—and be sure of getting the greatest magazine combination that was ever offered—an opportunity of years, and one, it is safe to say, that will never be made again. If your money is received too late, it will be returned. *Act at once.*

GOOD HEALTH PUBLISHING CO.
Battle Creek, Mich.

In replying to advertisements please mention GOOD HEALTH.

WING PIANOS

Are Sold Direct From the Factory, and in No Other Way

You Save from \$75 to \$200

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 still do—at retail—you pay the retail dealer's store rent and other expenses. You pay his profit and the commission or salary of the agents or salesmen he employs—all these on top of what the dealer himself has to pay to the manufacturer. The retail profit on a piano is from \$75 to \$200. Isn't this worth saving?



SENT ON TRIAL
Anywhere 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 all other charges in advance. There is nothing to be paid either before the piano is sent or when it is received. 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 obligation to keep the piano than if you were examining it at our factory. There can be absolutely no risk or expense to you.

Do not imagine that it is impossible for us to do as we say. Our system is so perfect that we can without any trouble deliver a piano in the smallest town in any part of the United States just as easily as we can in New York City, and with absolutely no trouble or annoyance to you, and without anything being paid in advance or on arrival either for freight or any other expense. We take old pianos and organs in exchange.

A guarantee for 12 years against any defect in tone, action, workmanship or material is given with every Wing Piano.

Small, Easy
MONTHLY Payments

In 37 years over 40,000 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. Thousands of these pianos are in your own State, some of them undoubtedly in your very neighborhood. Our catalogue contains names and addresses.

Mandolin, Guitar, Harp, Zither, Banjo—The tones of any or all of these instruments may be reproduced perfectly by any ordinary player on the piano by means of our Instrumental Attachment. This improvement is patented by us and 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.



YOU NEED THIS BOOK

If You Intend to Buy a Piano—No Matter What Make

A book—not a catalogue—that gives you all the information possessed by experts. It tells about the different materials used in the different parts of a piano; the way the different parts are put together, what causes pianos to get out of order and in fact is a complete encyclopedia. It makes the selection of a piano easy. If read carefully, it will make you a judge of tone, action, workmanship and finish. It tells you how to test a piano and how to tell good from bad. It is absolutely the only book of its kind ever published. It contains 156 large pages and hundreds of illustrations, all devoted to piano construction. Its name is "The Book of Complete Information About Pianos." We send it free to anyone wishing to buy a piano. All you have to do is to send us your name and address.

Send a Postal To-day while you think of it, just giving your name and address or send us the attached coupon and the valuable book of information, also full particulars about the WING PIANO, with prices, terms of payment, etc., will be sent to you promptly by mail.

WING & SON

350-370 W. 13th St., New York

Send to the name and address written below, the Book of Complete Information about Pianos, also prices and terms of payment on Wing Pianos.

Cut or tear out this coupon and mail to us, after writing your name and address at bottom. We will promptly mail book and other information.

WING & SON

350-370 West 13th Street., New York

1868—37th YEAR—1905

Combination Offer for
GOOD HEALTH MAGAZINE
 SPECIAL FALL AND WINTER SUBSCRIPTIONS

A Year's Subscription, New or Renewal, to Good Health and Keith's Magazine on Home Building (\$1.50 per year), Included with All Offers Below

	Send us		Send us
Offer No. 1—With one in Class A	\$1.85	Offer No. 4—With one in Class A and B	\$2.75
Offer No. 2—With two in Class A	2.50	Offer No. 5—With one in Class A and C	4.50
Offer No. 3—With one in Class B	2.10	Offer No. 6—With one in Class B and C	5.75

To these offers add \$1.25 for Ladies' Home Journal, \$1.50 for Everybody's Magazine.

THREE BEST OFFERS OF THE YEAR

- No. 1. An Annual Subscription to *GOOD HEALTH* and *KEITH'S*, with choice of *Cosmopolitan*, *Woman's Home Companion*, or *Era*, with one of *Housekeeper*, *Madame*, *American Boy*, *Black Cat*, or *Modern Stories*, \$4.50 value for \$2.50.
 No. 2. An Annual Subscription to *Scribner's*, *GOOD HEALTH*, and *KEITH'S*, a value of \$5.50 for \$3.50.
 No. 3. An Annual Subscription to *Review of Reviews*, *GOOD HEALTH*, *Cosmopolitan*, and *KEITH'S*, a value of \$6.50 for \$3.25.

CLASS A

WOMAN'S HOME COMPANION	\$1.00
WORLD TO-DAY	1.00
NATIONAL MAGAZINE	1.00
CAMPBELL'S ILLUSTRATED JOURNAL	1.00
PHILISTINE	1.00
NEW YORK MAGAZINE	1.00
MEN AND WOMEN	1.00
SUNSET MAGAZINE	1.00
COSMOPOLITAN	1.00
MADAME	1.00
AMERICAN BOY	1.00
BOSTON COOKING SCHOOL	1.00
ANY PHOTOGRAPHIC MAGAZINE	1.00
HOUSEKEEPER60

CLASS B

HARPER'S BAZAR	\$1.00
GOOD HOUSEKEEPING	1.00
AMERICAN ILLUSTRATED MAGAZINE (Leslie's Monthly)	1.00
PEARSON'S	1.00
RED BOOK	1.00
SUCCESS	1.00

CLASS C

SCRIBNER'S	\$3.00
ST. NICHOLAS	3.00
ARCHITECTURAL RECORD	3.00
BURR MCINTOSH	3.00
OUTLOOK	3.00
COUNTRY LIFE	3.00
WORLD'S WORK	3.00
READER MAGAZINE	3.00
CURRENT LITERATURE	3.00

IMPORTANT

Make all remittances to *GOOD HEALTH*, and state plainly to whom different magazines are to be addressed.

No Foreign Subscriptions Accepted on these Offers.

ESTABLISHED
IN 1899

KEITH'S MAGAZINE
 FOR HOME BUILDERS

72 PAGES
MONTHLY



THE leading specialized magazine and authority on questions of Building, Decorating, and Furnishing Homes. 72 pages a month, full of new and suggestive ideas. The designs published are by leading architects from whom plans and specifications can be secured. Questions on these subjects answered free to subscribers. Year's subscription \$1.50.

"Practical House Decoration," a 150-page book written by experienced decorators, and profusely illustrated, is a gold mine of practical and artistic suggestions. Gives 12 complete schemes for decorating the entire house. Price \$1.00.
SPECIAL OFFER.—This book will be included with any combination offer for 50 cts. additional.





From stereograph, copyright, by Underwood and Underwood, N. Y.

FRESH AIR FOR HEALTH AND HAPPINESS

GOOD HEALTH

A Journal of Hygiene

VOL. XLI

JANUARY, 1906

No. 1

THE TRUE FOUNDATION FOR PERMANENT HEALTH

BY J. H. KELLOGG, M. D.

PURITY of the blood is the one essential of permanent health. It is by means of the blood that the body is created, renewed, and maintained. If the blood is in good condition, everything else in the entire body will be right.

The quality of the blood is indicated by one's condition. Pimples on the face, a coated tongue, rheumatism, diabetes, obesity, are evidences of impure blood. In fact, every chronic malady may be traced to some wrong condition of the blood.

The white cells in the blood, of which there are seven thousand to every little drop, are tiny creatures which are not merely carried along by the current, but seem to move about by their own volition, seeking the germs which have gained entrance to the body. Guided by a marvelous intelligence, they collect in great numbers where there are germs to be destroyed.

In order that the blood should be active in defending the body and destroying germs, it is of the first importance that it should be clean and pure. When the blood is healthy, the cells are vigorous and active. When the blood loses its vitality, the cells immediately begin to suffer, and we see evidence of their loss of power to defend. When the skin loses the power to defend itself, we have pimples, eczema, psoriasis, and a variety of other diseases of the skin and the mucous membrane. Nasal catarrh, tonsillitis,

sores in the mouth, and decay of the teeth are caused by the mucous membrane losing the power to destroy germs. Further down in the body we have catarrh of the stomach and catarrh of the liver.

The liver is one of the essential organs for destroying germs. It gathers them out of the blood, destroys them, and sends their dead bodies out in the bile. When the liver loses its power to destroy germs, they escape and accumulate in the gall-bladder, forming little masses which become the nuclei of gall-stones. The gall-bladder becomes irritated and inflamed, the mucous membrane secretes an excess of cholesterin, a resinous substance, which is precipitated and forms gall-stones, which irritate the gall-bladder and maintain the disease. When the blood is what it ought to be, the germs will be destroyed, and gall-stones will not be formed.

The whole body goes into decay because of the loss of power to defend itself. The real cure for all these diseases consists in increasing the defensive power of the body. No chronic invalid can be cured of his malady without improving his vital status. He must be changed bodily, reconstructed, through the complete renewal of his blood. It is the possibility of this reconstruction that makes possible the recovery from any disease. When the condition of the blood is improved, then as it rebuilds the body day after day, as the old matter passes out

and the new matter passes in, it is reorganized on a better plan, stronger and more vital tissue is built up, and this more highly vitalized tissue rises above the morbid conditions which have previously existed.

Pure blood must be made of pure food. You can not make pure blood out of pigs' feet, tripe, oysters,—the scavengers of the sea,—and other abominations of that sort; neither can the best blood be made from any kind of flesh food, because it is all second-hand food. When one eats pork, he is eating the corn or other food which the pig has swallowed and rolled around in the mud.

The only way to get and maintain this strong vital resistance that the thoroughly healthy man has is to be in constant training for it. A man who is ready for a prize-fight never fails to fulfil his engagement because he has caught cold or contracted pneumonia, or anything else of that sort. He is proof against any germ on the face of the earth, and if he should keep himself continually in fighting trim, he ought to live to a great age. But the business man does not think it worth while to keep himself in fighting trim. He sits down, and lets his machine, the body, go to pieces, and then wonders why it does not work well. He might as well let a piano get out of tune and then wonder why he can not play on it; or let a typewriter get dirty and wonder why he can not write on it; or let the sewing machine get clogged with dirt and wonder why it can not be used. The human machine gets out of repair just as any other machine that is

not taken care of. The business man pays no attention to his machine; he simply works on, adding farms to his land, and gold to his accumulations. By and by he finds himself completely wrecked, unable to work any more. Then he goes to a doctor and expects to be made all right with a few drops of medicine of some kind.

Healing power can not be bottled up and dispensed in that way. It takes the same power to heal a man that it does to make him. We must eat pure food, and build ourselves up with wholesome material; we must make the life normal, and stimulate all the sluggish life processes to more rapid activity. This may be done by means of massage, electricity, exercise, and baths.

Exercise does for the body what the mountain side does for the stream of water. When the water runs down the mountain side, it is a babbling brook, leaping out into the air now and then, throwing itself into spray, exposing itself to the air and sunshine, and the waters are crystal pure. In the valley or on a level plain the water may form stagnant pools, and get covered over with slime of all sorts, and inhabited by all kinds of filthy creeping things. Some people let themselves get into the condition of that stagnant pool, and then wonder why the frogs croak in their brains, and why the birds do not sing instead. When a person gets into the condition where the body is like a stagnant pool, a radical change must be made in his life. He must begin by getting vitalized, new blood into all his cells and tissues.

I AM glad to think
I do not have to make the world go right,
But only to discover and to do

With cheerful heart the task that God appoints.

—Jean Ingelow.

TAKING THE "COLD-AIR CURE"

MANY persons who delight in outdoor life in summer have not yet learned the even greater pleasures and benefits of the open in winter, and consequently they hibernate with the approach of cold weather, and spend that most exhilarating season in their dens.

Statistics prove that tuberculous patients improve much faster in winter than in summer; and for other chronic diseases it has been found that one winter spent out of doors is worth two summers.

No benefit, however, is derived from outdoor life in the cold weather, if the "sitter-out" taking the cure is in a condition of discomfort. It is of the first importance that the patient be warm and comfortable, and it is well worth while to take pains and make some outlay, omitting no item that can add to the physical comfort.

One of the first essentials is shelter; for air in motion has a more cooling effect than a still atmosphere many degrees colder. Revolving sheds enclosed on three sides, that can be adjusted to admit

the sunshine while screening from the wind, are most satisfactory if a wind-sheltered porch or veranda is not avail-



TAKING THE "COLD-AIR CURE"

able. In some cases the revolving shed is superior to the veranda, for it can be turned to follow the sun, without the patient's having to shift his position. Glass screens are advisable when they can be obtained, as they admit sunshine and light while sheltering from the wind. But if nothing better is to be had, canvas or wooden screens may be made to

answer the purpose very well.

The selection of a comfortable and suitable chair is also a matter of importance. The adjustable wheelchair will be found very convenient if it is necessary to shift the position. Canvas chairs



WELL-PROTECTED FOR AN OUT-OF-DOOR NAP



SUNSHINE AND FRESH AIR IN ZERO WEATHER

stretched on wooden frames are comfortable and inexpensive. An upholstered chair, or one fitted with a mattress, will be found warmer.

An adjustable table, which can be swung over the chair or away from it, is convenient for holding books, work, or writing materials. A book rest attached to the table enables the patient to keep his hands covered while reading, thus adding to his warmth and comfort.

In the matter of clothing, the outer wraps are of the utmost importance. The underclothing should not be heavy, but heavy wraps are indispensable. A thick wrap in the shape of a garment fitted to the body keeps out the cold better than merely wrapping oneself in a rug or blanket. This outer garment may be made of astrakhan, heavy woolen cloth, or thick plush, with a padded, quilted lining. If caught with a girdle or sash at the waist, Canadian fashion, and fitted close at the wrists, the escape of heat will be lessened. The coat should have a high, rolled collar that can be turned up to protect the ears and the back of the neck,

For the hands while in use, the best protection has been found to be a thin cotton glove, covered by a thick woolen mitt. One who has tried this device says that it is possible to use the hands so covered, until the cold freezes the ink at the point of a fountain pen in actual use.

If the neck and ears are well protected, the head covering need not be thick. For women, a soft shawl forms a good protection for the head and ears. For men, a cap that can be used to cover the ears, and with a shade in

front to afford some protection from the glare of the sun, is advisable.

For those sleeping out in a reclining position, the sleeping hood is a luxury. This hood has a flap in front which may be either turned back, or drawn down over the eyes and nose, leaving only the nostrils and mouth exposed. It is also provided with a cape, which protects the neck and shoulders from drafts of cold air.

One who wishes to be thoroughly comfortable while sitting out of doors must pay special attention to the footwear. Two pairs of stockings will be found



A SLEEPING BAG FOR COMFORT AND CURE



FRESH-AIR TUBE IN USE



VENTILATION THROUGH THE FRESH-AIR TUBE

warmer than a single pair, even though the under pair be only of thin cotton. Care should be taken to have the shoes roomy and comfortable. A fur sack or padded sleeping-bag should be used if possible for covering the lower limbs. Fur foot-muffs such as are used by automobilists, are excellent for sitting out of doors in cold weather. When these can not be obtained, quilted foot-muffs stuffed with cotton and layers of newspaper, or with wool, may be made.

It is very important that the wrapping up should be scientifically done. If a well-padded sleeping bag is used, one rug will be sufficient; otherwise two are necessary. If rugs are not obtainable, horse blankets will answer the purpose, or failing these, ordinary blankets, but two blankets must be used in the place of one rug. The wraps used should not be

smaller than five by six feet. An experienced sitter-out gives the following description of the best method of arranging the wraps:—

"Spread the rug on the reclining chair. After sitting down, grasp the part of

the rug lying on the right of the chair and with a quick motion throw it over the knees and feet and tuck it well under the legs. Then do the same with the part of the rug on the other side, but leave the edge free. Now grasp the edge of the rug lying on the right side and pull it up, hand over hand, until the end which was lying free beyond the feet is reached. Then pull up the far ends of the rug, taking care to uncover as little as possible of the legs, and tuck both sides under the knees. This will give three or four layers of rug over the legs, but only one over the feet. It forms a bag out of the rug, however, and no air can enter. A second rug, folded and thrown over the first, makes such a covering that the coldest weather can be defied."

For those who are unable to take the cold-air cure out of doors, there are

various devices by means of which they may obtain most of its benefits without any inconvenience. Our illustration shows a fresh-air tube, which is one of the most successful and at the same time one of the simplest



means of enabling the house-bound invalid to be practically out of doors while actually in the house. It can be adjusted to fit any window and to reach the bed in any position in the room.

Those who suffer discomfort from

chilly sensations when keeping the windows wide open during the night in the very cold weather, will find the fresh-air tube invaluable. The room may be kept warm and closed, and yet only the purest outdoor air be admitted to the lungs.

THE CAUSES OF RESTLESS SLEEP IN INFANCY AND CHILDHOOD

BY KATE LINDSAY, M. D.

IT is said that the American people are fast becoming a nation of sleepless invalids depending upon narcotics, hypnotics, and other drugs to get any kind of rest. This is a good thing for the venter of patent medicines, the druggist, and the physician; but, alas, it portends an increase of the already vast army of the insane, to say nothing of the hysterical, neurasthenics, and other classes of chronic invalids who are vainly "seeking rest and finding none."

When and where is the foundation of the almost universal abnormal wakefulness laid?

Cures and methods of treatment for all forms of adult insomnia abound everywhere — advertised on every fence, barn, and tree by the roadside, and in the papers and other periodicals of the day.

The wealthy employ the skilful masseur, or go to some sanitarium where they can have concentrated on their cases the combined hygienic influences of skilled nursing, water treatment, electricity, and the use of motor therapeutics, as well as diet, and rest from physical and mental exertion. But who takes any note of the number of sleep-disturbed little ones, from the baby a few days old up to the youth and maiden in the high school?

Watch babies under two years old while they are asleep, and see how large a

percentage are disturbed in their rest, as proved by the various abnormal facial expressions, from the smile to tetany, spasms, and other muscular twitching, lying with eyes partly closed, crying out in the sleep, sudden starting and, when older, rolling about in bed, kicking off the bedclothes, grinding the teeth, and at times awaking rigid, and screaming aloud in the throes of night terrors. It would be safe to say, taking even our rural population, that more than twenty-five per cent of all farmers' children are more or less victims of sleep disorders. Many are sleep-walkers and -talkers. In fact, from the history of most infancies and childhoods it would be hard to find one person who had not been more or less the victim of broken sleep or even insomnia in early life.

During thirty years of active medical work the writer has observed the common, every-day habits of common, every-day people,—not so much in the slums and city charity hospitals as in the ordinary homes in the country. Only a few months ago the little daughter of a friend was left in the writer's care. She was a healthy, active, farmer's child, two and a half years old, who had never had any serious illness. Yet that evening, under the combined nervous strain of an exciting frolic with other children and a hearty

supper near her usual bedtime, her sleep was very restless, and she turned in her dreams into so many positions that she might have competed with an acrobat. Although the room was cool, and the air out of doors bracing and coming into the room in volumes, through a large, half-open window, no bedclothes would the restless one tolerate, no matter how light and porous. She cried out in her sleep, ground her teeth, and tossed about for more than an hour. At last, when tired out with her somnambulant gymnastic performances, she lay comparatively quiet and could be kept covered. Every now and then she cried out suddenly as if in fear, or peevishly, as if failing to get what she wanted. Next day she was more fretful and sensitive in the morning than usual. But soon the interest in her companions and playthings called the attention of the higher centers from the discomfort due to an unrested, overworked nervous system, and her day's life went as usual, her mother merely remarking, "Mary always has a restless night if she plays too hard in the evening and eats too hearty a supper," evidently never thinking that oft-repeated violation of Nature's demands for rest must result in permanent nerve and brain depreciation, and lay the foundation for hysteria, neurasthenia, and a host of other nerve disorders in after life. The child's daily life and environment were superior to those of most farmers' children. Her parents were careful to keep her properly bathed, and reasonably clothed for all kinds of weather. Her food was wholesome and given at regular meal-times. The home was well ventilated, with fairly sanitary surroundings. She was out of doors a great deal, and her restless sleep was always the result of some extra afternoon or evening play and excitement, and, when under this undue nerve strain,

eating an overheartly supper, which children, as well as adults, are prone to do when the appetite is overstimulated by party pleasures and the suggestion of seeing others dine.

What was only an occasional occurrence with this little one is often habitual with other children not so well cared for.

A father complained to the writer recently that his six-year-old boy kept him awake at night by his restlessness. He pitied himself, but never thought of the child when he wished to know if his own sleep would not be more sound if he had the boy sleep in a crib alone.

The little sufferers from night terrors are objects of such acute suffering as to merit the sympathy and help of those who are responsible for their care and comfort.

A little girl of five was in the habit of waking the family several nights each week with heart-rending screams. It often took much time to restore her to the normal nerve quietude. She was always worse after an evening of frolic with her four older sisters and brother, a game very popular with them all being called "Bear." This little one especially craved the excitement, and was always teasing Harry, the big brother, to get his fur coat and be the bear. After watching her excitement and fascination bordering on abject terror, manifested by hysterical screaming whenever caught by the bear, it was no surprise to hear her frantic calls at midnight for mama to deliver her from the bear. Her stronger-nerved older brother and sisters seemed unhurt by the frolic, but poor little Annie was put to nervous tortures by the thoughtlessness of the others in indulging in this play dissipation.

In early infancy, disturbance of sleep comes wholly from physical discomfort, as gas on the stomach, causing colic

pains, spoiled food, over- and under-feeding, starvation, which may be the effect of excess of food as well as of scanty fare; foods of improper quality and unsuitable for the age of the little one; tight bands and woolen shirts, as well as wrinkles and folds, and pins which prick; soiled, wet napkins, causing chafing; and too much or too little covering, causing discomfort from overheating or chilling the surface; skin irritations, as so-called prickly heat, nettle rash, eczema; insect parasites, as lice, the itch mite, mosquitoes, bedbugs, fleas, and gnats, and last, but not least, the common house fly, which makes the life of the little one miserable and cheats it out of much needed rest, and not infrequently infects it with deadly germs.

In summer it is often difficult to keep the little one cool enough to sleep, and parents, forgetting that every human being gives off much surplus heat, and that infants suffer from this when compelled to occupy the same bed with adults, almost criminally allow these unhygienic conditions to continue. Often the baby needs only a clean, cool crib to rest in to get sound, instead of broken, sleep.

In winter sometimes a feeling of chilliness, especially cold feet, will cause restless slumber. A cold in the head, causing snuffles, is also often the cause of disturbed sleep.

When very young, a child should be turned several times in the night, or it will be awakened by the discomfort of one position maintained too long, causing overfilling of the depending veins.

Frequently sore mouth, as thrush, and the irritation of teeth, make the baby restless.

After six months, rickets is a very common cause of restlessness, and the child who habitually kicks off the bed-clothes and has a sweating head should

be examined for evidence of this disorder.

As the child grows older and begins to take notice of outside objects, the excitement and stimulation of the emotions begin to exert either a quieting or a disturbing influence on the baby's nervous system.

Many parents, especially fathers, regard their children as they would some trained animal. The baby is put through his paces, much as the monkey or the puppy, for the amusement of the family. It is tickled to make it laugh, has its cheeks pinched, and its ribs punched, and is kissed, without its permission or any means of defense, by its elders with tobacco-laden breath, foul breath from teeth, or, it may be from a mouth and throat full of pneumonia, diphtheria, or other disease germs.

Often at bedtime a child is kept awake for a frolic with adults, and so thoroughly aroused and excited that hours will pass before it is in a restful frame of mind and body.

Watch the lambs frisking on the hill-ocks and skipping over the stones while their dams look steadily on without interfering with the gambols of their offspring, and learn a wise lesson of non-interference in relation to the sports and plays of infancy.

The physical development of brain and nerve is nearly completed by the end of the seventh year; and it is during these years of rapid brain and nerve cell growth that most of the deaths due to convulsions, cerebrospinal meningitis, and other nerve disorders occur. The unstable nervous structures break down readily under the influence of any nerve strain or over-excitement of the emotions, the result of joy, fear, or anger. The brain centers are also easily excited to an abnormal activity by the morbid irritation of any organ, be it the stomach, overloaded

with food, or the nose, obstructed by catarrhal excretions or abnormal growths.

The poorly fed infant not only suffers from broken sleep, but often has convulsions.

The mouth-breather cultivates insomnia, dulness of intellect, and disorders of the pulmonary organs; as, enlarged tonsils, tuberculosis, pneumonia, and chronic bronchitis.

Better than new systems of treating insomnia and neurasthenia, and the

building of more hospitals for the insane, is the removal of the common causes of infantile restlessness and insomnia, and the cultivation of normal rest and sleep habits in the young.

Yellow fever and malaria, the two great scourges of the "Sunny South," yield to the destruction of the cause — mosquitoes. American sleeplessness will succumb to a like common-sense destruction of its foundations, and with it would depart much of the almost universal craving for narcotics and stimulants.

How Does It Get There?

The subscriber who sends us the following clipping for publication, has, during a four-years' illness, received the services of no less than thirty-four physicians. He therefore has a fellow-feeling for the old negro who wondered how the various medicines prescribed for him could each be made to touch the right spot: —

In Jackson, Miss., there is an old negro who all his life has complained of numerous ailments. Nothing pleases him more than to expatiate on his "misery."

One day an old employer met the aged Jake, and the following conversation ensued: —

"Well, Jake, how are the headaches to-day, and the liver, and the gout in your left foot?"

"Thankee, Mistah Jinkins; they'se doing putty well; thankee, sah. I'se takin' a powerful lot o' medicine lately."

"That so, Jake? What are you taking?"

"Oh, I'se takin' some powder for de head, some little pills for de liver, and some kinder stuff for de gout. But I ain't got much faith in medicine. All mah life, sah, I'se been frettin' myself to figure out how dem diff'rent kinds o'

medicine gits in de right place arter you takes 'em into yo' system."—*New York Tribune.*

A Unique Hospital.

London has recently added another to its long list of free hospitals. "We are, as a people, justly proud of our hospitals," says Lady Henry Somerset. "The trouble is, we have not yet learned to be ashamed of our diseases, and vigorously to attack the cause."

This latest addition to London's great charities is a hospital for infants, unique in that the drug and the dispensary have no place therein. Milk is the medium of cure,—"milk which at the model farm dairy in Sudbury has under aseptic conditions been divided into its constituent parts, and then brought together again in varying proportions, to simulate as far as possible the 'living liquid' supplied by Nature through the appointed source."

On sunny days the cots of the tiny patients are placed in the garden. Pure food and fresh air, Nature's two great restoratives, are the only remedies used in this thoroughly up-to-date hospital.

"All might live well upon fruit and grain;
None needeth his board with blood to stain —
Let wolves and savages gorge the slain!

"Away, away with such heartless cheer
If happiness, health, and wealth be dear,—
If you wish to see a Good New Year."

THE PENNSYLVANIA SANITARIUM

THE dedication exercises of the Pennsylvania Sanitarium took place November 1, at the new quarters of the institution, 1929 Girard Avenue, Philadelphia, Pa. These exercises, in an impressive manner, marked the beginning,



THE PENNSYLVANIA SANITARIUM

under new conditions, of a movement which began in Philadelphia four years ago. While new to many of the people of Philadelphia, these methods and principles stand as old as the hills, and are born of truths which are as sure and effective as the law of gravitation.

On the occasion above mentioned, Hon. Wilson H. Brown, sheriff-elect of Philadelphia, acted as chairman, while the dedicatory address was delivered by Dr. J. H. Kellogg, superintendent of the Battle Creek Sanitarium, which stands as parent of more than one hundred branch institutions in different parts of the world. Dr. Kellogg spoke in part as follows:—

“We have come here this afternoon

to initiate a new enterprise. This building, all of the appliances in it, all the people who work in it, are here to be dedicated by these exercises to the service of God and humanity.

“On such an occasion as this, it is very natural that we should look somewhat into the origin of things. Perhaps most of you have come here with the thought that you are to welcome something new; but the essential features of this work are almost as old as the world. Away back in the very earliest history of men we find that the sanitarium methods were in use.

“There are a few things here, however, that are new. This building is new (I am very glad of that, because we will have the best of its use); and the name is comparatively new. The people do not all yet understand what a sanitarium is. It takes something more than a building or a name to make a sanitarium. There must be principles; there must be methods; there must be trained men and women; there must be an organization; there must be a purpose other than a mere commercial purpose.

“Just a word about the principles that make a sanitarium. The first principle, and the greatest one, is the true principle of healing. In these institutions we undertake, in the first place, to recognize the true law of cure, which is this: Nature heals. When a sick man is restored to health, it is not the something put into him that has healed him, nor the something done to him; but it is a power within him that has healed him. There is a curative power within the body. When I say nature, I do not mean a great, blind, unintelligent, abstract force operating automatically. By nature, I mean the power in and behind nature,—the great divine Force which has created

things, and which is operating throughout the whole universe. Deitl, the most learned pupil of Rokitansky, one of the greatest of European physicians, more than fifty years ago recognized this truth. It is strange that the world has been so slow to accept the proposition which he made to his pupils. He said, 'Nature heals. That is the first and greatest law of therapeutics. Nature creates and maintains; therefore she must be able to heal.'

"Now, my friends, that is the foundation principle of this institution. And recognizing this fact, we must look to nature for the forces of healing. We find, first of all, the sunshine, which is the origin of all the force we see manifested about us. The sun shines upon the fields; food is created; we eat the food; that food shines out; it is converted into energy in our bodies. Our muscles are simply operating the force which came from the sun. The heat of our bodies is the heat which came from the sun. This powerful energy,—sunlight,—which converts one kernel of corn into a thousand, which is performing miracles in every vineyard, turning water into wine, multiplying loaves to feed the millions,—this veritable miracle-working power we bring into operation in our institution here as a curative force, and we see marvelous results. Finsen, in Copenhagen, showed how it will cure cancer and lupus. Others have shown how it will cure various forms of skin disease, and many other forms of disease within the body as well as on the outside of the body.

"Then, we have the heat which comes with the sunshine. It can be used in a great variety of ways in connection with water and electricity. Heat, used together with light, or without it, is one of the great forces used in connection with

baths; many sorts of baths are obtained through the use of heat. Then we have massage, gymnastics, dietetics, X-ray, and a great variety of things; but the chief idea is to utilize all the forces of nature. In these institutions we apply not one force or two forces, but a great number are associated together and applied to the invalid at the same time, so that there may be, not one lift, but many lifts, and thus results can be brought about which can be accomplished in no other way.

"These ideas are not new. They were known to the most primitive people. Baths have been employed from the most remote ages. Massage, heat,—these various appliances have been known from the very earliest times.

"These healing forces which are utilized by the sanitarium system, as we call



ELECTRIC-LIGHT BATH

it, are vastly more powerful than any other forces that can be brought to bear upon the sick man. The power required to restore to health a man who is a mere skeleton, is so great that it can not be put into a bottle and held in with a cork. You do not seek for it in the chemists' shops, nor in the alchemists' laboratories. It is universal; every one can have access to it.

"It is sad to see the world going down so fast; to see disease multiplying so rapidly. Last year a million and a half of people died from just twelve diseases: 51,000 of la grippe; 73,000 of typhoid fever; 76,000 of diphtheria; 416,000 persons from



COLD MITTEN FRICTION

pneumonia alone; 413,000 died of tuberculosis last year, in this country alone; 10,000 died of Bright's disease. And these maladies are multi-

plying. While we have dropped off a little in typhoid fever by getting pure water, the number dying of pneumonia is increasing every year. There must be something wrong in our habits of life; and it is a part of the work of our sanitariums to try to lead people back to the right methods of life—the simple life—the natural life. 'Return to nature' is our watchword.

"One purpose of this institution is to help on this return-to-nature movement, and to stand up as a sort of protest against the downward tendency of the age. Professor Bouchard, of Paris, Roger, and other eminent physicians, French physicians particularly, have within the past ten or twelve years been calling the attention of the whole medical world to the fact that a large share of the diseases from which we suffer are poison diseases. A large share of confirmed invalids are in a state of chronic poisoning. If you have just eaten, and your dinner does not

digest, you think there is something the matter. But suppose it is not until next year that you get sick, or until five years, or ten years,—you do not trace it to what you ate. Bouchard has been investigating this matter, and he has shown the world that as the result of the burning of foods in our bodies there are produced certain poisonous substances which are the foundation of most chronic maladies—Bright's disease, apoplexy, arteriosclerosis, and that very common malady of which so many people die—old age. The man who dies short of one hundred years dies prematurely. As an eminent French scientist remarked some time ago, 'Man does not die; he kills himself.' This is true of the average man. And it is because of these wrong habits. We must cut off the poisons—not simply give antidotes. So one thing we make very important in our sanitariums is that the diet shall be a toxin-free diet. It is one of the essentials of the institution.

"I wish to say to you that what we are bringing to you here in Philadelphia, we are not bringing for the first time. This is a water-cure in a certain sense; but water has been used in Philadelphia a great many years. If you go back a hundred years, you will find your most eminent physician, Benjamin Rush, introducing into Philadelphia some of the very methods employed here in this institution. He was one of the first to use the clay poultice now sold in the drug-stores under a variety of names. Other eminent physicians in this city have been employing various sanitarium methods for many years. Massage has been employed in the Battle Creek Sanitarium for forty years. Dr. Weir Mitchell has made it popular within the past twenty-five years, and now it is used all over the world; the entire medical profession is employing it. Dr. S.

Solis Cohen, one of your eminent Philadelphia physicians, has for more than a quarter of a century been a pioneer, working very earnestly in behalf of these physiologic principles. He has edited one of the most voluminous works ever published on the physiologic method, which is employed here in this institution; and a few years ago, when I came to Philadelphia to see what the prospects were for opening an institution here, Dr. Cohen was the first person who met me in a friendly way; and it was his invitation which encouraged us to make a small beginning at that time. The work has prospered until now it has come to a larger presentation than we have been able to make before.

"I should like to say just a word further with reference to the personnel of this institution and its character. We have not invited you here to welcome a commercial enterprise. This work stands simply for truth, for Christian principles; it is philanthropic and altruistic in purpose. There has been no endowment; there have been no large contributions. It is a self-supporting institution—a self-supporting philanthropy.

"The physicians of this institution and the leading nurses have had years of thorough training and experience at Battle Creek, where this method as a system has found its most complete, as well as its earliest, development. For some time the services of these physicians and a score of nurses have been at the command of persons in moderate circumstances, and the poor of your city who were in need of medical aid. Now, in this beautiful building, and with these elegant appliances and equipment, these same splendid curative measures are placed at the disposal of those who desire and are able to pay for more elegant and elaborate accommodations. The

Pennsylvania Sanitarium is launched on its mission of health and healing for the thousands of invalids in Philadelphia and its vicinity, and with the blessing of a kind Providence will do a work increasing each year in efficiency and magnitude. I bespeak for this new enterprise your good-will, your co-operation, your patronage, and your prayers."

The philanthropic character of this work is recognized by the State of Pennsylvania by exempting the institution's properties from taxation.



THE WET-SHEET RUB

The Pennsylvania Sanitarium endeavors to incorporate under one roof all of the known methods embodied under the term "physiological therapeutics." This includes the treatment of the sick by such natural remedies as diet, baths, massage, electricity, electric-light baths, gymnastics, and the out-of-door life. The method comprises more than a thousand different measures and combinations, which are carefully graduated to individual cases

only after a careful examination of every bodily organ, blood, excretions, etc., and are administered by trained attendants who are especially educated for the work.

The present quarters of this institution are now located in the handsome property built by the late John Sharp, located at 1929 Girard Avenue, within a stone's throw of Girard College. Alterations have just been completed to the amount of fifteen thousand dollars, in fitting up extensive treatment-rooms and in furnishing the institution with the latest equipment for the treatment and care of the sick. On the top floor is fitted up a surgical ward and operating-rooms, where cases requiring surgical attention can be cared for in harmony with the most approved ideas of asepsis and surgical cleanliness.

The marvelous growth of this system in a single generation without the aid of

advertising or general commercial methods, is a most convincing proof of its superiority over other so-called systems. The progress made in the past fifty years has been greater than that of any art or science. It has been revolutionary, in fact. It is possible to promise recovery to thousands whose cases have been regarded as incurable. Patients who have tried everything known to science, without benefit, are now cured by the concentration, at one and the same time, of measures which individually have failed. Concentration is a principle as important in therapeutic effort as in military operations. The secret of success in curing thousands who have been pronounced incurable lies also in the thorough investigation of the blood, secretions, the strength, and all important organs; and in the use of curative means by which the whole body is renovated.

TO THE NEW YEAR

FIRM as the mountains, robed with snow,
Strong as the oaks that upon them grow,
Deep as the valleys far below,
Be the faith thou bringest, New Year.

Free, like the winds, from earthly care,
Fresh and clear as the wintry air,
High as the cloudlets, and as fair,
Be the hope thou bringest, New Year.

Warm as the fires that sparkle bright,
True as the stars that crown the night,
Pure as the snow, new-fallen, white,
Be the love thou bringest, New Year.

—*Mary M. Currier.*



FRESH AIR FOR CHILDREN

EVERY human being ought to spend several hours every day, cold or warm, in the open air, coupled with much bodily activity. Four hours of outdoor breathing daily is the least time compatible with health for adults, although ten are better. Children require a greater amount both of outdoor air and exercise, because they have, or ought to have, a higher temperature and a greater vigor in the circulation, because circulation has more to do in them than in adults,—it has to build up as well as sustain the system.

This shutting children up in the house, even in cold weather, being so afraid of a little fresh air, is consummate folly, is downright murder, for there is no numbering the deaths this extra carefulness has occasioned. Cool or cold air is not poisonous; it is healthful; more so than warm air; for in bulk it contains more oxygen, that great quickener of the blood and stimulator of muscular, nervous, and vital action. If heated atmosphere had been best for man, Nature would have provided it. It causes relaxation, which is accompanied with indolence, both mentally and physically, whether it be the heated atmosphere of a room or the atmosphere of the tropics.

The inhabitants of the northern countries are active, but become possessed with the same indolence in the tropics in a short period in such climate as found in the regular inhabitants. Hence, there can be no dispute as to the absolute necessity of cold air to stir up the system.

Now, henceforth, and evermore let it be remembered, unless parents wish to make inert blockheads of their children, do not keep them shut up in a hot stove room. However cold it is, let them go

out, for all children like to go out, and their lungs will soon warm them up and keep them warm. And if your dear, darling, puny child is indeed so weak that fresh air gives it a cold, you ought to be sent to prison for rendering it thus tender.

Schools and nurseries are great disease breeders to both mind and body. Children require action, not confinement. They should learn on foot, not "sit on a bench and say 'A'." Especially should they have an abundance of fresh air. Yet to confine children or other individuals in a space where its size makes it possible to contain air only in a quantity that will be all breathed up in a few minutes and to burn out the vitality of even this by a roaring fire, then to keep them thus, stuffed with food, but panting for breath and action, one-quarter of their lives, and most of the balance not much better, signs and seals and delivers the death-warrant of many a fond and lovely embryo of humanity.

The children do not get half enough air. This occasions their being puny, sickly, and mortal. No wonder that half of them die in childhood. The wonder is that more do not. Nor are cities the places to bring up children. They can not go out of doors for fear of getting lost or run over, nor play within because they make some dust or dirt or scatter all their articles of amusement. They can not obtain fresh air in a coal-heated room.

The Creator made the beautiful country; men made the city.

But, parents, whether you inhabit the city or the country, see to it, I beseech you, that your children have a full supply of fresh air daily and perpetually.

The ventilation of sleeping apartments is still more important, because we consume quite as great a proportion of air, yet are more liable to neglect its re-supply.

Most of us spend one-third of our lives

in little rooms, capable of holding only from five to eight hundred feet of air. Not an hour's breathing timber. Then every crevice, even to the keyhole, must be stuffed to prevent the ingress of fresh air.—*W. W. Chalfant.*

FLESH-EATING SHEEP

BY D. H. KRESS, M. D.

IT seems that even the sheep of Australia are becoming civilized, or are, at least, falling in with the habits of civilization. The Albury district stock inspector, after several days' tour through the country for the purpose of making investigations into the eating of poisoned rabbits by sheep and other stock, has arrived at the conclusion that the habit is much more general than he at first imagined. In nearly every part of the district, farmers and pastoralists have had experience of the eating of "green" carcasses, not only by sheep, but in some cases by horses and cattle. Some of the graziers have mentioned that sheep will fight with each other to get possession of rabbits, so greedy is their appetite for this

kind of food. Mr. Wilks, the inspector, believes that this is depravity of appetite.

It is recognized that only a depraved appetite in sheep could demand rabbit for food. Why not use the same reasoning regarding mankind? Suppose we should at some time in the future come across a flock of carnivorous sheep, would we therefore conclude that this was their natural food?—Certainly not. We should still say that it was a perversion of nature. Why not reason in the same manner regarding mankind? Man was at the beginning a fruitarian, subsisting on fruits, nuts, and grains. Flesh eating is just as much an evidence of depravity in man as it is in sheep.

Nature's Massage.

Massage is a natural and inseparable factor in the maintenance of the health of the physical structures. "In the active living machinery of animal bodies," says a medical writer, "the muscular activity is constantly manifested in a sort of massage, a never-ending exchange of intermittent pressure, compression, and relaxation.

"Take the diaphragm; its incessant ascent and descent in the act of respiration is nothing more or less than a continual massage, a ceaseless exhibition of passive

motion, influencing the organs, both above and below it, especially the organs of the abdominal and pelvic cavities. But here, too, the effects of this involuntary massage of nature, absolutely necessary to life, may be interrupted, and morbid conditions forced. Through tight lacing, or other abuses, these passive motions may lose their normal vigor, and in the utter absence of exercise without any massage within, constipation may promptly intervene, the appetite grows feeble, and the digestion is seriously impaired."

"ALWAYS AILING"

BY HELENA H. THOMAS

SICK! Why, he is never well, for that matter. Indeed, my children are always ailing."

Here the mother, who was making her first call on her new neighbor, accompanied by her youngest, ended with a sigh, as she looked at the child, who fretted continually.

"That is strange!" rejoined the hostess, whose query in regard to the puny toddler had called forth the foregoing, "considering that their father is the picture of health."

"Yes, but unfortunately for all concerned, our children have inherited my weak constitution."

"What seems to be the matter?"

"Oh, a complication of stomach and bowel troubles. If it isn't one thing, it's another. I tell you, too, it makes the outlook anything but encouraging. To be sure, my husband is a master mechanic, and gets good wages, but the doctor and grocer get the lion's share of our income."

Besides this hint as to the state of affairs in that home, the new neighbor knew little further for a time (as few calls were exchanged during the winter), beyond continued proof of the truth of the mother's statement that her children were "always ailing," from the doctor's frequent visits.

With the opening of spring, however, the why of it was made clear to the woman who through the wintry months had wondered as to the cause of it. For the dividing line between herself and neighbor was within reaching distance of her living-room, hence it was impossible

for her to remain in ignorance of the management of the near-by home; that is, if the foregoing word can be applied to a home where indulgence only was in evidence, where children got whatever they cried for, and, consequently, cried when a wish was weakly denied.

The observant woman had wondered, too, through the months just passed, how her neighbor, with but herself, husband, and three small children, could dispose of the provision she saw carried into the other house, especially when, according to the mother's testimony, there was but one healthy stomach under the roof.

This, too, was made clear when the children were constantly in evidence, for they were rarely seen without a "piece" of some sort.

The baby was, as has been stated before, a delicate little fellow, whose diet should have been the most nutritious food, in small quantities, at least until Nature had had a chance. But, on the contrary, he munched early and late. Sometimes he appeared with a piece of pie, and a little later with something equally indigestible.

One day, as the three children emerged from the house, each with a huge slice of bread and butter, piled so high with sugar that more fell to the ground than was eaten, the mother remarked to her neighbor, who was sitting at an open window:—

"It seems as if my children are hallow from morning till night! Now, Johnnie, there,"—the youngest,— "for instance, had the heartiest kind of a breakfast! Ate two fried eggs, some

ham and potato, and two fat doughnuts, besides drinking two cups of coffee. And now just see him eat! But then, poor little fellow! he likely feels all hollow, he had such a vomiting spell in the night."

In view of this admission, it was little wonder, when the blind mother ceased speaking, that the listening neighbor, who attributed her comparative health to careful diet, and had breakfasted on fruit, dry toast, and cereal coffee, should so far forget herself as to exclaim:—

"Why, do you allow that child to drink coffee?"

"Yes, indeed! every one of my children drink coffee," was the emphatic rejoinder. "Strong, just as I drink it, too, and it doesn't hurt them a mite. My husband and I don't agree at all about how our children shall be fed, however; all because his mother was one of the strait-laced kind, and brought her children up on a regular skim-milk diet."

"Your husband seemed to thrive on it, judging from his robust appearance now," interrupted her listener, suggestively.

"That's what he often tells me!" was the somewhat impatient rejoinder, "but, all the same, while I live, my children shall not be denied what they want to eat."

"And throw away, too," was the laughing retort, as the speaker pointed to Johnnie, who was flinging the greater portion of his slice into the gutter, as she had often seen him do before.

The mother, who was too accustomed to such waste to pay any heed to it, merely joined in the laugh, and then continued:—

"Now I was brought up differently. My mother died before I can remember, and I was brought up by my grandmother, dear soul! who was indulgence

itself. No skim-milk diet for me, I can assure you. So I tell my husband that I think it is a pity if I can not be as good to my own children as my grandmother was to me. And, in spite of husband's advice to the contrary, and the teaching of health-culture books, with which he deluges the house, I shall feed my children just as my grandmother did me—without stint."

Her listener, however, bit her lips and kept silent, knowing full well that further suggestions from her would be unheeded.

"But sometimes I fear I will not be here long to do for them," continued the sighing mother, after a slight pause, "for I am getting so I can not keep anything on my stomach. I feel so weak, too, I could hardly crawl round were it not that I brace up on coffee. Jack says that only makes matters worse, but I can not live without my coffee! Besides, he can not convert me to his way of thinking."

Just here the grocer made his daily call, and after the recipient had taken care of the groceries, she recrossed to the open window, saying:—

"Just guess what our grocery bill was last month."

When a reasonable figure, considering the size of the family, had been named, the retort was:—

"Double it, and you will be nearer right."

"Excuse me, but if that is the case, I wonder how you can make both ends meet! especially when there is a doctor in almost constant attendance," was the impulsive exclamation of the careful housewife.

"Well, we do find it extremely difficult," was the frank rejoinder, "and poor Jack gets most discouraged sometimes, too. He is anxious to save toward a home, but I don't see how it is possible for us to get ahead any when it costs us

so much to live, and some of us are sick all the time."

This she said with a martyr-like air, as she started for home to make "hot bis-

cuits" for supper, "because the children are so fond of them." The left-alone neighbor shook her head, saying, "None so blind as those who won't see."

Physiological Solvency.

At this New Year season, when, if ever, one is inclined to be introspective, to take stock of his attainments and achievements, to inquire into probable causes of his failure to reach his ideals, the following passage from Dr. Haig will at least be found suggestive, and may serve as an indicator:—

"If the muscles produce force more smoothly, continuously, and pleasantly, with less friction, on a supply of albumens which are free from the poisonous products of dead animal tissues, and if muscular life becomes more pleasant from this cause, how much greater is the value of this physiological solvency, when we realize that it applies also to the great nerve-centers, the organ of the mind, and find that here also the result is better work, better and more easily performed; and not only better work, but a better, more kindly, true and noble relation to all the conditions and phenomena of life.

"Indeed, I think it is not too much to say that, just as in regard to force and nutrition, insolvency leads to ever less and less work, worse and still worse performed, as the reserves are one after the other called out and used up; so in regard to mind, does insolvency lead to ever less and less mental range and activity, and worse than all, to a narrow, mean, selfish view of the world and all it contains; and this mental attitude is, in many cases, the prelude to that complete loss of mental power and balance,—insanity.

"On the other hand, perfect, complete, and continuous solvency of mind and body, lifts both to ever higher and higher levels of power, beauty, and knowledge of the truth; forming at once the highest attainable development of the *mens sana in corpore sano*, and leading ever upward 'into the higher sunlit slopes of that mountain which has no summit, or whose summit is in heaven only.'"

To Avoid Taking Cold.

The best way to overcome chilly sensations of the spine and back on the least change of temperature is to put your back up, so to speak; to contract the muscles of the back. If you are getting chilly about the back of the neck, stiffen the neck and set the muscles to work. When you are sitting still and find yourself getting chilly, set the muscles to work, and you will soon get over it. If you do not start your muscles going, you will soon find them going of their own accord. You will begin to shiver,—an involuntary action of the muscles. If you will set your muscles at work before that shivering comes, you will be able to prevent it. Contract your hands, your legs, the muscles of your back, raise up your chest, stiffen your neck, then turn it vigorously, slowly, from side to side, or bend it backward and forward. This will keep you from taking cold. One never need take cold when sitting still. You can make your muscles work just as hard when sitting down as when walking around, and it may be more convenient.



ANOTHER YEAR

BY E. E. ADAMS

ANOTHER year—a sheet of paper white
Whereon his own record each one must
write.

Though what the year will bring we can
not tell,

If good or ill it shall be we may know
full well.

For man is his own star; and though not
ours

To say if thorny or if strewn with flowers
Our way shall be, yet is it ours to say

If gain or loss, defeat or victory, shall
crown each day.

Not in uncertainty, but well assured

That all that comes to us may be endured,
That in each conflict we shall victors be,—

It may be ours to live and fight thus
certainly.

This blessed equilibrium can be

Maintained alone by him who strenuously
Keeps in subjection to the highest law

His earthly temple, heavenly influences to
draw.

He who by appetites and passions rife

Defiles his body, clogs the stream of life,
Will find his soul defiled, and sadly learn

The Spirit's moving he can now no more
discern.

And physical stagnation by neglect

Of exercise and health will take effect
Upon the spirit; through this heedless folly
One soon will find himself a prey to mel-
ancholy.

Calmness and patience in the hour of stress
Come not to poisoned nerves; but bit-
terness,

Irritability, and sore dismay
The helpless soul leave unto circumstance
a prey.

But he in whom the stream of life flows free,
Renewed in mind and heart each day may
be;

The new-strung nerves, fed from life's
sources pure,

Are balanced, strong and steady, trials to
endure.

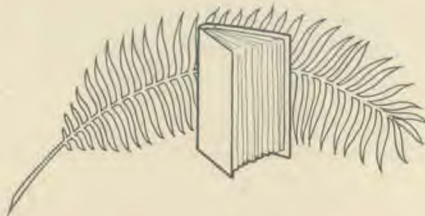
In tribulation, to the quickened ear

The heavenly Comforter can whisper
near;

And the keen eye, in darkest night discern
The Hand that shall his sorrow into glad-
ness turn.

With Nature's laws we'll live in harmony;
So shall our pleasures sweeter, purer be,
And sorrow, trial, and anguish shall at
length

Be changed for us into an everlasting
strength.



IN PEACE PREPARE FOR WAR

BY DAVID PAULSON, M. D.

THOSE who are subject to rheumatism, predisposed to catarrhal and bronchial troubles, and who readily contract colds, instinctively dread the winter season. The best way for this class to get ready for winter is to begin beforehand to take daily instalments of it in the form of cool baths. A poor circulation and a relaxed and debilitated condition of the skin that is unable to react properly when exposed to cold weather is responsible for the majority of these disorders. A daily application of cold water to the entire body, lowering the temperature of the water as the body grows accustomed to it, will gradually get the skin into such a condition that the individual may be almost entirely freed from these serious conditions.

The best time for cool bathing is im-

mediately upon rising in the morning, while the skin is warm, as the reaction will then be more perfect. To begin with, it will be advisable to moisten only one part of the body, as one arm, and then dry it thoroughly before wetting another part of the skin. By this method the whole body is not compelled to react at once. After a little training the entire surface may be sponged with comparatively cold water, and yet a complete reaction will be secured if the cold sponge is followed by thorough friction.

After this has been practised two or three weeks the average individual can safely wring a sheet out of cold water and wrap it around the entire body for a few seconds, and still secure a good reaction by vigorously rubbing the skin until it is in a good glow.

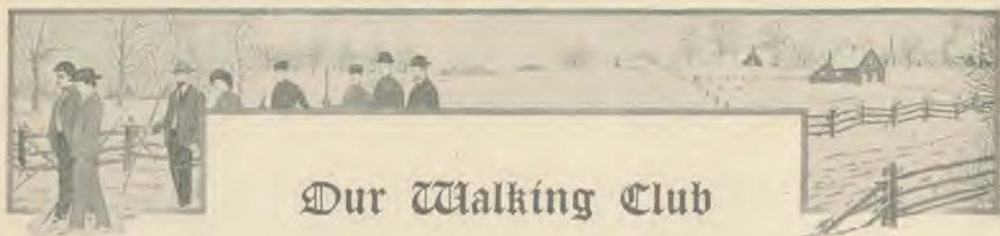
How Virchow Answered a Challenge.

A story is told of two of the most noted of Germans,—Bismarck, the statesman, and Virchow, the scientist. The latter had severely criticized the former in his capacity as chancellor, and was challenged to fight a duel. The man of science was found by Bismarck's seconds in his laboratory, hard at work at experiments which had for their object the discovery of a means of destroying trichinæ, then making great ravages in Germany. "Ah!" said the doctor, "a challenge from Prince Bismarck, eh? Well, well! As I am the challenged party I suppose I have the choice of weapons. Here they are!" He held up two large sausages, which appeared to

be exactly alike. "One of these sausages," he said, "is filled with trichinæ; it is deadly. The other is perfectly wholesome. Externally they can't be told apart. Let his excellency do me the honor to choose whichever of these he wishes and eat it, and I will eat the other!" No duel was fought, and no one accused Virchow of cowardice.

No one will question the good sense of Prince Bismarck in refusing to accept Virchow's challenge.

Every sausage is a challenge to the man who eats it. It may have trichinæ in it, perhaps tapeworm, certainly plenty of germs; and the manufacturer alone knows how many sorts of beasts enter into its composition. The average sausage is more or less of a menagerie.



Our Walking Club

THE natural man does not need to be taught how to walk. In opening this new department, we have in mind the ordinary civilized individual to whom walking is one of the lost arts. "Few men," as Dr. Johnson remarked, "know how to take a walk,"—so few, indeed, that Emerson recommended the publication of an "Art of Walking, with Easy Lessons for Beginners," who were to be called Apprentices. It is our aim to be of service to these apprentices to the noble art of walking.

"'Tis the best of humanity," said Emerson, "that goes out to walk." Whether their excellence was the cause or the effect of their walking, he did not state. Certain it is, however, that walking has a marvelous effect on both the physical and the mental faculties. Not only is it the most excellent of physical gymnastics, which by its rhythmical motion favorably affects every muscle and organ in the body, but it is also of great value as mental gymnastics. "Walking," said Rousseau, "has something which animates and vivifies my ideas." And Sidney Smith declared, "You shall never break down in a speech on the day on which you have walked twelve miles."

In order to get the greatest benefit from walking, it must, of course, be done in the right way. Study the illustrations on page 34, and experiment in getting your weight so poised that it carries itself, and

that you do not have to drag it along, or consciously lift the weight of the body at every step. Unsuitable clothing when walking will also bring weariness, and result in injury. The subject of a suitable walking costume will be treated at length in a future number.

Mere tramping for tramping's sake will not be of very great benefit to either body or mind. One should go out to see, to enjoy, to add to the interests of his life. Nothing is so well-calculated to supply this interest, with all its resulting benefits, as the study of Nature in all her moods and seasons. In beginning this study, few know how to observe, or what to look for. Many older people will doubtless sympathize with the little girl of whom Lord Avebury tells, who remarked disconsolately that the animals never had any habits when she was watching them.

A little training in the greatest of all sciences, the science of observation, will work a marvelous change in one's attitude toward Nature, and give a zest and pleasure to life in the open which will tempt one out of doors on all possible occasions. The most obvious of natural objects at all seasons in most localities are the trees and the birds. The two series of articles on these subjects, by experienced students, will initiate the beginner, and enable him to take up the study of Nature on his own account.

A PLAN FOR PLEASANT AND PROFITABLE ACQUAINTANCE WITH TREES

BY JULIA ELLEN ROGERS

WINTER days are cold and gray — when they are not full of sunshine and a crisp, vitalizing quality rarely felt in summertime. It is as if the frost had precipitated all the noisomeness that belongs to the season of rapid growth and its accompanying decay, and the air of winter thus becomes a distillation of pure ozone. Who that has seen rosy-cheeked children coasting on a snowy hill can doubt or deny it? There is a joy that comes of outdoor life in the winter season which the pleasures of other seasons can not compensate us for, if by any circumstances this particular pleasure is denied us. Nature in the restless activities of the growing season has no more wonderful revelations to make to sharp eyes and alert minds than she will freely reveal after she lapses into her winter sleep.

The proposition to form a walking club for the study of trees is not an erratic, impractical suggestion which is liable to "winter-kill" in the first flurry of snow. It is a part of a widespread movement that has been gaining impetus for many years. It is a phase of the turning toward sensible, wholesome modes of living, — rational feeding and clothing the body, proper exercise, abstinence from drugs and stimulants and all their mischief-making train. In fact, it is one of the means of making and keeping the body a fit temple for the indwelling of the soul. To the mind and spirit of man Nature is the fountain of eternal youth. It was the intention of the Creator that the spirit should never grow old.

Few there be in this generation that cringe and crawl into a hibernating state

when winter comes on. Only the sick must deny themselves the joy of putting on weather-proof clothing and going out into the bracing air. Only the hypochondriac, who is a root out of the ground in this sensible age, cowers over a radiator, daring to breathe no air fresher than that which has been through a furnace, until the far-off spring comes. What a pitiable starvation of soul as well as body comes to these timorous ones! What wonder they are aware of their stomachs and nerves and sleep but poorly o' nights!

Now our Walking Club is to be organized upon a very informal plan. It does not need a constitution and by-laws, nor club dues and fines. It is to be composed of people who like the taste of fresh air, and who believe that there is room in the busiest life for an hour a week spent with congenial folks who have eyes and ears and are eager to use them in pursuit of interesting facts. A systematic study club this may not promise to be. Its object is recreation, by means of the study of trees, — not *books about trees*. I shall be most happy if busy housewives and their husbands who, in the towns, are also tied to indoor employments for many hours a day, should join with the teachers, who give long hours to their duties, to make up the Club's membership. Busy professional men and women need the exhilaration such a weekly outing promises. The ministers will preach better sermons, and the teachers will gather inspiration that will change the whole atmosphere of the schools. The mothers of the children will find their household duties easier for the fresh, new interest they have acquired. And the children,



WHITE OAK (*Quercus alba*)
Type of the White Oak Group

RED OAK (*Quercus rubra*)
Type of the Black Oak Group

for whom we all are working, will be quick to enter into our enthusiasm.

As non-resident, *ex officio* member of these clubs, it will be my part to relieve you of the necessity of procuring books for study, by suggesting subject-matter and plans of procedure. I have no objection to tree books for reference. But let the *trees* precede the *books* in all our doings.

I am going to assume that you do not know one tree from another. Then I am going to introduce you to the noble Oak Family, and promise that you will never need a second introduction. There is scarcely a region of moderate rainfall in the United States that has not some kinds of oaks. To a little stretch of woodland

near the town the Club will naturally walk in quest of these trees. How shall we know them?—By their fruits. All oak trees bear acorns when they are old enough. An oak a foot in trunk diameter usually bears a good crop. And acorns are easily discovered on and under the trees. A noticeable feature of oaks is their tendency to hold their leaves well into the winter. This sets them apart from their neighbor trees as winter advances. These leaves are single, oval palms with their margins more or less deeply cut into alternating bays and capes, to speak in terms of geography. These leaves are about as large as my hand. They are all leathery-in texture, and turn from autumnal reds to purple

in many species, but a rich russet is the commonest color. It will be noted that these trees have their best leaves clustered in a whorl at the tip of each twig. Five is the usual number. The pith of oak twigs shows when cut across as a five-pointed star. The buds are lusty little growing points, matching in their vigor the sturdy trees they have overspread with the promise of next spring's crown of new leafy twigs.

There are two well-defined groups in the oak family. One includes the kinds that bear a crop of acorns in a single season. No acorns are on these trees in winter. Look for them under the trees. Look at the leaves. The annual-fruited oaks have only curved lines in their leaf margins. There are no bristly points finishing the lobes. The buds of these oaks are rounded little knobs, and the bark is usually pale in color. All oaks having these traits of character belong together in "The White Oak Group."

Now, in our search for oak trees of this group, we find others whose leaves have their lobes tipped with bristly points. They are handsomer in shape, you will doubtless think, than those of the white oaks. There are acorns under the trees, and many on them, for these trees are in less haste to be rid of their fruit after it ripens.

Some sharp-eyed member is sure to pull down a branch and call attention

to the fact that the buds are pointed. On top of this discovery comes the more exciting one that little acorns, solitary or paired, are to be found at the joints of the leafy twigs. They are not stunted dwarfs, that's plain, but plump little fruits of the oak. They are well-grown, but only half-grown, for these trees are biennial-fruited. Each autumn a crop of acorns is shed that has been two years on the trees. Dark-colored bark prevails among these biennial oaks. The black oak is typical of the group; hence we call it "The Black Oak Group."

It is well for the subject to be turned over to the Club at this point. Before I withdraw I will mention some familiar oaks in the two groups. The bur oak, swamp white oak, post oak, chestnut oak, and our noble white oak belong to the white oak group. In the black oak group are the red oak, scarlet oak, pin oak, Spanish oak, and black oak.

There are fifty species of oaks native to North America. No one region has any great number of kinds. The commercial standing of oak timber is well known. No nobler shade and ornamental trees exist. Therefore, it is quite enough for one month for the Walking Club to learn *to recognize an oak on sight, and to know how they know it*; and in addition to recognize, by a simple and easy test, to which of the two great family groups any individual oak tree belongs.

OUR BIRD NEIGHBORS

BY BELLE M. PERRY

HAVING eyes, they see not," might be said of most people regarding the world of nature about them. They do not know what a field of interest awaits them at their very doors. Once they begin to observe, however, they are

sure to feel a sense of loss over what they have missed, and they wonder if all these marvels have really been going on before them year after year.

Ruskin says that "the greatest thing a human soul ever does in this world



By permission of A. W. Mumford & Co.

WHITE-BREASTED NUTHATCH

is to see something. . . . Hundreds of people can talk for one who can think, but thousands can think for one who can see."

The nature lover reads a meaning into these words which is impossible to the uninitiated. He has found the key to a pleasure in life which wealth and travel do not furnish. And no branch of nature study offers better opportunities for interest the whole year round than our common birds. Of course the high tide of the year for bird study is the spring. But the time to grow an interest that will make these wonderful days in May, June, and July something to look forward to as they never were before, is now.

Indeed, there is no time like the winter months to become acquainted with these birds that stay with us the year through, our "citizen birds," as the nuthatches, chickadees, and blue jays, and also those winter visitors which nest

farther north,—as the brown creeper, snowbird, snowflake, kinglet, and winter wren.

And the way to a familiar acquaintance is so easy that even if one is confined indoors a large part of the daylight hours, with office cares, household duties, or ill health, he may still have some most fascinating opportunities for observation, providing he has a window that affords easy view of a near-by tree or good-sized shrub.

Would you entice the nuthatches and blue jays? Tie an ear of corn to a branch of your tree or shrub. Try to select a place that will make it easy for the birds to get the kernels. I have seen them perform some quite remarkable feats in getting corn. One will learn the best way by watching the birds. The ear should be tied on so it will not slip or yield on the branch. A good way to prevent this is to shell off two or three rows of kernels so the bare cob will fit closely, lengthwise the branch. Then tie it strongly with common twine, near each end of the ear, bringing the string down between the kernels till it strikes the cob. This will surely bring the birds, unless there is an open corn-crib not far away. I have counted a half dozen blue jays again and again in a snowball bush near my kitchen window. The dear little nuthatches, which I never knew until I began to lure them with food, have never come in such numbers, but they come, and the way they will hold a kernel in their claws, on a limb, and eat it bit by bit as they crack it with their long, strong bills, explains the origin of their name, from a similar way they have of breaking nuts. Their heads will come down like little hammers, and it is very interesting to watch them. And the blue jays, though they often gobble down a half dozen kernels without stopping,

are sure to finish their meal by breaking a few kernels into bits, after the way of the nuthatches. A friend who once had the pleasure of bringing up a blue jay baby that had been hurt, tells me that sometimes her pet would miss the kernels, and his sharp bill would come down on his own claws. And then there was some fiery blue jay language.

As soon as the spring days come, my birds show their independence by forsaking my feeding places and hunting their own food. A strange thing happened, however, last July. For months I had scarcely seen a blue jay, when one morning I discovered a number in my snowball, where there was still a part of an ear of corn. For several days they came occasionally and then disappeared. I think it was some sort of lesson for the young ones, for, though there was no apparent outward difference between the old and young, I easily recognized the babies from their coaxing, helpless ways.

I always keep several ears of corn out, these days, in different trees, but always in view from indoors, and the increasing number of empty cobs tells its own story, so far as the birds are concerned, and surely they do not enjoy their meals any more than the family enjoy watching them. One busy member of the household expressed the wish last winter that he might be sick for a couple of weeks, in order to watch the birds.

Only the nuthatches and blue jays eat the corn, but all the winter birds appreciate the suet and meat bones with which I keep the bird trees supplied the winter through. I tie a piece of suet round and round with twine to a thin board or shingle, and tack it at two points to a good place on a limb. Though we are not meat eaters, we do not hesitate to buy

suet and bones for the birds. And of course we feed them cracked nuts, too. These are placed regularly just outside the window. The woodpeckers are among our most enjoyable visitors, and we have several varieties. Some are as small as a mouse and others as large as a robin. They are very fond of the suet. The way they brace themselves with their stiff, pointed tail feathers, against a tree trunk or branch, to keep themselves in place, and the characteristic of the nuthatch of going head foremost down a tree trunk, and walking on the under side of a limb with as much ease as on top, have been a revelation to many of my friends. I have counted as many as fifty birds at one time on the snowball. The majority, I am sorry to say, were the justly dreaded English sparrow, of which I will say more later.

Those of us who are fortunate enough to have a few nice evergreens on our grounds, are likely to be most favored



By permission of A. W. Mumford & Co.

BLUE JAY



By permission of A. W. Mumford & Co.

WINTER WREN

with certain very desirable birds, both in summer and winter. These trees, besides supplying food, afford the much-needed protection against winter cold and summer storm that is sure to be appreciated and utilized. Every home yard should, on this account, have a few evergreens. Lacking them, the next best thing is to secure enough large evergreen branches from some place where they can be spared, to fasten large clumps of them in other trees. In the meantime there should be no delay in setting out trees when spring comes. I know that many people have a prejudice against evergreens, but they can be set in some unobtrusive place in the background, where a cluster of them will be very pretty.

The hardest time for the birds is when,

after a thaw and a rain, every tree trunk and limb is covered with a coating of ice. It is impossible, almost, for them to get to their insect eggs and weed seeds under the ice. It is on such days that the birds need to be remembered. I have seen them slide about in a most pitiable way on their icy footing when trying to get hold of the corn and suet. And I have gone out more than once and thawed off the ice from their feeding places. If people generally appreciated the services of the birds, as insect and weed seed destroyers and seed sowers, they would know it was time most profitably spent, apart from the pleasure and the humanity of it, to make systematic and intelligent plans, not only individually, but in municipal ways, for the needs of the birds.

Apart from the destruction of the birds by cold and storm, the common house cat and the English sparrow are perhaps chiefly responsible for the growing scarcity of song birds. Professor Forbush estimates that each cat kills on an average fifty song birds a year, and his estimate is supported by ornithologists everywhere. He has known one cat to destroy six bird's-nests in a day. Every bird student and real friend of the birds, no matter how fond he may have been of cats, is bound to come at last to agree with Professor Hodge, author of that admirable book, "Nature Study and Life," who advocates the use in our country of the municipal cat-trap so common in many foreign cities where a systematic protection of birds has been inaugurated. This method is often as much a mercy to the cats as a protection to the birds, for, as Mr. Hodge says, "they breed in great numbers in cities, where their lives are, for the most part, a prolonged misery to themselves and the community."

GAUTIER ON THE VEGETARIAN DIET

GAUTIER, the eminent French authority on dietetics, author of the most recent and authoritative work on foods, entitled, "*l'Alimentation et les Régimes*," while not advocating the non-flesh dietary, does not hesitate to admit that a diet of flesh is quite unnecessary. We quote from the work referred to (page 484) as follows:—

"It would be wrong to maintain that a non-flesh diet will compromise physical energy, although heredity and habit play here an important part.

"According to J. Sinclair, the Hindu messengers who carry despatches for long distances, eat only rice, while covering each day in running from one village to another a distance of at least twenty leagues (sixty miles), and do this not for a single day only, but every day consecutively, week after week.

"The Russian peasants, who live upon vegetables, black bread, milk, and leeks, work from sixteen to eighteen hours a day, and their strength often exceeds that of American sailors.

"The Norwegian peasants scarcely know the taste of animal food. They cover on a continuous run, however, in accompanying the carriages of tourists, a distance of three or four leagues without stopping.

"The modern Egyptian laborers and sailors, a class who, from time immemorial, have lived almost exclusively upon melons, onions, beans, lentils, dates, and corn, are remarkable for their muscular strength.

"The miners of South America, very temperate laborers who never eat meat, carry on their shoulders burdens of two hundred pounds, with which they climb, twelve times a day on the average, ver-

tical ladders sixty to eighty meters (196 to 262 feet).

"The lumbermen of the Haute-Baviere, who live almost exclusively upon meal cooked with a little fat, without either eggs or cheese, do an enormous amount of work. On Sunday only they take a little meat.

"The Turkish soldier is surprisingly frugal. He drinks only water or lemonade, and lives upon a diet of rice and figs, scarcely ever touching flesh. It is well known that the vigor of the Turk is remarkable and his courage indisputable. The porters of Salonica and Constantinople, who live upon the same diet, are proverbially strong; hence the saying, 'Strong as a Turk.'

"I might add that I have known persons, men and women, very intelligent, who became vegetarians on principle or for hygienic reasons after having previously eaten flesh, as is the general case. They have assured me that they found themselves admirably sustained in strength and health.

"Vegetarianism is, then, an acceptable practise, sufficient and useful in certain cases. . . . Its advantages are those which result from frugality.

"Under the vegetarian diet, the tendency to uric-acid diathesis, gout, rheumatism, neurasthenia, etc., disappears or diminishes. The disposition softens, the mind seems to be quieted, and perhaps rendered more acute.

"I have shown what is the influence of a meat diet on the character of animals. As to the effect of the vegetarian diet upon the intelligence, here is the opinion of one or two celebrated men who made observations upon the subject.

"Addressing himself to his friend, Firmus, who abandoned the Pythagorean doctrine to become an eater of flesh, the philosopher Porphyry wrote as follows: 'It is not among the eaters of simple vegetable foods, but among the eaters of flesh that one meets assassins, tyrants, and robbers. . . . I can not believe that your change of diet was made for the sake of your health, for you have constantly affirmed that the vegetarian regimen has been better than all others, not only to maintain perfect health, but also a philosophic and understanding mind, which long experience has taught you.' And Seneca, who, after careful consideration, late in life adopted the vegetarian diet, wrote, 'Impressed by these arguments, I have myself discarded the flesh of animals, and at the end of a year the new diet has become not only easy, but delicious, and it has even seemed to me that my intellectual aptitudes were more and more developed.'"

Speaking elsewhere with reference to the effects of a vegetable diet upon the character of animals, this great authority remarks: "One can not help remarking that carnivorous animals are generally irritable and dangerous, and that the herbivorous, on the contrary, are easy to manage and to domesticate.

The flesh diet, more or less exclusive, is, more than the race, a determining factor of individual character, whether it shall be gentle or violent.

"It is known that the white rats of our laboratories, as long as they are nourished on bread or grain, can be easily tamed, while they become savage when they are nourished on flesh. The same observation has been made in relation to the horse, and also the dog, though the latter is omnivorous.

"Liebig has related that a bear maintained at the museum of Giessen was very gentle and quiet as long as it was nourished exclusively on bread and vegetables; but a few days on flesh diet rendered the animal so vicious as to endanger the life of its trainer, who amused himself by periodically modifying the character of the animal by a change of diet. 'It is known,' added Liebig, 'that hogs may be made so savage by a diet of flesh that they will attack men.'

"The flesh diet, then, certainly influences the personality. It renders a person more aggressive and headstrong. I do not speak now of its evil influence upon the general health, but merely of its influence upon the moral qualities."

BURKE'S RADIOBES

The announcement by Burke that he had succeeded in creating living matter by the aid of radium created quite a ripple in the scientific world, and excited anew the vain hopes of those who imagine that life is a sort of mechanical product or process which may be duplicated in the laboratory of the chemist or physicist if only the right method can be discovered. Sir William Ramsey, however, has easily pricked this scientific

bubble by showing that the so-called radiobes of Burke were nothing more than minute bubbles surrounded with a little skin of albumin formed with the gelatin broth into which Mr. Burke sprinkled his grains of radium. The masquerade of the radium particles which so closely resembles the dance of life, is thus described by Professor Ramsey:—

"During the decomposition of the emanation into helium and other prod-

ucts, much heat is evolved, as was shown by Professor Rutherford; it has been shown before by the Curies that radium continually gives off heat, and Rutherford proved that far the major part of the heat was due to the spontaneous change undergone by the emanation. Now this energy need not all be manifested as heat; some, at least, may appear as chemical action. A solution of the emanation in water decomposes the water in which it is dissolved into its constituent gases — oxygen and hydrogen. And the rate at which the water is decomposed keeps pace with the rate at which the emanation changes — that is, at the beginning, when the emanation is fresh and there is comparatively much present, the amount of gases evolved is comparatively great; and as the emanation diminishes, so the decomposition decreases, less gas being produced in a given time.

“The solution of this gas in water has the curious property of coagulating white of egg or albumen. What is the precise nature of the change produced is unknown. Hence if kept in liquid containing albumen, it forms, no doubt, microscopic cells, for the gas produced is liberated in molecules, or it may be, even in atoms. Some solution, injected under the skin of a living being, surrounds itself with a sac, or bag, the walls of which are thick and hard, and are absorbed only slowly by the living organism. These phenomena require further study, and I regret to say that I have not had an opportunity of examining them more thoroughly, though I hope to do so.

“Mr. Burke made use of solid radium

bromide in fine powder. He sprinkled a few grains on a gelatin broth medium, possibly somewhat soft, so that the granules would sink slowly below the surface. Once there they would dissolve in and decompose the water, liberating oxygen and hydrogen, together with emanations, which would remain mixed with these gases. The gases would formulate bubbles, probably of microscopic dimensions, and the coagulating action of the emanation on the albumin of the liquor would surround each with a skin, so that the product would appear like a cell; its contents, however, would be gas, or, rather, a mixture of the gases oxygen and hydrogen. The emanation, enclosed in such a sac, would still decompose water, for enough would diffuse through the walls of the sac, which, moreover, would naturally be moist. The accumulation of more gas would almost certainly burst the walls of the cell, and almost equally certain in one or two places. Through the cracks more gas would issue, carrying with it the emanation, and with it the property of coagulating the walls of a fresh cell. The result of the original bubble would resemble a yeast cell, and the second cell a bud, or perhaps more than one, if the original cell happened to burst. This process would necessarily be repeated as long as the radium continued to evolve emanation, which would be for the best part of a thousand years. The ‘life,’ therefore, would be a long one, and the ‘budding’ would impress itself on an observer as equally continuous with that of a living organism.”

“THE longer on this earth we live
And weigh the various qualities of men,
The more we feel the high, stern-featured
beauty
Of plain devotedness to duty,

Steadfast and still, nor paid with mortal
praise,
But finding amplest recompense
For life's ungarlanded expense
In work done squarely and unwasted
days.”

Chautauqua School of Health



THE ABSORPTION OF OXYGEN

BY J. H. KELLOGG, M. D.

BREATHING is the receiving of air into the body, or rather the absorption of oxygen. In man and the higher animals this is accomplished by means of a most ingenious pumping device, by which the air is sucked in through the nose and the mouth. This breathing apparatus consists of the chest, the outer walls of which are made up chiefly of ribs and muscles; the diaphragm, which forms the floor of the chest cavity; and the lungs and the breathing tubes which are placed within the cavity. The lungs are a double, hollow sac, which is subdivided into an immense number of smaller sacs, or air cells, in the lining membrane of which is found an extremely rich capillary network, to which is distributed for purification the blood sent to the lungs from the heart. The lungs are covered by the protecting pleura. A similar membrane lines the chest. Air is conveyed into the lungs through the larynx, trachea, and bronchial tubes which are connected with the back part of the mouth. It is as much the duty of every enlightened person to give thought to the quality of the air he breathes, and to the manner of breathing, as to give attention to the food he eats, and the manner in which it is served and eaten. Pure air may indeed be regarded as one of our most necessary foods. In fact, death occurs more quickly when the body

is deprived of air than when deprived of other food or of water.

Air is made to enter the chest by enlarging the chest cavity or thorax. This is accomplished by a downward movement of the diaphragm and an outward movement in all directions of the lateral chest walls. This is largely accomplished by the muscles which lift the ribs and pull them outward from the center of the body. The lungs are emptied by the natural return of the parts to a passive state, when the muscles cease their pulling upon the chest walls. In ordinary deep respiration, when the breathing movements are not interfered with, the movement consists chiefly of an enlargement of the trunk in the region of the waist. There is at the same time a marked bulging forward of the abdominal wall. This style of breathing is sometimes, though incorrectly, termed abdominal respiration. In abdominal respiration proper, there is a forward movement of the abdomen, but without marked enlarging of the waist. Abdominal respiration is most frequently seen in sedentary men and in infants. The opposite style of breathing, known as costal breathing, is seen in women who habitually wear waist-constricting garments. The principal movement is at the top of the chest.

Neither costal nor abdominal respiration is capable of bringing the lungs fully

into action. Only such portions of the lungs act as lie in contact with a portion of the chest wall which moves during the respiratory effort; and in those parts which lie in contact with portions of the chest wall which remain idle, the air stagnates. Carbonic acid gas and other poisonous matters accumulate. The living cells are thereby poisoned and paralyzed. Pneumonia germs and other disease-producing microbes, and especially the germs of tuberculosis, are likely to find lodgment in these idle parts. The paralyzed cells are easily overcome by the invading germs, and so an acute inflammation may be set up, or, still worse, that dreadful disease, pulmonary tuberculosis or consumption, obtains a foothold.

It is important to cultivate a proper mode of breathing, taking pains to expand the lower part of the chest. One does not use the abdominal muscles actively in ordinary respiration, but they are used passively in aiding respiration. As the breath is drawn in when the full chest is expanded, especially the lower part, the abdominal muscles are stretched. The diaphragm, in descending, presses the abdominal organs outward, thus rendering tense the muscles which form the front wall of the abdomen. In expiration, the muscles contract, as does rubber when released after stretching, and by the pushing of the abdominal organs upward, aid in crowding the air out of the chest and preparing for another incoming breath. In order to serve this useful purpose, the abdominal muscles must be strong and tense. Flaccid muscles can render no service. In forcible respiration, as in speaking, the abdominal muscles, as well as the muscles of the chest, must

be kept under constant control, sometimes being contracted with vigor to give an increased force to the voice. This action is especially necessary in public speaking and singing.

In speaking, one should breathe deep enough to feel distinctly the movements of the abdominal muscles. By this means greater volume will be given to the voice, the effort of speaking will be found much less laborious, and the voice will be much less easily fatigued. A high-pitched, strained voice should be particularly avoided as highly irritating to the throat, exhausting to the speaker, and disagreeable to the audience.

Persons who have not learned the use of the abdominal muscles in speaking or in singing, or in whom they are so weak as to be of no service, habitually use the muscles of the throat and the upper part of the chest in a strained way during loud speaking or singing, and greatly to their injury. Not only the voice suffers, but the habit of using the lungs in this way impairs digestion, the action of the liver, and the functions of all the abdominal organs, which need the benefit of the rhythmical movement produced by the strong action of the lower portion of the chest. This is the real secret of the great benefit experienced by many who have corrected their mode of breathing, transferring the principal action from the upper to the lower part of the chest. It should be remembered, however, that the whole chest should be moved, and the upper part of the chest fully expanded, in order to secure proper ventilation of every part of the lungs, thus preventing the lodgment and development of germs and the various acute and chronic diseases which result therefrom.

"THE world leads round the seasons in a
choir,
Forever changing, and forever new,

Blending the grand, the beautiful, the gay,
The mournful and the tender, in one
strain."

RIGHT AND WRONG WAYS IN COMMON THINGS



CORRECT SITTING POISE

INCORRECT SITTING POISE



CORRECT STANDING POISE

CORRECT POISE IN WALKING

INCORRECT POISE IN WALKING



CORRECT POISE

INCORRECT POISE

AN INDIVIDUAL MENU FOR ONE DAY, SHOWING AMOUNT NEEDED AND FOOD UNITS FOR EACH ARTICLE

BY ESTELLA F. RITTER

[FOODS, like all other organic substances, when burned produce heat. The amount of heat produced by a given quantity of food differs according to the amount of water and other elements incapable of producing heat which it may contain. When taken into the body, digested, assimilated, and used, foodstuffs produce the same amount of heat and other forms of energy as if burned outside of the body; hence the number of calories represented in a given foodstuff may be taken as a measure of its food value.—ED.]

BREAKFAST

Corn Flakes	1 oz.	103
Cream	2 oz.	115
Steamed Bananas	2 oz.	65
Toasted Graham Wafers....	1 oz.	123
Health Cocoa	6 oz.	131
		—

Total Calories for Breakfast, 537

DINNER

Vegetable Soup	8 oz.	129
Potato Roll	4 oz.	159
Protose Roast	3 oz.	147
Whole-Wheat Bread	3 oz.	215
Butter	1 oz.	228
Prune Whip.....	2 oz.	92
		—

Total for Dinner..... 970

SUPPER

Fruit Sandwich	3 oz.	335
Roasted Almonds	1 oz.	191
Grape Juice	6 oz.	138
		—

Total for Supper..... 664

Calories for Breakfast	537
Calories for Dinner	970
Calories for Supper	664
—	

Total Calories for One Day..... 2,171

Steamed Bananas.— Slice two ounces or one-third cup of bananas fine and steam in a double boiler for half an hour. When cool add one-fourth ounce or one teaspoonful of lemon juice and the same amount of orange juice. Serve cold or without cream.

Health Cocoa.— Take one teaspoonful each of Health Cocoa and sugar, add a small quantity of hot water and rub to a smooth paste. Add enough water to make half a cup, and let boil two or three minutes in a granite or aluminum dish. Then add one-fourth cup of cream, heat just to the boiling point, and serve.

Vegetable Soup.— Take two ounces of potato (one-fourth cup), two ounces of carrots (one-fourth cup), two ounces of celery (one-fourth cup), one ounce of tomato (one-eighth cup), one-half ounce of onion (one teaspoonful), and one spray of parsley.

Peel and cut the vegetables into small pieces and add eight ounces, or one cup,



POTATO ROLL

of water. When it reaches the boiling point, let simmer slowly for one hour. Press vegetables and liquid through a colander, and season with salt.

Potato Roll.— Mix four ounces (one-half cup) of mashed potato (cold is just

as good if free from lumps) with one and one-fourth ounces (one-eighth cup) of cream and the well-beaten yolk of one-fourth of an egg; salt to taste and beat until smooth; lastly stir in the one-fourth of the white of the egg beaten to a stiff

oughly and bake in a custard cup in a hot oven for fifteen minutes. Cool, and turn out on a plate. Add one-eighth of beaten white of egg with one-half teaspoonful sugar and decorate top and bake until brown.



PRUNE WHIP



FRUIT SANDWICH

froth. Form into a roll and bake in a hot oven until heated throughout and slightly browned. Serve at once.

Protose Roast.— Slice three ounces of protose one-fourth or one-third of an inch thick, and place in a dripper or other baking dish with just enough water to cover. Bake in a slow oven until the water is mostly evaporated and the slice a rich brown in color.

Prune Whip.— Sift through a colander some sweet California prunes which have been thoroughly drained from juice and from which the stones have been removed. Beat the white of one-eighth of an egg to a stiff froth and add two ounces of sifted prunes; beat all together thor-

A very good way to prepare prunes is to soak them twenty hours in just enough water to cover, then steam them in the same water in which they have been soaked. Steam in a double boiler very slowly for three hours. Prunes thus prepared retain the fine flavor and sweetness. No sugar need be added.

Fruit Sandwich.— Cut slices of bread about one-fourth of an inch thick, spread with one-half ounce (one teaspoonful) of almond butter. Prepare a filling by chopping very fine one-fourth ounce (one teaspoonful) of walnuts; add to one ounce (one teaspoonful) of fig marmalade. Mix well, and spread between the slices.

THE ENEMA

THE enema is a most valuable substitute for purgatives. Cases are very rare in which a cathartic drug will be found necessary if the enema is properly used. By means of a fountain douche or some other appropriate form of syringe, water is introduced into the bowels, either warm, cold, or hot, as may

be required. The application should be made with the patient lying, preferably upon the left side. The quantity of water employed is ordinarily two to three pints.

When it is desired to empty the entire colon, a coloclyster should be administered. This requires a larger quantity of water, two or even three quarts, and

the patient should lie upon the left side with the knees drawn up, or in the knee-chest position.

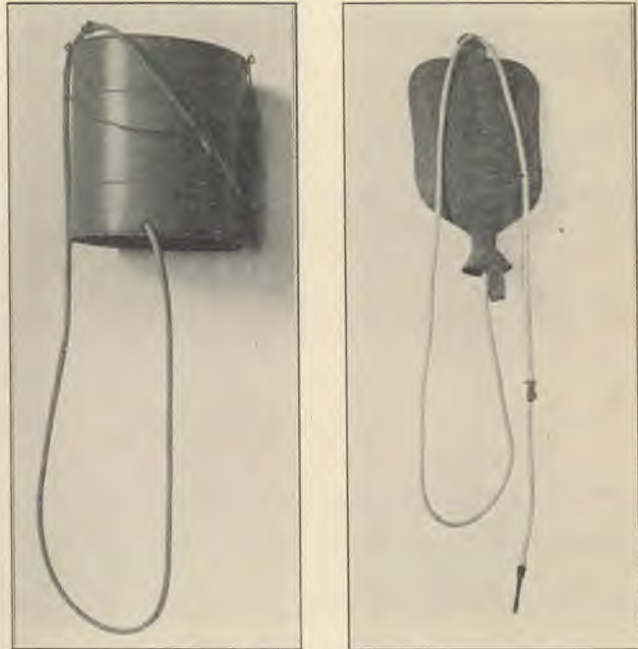
When the purpose of the enema is simply evacuation of the bowels, the temperature of the water should be 75° to 80° F. When there is a habitual and obstinate constipation, water at a lower temperature should be used. The temperature may be gradually lowered from day to day until water at 65° is employed. The colder the water, the less the amount needed, as cold water powerfully stimulates peristaltic activity.

When the purpose of the enema is to antagonize shock, hot water should be employed, temperature 102° to 106° F. Water two or three degrees hotter may be employed if necessary. This is an excellent remedy for shock or collapse in every form, except when due to intestinal hemorrhage or hemorrhage from the stomach. The collapse following the administration of ether or chloroform is best antagonized by the hot enema accompanied by cold friction of the surface. For this purpose the enema may be employed at intervals of one or two hours.

The hot enema is also very useful in cases of urinary suppression, as in the acute inflammation of the kidneys which frequently occurs in scarlet fever and diphtheria. It is useful also in cases of catarrh of the colon.

The cool enema is a most valuable means of lowering temperature in cases of fever. It may sometimes be success-

fully employed when other means fail to accomplish the desired end. The temperature of the water should be 70° to 80° F. Two or three pints should be passed



ENEMA APPARATUS
Metal Fountain Siphon Bag

into the bowels, and after five or ten minutes should be allowed to escape. The same quantity should then be introduced again. This may be repeated many times, until the patient's temperature is lowered one or two degrees, as shown by a thermometer placed in the mouth. The cold enema should always be administered once or twice daily in cases of typhoid fever and other continued fevers.

It is sometimes necessary to withhold fluids, as well as foods, from the stomach. In such cases, water may be introduced into the system through the bowels by means of the enema administered at the temperature of the blood, or 100° F. The quantity should be small, not more than one pint to one and a half pints. This amount may be introduced three or

four times daily, or as often as may be necessary to satisfy thirst.

When rectal feeding is resorted to, as in cases of acute inflammation of the stomach, the bowels should be thoroughly emptied daily by an enema at 80° F.

By the addition of soap, or a tablespoonful of salt, or a teaspoonful of turpentine, the stimulating effect of the enema may be greatly increased. This is necessary in certain cases in which it is required to secure complete and prompt evacuation of the lower bowel, as in the after-treatment of cases of abdominal surgery.

The patient should never be allowed to become habituated to the use of the enema when this can be avoided. In cases of permanent dilatation of the colon, it is sometimes necessary to rely upon the enema as the only means by which the bowel can be properly evacuated. In such cases it is necessary to employ the enema

only every other day, as a period of forty-eight hours is required for filling the colon. In ordinary health only the lower half of the colon is evacuated each twenty-four hours. When a person has become dependent upon the enema, it will generally be found that warm water has been habitually employed. The temperature of the water should be lowered 5° each day until the water is used at a temperature of 60° to 65° F. As the water becomes colder, the quantity may be made smaller, until in favorable cases, evacuation will be secured by the use of half a pint to a pint of cold water half an hour after breakfast. If this is insufficient, a half pint or a pint of cold water may be introduced into the bowel at night on retiring to bed. The disposition to evacuation of the water when first introduced may be overcome by strong resistance for a few minutes, after which the tenesmus will pass away.

J. H. K.

SCHOOL OF HEALTH SEARCH QUESTIONS

THE ABSORPTION OF OXYGEN

1. Of what does the breathing apparatus consist?
2. Describe the means by which air is made to enter the body.
3. In natural breathing, what part of the body is enlarged?
4. Describe abdominal and costal breathing.
5. What takes place in unused portions of the lungs?
6. What is the effect of correct breathing on the voice?

AN INDIVIDUAL MENU

1. Of what is the number of calories in a foodstuff an indication?

2. About what number of calories is required for one day's rations?

THE ENEMA

1. What quantity of water is required for an ordinary enema?
2. What is meant by the coloclyster, and how is it administered?
3. At what temperature should the water be used for cases of habitual constipation?
4. When is the hot enema useful?
5. How should the enema be given to reduce fever?
6. What substances will increase the stimulating effect of the enema?
7. Describe the best method of breaking off the use of the enema.

WHY NOT GIVE THE STOMACH A REST?

“LITTLE Willie isn't well—
Seems to have a bilious spell.
We're afraid he's delicate.
(Had some apple tarts at eight;
Nine o'clock 'twas cookies, then
Followed gingerbread at ten.
At eleven slipped around
And some cheese and doughnuts found.)
Didn't heed the dinner bell;
Wouldn't eat; he isn't well.

“Little Willie isn't well—
(One o'clock 'twas bread and jelly;
Two o'clock 'twas pumpkin pie;
Three, some cake upon the sly;
Maple caramels at four;
Hick'ry nuts at five galore)
For when supper time came he
Was as languid as could be!
What can ail the boy? Do tell.
Little Willie isn't well.”

DO you think it surprising that Willie should have no appetite for his dinner when he had been stuffing himself with cake and candy all the morning? At this time of year there are so many good things about, to be eaten at all sorts of odd times, that there are likely to be a good many little boys and girls with no appetite for their regular meals for the same reason that Willie had none.

Would you not think it cruel to keep a servant hard at work day and night, allowing no time to rest and recover strength? You would know that you could not keep that up very long. If such a servant should not refuse to work for you, he would very soon have to stop, because he would have no strength left for his work.

Yet this is the way a great many people treat the stomach,

which is a faithful servant, doing its best to change the food put into it into good blood to build up the body. So far from giving it time to rest, they do not even allow it time to do its work properly. Before it has time to finish one task, another is forced upon it.

On each side of your mouth, on the inner lining of the cheek, there is a little gland which pours the saliva into the mouth. On the inner lining of the stomach there are many little glands, which pour out juices to digest the food. These glands are at work only when there is food in the stomach.

When there is food in the mouth, you work your jaws and tongue to move the food about and chew it up ready to be swallowed. When the food passes into the stomach, the stomach muscles work to churn it up and move it about so that it shall be all thoroughly digested.

Some of the food is digested in one or two hours, and other foods take three or four hours. But most of the food stays in the stomach until the whole meal is digested and ready to pass on.

When the food is all digested and has passed out of the stomach, the stomach muscles which have been hard at work have time to rest from their labor, and the little glands can be preparing for the work of the next meal.

Now see what happens when one takes food at all sorts of odd times in between meals. If something is eaten an hour after a meal, when the work of digestion is well on its



way, the stomach, instead of going on to digest the meal properly, has to stop and begin the work all over again. The glands have to pour out fresh juice to suit the new food, and this interferes with the partly digested food. The food eaten at the meal is kept much longer in the stomach than it should be, and is quite likely to begin to spoil.

Your mother would not think of adding to some nearly cooked rice a fresh lot of rice that was not cooked at all. If this should be done, the hard, uncooked rice would get mixed up with the other, and it would all have to go on cooking until the last rice was thoroughly cooked. But by that time the first rice would be spoiled.

The stomach is the kitchen where the food is in a manner cooked and prepared before it is carried to all parts of the body. And one meal should be thoroughly treated by the stomach and sent out before any more food is added. And even then, there should be an hour or two for the stomach to rest, so that it will be quite



ready for the work of the next meal.

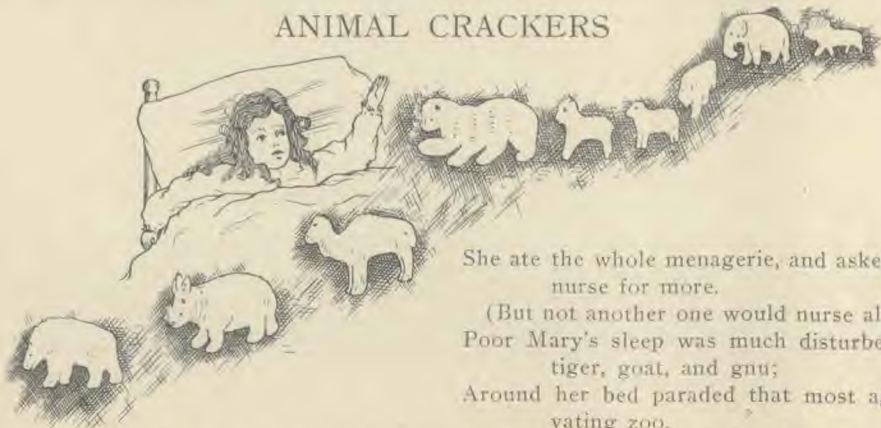
When the stomach is very ill-treated, and a lot more food is thrown into it than it can take care of properly, it simply throws it back again by the way it came. A "bilious attack" is the stomach's way of complaining that it must have better treatment if it is to do good work.

We should make up our minds to treat our stomachs well. Instead of wanting at once some of everything we see that is good to eat, we should use the will power that God has given us, to control our appetite.

If we do not treat our stomachs well, we shall suffer for it in sickness and trouble. A stomach out of order is the cause of nearly all diseases. When the stomach is healthy, the whole body is kept in a healthy state. The stomach will be healthy if it is well treated. So you see it is largely a matter for each one of us to settle for ourselves, whether we will be healthy and happy, or sick and miserable.

E. E. A.

ANIMAL CRACKERS



MARY had a little lamb, two zebras and a boar;

Elephants and camels, too, and others by the score.

She ate the whole menagerie, and asked the nurse for more.

(But not another one would nurse allow.)

Poor Mary's sleep was much disturbed by tiger, goat, and gnu;

Around her bed paraded that most aggravating zoo.

In horrid nightmare circles they all passed in review —

Mary is a vegetarian now!

— *Herbert Paus, in St. Nicholas.*



By the Editor

AN IMPORTANT INVESTIGATION

PROF. IRVING FISHER, the head of the Political Economy Department of Yale University, has become interested in the study of practical hygiene, and proposes to apply the exact methods of the trained scientist to the investigation of the question of diet as it relates to endurance. Professor Fisher has already collected a great number of interesting and important facts bearing upon this question. The fact that a man filling so important a position is willing to take the time and incur the expense necessary for a research of this sort is an evidence of the practical importance of this question.

On another page we print a brief notice from Professor Fisher inviting correspondence from those who have made observations or who have had personal experience bearing upon the question of diet as related to endurance. His notice, to which we desire to call the special attention of our helpers, will be found on page 51. Kindly read Professor Fisher's note, and then if you desire to take part in this interesting research, which is certain to be productive of the most valuable results, put yourself in communication with him immediately in the manner suggested.

HYDRIATIC TREATMENT OF GASTRIC DISORDERS

ACCORDING to Brieger, hydriatic applications in disorders of the stomach have less effect upon the gastric juice than upon the circulation of the stomach and its motility. Fomentations and heating compresses made over the gastric region relieve pain. In gastric ulcer these measures are systematically employed. The mode of applying heat is in these cases a matter of secondary importance. The most common and effective procedures are poultices, the thermaphore, the hot stomach coil, and fomentations. These should be applied for at least three or four hours during the day. During the night the moist abdominal bandage is to be employed.

With fresh hemorrhages the hot compress should not be employed. Instead, cold compresses should be used and ice pills should

be swallowed. Winternitz has also recommended the injection of small pieces of ice into the rectum for causing reflex contraction of the gastric viscera.

In motor insufficiency, atony, and hypopepsia, alternating douches should be applied to the abdomen as a means of exciting the functions of the viscera. This procedure is of great benefit in old cases of catarrh of the stomach. In these cases, as well as in nervous dyspepsia, hot fomentations, or still better, the hot stomach coil, followed by a heating compress are to be used. This measure is also of great service in nervous vomiting and in the vomiting of pregnancy.

When gastric symptoms are of nervous origin, the measures mentioned, together with such general procedures as shallow baths, cold rubbings, etc., are of very great

value. Many of the milder forms of nervous dyspepsia require no other treatment. General cold procedures are of great value in chronic gastric disorders not of nervous origin, to improve the appetite and to relieve the psychic depression which is so often present in those cases.

In acute and chronic diarrhea the patient is first given a cold wet-sheet rubbing, then a sitz bath at 60° to 77°, continued for ten or fifteen minutes (the sitz bath should be accompanied by a very hot foot-bath). Many very sensitive patients can not bear this somewhat severe procedure. In such cases we may employ the wet girdle with a hot coil or hot-water bag over the stomach (the combined compress of Winternitz, or the hot heating compress). Its application should be followed by a short shallow bath.

In habitual constipation the secretory activity of the intestine may be increased and its muscles may be stimulated by thermic or mechanical irritation. This may be accomplished by means of a short cold sitz bath at 53° to 40° for three to five minutes, accompanied by vigorous rubbing to the abdomen (the cold rubbing or tonic sitz). This application may be preceded by a bandage or wet sheet rub. A short

cold spray, or fan douche, applied to the abdomen, or a short cold shallow bath with vigorous cold abdominal gush or pour fulfils the indication. Massage should be applied along with hydrotherapy. If the constipation is not caused by relaxation or atony of the intestinal muscles, but is due to spasmodic contraction of the intestinal walls, antispasmodic measures, such as the prolonged sitz bath and hot fomentations to the abdomen, are indicated.

By means of a short cold sitz bath, a cold spray, a fan douche to the abdomen, and a Scotch or alternating vaginal douche, the muscles of the abdominal wall are strengthened at the same time that the intestinal functions are stimulated. These procedures are hence of value in enteroptosis and movable kidney.

Applied over the region of the liver the fan douche is of use in hyperemia of the liver and in congestion of the biliary passages. In gall-stones and cholecystitis the anodyn effect of hot compresses over the gall-bladder is well known. In gall-stones the daily application of a hot vapor douche, followed by a short cold fan douche, not only relieves pain, but favorably influences the disease itself.

THE INTERNATIONAL CONGRESS ON TUBERCULOSIS AT PARIS

THIS important congress, held early in October, attracted immense attention from the people in Paris as well as from the world at large, and several thousand were present on the opening day.

The congress was opened by the venerable Dr. Héraud, who is still vigorous at the age of eighty-six years. General Schjerning reported that in Germany there are at the present time 127 sanatoriums for tubercular patients. An interesting feature of the congress was the museum which, according to the *British Medical Journal*, presented fascinating models of various sanatoriums, showing also their grounds, groves, walks, meadows, hills, and vales, as well as the

buildings, and photographs showing patients and illustrating their life and the modes of treatment employed. "A novel and most striking feature consists of two rooms; one is furnished in the old-fashioned hotel way, with bed curtains, doubtful-looking eider-down quilts, heavy wooden bedstead, dirty carpet, cloth curtains, and a very plentiful deposit of dust on everything. This is the dangerous room. Opposite is a model of a hygienic bedroom fitted up in the most modern way, showing not a speck of dust on the brightly varnished, lacquered, or polished surfaces. As a pendant to this is a model ward for two patients, showing wax figure patients and nurses, and all the nec-

essary concomitants of an up-to-date ward." The work of such a congress as this is of the utmost importance, but something more than an international congress is

needed. Every community must be educated. Physicians, medical societies, learned philanthropic societies of all sorts, must take up this work against the great plague.

The Effect of Cold on Cell Life.

That cold is a depressant agent in its relation to objects endowed with life is well enough known. In all cold regions vegetable life slumbers during the winter months. Many species of animals also retire from activity and go into a dormant or hibernating state during the cold season. A phase of the question which has remained unsettled until recently is, To what extent is cold fatal to living things, and under what conditions? It has long been known that seeds may be exposed to the most extreme cold of a Northern winter, -70° F. or more, without destroying their vitality, but recently it has even been found that extreme degrees of cold, -600° F., fully sustain vital phenomena. Grains and seeds which have been subject to this extreme cold show the usual signs of vital activity when restored to ordinary temperatures. Recent experiments which have been made by M. Becquerel with wheat, corn, peas, beans, and other seeds show that vitality was perfectly preserved even when the specimens were cooled in liquid air for more than five days, provided the moisture was removed before the cooling.

The Straight-Foot Position.

There has recently been considerable said respecting the proper position of the foot in standing and walking. In Holland the straight-foot position is very general. English-speaking people toe out in walking, but the English army has recently adopted the straight-foot position, and United States marines are now drilled to march and stand in the straight-foot position. Most practical trainers at the present time instruct runners to employ the straight-foot position, as this is the only position in which very great speed may be obtained. A flat-footed per-

son toes out to a marked degree. This position weakens the foot and tends to break it down, while the straight-foot position protects the foot, helps to maintain the body in an erect posture, and protects the muscles from fatigue.

Death from Headache Powders.

Many deaths are occurring nowadays from the use of the much-advertised headache powders which are presented under various names. In the case of a recent death of this sort which occurred from Orangeine Powders, the analysis showed the powders to consist almost entirely of acetanilid, a powerful heart poison.

Poisoning by Wood Alcohol.

Drs. Buller and Wood have contributed to the *Journal of the American Medical Association* an article giving an account of eighty-nine cases of blindness due to wood alcohol. Ten of these cases were due to the absorption of the fumes of alcohol. Two hundred and seventy-five cases of blindness of this sort have been reported, and one hundred and twenty-two—nearly half—proved fatal.

Wood alcohol is sold at the present time under various names, of which the following are a few:—

- Columbian Spirits.
- Eagle Spirits.
- Colonial Spirits.
- Union Spirits.
- Deodorized Spirits.

Most liniments, extracts, essences, etc., contain more or less of this poisonous wood alcohol, and even some bitters and other proprietary medicines have been adulterated in this way. The use of wood alcohol in bath cabinets, in the form of liniments, or any sort of application to the skin, in clean-

ing woodwork, brass, etc., is highly dangerous. The poisonous symptoms do not always appear at once. They are often delayed for several days. Some persons are much more sensitive to this poison than others. A few persons seem to be immune.

The writers above named, who have made a careful investigation of this subject, state that "if ten persons drink, say, four ounces of Columbian spirits within three hours, all will have marked abdominal distress, and four will die, two of them becoming blind before death. Six will eventually recover, of whom two will be permanently blind. With still larger doses, the proportion of death and blindness will be greater."

Tuberculosis in Children.

Von Behring claims that children are much more susceptible to tubercular germs than adults, although the disease is less frequently manifested in an active stage in children than in older persons. Von Behring's view is that children very frequently become affected with tubercular germs by absorption through the alimentary canal from tuberculous milk. Because of the high resistance of the cells the germs are confined to small foci, usually the lymphatic glands, in which they retain their vitality until some advanced period of life when the resistance is diminished, when they spring into activity, and appear as pulmonary consumption, or some other form of well-defined tubercular disease.

Wiegert confirms the views of von Behring. These men have given this subject a most exhaustive study, and are very likely justified in their contention that tuberculosis may be more often traced to food than to air.

Von Behring has shown that when tubercular germs are injected into dogs or guinea-pigs the lungs become diseased just the same as when the germs are received by inhalation. His view, stated briefly, is that "consumption of the lungs is the end stage of an infection inherited in infancy." These are important facts which should be care-

fully considered. Any one who is at all acquainted with the scientific facts which have been developed in regard to milk and tubercular infection within the past few years would not think of eating milk, or of offering it to an infant, without first thoroughly sterilizing it by the application of heat. For sterilization purposes, milk should be heated for at least fifteen minutes to a temperature sufficient to cause a scum to form upon the surface.

The Deforming Influence of School Life.

That the prevailing conditions to which children and youth are subjected in attendance at school need to be reformed is clearly evidenced by an article on "'School' Lateral Curvature," recently read by Dr. Feiss, of Cleveland, before the teachers of physical education of the Cleveland public schools. We glean a few interesting and important facts from this valuable article.

Dr. Truslow, of New York, found that in 400 cases of scoliosis due to occupation, the following occupations were represented: School, 285; factory, 19; clerk, 13; domestic, 8; millinery and dressmaking, 8; messenger, 3; teacher, 2; no occupation, 59.

Dr. Scholder, of Lausanne, Switzerland, on examination of 814 school children found lateral curvature in nearly twenty-five per cent. The curvature was in the great majority of cases toward the left side.

The influence of the school is clearly shown by the fact that the longer the children have been in school, the greater the percentage of curvature, the percentage progressively increasing from 8.7 in the lowest grades to 31 per cent in the highest.

The chief cause of this physical deformity in school children is doubtless the great length of time spent in studying. The trunk muscles become badly relaxed and allow the skeleton to fall into an unnatural position.

Football Murders.

When a prize fighter kills his antagonist he is made to answer to a charge of man-

slaughter at least, which is certainly mild treatment in a country which makes dueling a crime. By the way, how can a just distinction be made between killing a man by means of a pistol or sword, and killing him with the fists? It's the killing that concerns the man, society, and the State. The method of the killing is certainly quite a secondary matter.

The brutality of modern football has reached such a point that even pugilists are crying out against it. Jeffries, the well-known champion of the ring, declares that pugilism is moderation and child's play compared with football. A pugilist would never for a moment be permitted to beat his antagonist in the way in which one football eleven treats the other. The slugging, jamming, bruising methods of football are not permitted in boxing or pugilistic contests. In football, eleven stand up and fight eleven other men for all they are worth. They pound and beat them, choke, wrench and punch them, regardless of where they hit, and this purposely to maim and disable them, so as to put them out of the game. And all in the name of sport.

Three men have just died as the result of football rioting. Who is to be held responsible for their deaths? It is high time that all decent people took their stand against this brutal savagery which is misnamed "sport" so as to cover it with a thin gauze of respectability.

It is encouraging to note that the President has set his face strongly against these barbarities.

Marked Men.

In moving about among his fellows, the experienced physician can scarcely avoid making estimates, often almost unconsciously, of the outlook for life of those with whom he comes in contact. Often enough the physician recognizes among those he meets persons who are standing upon the very brink of physical collapse, though quite

unconscious of the peril of their position. Often enough one meets upon the street boys and girls whose pinched faces and weazened forms show clearly enough that they have little or no constitutional vigor. De Quincy recognized the fact that multitudes are thus marked for premature death, and wrote as follows:—

"If you walk through a forest at certain seasons, you will see what is called a *blaze* of white paint upon certain *élite* of the trees marked out by the forester as ripe for the ax. Such a blaze, if the shadowy world could reveal its futurities, would be seen everywhere distributing its secret badges of cognizance amongst our youthful men and women. Of those that, in the expression of Pericles, constitute the vernal section of our population, what a multitudinous crowd would be seen to wear upon their foreheads the same sad ghastly blaze, or some equivalent symbol of dedication to an early grave. How appalling in its amount is this annual slaughter!"

Six Hundred Years without a Doctor.

According to Pliny, Rome flourished for six hundred years without a doctor. It is maintained by some, however, that when making this statement Pliny was not aware that certain Greek physicians resided in Rome, at least during a part of the period named. But there is certainly no question that in the early days of its history, physicians were very scarce in Rome, and doubtless because there was little occasion for their services. With the advance of civilization, maladies have multiplied, and with the increase of disease there has been a proportionate increase of physicians. There are at the present time in the United States not less than 150,000 physicians, and the number is increasing at the rate of several thousand annually. Whether or not the world is better for this great multiplicity of medical men is a question upon which there may be a difference of opinion.

Sydenham on the Horseback Cure of Consumption.

Sydenham, one of the fathers of modern medicine, long ago advocated the open-air life as the best method of treating pulmonary tuberculosis, and insisted that the disease was curable, long before this view had come to be generally adopted by the medical profession. Said Sydenham, according to Locke: "I am sure that if any physician had a remedy for the cure of phthisis of equal force with this of riding, he might easily get what wealth he pleased. In a word, I have put very many upon this exercise in order to the cure of consumptions, and I can truly say I have missed the cure of very few; insomuch that I think how fatal soever this disease be above all others, and how common soever (for almost two-thirds that die of chronical diseases die of a phthisis), yet it is this way more certainly cured than most diseases of less moment; provided always that this traveling be long persisted in according to the age of the patient and length of the disease. . . . Women or very weak men that cannot ride on horseback may ride in a coach and yet attain the same end, as I have seen by often experience."

Healing Power.

Healing is creating. It requires the same Power to heal as to create. The healing of a sick man is no less a creative act than the making of a man. The transformation of a sick, infirm, disease-ridden human being into one abounding with life and strength, vigor, health, and joy, is one of the most mysterious and marvelous of miracles. The restoration of every sick man who recovers is evidence of a creative power present to repair and to heal.

The Natural-Food Idea in England.

Natural-food ideas are recently making rapid progress among the élite of Great Britain. Lady Henry Somerset has adhered to this diet for more than a year.

Lady Paget is a strong advocate of natural food; and Lord Charles Beresford attributes his youthfulness in spirit and remarkable vigor to his adherence to a non-flesh dietary. George Bernard Shaw denounces flesh food in unstinted terms. He calls meat the "scorched corpse." The Earl of Buchan, Lady Winsor, Lady Herbert, Lady Hamilton, the Countess of Essex, and Mrs. C. Leigh Hunt are other prominent adherents to simple-diet principles.

The Ideal Diet.

Prof. W. O. Atwater, special agent of the United States government, in charge of the nutrition investigations in various experiment stations maintained by the United States Department of Agriculture, closes one of his most interesting and valuable reports — Farmers' Bulletin No. 142 — with the following words: —

"It should always be remembered that 'the ideal diet is that combination of foods which, while imposing the least burden on the body, supplies it with exactly sufficient material to meet its wants,' and that any disregard of such a standard must inevitably prevent the best development of our powers."

Vain Philosophy.

Socrates complained of the philosophy of his day, that it was wholly concerned with things which could not possibly yield any benefit to any one, and with problems for which no answer could be found. The same might be said of much of the philosophizing of the present day. Our educational systems need revising. Thousands of young men and women spend a considerable part of their time in school in poring over books which yield no profit to them other than the empty honors of scholarship, and in no way prepare them for useful activities in life.

The Vitality of Mosquitoes.

Dr. Barry reports, in *American Medicine* for September, 1905, some interesting observations, which show that the larvæ and

pupæ of malaria-bearing mosquitoes bear desiccation remarkably well. These pupæ were placed in a glass jar, the bottom of which was covered with two inches of fine river sand nearly dry. They hatched out and became adult mosquitoes twenty-four hours after being placed in the jar. It is hence evident that it is not safe to empty vessels containing stagnant water filled with larvæ of mosquitoes without taking pains to destroy these pests.

The Influences of Light and Air on Tuberculosis.

M. Juillert, the eminent sanitarian of Paris, has been making careful study of the conditions under which tuberculosis most frequently occurs in Paris, and has observed that the disease is very much more frequent in the lower stories of tenement houses than in the upper stories. The upper stories are usually occupied by persons of a poorer class who have more numerous families.

Marie Davy has made an interesting study of the relation of tuberculosis to the number of doors and windows. The results are very interesting. They show very conclusively that those which have the most doors and windows are the freest from tuberculosis. For instance, in houses in which the number of doors and windows was three for each inhabitant, the number of deaths per thousand inhabitants was also three. When the number of doors and windows arose to four to each inhabitant, the mortality reached only about 1.3. In a community numbering one hundred and thirty-nine thousand, in which the average number of doors and windows per inhabitant was 1.8, the mortality was 8.2 per thousand. In seven districts having an aggregate population of 1,200,000, with an average of 1.6 windows per inhabitant, the mortality per thousand was 6.1. In seven other districts having a population of 666,000, with an average of 2.8 windows per inhabitant, the mortality per thousand was 2.7, or less than half as many.

M. Juillert states that in eleven years

thirty-nine thousand houses out of the eighty thousand houses in Paris furnished over one hundred thousand deaths from tuberculosis, out of which 1,820 houses gave 11,500 deaths, and ten of these, having a total population of 967, gave in ten years 212 deaths. One of these houses, which had a very narrow court presenting a superficial surface of only about eight square yards, gave in seventeen years thirty-six deaths out of sixty inhabitants.

These figures show clearly enough the importance of light and air as a preventive means against that greatest of all foes of human life — tuberculosis.

IN these days of scientific discovery we fear too exclusive attention is being paid to germs. Almost every human malady has been traced directly or indirectly to microorganisms. There is a tendency to overlook the great fundamental fact that germs are, after all, only the exciting cause of disease. The healthy organism is thoroughly able to defend itself against all comers in the shape of germs. Bad habits open the door to the germ enemies of life by producing conditions which favor infection and germ growth within the body. Wrong habits of eating and drinking, neglect of exercise and other matters essential to health, break down the body and leave it an easy prey to scavenger and parasitic organisms, which are powerless to invade a healthy body.

THERE is a divine promise in every seed. If planted under right conditions and properly cared for, it will develop and bring forth other seed a hundredfold or a thousandfold. A rich reward is promised for every right act. An act is like a seed. If we sow a crop of right conduct, we shall reap a harvest of health,— physical, mental, and moral. The man who plants corn, reaps corn. The man who plants health, reaps health. The man who plants disease, reaps disease.



Question Box

10,285. Macerated Wheat — Constipation — Cascade Treatment — New Internal Bath.—A subscriber, Connecticut: "1. What do you think of the macerated wheat sent out from Kansas City, Mo., for constipation? 2. Is the tract called 'The Yeo Dyspepsia Treatment,' Sanatorium System, Battle Creek, Mich., published by the GOOD HEALTH institution? 3. Is it well to use senna leaves for constipation? 4. What is your opinion of the 'New Internal Bath' colon syringe?"

Ans.—1. We make no use of it, and do not recommend it. Formerly we employed measures of this sort in the treatment of constipation, but found that the remedy was not curative, but in the end rather aggravated the difficulty by increasing the dilatation of the colon through the excess of waste matter. Dilatation of the colon is unquestionably the foundation of the condition which causes constipation in many cases. In such cases, the use of raw wheat and other coarse foodstuffs must prove highly detrimental.

2. No, indeed. A multitude of quacks have established themselves at Battle Creek for the purpose of utilizing the reputation of the Battle Creek Sanitarium. None of these advertising fakirs are in any way connected with the Battle Creek Sanitarium or with GOOD HEALTH.

3. No. In an emergency, senna or any other laxative might be used, but the habitual use of laxative drugs is highly detrimental. We do not use senna or recommend it.

4. Nothing better for emptying the colon has ever been invented than the simple ordinary bulb syringe or the fountain syringe.

10,286. Trouble in Swallowing Food — Neuralgia — Extreme Exhaustion.—Mrs. E. R. B., Michigan: "Am sixty years old, and have suffered for several years with constipation, heartburn, and distress in the stomach. At times can not swallow food without difficulty because of what seems to be a lump in the throat, which distresses me to swallow the first few mouthfuls. The last few years have had pains, seemingly neuralgia, in the flesh over the stomach. Pains affect the back and arms. Am weak and easily exhausted. Please prescribe."

Ans.—It is quite possible you may be suffering from some grave disease of the stomach. Your case ought to be looked into very thoroughly at once. The difficulty with the stomach may be ulcer, or malignant disease, or simply irritation. It may be relief can be obtained by a fomentation over the stomach for fifteen or twenty minutes three or four times daily. There are other measures which may be usefully employed.

10,287. Saline Cathartic—Falling Hair—Mole — Defective Memory — Cholera Morbus — Lemon Juice — Inactive Liver — Cold Baths — Rheumatism.—C. H., Colorado: "1. What is the 'saline cathartic' recommended by Dr. Kate Lindsay in March GOOD HEALTH? 2. Please give the amount of salt to be used. 3. Please prescribe for falling hair caused by dandruff, with itching and soreness of scalp, and slight eruptions at times. 4. Is salt injurious to the brain when applied to the scalp? 5. In the removal of a mole by means of nitric acid, how can I prevent a scar? 6. Would acetic acid prevent it? 7. Would you recommend a 'memory training' course? or what can I do to strengthen memory? 8. What should one do in a sudden case of cholera morbus when no physician is at hand? 9. Where could I get a pronouncing speller for a child taught at home? 10. Is lemon juice beneficial taken before breakfast? 11. Is it a perfect germicide? 12. Prescribe treatment for inactive liver. I use plenty of vegetables, apples, milk, and eggs; seldom touch meat. Have plenty of outdoor exercise. Use a little weak coffee once a day as a stimulant. 13. Would a cold morning bath be beneficial? 14. Should an elderly woman, suffering from rheumatism, take cold morning baths without an assistant? 15. Would the friction, rubbing, etc., be too violent exercise? 16. Would the addition of salt be beneficial? 17. Would salt glows be helpful? 18. Would a liniment composed of the following formula be injurious; pour 1 qt. turpentine over 1 oz. of sugar of lead, add 1 oz. nitric acid; stir four times, or until sugar of lead becomes doughy looking; then slowly, a drop at a time, add ½ oz. sulphuric acid, or enough to cause the liquid to boil gently a few moments?"

Ans.—1. Seltzer, or Seidlitz powder.

2. One or two teaspoonfuls are usually sufficient.

3. A thorough shampoo for the scalp once or twice a week; daily rubbing with cold water, followed by the application of a solution consisting of twenty grains of resorcin and two drops of castor oil to the ounce of alcohol.

4. No.

5. It is impossible to prevent a scar after such an application. The X-ray is sometimes successful without scarring.

6. No.

7. A memory course is good as a means of developing the memory. The study itself is good gymnastics for the memory.

8. Stop eating, go to bed, drink one or two glasses of hot water every hour; take a hot enema for a free movement of the bowels, and, in the majority of cases, the disease will disappear in less than twenty-four hours.

9. At any bookstore.

10. Yes.

11. Yes, but of course not in any degree of

dilution. Pure juice can be relied upon to destroy all dangerous germs.

12. Fomentation over the liver, followed by a heating compress, consisting of a towel wrung out of very cold water, covered first with mackintosh, then with flannel. Take the fomentation at night, then apply the heating compress, to be retained during the night. Stop the use of meat; use milk and eggs very sparingly. Discard coffee and other stimulants. Take a cold bath every morning by rubbing the skin thoroughly, until well reddened, with a towel wrung out of cold water. Keep the bowels regular, if necessary, by the use of a cool enema daily.

13. Yes.

14. An assistant will certainly be a great advantage to such a person.

15. Moderate exercise following the bath or in connection with it, is advantageous.

16. Yes.

17. Yes.

18. No.

The standard antiseptic

LISTERINE

Awarded

GOLD MEDAL

Universal Exposition
Saint Louis
1904

A non-toxic antiseptic of known and definite power, prepared in a form convenient for immediate use; of ready dilution, slightly, pleasant, and sufficiently powerful for all purposes of asepsis—these are advantages which Listerine embodies.

The success of Listerine is based upon merit, and the best advertisement of Listerine is—Listerine.



Hygiene

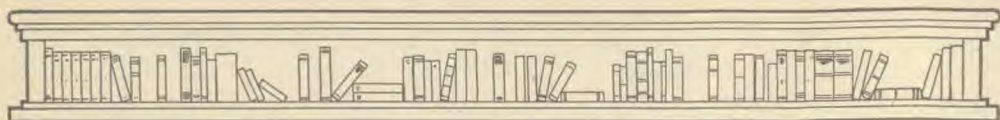


An interesting booklet entitled "Hygiene" may be had upon request.

Lambert Pharmacal Company

St. Louis, U. S. A.

Literary Notes



SEVERAL months ago, Dr. Albert B. Hale, of Chicago, member of the Pan-American Medical Congress, undertook, at the instance of *The Reader*, an examination into the problem of tuberculosis, and, particularly, the efficacy of its treatment by removal of the sufferer to some section of the Southwest. Dr. Hale's investigation, which was searching and thorough, has been completed, and the results of his observations will appear in two articles in *The Reader*, the first in the January number.

It was firmly believed by the Greeks as early as the sixth century B. C. that he who slept in the temple would be surely cured of any physical disorder. Dr. Hugo Magnus, in his new book, "**Superstition in Medicine**," says that a tablet found in the temple of Æsculapius at Epidaurus tells us that a blind man by the name of Hermon, a native of Thases, had recovered his sight by sleeping in the Epidaurean Temple of Æsculapius. However, it appears that this man Hermon had been a miserable wretch, for he disappeared without having expressed his thanks in hard cash. Naturally such ingratitude provoked the god, and summarily he blinded the thankless individual again. It required a second temple sleep before the god condescended to become helpful once more. But our tablet does not mention anything about the amount of the remuneration paid by our friend Hermon who had been twice cured of blindness, neither is this at all necessary. The miraculous tablet, even without stating the price, doubtless made sufficient impression upon the minds even of the most parsimonious of future patients.

Funk & Wagnalls Company, New York.

I know a lady who has been confined to her couch in a small room for years, and can see only the tops of trees from her resting-

place, yet she is so cheerful and hopeful that people go to her with their troubles, and always go away comforted and encouraged.

"Oh, isn't the spring beautiful!" (or summer, autumn, or winter, as the case may be) is her exclamation to callers, even when her body is quivering with pain. Her eyes are always smiling. A light shines through them which was never seen on land or sea.

Will any one say that this woman, who has brought light and cheer to all who know her, is poor, or a failure, simply because she has been confined to that little room all these years? No; she is a greater success than many a rich woman. She has the wealth that is worth while,—the wealth that survives pain, sorrow, and disasters of all kinds,—that does not burn up,—which floods or droughts can not affect,—the inexhaustible wealth of a sunny, cheerful soul.
— **Success Magazine.**

"ADDRESSES FOR YOUNG PEOPLE."

The new book for the youth, entitled "Addresses for Young People," by President C. C. Lewis, of Union College, is ready for delivery. The titles of the addresses are as follows: 1. Christian Manliness; 2. Reason, Revelation, and Faith; 3. Manual Training in the Public Schools; 4. Ideals and Ambitions; 5. The Sure Foundation; 6. A Higher Standard of Christian Education; 7. Workmen Approved of God; 8. The Art of Questioning; 9. Acquaintance with God; 10. Habit and Education; 11. Behold, He Cometh; 12. The True Sabbath; 13. The Keeping of the Heart. The book is handsomely and durably bound in dark blue cloth, with side and back titles in white. No more appropriate birthday or holiday present for a young man or woman could be procured.

Price, postpaid, \$1.00. Five copies for \$4.00, carriage prepaid. Liberal terms to agents. Address all orders and inquiries to Union College Press, College View, Nebr.

NOTICE

Professor Irving Fisher, of Yale University, desires us to print the following letter:—

The undersigned is attempting to collect statistics bearing on the question of diet in relation to endurance. His studies are not made in the interest of any dietetic theory, but merely to obtain the facts as shown by the experience of individuals. It is hoped that all who see this, and have had experience with more than one system of diet, will signify their willingness to contribute that experience, whether it has been favorable or unfavorable to any particular theory, and even if they think their own experience of no value. Definite questions will be submitted to those who sign the enclosed statement and send it to

IRVING FISHER,

460 Prospect St., NEW HAVEN, CONN.

The undersigned is willing to state his personal experience as to working power under different dietaries, and will be glad to receive a letter from Mr. Fisher specifying the exact data required.

Name.....

Address.....

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

In replying to advertisements please mention GOOD HEALTH.

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

ANNUAL BANQUET TENDERED THE INTERNATIONAL CHAUTAUQUA ALLIANCE, BY THE BATTLE CREEK SANITARIUM.

THERE gathered in Chicago recently a small company of thinking men to discuss the successes of the Chautauqua season of '05, and to confer together for plans and methods which should make the Chautauqua season of '06 still more successful. These men were just plain men; but if the big, wide, struggling world could have heard their discussions through the days of November 8 and 9, as they sat in convention together, this same discouraged world would have taken heart for another day. The clergy would have known, could it have listened, that it had a live, active partner in the field for the promulgation of the gospel; for, as the chairman asked these plain, thinking men to tell what had been the most successful effort of '05, and what should be the most prominent feature of '06, one after another, almost after the fashion of a Methodist class-meeting, held up the blessed Book, and without any especial pledge each to the other, and in the most natural fashion, promised increased vigilance along evangelistic lines for coming years.

One reported that instead of the lecture for the morning hour, he had substituted the service of an evangelist of note; and it would have done any Christian soul good to have heard his earnest, glad report of the conversions brought about by this dedication of the lecture hour to the preaching of the gospel.

Every Chautauqua represented had its Bible work. This seemed to be the most

prominent, the most important feature, and we were reminded over and over of their loyalty to that one of the three mottoes upon which Chautauqua was founded,—that motto which reads, "Let us keep our Heavenly Father in the midst."

Then the educators of the country, who so honestly would give to the eager youth who are debarred from education, something larger, more liberal, more generous if it were only possible, would find the way made possible by this same body of plain men. Among them there is one—there may be more, but this one whom we happen to know well, himself born in poverty, longing through his boyhood for an education that came not, stimulated to added effort by his mother's hope for him,—this same boy climbed the rugged road of knowledge through common school, night school, high school, first-grade certificate, third-grade certificate, school teacher, school inspector, professor, and to-day is superintending a Chautauqua that holds out inducements to every eager youth in the land. To this summer Chautauqua they come by the hundreds (twenty thousand on the ground one Sunday) to take the class work which is provided in almost profligate generosity through the days of this summer school out of doors.

Physical culture was not forgotten, athletics were not forgotten, amusements were not forgotten—amusements of a chaste, high, clean sort. Carefully discussed this department was, almost, we might say, prayerfully discussed, and yet there was no dearth of amusement in the planning for the season of '06.

At the close of the first day's arduous work this little company of world's benefactors gathered at the Baltimore Café, where tables spread with wholesome food were artistically arranged. Down the long tables large bouquets of meteor roses repeated themselves some half dozen times, and at each plate were roses for the ladies and carnations for the gentlemen. These, with fresh green ferns in profusion, completed the floral decoration of the tables. The following was the bill of fare, and our worthy guests partook with apparent relish:—

PIANO TUNING PAYS

Our Graduates Earn \$5 to \$10 per Day the Year Round.

IF YOU ARE RECEIVING LESS, WE CAN DOUBLE YOUR EARNING POWER.



THE TUNE-A-PHONE IN USE.

We teach Piano Tuning, Action Regulating, Voicing and Fine Repairing, all in one practical, easy and complete course, taken at your own home by correspondence. Under our PERSONAL ATTENTION system of instruction, and by use of our EXCLUSIVE invention, the **TUNE-A-PHONE**, ANY ONE WHO CAN READ can learn to tune. After two or three months of LEISURE HOUR STUDY, you can begin to earn money by tuning, regulating and repairing pianos. When you have finished our course, we will grant you a **Diploma** accepted everywhere as **PROOF OF SKILL**. You will then be in possession of a business that will make you **INDEPENDENT** and your own master for life.

We supply **FREE** a **TUNE-A-PHONE**, also a working model of a full-size, modern upright Piano Action, also the necessary tools for each pupil. Many professional tuners study with us to perfect themselves in their art. **SCORES OF MUSICIANS** take the course that they may be able to care for their own instruments. More take our course as a **sure means to money-making**. We fit our students to command splendid profits in the pleasantest of professions.

Read what some of Our Graduates

Say about it.

"My best day's earnings has been to tune four pianos at \$3 each."—(Rev.) C. D. Nickelsen, Hood River, Oregon.

"I made \$36 last week, and \$12 the last two months, tuning and regulating pianos."—Joseph Gribler, Astoria, Oregon.

"I average \$9 a day."—Simpson Thomas, Aquéogue, N. Y.

"I easily make an average of \$5 to \$6 a day."—John T. Hannan, Galit, Ohi.

"I made \$100.00 fixing two old pianos."—Mrs. S. A. Albertus, Los Angeles, Cal.

"I made \$31.50 the first two weeks, and \$5 to \$12 per day thereafter."—Carey F. Hall, Coffeyville, Kan.

"I am earning good money since I began tuning, repairing, etc. Last week I took in \$27.50, and next week I am sure I can raise that."—Ray J. Magnan, Manistee, Mich.

"This profession, I find, is one that is surely not over-crowded. At a place where there are several older tuners, I get more work than I can easily dispose of, from which I realize from \$2.50 to \$3 per instrument."—J. W. Unser, Tiffin, Ohio.



NILES BRYANT, DIRECTOR

LET US MAKE YOU LIKEWISE PROSPEROUS

THE NILES BRYANT SCHOOL OF PIANO TUNING

401 Music Hall, Battle Creek, Mich.

Send TODAY for free illustrated, descriptive booklet



THE ACTION MODEL

60 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.

In reply to advertisements please mention GOOD HEALTH.

Holds America's Highest Prize

Walter Baker & Co.'s Breakfast Cocoa



Finest in the
World

46

HIGHEST
AWARDS IN
EUROPE
AND
AMERICA

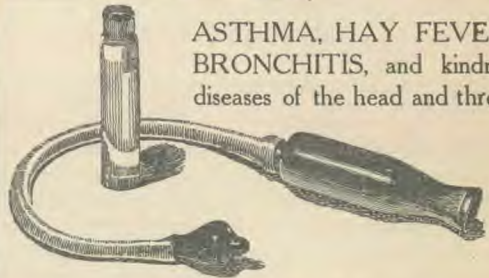
Sold in 1/2-lb. and 1/4-lb. Cans
FULL WEIGHT

WALTER BAKER & CO. Limited

Established 1780

DORCHESTER, MASS.

CATARRH



ASTHMA, HAY FEVER,
BRONCHITIS, and kindred
diseases of the head and throat

are quickly relieved by Dr. Kellogg's recently patented device—The IMPROVED

Magic Pocket Vaporizer

The most simple and convenient instrument made for this purpose. The only one which effectively treats the nasal and frontal cavities of the head, accomplished by its special nasal tube. Charged ready for use and supplied with extra solution sufficient for three months' treatment. Write today for booklet.

MODERN MEDICINE CO., Battle Creek, Mich.

Celery and Almond Bouillon
 Ripe Olives Whole-Wheat Wafers
 Broiled Nuttolene—Cranberry Sauce
 Peas in Cream
 Braised Protose
 Asparagus Tips on Toast
 Sanitarium Grape Juice
 Chautauqua Salad
 Cream Sticks
 Angel Cake
 Sanitas Orange Jelly
 Health Chocolates Tokay Grapes
 No-Coffee

At the close of the banquet were many expressions of generous appreciation, both from the guests to the Battle Creek Sanitarium for the feast, and from the management of the Battle Creek Sanitarium to the management of the Baltimore Café for the most excellent service.

The evening was most happily concluded by an entertainment of song and recital by Mrs. Fanette Sargent Haskell, Miss Mary Florence Stevens, and others, after which pleasant relaxation, our friends, the Chautauquans, returned to the arduous labor of finding for the Chautauqua plan larger and, if possible, better programs for '06,—rested in mind, and possibly refreshed and strengthened in body because of the evening's rest and pleasure.

CAROLYN GEISEL, M. D.

With its latest issue for 1906-'07, the **Physician's Visiting List** (Lindsay and Blakiston) reaches the fifty-fifth year of its publication. Its completeness, compactness, and simplicity of arrangement, in which it is excelled by none on the market, ensure for it well-deserved popularity. In addition to the regular annual edition, a perpetual edition is published, without dates, which can be commenced at any time and used until full.

Regular edition, for twenty-five patients per day or week, \$1.00, post-paid.

P. Blakiston's Son and Co., 1012 Walnut St., Philadelphia.

THE **Index to Good Health** for 1905 is now ready, and may be had by subscribers on application.

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

REDUCED TO \$5.75 FOR ONLY 60 DAYS.
\$8.00 PURITAN WATER STILL.
 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.



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.

A TRAIN LOAD OF BOOKS

BIG BOOK HOUSE FAILED

Stock Must be Sold at Once at from 10 to 50 Cents on the Dollar

THESE ARE SAMPLE PRICES.

Late copyrights were \$1.50. Our price, 38 cts. List includes "The Christian," "Call of the Wild," "Brewster's Millions," "Graustark," "The Castaway," "David Harum," etc. **Encyclopedia Britannica, 10 vols., half leather, regular \$36.00; our price, \$7.75.** Charles Dickens's complete works, 15 vols. regular \$15.00; our price, \$2.95.

Xmas Special. **WORLD'S BEST POETS.** Shakespeare, Longfellow, and 48 others. De Luxe edition. Full leather, padded, pure gold edges, regular \$1.50; our price, 70 cts. each.

Every book guaranteed to be new, perfect, and satisfactory, or your money back without question or quibbling.

Practically any book or set of books you want at a fraction of the retail price while they last. Get our free bargain list before ordering.

Save 50 to 90 per cent on Christmas books.

Write for it to-day.

THE DAVID B. CLARKSON COMPANY

Dept. 4

Chicago, Ill.

BURN AIR-IT'S CHEAP NO STOVE LIKE IT!



Consumes 295 Barrels of Air to one gallon of Kerosene. Penny fuel, burns like gas, hottest fire, won't explode, saves work and fuel bills. No coal, wood, dirt, ashes—no wick, no valves, easy operated, handsome, durable. Grand heater for houses, office, store; no pipes or flues; portable, also splendid cooker, baker. 13000 Harrison Wickless, Valveless Oil-Gas and Air Burners sold one month. **AGENTS WANTED—\$40 Weekly. Greatest MONEY MAKER.** Guaranteed, all sizes, sent anywhere, \$3 up. Write, **FREE proposition, 30 day trial offer.** Address **World Mfg. Co., 15 World B'ldg., Cincinnati, Ohio.**

A BATH
FOR
BEAUTY
AND
HEALTH.



\$2
ONLY

THE ALLEN FOUNTAIN BRUSH settles it. So simple, convenient, effective.

A PERFECT SANITARY BATH, HOT OR COLD, WITH 2 QTS. OF WATER.

Friction, Shower, Massage, combined. Cleanses skin, promotes health, cures disease. For every home, every traveler, with or without bathroom.

SEND \$2.00, one-third of regular price, balance 30 and 60 days, and we will ship our \$6.00 Superb Portable Outfit No. 1A, including Superb Fountain Brush, Metallic Sanitary Fountain Tubing and Safety Floor Mat. Fully Guaranteed.

Write for Free Book "Science of the Bath"

Please state whether you want outfit for your own use or desire the agency

AGENTS make \$50 weekly
Ask for terms.

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

No. 3—Brush, with bath-tub connect'n \$3.50

The Allen Safety Mat, 3 feet square \$1.50



Mat Holds Five gallons.

Easily emptied.

HOLIDAY PRESENTS
MEN'S SUSPENDERS
Arm Bands, Ladies' Garters
with the unique new fad
PHOTO LOCKET BUCKLE
PATENTED JANUARY 19, 1904.
Particularly appropriate novelties in which photographs can be inserted.
AN INEXPENSIVE GIFT, COSTING ONLY ONE DOLLAR EACH
The photo locket buckles are extra heavy gold and silver plated, on which you can engrave initials or monograms. The web is best quality silk, in fascinating shades of light blue, white, and black, and they are packed in attractive single pair boxes. **Handsome, Dependable, Useful!**
Sold everywhere, or mailed for \$1.00 and 10 cents postage.
State kind and color desired. If engraved, 75c. per pair extra, with not more than three letters on a buckle. Photographs reproduced, 50c. per set of two, to fit buckle.
HEWES & POTTER
Largest Suspender and Belt Makers in the World.
79 Lincoln St., Boston, Mass.
Our suspender booklet, showing many styles adapted for every purpose, and giving valuable information about correct dress, FREE ON REQUEST.

BEAUTIFUL HYMNS Four favorite hymns, beautifully lithographed and illuminated in gold and colors, embellished with flowers. Printed on card board, 9 x 10 inches. Will frame nicely.

LEAD, KINDLY LIGHT JESUS, LOVER OF MY SOUL
NEARER, MY GOD, TO THEE ABIDE WITH ME
Each postpaid 10 cts. Four postpaid 30 cts.
Agents' Terms Given.

SANITARIUM SUPPLY Co.
Nashville Tenn.

HORLICK'S MALTED MILK
FOR
Shakespeare's Seven Ages

Is a complete, pure food, which builds up the brain, bones, and muscles, and promotes healthy growth of the entire system. All of Nature's mineral phosphates are retained. Helpful in meeting the strains put upon the growing child of school age. Also as a table drink, far superior to tea, coffee, and cocoa, for the whole family.

Pure milk and extracts of selected malted grains. A delicious food-drink is ready in a moment by simply stirring the powder in water. In Lunch Tablet form also a healthful confection for children, recommended by physicians. Excellent as a lunch at recess.

Horlick's Malted Milk is used extensively at the Battle Creek Sanitarium.

A sample, vest pocket lunch case, also booklet, giving valuable recipes, sent if requested. At all druggists.

ASK FOR HORLICK'S: others are imitations

Horlick's Malted Milk Company
Racine, Wis., U. S. A.

London, England. Montreal, Canada.

2d The school boy with his shining morning face

Our Health Waist



LONG WAIST

Design
Perfect
☘
Quality
the Best



SHORT WAIST

REPLACES the *CORSET*, fulfilling all requirements without its harmful effects. For *Gracefulness, Ease, or Comfort* this garment surpasses anything ever before manufactured. For *Economy* this waist is cheap at any cost when compared with the old style corset, because it does not deform the body, nor destroy health, but benefits and restores instead. It is *washable and adjustable*. You can make it larger or smaller by adjusting the shoulder straps and oval elastic in either side. By making the former longer or shorter, the length of the skirt may be regulated.

We sell three qualities,—a medium weight jean twilled material, or lighter weight Batiste for summer wear, and a heavier weight sateen. White or Drab Jean or Batiste, bust measure 30 to 38, price \$1.25; 40, \$1.50; 42, \$1.75. White or Drab Sateen, bust measure 30 to 38, price \$1.75; 40, \$2.00; 42, \$2.25. Black Sateen 25c additional, or for any size above 42 in. in either quality, 25c extra. No odd-numbered sizes.

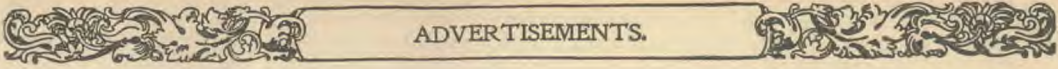
When sending in orders for waist *take the bust, hip, and waist measures snugly over the undergarments*. We have long and short waists. The latter end at the waistline, and the former five inches below, as per cuts. *When ordering state which is desired.*

We also carry Children's Waists in White or Drab Batiste. Price 50c. Sizes 18 to 28. The size of a child's waist is the measurement at the waistline. To determine the size required, take the measure over the clothing, and deduct two inches.

Address DRESS DEPARTMENT

GOOD HEALTH PUBLISHING COMPANY

115 Washington Avenue, North, BATTLE CREEK, MICHIGAN



THE LOS ANGELES LIMITED

Beginning Sunday, December 17th, this solid through electric lighted train between Chicago and Los Angeles will be placed in daily service via the

Chicago, Union Pacific & North-Western Line

And the newly opened Salt Lake Route

Leave Chicago 10.00 p. m. every day in the year.
Arrive Los Angeles 4.45 p. m. the third day.



The entire equipment new from the Pullman shops, includes all the latest innovations for the comfort and convenience of patrons.

Pullman standard drawing room and tourist sleeping cars, magnificent dining cars, (service a la carte); composite observation cars, with buffet-smoking apartment and Booklovers Library.



The train is brilliantly lighted throughout. Individual reading lamps in every berth and compartment.

The Best of Everything

A new and desirable route for tourist travel to southern California. Variable route round-trip tickets permit return through the San Joaquin Valley or over the Coast Line to San Francisco and east on the famous Overland Limited.

Reservations of sleeping car space are now being made. Booklets, maps, schedules and full particulars on application to any ticket agent.

LA. 104.

PNEUMATIC SOLID TIP Remington Typewriter

Absolutely
Smooth
Surface

**GOODRICH
CATHETERS**

Finest
Red
Rubber

VELVET DEPRESSED EYE
PINKED FUNNEL END

The B. F. Goodrich Co.
AKRON, OHIO

BRANCHES: New York, Boston, Philadelphia, Buffalo, Cleveland, Detroit, Chicago, St. Louis, Denver, San Francisco, London.

WRITE FOR CIRCULARS



NEW MODELS NOW READY

Every model of the Remington Typewriter has been a success. There never was a Remington failure.

The NEW MODELS represent the sum and the substance of ALL Remington success — plus 30 years of experience in typewriter building.

REMINGTON TYPEWRITER CO.
NEW YORK AND EVERYWHERE

Fast, Comfortable, and Convenient

Service between Chicago, Detroit, Niagara Falls, Buffalo, New York, Boston, and the East; to Battle Creek, Jackson, Lansing, Saginaw, Bay City, Grand Rapids, and Michigan Points, via the

MICHIGAN CENTRAL

"THE NIAGARA FALLS ROUTE."

The only line running directly by and in full view of Niagara Falls

All trains passing the Falls by day stop five minutes at Falls View Station. Ten days' stop-over allowed on all through tickets. Ask about the Niagara Art Picture



W. J. LYNCH
Passenger Traffic Manager

CHICAGO

O. W. RUGGLES
General Passenger Agent

WHAT THE *SIGNS OF THE TIMES* WILL CONTAIN DURING 1906

DAYS OF UNCERTAINTY AND PERPLEXITY.

The past year has been in every department of life one of the most fruitful in earth's long history.

One of the bloodiest wars of modern times changed the map of Asia, opened the Hermit Kingdom, crushed its autonomy, struck the autoeracy of Russia from the governments of earth, and completely upset all the calculations of all the nations of Europe.

Great movements are in progress in the political, social, and religious world, which will develop into no one knows what.

A scientist recently declared that all scientists except mathematicians are in a state of "mental chaos," and that scientific men are certain of nothing.

What is true of the scientific world is true of the religious world; men are at sea; the faith of thousands is tottering. In the language of a late statesman, "No one knows what a day may bring forth."

THE LESSONS OF HISTORY.

Said Patrick Henry, the old Revolutionary patriot, "The only lamp by which my feet are guided is the lamp of experience; I know no way of judging of the future but by the past."

And the past has its lessons; its tremendous lessons, for the thoughtful and observant; lessons which history teaches; lessons which even the thoughtless and careless ought to learn, and so become thoughtful and careful; lessons which the bestial Belshazzar should have learned, according to the prophet, for he knew all the facts which taught the lesson, but he heeded them not. Dan. 5:17-24.

It certainly behooves the statesmen and reformers of to-day to learn the lessons taught by history.

A BETTER TEACHER.

There is another Teacher; the Most High not only ruleth in the kingdoms of men, but He declares "the end from the beginning, and from ancient times things that are not yet done." Isa. 46:10.

Far transcending the light of experience and history, He has given us the "more sure word of prophecy," which is as a light "shining in a dark place, until the day dawn, and the day-star arise" in the hearts of God's children as they expectantly wait for the coming morning.

The *Signs of the Times* for 1906 will deal with the great lessons of history for these times.

The *Signs of the Times* for 1906 will present the great lessons of prophecy for this time.

The *Signs of the Times* for 1906 will present the great principles of divine truth which make for righteousness and usefulness here, and for an eternally righteous character hereafter.

It is not great men we have to present to our readers, that is, not great in the estimation of men, but **great principles and great truths**, which are more than men, and which if accepted will make men truly great in the sight of God.

Let us tell you of some of the subjects with which the *Signs of the Times* will be filled in the year to come:—

WITNESSES IN STONE.

There will be a series of articles on the testimony which archeology presents to the truthfulness of God's Word, testimonies written in brick and stone and buried for centuries until now, confirming the truths which have come down to us from the old Hebrew prophets.

WHAT IS TRUE LIBERTY?

Articles on religious liberty; what has been taught in the lessons of the past, and what is needed to-day.

TIME TABLES OF GOD.

Articles on two of the great prophetic books of the Bible, which outline the world's history, and present before us God's great time-tables of events in the world's onward rush to eternity. These articles will show the fulfilment of prophecy, and will reveal the only true view-point for which history should be

WHAT THE *SIGNS OF THE TIMES* WILL CONTAIN DURING 1906

studied. The worth of these articles will not rest upon the reputation of the writer or writers; they will so show the fulfilment of the prophecies of God that the articles themselves will be the self-evident testimony of their truthfulness.

A YEAR OF THE TEACHINGS OF JESUS.

Lessons from the life of Jesus covering the whole church year from His birth to His resurrection, illustrated by reproductions from the great masters.

THE MEANING AND FULLNESS OF CHRISTIANITY.

There will be articles on the great system of Christianity, the law and the gospel, their relation and interrelation, what sin is, how it can be obliterated in the hearts of humanity, and how it will be swept from the world.

Articles on practical Christianity and vital godliness, in the inner life, in the home, in the church.

THE COMING REIGN OF CHRIST.

Articles which show that this world is rushing on toward its grand and glorious climax of all the ages, to the coming of the King of kings and Lord of Lords, who shall take to Himself His great power and reign.

Lessons on the current events of to-day and their bearing on Bible and prophecy.

Articles on the work of Jesus Christ our Lord, in sacrifice, in teaching, in mediation, in judgment, in eternal atonement.

TRUE TEMPERANCE.

Articles on the great temperance question and its vital importance to the world; what true temperance means.

CORRUPTIONS OF THE CHRISTIAN FAITH.

Articles showing the corruptions of the Christian faith, what that faith is, how the corruptions came in until the Dark Ages was upon the world, and pure simple Christianity had well-nigh been lost. These articles will be fortified by the testimony of history.

THE NATURE, INFLUENCE, AND PROGRESS OF THE PAPACY.

One of the mightiest powers in the earth to-day is that of the Papacy. There are those who have thought either that the power of the papal domination had been destroyed by the Reformation, or that the Papacy itself had changed in nature since the Reformation. These articles will show that not only has the nature of the Papacy not changed, but that she is making progress toward a world domination which is wonderful in its rapidity and scope, and that in doing this she is fulfilling prophecy.

VOICES FROM THE MISSION FIELDS.

Do you want to know of the great mission fields by missionaries who are on the ground, and whose hearts are burdened for the field and for the souls in darkness there? There will be articles on China, on Japan, on Korea, on the great Dark Continent, north and south, on India,—all illustrated.

WHAT THE WORLD POWERS OF EUROPE ARE DOING.

Do you want to know what candid, Christian, keen observers see in the world movements among the world powers of Europe, rather than to depend upon the sensational news which the dailies give us? There will be monthly letters in the *Signs* from the great European news and political centers, London, Paris, Rome.

ARE YOU AMONG THE "ELECT"?

Have you ever been troubled over the doctrine of Election or Foreordination? The right understanding of that glorious truth magnifies God's love and makes the Bible shine with new hope and promised blessing.

BIBLE READINGS.

Do you want to know from its own words what the Bible actually teaches? There will be from twenty to thirty Bible readings on its great important doctrines, and faith, and hope, and conduct.

WHAT THE *SIGNS OF THE TIMES* WILL CONTAIN DURING 1906

OUR MONTHLY EXPERIENCE MEETING.

We will not forget the isolated, devoted, earnest Christians who are reading the Signs. There will be a monthly experience meeting for them.

HELP FOR THE MOTHERS.

We will not forget the mothers who are molding the men and women of the world, and whom God would have mold characters for eternity. There will be a monthly mothers' department, the design of which is to be practical help and encouragement to all mothers.

HOME INSTRUCTION.

There will be health talks, helpful hints on hygiene, fresh air, sunshine, proper food and clothing, instructive and helpful stories and incidents for the home circle.

TALKS TO YOUNG MEN AND WOMEN.

There will be short talks to young men and young women, original poems, and many articles on many subjects too numerous to mention.

There will be a full Question Corner of interest to our readers.

Many of these articles before named will be fully illustrated. There will be striking cartoons which will speak the truth.

SPECIAL NUMBERS.

Besides all these there will be Special numbers on the following subjects:—

A Special number in the spring of the year on a subject which is threatening the very existence of present governments, and which is now a political power in every nation of the world—**Socialism**. In this number both sides of Socialism will be treated.

There will be a Resurrection Special, in which the meaning of the resurrection will be set forth.

A Fourth-of-July Special. What the day should mean.

A Thanksgiving Special.

A Christmas Special.

OUR CONTRIBUTORS.

A. G. Daniells; Prof. W. W. Prescott; W. A. Spicer; J. A. L. Derby; G. W. Rine; A. T. Jones; L. A. Phippeny; C. P. Bollman; Frederick M. Rossiter, M. D.; W. S. Sadler, M. D.; David Paulson, M. D.; Prof. M. E. Olsen, M. A.; C. T. Ever-son; John Vuilleumier; "Abdiel;" Mrs. E. G. White; Mrs. S. N. Haskell; Mrs. L. D. Avery-Stuttle; missionaries J. L. Shaw, J. N. Anderson, F. W. Field, W. H. Wakeham, W. S. Hyatt, and other contributors, equally able, whom we can not now name.

THE SIGNS OF THE TIMES

has a message to give to the world,—a clear, distinct message from the Word of God. It is a "present truth" message for this present time, possessing in itself the potency to save man from himself and his sinful environments.

In no uncertain tones is that message to be given. If the people are to prepare for battle, the trumpet must sound in no uncertain tones. Centuries ago God uttered in His Word His trumpet call. (Joel 2:1.) In His own proper time He is giving His message to the world again through the human instruments who are willing to be used of Him.

Look over the foregoing again, dear reader; consider the scope of the paper.

Do you know of another periodical in Christendom that will give you so much of the great and important things of this world, and the world to come?

Yet all of the above we hope to present to our readers in the year 1906 in such a way that at the close of the year all who have read the paper will say that we have done more than we promised to do.

Published 52 times a year. Subscription price, \$1.50.

Address **SIGNS OF THE TIMES**
Mountain View, California.



TEN
CENTS
A
COPY

OUTDOORS

A Magazine of Country Life

ONE
DOLLAR
A
YEAR

OUTDOORS is an illustrated monthly magazine of standard size, edited, pictured and printed in the best possible manner. It is a practical and beautiful magazine for all who love the life in the open, the country home, recreation, and every worthy outdoor interest. OUTDOORS is an inspiration and a delight to everybody

OUTDOORS COMPANY - - - 150 Fifth Avenue New York

Begin to
live right
to-day.
If you will
live the life
and eat
the foods
our experts
recommend,
Sign the coupon at
the top of this page,
and mail at once.

If you wish to receive copy of book mentioned in this advertisement, write your name and address in margin above, tear off this corner, and mail to Battle Creek Sanitarium Co., Ltd. Dept. 88 Battle Creek, Michigan.

TEAR OFF HERE

*You
Live As You
Eat*

If you are sick and want to be well —
If you are well and want to keep well —
If you feel the need of greater physical and mental strength, with more nervous vitality —
If you are tired of taking harmful and useless drugs and medicines —

**WRITE TO-DAY FOR
OUR FREE BOOK**

on "The Battle Creek Idea."

This book is the result of thirty years of experiment and research by the world's foremost dietitians.

It points a way to health, based on correct diet, that has been **tried** and **proved** by over half a million people.

It tells you how you can apply, in your own home, the same principles of right living that have made the great Battle Creek Sanitarium so famous and so successful.

It is a clearly written, beautifully illustrated health story that every man and woman should read, who values perfect physical and mental development.

You may be on the road to abounding and abiding health this time next month, if you will take the trouble to **write us to-day**.

Do not ask **why**; get the book and let it speak for itself. Use postal or above coupon, and address

BATTLE CREEK SANITARIUM CO., LTD.
DEPT. 88, BATTLE CREEK, MICH.

ST. HELENA,
CALIFORNIA

SANITARIUM



The largest and best equipped institution west of the Rocky Mountains, affiliated with and employing the Battle Creek Sanitarium methods of treatment. Beautiful scenery, Delightful winter climate.

A postal will bring large illustrated booklet.

CALIFORNIA SANITARIUM, SANITARIUM, CALIFORNIA.
R. R. Sta & Exp. Office, St. Helena

Non-Pressure Filter and Cooler Combined

PERFECT IN EVERY DETAIL

CONVENIENT, SANITARY, ATTRACTIVE



The Filtered Water Reservoir is porcelain lined, the best material for storing pure water.

This style is a combined filter and cooler. It is made with three and five tubes and is by far the handsomest Non-Pressure Filter that we make, every detail being perfect in construction. The entire filter is finished in imitation oak, or can be finished to imitate any other wood, or in white enamel.

The upper part of the filter is for the unfiltered water; also contains the tubes. It is connected to the filtered water reservoir by means of a piece of rubber tubing through which the filtered water is conveyed by gravity into a porcelain-lined reservoir. It is also supplied with a cock to draw filtered water.

The tubes and collector can be removed without making it necessary to empty the unfiltered water.

THE PASTEUR-CHAMBERLAND FILTER CO.

DAYTON, OHIO

G. H. 1-06

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 Pennsylvania Sanitarium



An institute of physiological therapeutics, employing the well-known Battle Creek methods. Combines the best features of a first-class home with all the medical advantages of a modern hospital, and in addition has an unsurpassed collection of appliances, methods, and facilities for training sick people back to health and efficiency.

Health by training is not palliative, but means reconstruction of the whole body. This is what we set about to do for every one who visits us. For Booklet A, giving methods and detailed information, rates, etc., address —

Pennsylvania Sanitarium

1929 Girard Ave., Philadelphia, Pa.

SECURE A MONEY-MAKING INTEREST

IN THE WORLD'S GREATEST
HEALTH-MAKING INSTITUTION



THE BATTLE CREEK SANITARIUM IS AN INSTITUTION SOUND AND
SAFE AS A BANK, YET WITH POSSIBILITIES OF
GROWTH ALMOST UNLIMITED

Health is the greatest commodity in the world. All classes must have it. Neither financial nor market fluctuation can lower its value. No other institution in the world is equipped so well to supply it. No health-giving institution exists that is better known than the BATTLE CREEK SANITARIUM.

HERE IS A RECORD OF WHAT WE ARE ACTUALLY DOING

1. The gross earnings of the institution for the year 1904 were \$435,000.

2. The net earnings for the year 1904 were \$51,000.

3. The gross earnings for the first six months of the year 1905 were \$241,330, and from these earnings obligations were reduced to the amount of \$33,000.

4. The gross earnings for the month of August, 1905, were \$80,690.

5. The daily average number of guests at the Sanitarium during the months of July and August was 900.

**GOLD BONDS
SECURED**

==
**Strong as Uncle Sam's
and Twice the Interest**

THE BATTLE CREEK IDEA

There are hundreds of thousands of people who are being educated into the Battle Creek Idea—the right-living idea. And thousands of them are coming here to take treatment. Men in all walks of life—statesmen—governors—senators—professional men—editors—of national reputation, have come to this Sanitarium and know its advantages.

A chance to become a bondholder in this national health-bringing Sanitarium is as rare an investment opportunity as an investor can find.

The BATTLE CREEK IDEA is not a theory. It does not ask you to risk your money on prospects. It is a success now—to-day.

Note that some of the strongest, shrewdest financiers in the United States invested in these bonds when the earnings of the Sanitarium were even less.

To-day (September 15, 1905) there are only \$40,000 more of the bonds to be sold. It will pay you to investigate, at least. The bonds are of small denomination—\$100, \$200, \$500, or \$1,000. There are privileges that go with them—that you will be interested in. You need simply write a letter to find out.

BATTLE CREEK SANITARIUM, Battle Creek, Mich.