

MARCH

GOOD HEALTH

EDITED BY J. H. KELLOGG, M. D.



Vol. XII

PUBLISHED MONTHLY

No. 3

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

10 Cents a Copy

\$1.00 a Year

CONSUMPTIVE?

Try cold air. It's cheap. It's Nature's medicine. Taken **soon-enough** it cures.

Everybody knows by this time what the great cold-air cure has accomplished.

Hundreds have gone to Colorado to return home cured. Hundreds of others have slept in tents or out of doors and have thus successfully combated consumption. The secret of it all is crisp, invigorating, vivifying, cold air.

But perhaps **you** can't go to Colorado. Perhaps **you** can't live out of doors in cold weather. Some people can't, that's a fact. You may enjoy the advantage of the cold-air tonic just the same. **Study into this:—**

The Porte-Air



It brings cold air to you from out of doors as you sleep in your comfortable bed in your own room. It will fit any bed and any window. It will meet **your** needs.

Is your health worth the price of a stamp to investigate?

Our booklet tells all about Porte-Air. It's yours for the asking.

THE SANITARIUM,
Battle Creek, Michigan.

BETWEEN OURSELVES

(Our own page especially reserved to tell you a few things about "us")

When a girl gets something new to wear she's proud of it. There's no diffidence or bashfulness sufficient to keep her from calling attention to it. Down the avenue she goes on the sunny side of the street, with a jauntiness from her bonnet to the tips of her dainty slippers, and she walks on air till the new wears off.

When a boy gets something new, he's ashamed of it. That is, if he's a real boy. And if the thing has any "frills or fixin's" to it, he's utterly disgraced. He has the shame-faced look of a dog that has been chased half a dozen blocks with a tin can tied to its tail. It's down the back alleys that Mr. Boy goes until his togs get the shine all worn off.

We'll emulate the girl.

x

There's a new cover on Good Health this month. What do you think of it?

There are numerous other features which are intended to brighten up the general appearance of the magazine. How do they impress you?

And mind, we don't ask these questions in the same spirit as that in which a man says, "How do you do?" We really want to know.

x

So suggest something. Criticise. Comment. Write us a letter. Give us your ideas. It's ideas that count, and we can't have too many of them.

x

Here's a proposition for you or for your interested friend. We have just been rearranging our store rooms. As a result we have some thousands of old copies of Good Health which we want to get rid of. They are all just as good as the day they came off the press — just as fresh, just as clean. Now you know that Good Health doesn't get out of date. There really are no back numbers. For what was truth in health reform five years ago

is still truth to-day. So, in reality, the back numbers are all just as valuable as this you are reading. But this surplus supply — return copies from newsdealers, etc. — is doing us no good, while the magazines might be of untold value to others. So we have arranged to offer them to you and your friends at about what it costs to wrap and mail them — twelve for 25 cents — the equivalent to a year's subscription to the greatest health journal in the world for less than the cost of printing.

x

There's an additional treat in store for you when you read this number. We are sure you will enjoy thoroughly George Wharton James's article on the outdoor life of the Indian. Few writers are as familiar with the American Indian and his habits as Mr. James, who has spent years studying them. This is the first of what promises to be an unusually interesting series.

x

Burlington, Vt.
Editor Good Health.

Dear Sir: My mother, who is 89 years of age, and I wish to express our appreciation of Good Health, which we have enjoyed reading for several years. We consider the information we receive from it invaluable, and my mother looks forward each month to the pleasure of enjoying a new number of your valuable and enlightening journal. I enclose one dollar in this letter for one year's subscription.

Respectfully yours,
Adella A. Hutchins.

x

Read that Offer in the advertising section headed "An Armful of Good Reading for a Quarter." It will pay you to accept it.

x

It pays to keep busy.

March, 1906

Salt and Bright's Disease.
A Strange Custom of a Strange Race — *Illustrated*.
Modern Views of Digestion — *Illustrated*.
A Swiss Sanitarium — *Illustrated*.
What the White Race May Learn from the Indian — *Illustrated*.
An Experience.
How to Keep Warm in Winter and Cool in Summer.
OUR WALKING CLUB: The Trees in March (*Illus.*); Early Spring Birds (*Illus.*).
CHAUTAQUA SCHOOL OF HEALTH: Unconscious Respiration; An Individual Menu for One Day, Showing Amount Needed in Food Units for Each Article; To Control Hemorrhage (*Illus.*); Health Chats with Little Folks.
Editorial.

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 food. Trial quantity on request.

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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.



An Armful of Good Reading for a Quarter

We have just been making more room in our filing and supply departments. To do this we had to reduce our supply of back numbers of GOOD HEALTH. As a result we have a few thousand of these that we are willing to dispose of.

Now, as you probably know, there really are no back numbers of GOOD HEALTH. No number is ever "out of date." So those "back numbers" are really just as valuable as if we had only finished printing them. Every copy is just as fresh and clean as if it had just come off the press—just as fresh as this copy you are reading. Put to proper use, these magazines could do a world of good. Can you blame us, then, for not wanting to waste them?

We are going to offer you these magazines at about what it costs to wrap and mail them—at less than what they originally cost us. While they last we will send you twelve for a quarter, postpaid. The first ones to take advantage of this offer will receive consecutive numbers, unbroken assortments.

Twelve for a quarter, postpaid, while they last. Write to-day.

Name.....

Town.....

State.....

Just tear off this slip, and write your name and address in the blank space. Enclose a quarter and send to us. We'll know what you mean, and you'll get the magazines at once. Address:

GOOD HEALTH, Battle Creek, Mich.

The Picturesque and Historic Route to Florida

The "Dixie Flyer" leaves Chicago—LaSalle St. Station—every evening at 6:40 and arrives Jacksonville the second morning at 7:20. Through Pullman Sleepers. Day Coaches Nashville to Jacksonville. Daylight ride via Lookout Mountain and through the old Battlefields of the Civil War.

The "Chicago and Florida Limited" leaves Chicago—LaSalle St. Station—every day at 12:45 and arrives Jacksonville 8:15, St. Augustine 9:25 the next evening. A solid train all the way from Chicago to St. Augustine, carrying Dining and Observation cars. Both trains use the

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DRAW YOUR OWN CONCLUSIONS--
QUALITY & PRICE REMAIN THE SAME

WITH *Naylor's* COCOA.

WITHIN THE REACH OF ALL.

SOLD BY GROCERS EVERYWHERE.



\$2.75 FOR \$1.50

Birds and Nature	\$0.75	ALL prepaid FOR \$1.50
50 Birds and Nature Pictures, \$0.2	1.00	
24 Tree Plates	1.00	

In order to introduce *Birds and Nature* to a large number of new subscribers, we offer six months' subscription and the following 50 plates in full colors and 24 Tree plates, 9 x 12, for only \$1.50. Order for Bird and Arbor Day: \$.02 each for 13 or more pictures of birds, etc.

No. 13 Red-headed Woodpecker	No. 81 Summer Yellow Bird	No. 248 Hyacinth
" 16 American Robin	" 82 Hermit Thrush	" 286 Chipmunk
" 19 Red-winged Blackbird	" 92 Gold Finch	" 304 Lily of the Valley
" 20 Cardinal, or Red Bird	" 105 Wild Turkey	" 328 Shells
" 21 Bluebird	" 112 English Sparrow	" 340 A Mountain River
" 22 Barn Swallow	" 123 Fox Sparrow	" 357 American Redstart
" 23 Brown Thrasher	" 134 Bob-white	" 383 Fruit: Apple
" 25 Bobolink	" 157 Double Yellow-headed Parrot	" 431 Buffalo
" 26 American Crow	" 174 Gray Rabbit	" 457 Golden-crowned Kinglet
" 27 Flicker	" 176 Apple Blossoms	" 470 Domestic Cat
" 31 Rose-breasted Grosbeak	" 186 Raccoon	" 607 Black Bass
" 45 Black-capped Chickadee	" 191 Gray Squirrel	" 615 Fruit: Pears
" 49 Wood Thrush	" 212 Humming-birds	" 533 Carnations
" 50 Catbird	" 222 Whipoorwill	" 544 Roses
" 56 Baltimore Oriole	" 234 Northern Hare	" 552 Strawberries
" 58 Scarlet Tanager	" 238 Common Ground Hog	" 559 Gem Minerals
" 61 Bald Eagle	" 245 Nashville Warbler	

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.

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A. W. MUMFORD & CO., Publishers, 378 Wabash Ave., Chicago, Ill.

\$ 33

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From Chicago

daily until April
7th, to San Francisco, Los
Angeles, Portland, Tacoma,
Seattle, Victoria, Vancouver and other
Pacific Coast points.

Correspondingly low rates from other points.
Tickets good in tourist sleeping cars on

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Electric-lighted through fast train Chicago to Southern California every day in the year, via the Chicago, Union Pacific & North-Western Line and the newly opened

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Arriving Los Angeles afternoon of the third day.
All meals in dining cars a la carte.

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Daily through train to San Francisco, Los Angeles and Portland without change. All meals in dining cars a la carte.

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Daily and personally conducted from Chicago to San Francisco, Los Angeles and Portland without change. Double berth in these cars (accommodating two people) only \$7.00. Choice of routes. All Agents Sell Tickets via the

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Chicago & North-Western Ry.,
CHICAGO, ILL.

PC 127

The New Voice

JOHN G. WOOLLEY, Editor

Established Sept. 25, 1884

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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."

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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. 583 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
	\$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.

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The Biggest, Brightest, Best Boy's Magazine in the World



"GOOD ALL THE WAY THROUGH"

That's what the boys of America say of THE AMERICAN BOY. It develops the taste for good reading, and interests boys in all manly sport-games, and exercises. Your boy will like

THE AMERICAN BOY

because it's all boy. You will like it because of the high character of its contents. Over 400 big pages. Over 100 stories. Over 1000 illustrations. Contains real stories of travel and achievement; instructive tales of history; games and sports; how to do things, etc.

PRICE \$1.00, POSTPAID

GOOD HEALTH and AMERICAN BOY only \$1.10

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GOOD HEALTH PUBLISHING CO.
BATTLE CREEK, MICH.

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

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

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"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.

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A Great Missionary System

Back-to-
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Idea



An Edu-
cation
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Money

Conducted in Connection with the
Famous Battle Creek Sanitarium

*Are you planning to be A Physician, A Nurse, A
Teacher of Health, A Cook, A Leader in Domes-
tic Science, A Hygienic Dressmaker, An All-
Round Gospel of Health Evangelist?*

3 3 3 3

Nowhere else in the world are such splendid opportunities offered as here for a thorough and many-sided training at so small a cost. Here the highest standard of technical scientific knowledge is joined with that of perfect Christian ideals. The great need of the world at the present time is strong men and women prepared for grand and noble enterprises. Of one of these schools, the American Medical Missionary College, Stephen Smith, A. M., M. D., LL. D., of New York City, a well-known medical teacher, and one of the most eminent physicians and surgeons in the world, says: "Standing alone as the pioneer institution devoted exclusively to the training of those who have been chosen to go 'before His face into every city and place whither He Himself would come,' it inaugurates a New Era in the efforts to evangelize the world."

JUST NOW there is opportunity for a limited number of earnest men and women of mature years and established character to matriculate in these schools. JUST NOW there is set before YOU the privilege of elevating yourself from the lowest round of the ladder to the greatest height to which you are capable of climbing, and all without money.

Do not Slight This Opportunity! Write at Once for Illustrated Calendar.

Address, C. L. TAYLOR, Secretary,
Battle Creek, Mich.





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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.
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in each town to ride and exhibit sample
1906 model. Write for Special Offer.
Finest Guaranteed **\$10 to \$27**
1906 Models with Coaster-Brakes and Puncture-Proof tires.
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500 Second-Hand Wheels
All Makes and Models, good as new **\$3 to \$8**
Great Factory Clearing Sale.
We Ship on Approval without a cent
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TEN DAYS' FREE TRIAL.
Tires, coaster-brakes, sundries, etc.
half usual prices. Do not buy till
you get our catalogs. Write at once.
MEAD CYCLE CO., Dept. L105 Chicago

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To all subscribers sending us \$1.25 for
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GOOD HEALTH

A 14-K Gold Fountain Pen

This Offer Good for 30 Days Only



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-SPIRING FEET, and is especially adapted—

FOR
INFANTS

Delightful after
Shaving

Price, postpaid,
25c per box

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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.

HEALTH AND PLEASURE

At Paso Robles Hot Springs, California

The hot mud and mineral water baths of Paso Robles Hot Springs are renowned for their remarkable cures. These waters work wonders in cases of rheumatism and stomach, liver and kidney complaints.

The new bath house, just completed at a cost of \$100,000, is the finest in America. Every treatment known to science can be had. Competent resident physicians in charge.

Guests at Hotel El Paso de Robles enjoy all the comforts of an ideal home. Every room an outside one, bright and sunny. Cuisine and service unexcelled.

The country around Paso Robles is unusually beautiful, perfect roads winding through oak-covered hills to Painted Rock, Mission San Miguel, York Mountain, and Morro Rock.

Midway between San Francisco and Los Angeles, on the famous Coast Line of the Southern Pacific, Paso Robles is easily reached.

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CHAS. S. FEE,
 Passenger Traffic Manager,
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SEMI-WEEKLY
SOLID, VESTIBULE
SPECIAL TRAIN**
BETWEEN
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VIA — **IRON
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Texas & Pacific, International & Great Northern
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**LEAVE ST. LOUIS, 9.00 A. M.
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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, COST-
ING 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 fasci-
nating shades of light blue, white, and
black, and they are packed in attrac-
tive single pair boxes. **Handsome,
Dependable, Useful.**
Sold everywhere, or mailed for
\$1.00 and 10 cents postage.
State kind and color desired. If en-
graved, 75c. per pair extra, with not
more than three letters on a buckle.
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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 cor-
rect dress, FREE ON REQUEST.

Mothers' Problems

Every mother knows that happiness or misery — success or failure — of 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,

Mary Wood-Allen and

Mrs. Rose Woodallen-Chapman,

women of wide experience in home, State, and national work.

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 SUBSCRIPTION OFFERS

16 Months for	\$1.00
6 " " "	.25
3 " " "	.10

AMERICAN MOTHERHOOD,
Cooperstown, N. Y.



**GOLDEN YELLOW
CALLIA LILY, 5 Bulbs.**
**50 KINDS
FLOWER
SEEDS 10c.**

Asters, Balsam, Canna, Calliopsis, Nasturtium, Morning Glory, Pansy, Larkspur, Jobs Tears, Poppy, Golden Glow, Snapdragon, Cosmos, Pink, Zinnia, Verbena, Mockey Plant, Sweet Rocket, Primrose, Ice Plant, Petunia, Castor Oil Beans, Portulaca, Candytuft, Sweet Peas.

**5 CHAMPION
BULBS.**
The Summer Hyacinth, Golden Lily, Humming Bird, Gladiolus, Giant Tuberosa, Baby Breath Oxalis, all this beautiful collection of seeds and bulbs only 10c. in silver or 5 c. stamps to pay the cost for packing and postage. Order quick and be sure of this grand offer — only **10 cents.**
CHARLESTOWN NURSERY, - CHARLESTOWN, MASS.

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 the 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 and 42, \$1.50; 44 and 46, \$1.75. White or Drab Sateen, bust measure, 30 to 38, price \$1.75; 40 and 42, \$2.00; 44 and 46, \$2.25. Black Sateen, bust measure, 30 to 38, price \$2.00; 40 and 42, \$2.25; 44 and 46, \$2.50. All other measurements must be made to order, and cost 25c additional, which add to remittance. We carry in stock sizes from 30 to 42 inches bust measure, and in the even numbered sizes only.

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

Boys, Read This

You remember last month we offered to send to any boy who asked, five copies of GOOD HEALTH free. These were to start him in business selling GOOD HEALTH, the understanding being that when he had sold these he could buy more at 5 cents each, and keep on doubling his money.

Few boys have had the chance to read that offer (just at the time this is being written) for the magazine has barely gone into the mails. But several have seen it, and have recognized in the offer an excellent opportunity to make money.

One of these boys was Leo McCasland, 710 West Ave., Buffalo, N. Y. Here is the letter he has written us:—

GOOD HEALTH:—I have sold all of the GOOD HEALTH magazines. Had no trouble selling them. Enclosed find 25 cents for 5 copies more. I sold them all in two hours.
LEO MCCASLAND.

This boy is going to succeed. The offer still holds good, boys. You're letting money slip through your fingers all the time you're waiting.

All you have to do is to write: "Please send me the five copies. I want to sell GOOD HEALTH." Address it to

GOOD HEALTH,
Battle Creek - - - Michigan

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.

Remington Typewriter



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

NIAGARA FALLS

Some day you are going to see Niagara Falls. It is a duty you owe yourself, and sooner or later you intend to make the trip. When you do, it will be well for you to remember the

MICHIGAN CENTRAL

"The Niagara Falls Route."

BETWEEN THE
EAST AND WEST

All trains passing by day stop five minutes at FALLS VIEW STATION, directly overlooking the HORSESHOE FALLS, from the Canadian bluff.

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GOOD HEALTH

A Journal of Hygiene

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MARCH, 1906

No 3.

SALT AND BRIGHT'S DISEASE

By J. H. KELLOGG, M. D.

SALT is almost universally used in civilized countries. It is generally regarded as a really important article of diet, and most works on dietetics class chloride of sodium, or salt, as one of the essential elements of food. But it is getting to be a question among scientific men to-day whether or not salt is necessary.

I recollect reading some thirty years ago in a medical journal a statement by a doctor who was himself subject to rheumatism. He said, "I have been suffering from rheumatism more or less for fifteen or twenty years, and I have noticed that whenever I eat an extra quantity of salt, I am liable to a new attack." This he considered evidence that salt was the cause of the rheumatism, and thought it worth while to make a record of it.

A few years ago a French physician published a very interesting and remarkable record of observations that he had made. He had a patient suffering from Bright's disease, and upon looking into

his case found that there was a very small excretion of chloride of sodium. Ordinarily there is passed out through the kidneys and through the skin as much chloride of sodium as we take in our food. The amount taken in with the food varies from a fraction of an ounce to an ounce, some people using as much as an ounce of salt in a day. The patient was in that dropsical condition peculiar to this disease in its advanced stage. It occurred to the physician that as the patient was eliminating very little salt, it might be possible that salt was accumulating in his tissues, and that the water was accumulating in the tissues to dissolve the salt. So he determined to eliminate from the patient's diet all the salt except that naturally found in foods. He placed the patient on a dehydrochlorinated diet, and the dropsy disappeared entirely in three days. Thinking that this might be an accident, the doctor permitted the patient to return to the use of salt, and in three days the

dropsy had returned. Salt was withdrawn again, and the dropsy disappeared; replaced again, and the dropsy returned. This was repeated seven times, and each time with the same result.

This experiment led to some very extensive researches and investigations upon this question. Experiments have been made upon animals in which Bright's disease has been produced artificially, and the result has been the demonstration beyond any possible question that the dropsy of Bright's disease of the kidneys and certain forms of heart disease is due to the use of chloride of sodium,—common salt. The salt accumulates in the tissues, and the person gets into the condition of salted beef. The tissues become saturated with the salt, which soaks up the water from the blood, the water accumulating in the tissues more and more until dropsy appears.

This explains how it is that persons suffering from Bright's disease are often so rapidly cured by a milk diet. There is little or no salt in milk, and on this saltless diet the patient very rapidly recovers; the kidneys are relieved of the extra work which has been required of them, the tissues are relieved, the salt is rinsed out of the body, and hence the edema disappears.

This solution of the cause of dropsy in Bright's disease often renders the cure very simple. Now, the question arises, If chloride of sodium does so much harm in Bright's disease, if it is such a poison to the body that it will produce dropsy in a case where the kidneys are somewhat crippled, then is it not possible that chloride of sodium is an unnecessary addition to our dietary, and is doing a vast amount of mischief all the time in the quantities in which we use it? I met a woman recently who had incipient Bright's disease, and I said to her, "You must discontinue the use of salt in your dietary." "Drop

out salt?" said she. "Why, I use a great deal of salt." Possibly that is the cause of the disease. Those causes which are most universal in their operation are the very ones that we are most apt to overlook.

The uncivilized North American Indians did not eat salt. A gentleman whose occupation was that of an Indian trader, upon one occasion mentioned that when he was starting out on a trading expedition, he always put into his saddle-bag a supply of two things—*tomfulla* and common salt. (*Tomfulla* is corn that has been roasted, parched, then pounded fine in a large wooden mortar made by hollowing out the stump of a tree by burning.) When he came to a little stream, he could mix the parched corn with water and a little salt, and he was provided with all he needed to eat during his long trip. He stated that he lived for weeks and weeks on nothing but *tomfulla*, water, and salt. "But," I asked, "why did you carry salt with you?" "Because," he answered, "I knew I could not get any from the Indians. The Indians eat their *tomfulla* without salt." The Indians of the western plains ate no more salt than do the cattle of the same plains.

The idea that cattle require salt is without any foundation. Feeding salt to domestic animals is simply a custom. Cattle have been educated to use salt.

An English gentleman, on his second visit to this country, said to me, "Doctor, I used to think you were a crank on the salt question, but I have made up my mind you may be right. A brother of mine living in England is a cattle raiser. In his county and on his farm there are raised the very finest cattle in England; they take prizes over all others, and in that particular county the farmers have from time immemorial raised their cattle without salt."

This does not agree at all with the experiments reported by a French physiologist many years ago. He took a number of calves, and gave some of them salt, while he withheld it from the others. The hair of the latter became very rough, their skin was hidebound, they were scrawny, miserable, wretched. This, he said, proved that salt is necessary. But those calves were accustomed to salt, and when deprived of it they lost their appetite, their digestion failed, and various other inconveniences arose.

The people who live up on the plains of northern Siberia never eat salt under any circumstances. They take their barley gruel and dried reindeer without salt. The natives of various islands of the sea, who have never been taught to eat salt, get along well without it. The natives of central Africa have from the very earliest times lived without salt. The writer tried the experiment of living absolutely without salt for three years, and got along first rate.

Professor Bunge, one of the most eminent physiologic chemists in the world, of the great Swiss University at Basle, says the amount of salt required per diem is about a gram and a half to two grams,—twenty to thirty grains,—but that the amount of salt eaten by the average man is four or five times that. If we require

only twenty grains, what becomes of the extra quantity taken? It must all be carried out through the kidneys and through the skin; and the extra labor imposed upon these excretory organs wears them out prematurely. Are there not thousands of people wearing out their kidneys and their lives, bringing themselves down prematurely to a point where Bright's disease will prey upon them, where arteriosclerosis (hardening of the arteries) will be induced because of the accumulation of tissue poisons within the body? Are there not thousands dying from the excessive use of salt? There is no doubt of it. A very little salt may be used without any special detriment to health, but the use of salt in food in such quantities that the flavor of it can be distinctly tasted, is certainly harmful. The natural salts are particularly abundant in vegetable foods, hence these require the least seasoning with salt, although in general they are the ones most commonly treated to an overabundance of it. A well-baked potato is perfectly palatable without salt if one has become accustomed to its flavor. A parsnip, a turnip, a carrot, spinach, or anything else of like nature requires no salt, because these foods already have a larger amount of salts than any other kind of food.

THE FORESTS

THE forests! the everlasting forests!
How peerlessly they rise,
Like earth's gigantic sentinels
Discoursing in the skies.

Hail! Nature's storm-proof fortresses,
By Freedom's children trod;
Hail! ye invulnerable walls—
The masonry of God!

I love the fine old forests,
That for centuries have stood,
And waved their lofty branches
Grandly in solitude.

'Mid their glories and their graces,
A stately grandeur dwells;
And Nature's hand there traces
Her bright and magic spells.

I love you in your solitude
When o'er a silent world
Morn's silvery mists entwine your peaks,
Like banners lightly furled.

Nor less, when throned on blackest clouds,
That round you roll and veer,
The Storm-god pours his thunder-trumps,
And hurls his lightning spear!

— Charles Houston Goudiss.

STRANGE CUSTOMS OF A STRANGE RACE

THE problem of the relation of the native races of our continent to those of Asia is thought to have been finally solved by the explorations carried on by the American Museum of Natural History, through the Jesup Siberian Expedition under Mr. Waldemar Jochelson. The results of these investigations are said to show conclusively that the isolated tribes of northeastern Siberia and those on the northwest coast of our own shores were one race, similar in type and possessing a common culture. In a recent number of the *Scientific American*, Walter L. Beasley gives a very interesting account of the characteristic modes of life of the Maritime Koryaks, one of the tribes visited by Mr. Jochelson, living in scattered villages on the shores south of the Bering and Okhotsk seas.

Our illustration shows something of the extraordinary construction of the native Koryak house, which is shaped like an hour-glass, and projects above the snow like a huge funnel. The top not only serves as the roof, but is the general storehouse for food, etc. The hole in the center of the roof forms the only entrance to the house. This can be reached only by scaling a narrow split log, with holes cut in it for the feet and hands.

The astonishing mode of descending to the interior is shown in the second illustration. This can be successfully accomplished by none but a native, for the perpendicular hewn stairway is covered with a slippery coating of grease and soot. Copper cooking utensils and a large kettle used for melting snow form the sole



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KORYAK HOUSE. SHOWING CURIOUS LADDER STAIRWAY TO ROOF ENTRANCE

furniture of the inclosure.

The passage-way into the house also forms the smoke-hole and ventilator.

For the greater part of the year the house is covered almost to the roof with tons of snow and débris, which makes it practically a subterranean dwelling with an atmosphere all but unbearable to a white man.

The people seem to live on the community plan, for a single dwelling is inhabited by from thirty to forty persons of both sexes, usually relations. Skin sleeping booths are arranged around the walls and heated by a lamp in the center.

Fish, half-cooked seal, and whale flesh form the diet of this strange people. Russian brick tea is used as an occasional luxury. Puddings are made of a mixture of berries, edible grasses, and roots.

Mr. Jochelson was the first white man to witness the strange religious rites and performances of the Koryaks. He was fortunate enough to be present at the great Whale Festival, one of the most important and spectacular events of the year. It takes place in the autumn, after the whale has been caught.



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INTERIOR OF KORYAK HOUSE

“The essential part of the celebration is based upon the idea that the captured whale has come to visit the settlement, during which time he must be treated with great respect and hospitably entertained, for he is destined to return to the sea, where he will tell his companions of the good time that was given him, and induce his relatives to pay the

Koryaks a visit, as he will probably do also. For, according to their mythology, all are one tribe of related individuals, and live in a settlement somewhere in the under sea world.”

The head of the whale plays the most prominent part in the celebration, representing the presence of the honored guest. The menu at this queer banquet of the Arctic world is dried fish dipped in whale oil, boiled whale meat, broiled skin of the whale, and pudding.

The celebration at which Mr. Jochelson was present closed in the following strange manner: “Two men ascended to the roof and let down into the house long thongs, to which the traveling bags and the head were tied. Puddings were also placed in these, and berries and sacrificial grass into the mouth for food. Thus fes-

tooned and provisioned, and having been furnished with five days' entertainment and feasting, the head was carried to the beach by the assemblage, and launched into the sea. At the same time the following

farewell incantation was pronounced: 'Good-by, dear friend! When the next high tide comes in, induce all your relatives to come with you.' It is thought that this incantation has the effect of bringing sea animals in with the following tide."

One of the most essential ceremonial objects of the Koryaks is the sacred fire-board. It is not only a fire-making apparatus, but a charm which keeps all evil spirits from the owner's household, and helps in the hunt of sea mammals.

"It is usually a board of aspen wood crudely carved in the shape of a human figure, having eyes, nose, and mouth, with holes in it. In these a round wooden



By permission of the Scientific American,

KORYAK FIRE-MAKING APPARATUS

shaft is turned by means of a bow. The drill is held in position by a person pressing the chin or hand down on a bone socket arranged on the upper part of the drill, while the lower part is quickly revolved in the holes.

Two or three are sometimes required to work this implement, though the aspen wood ignites readily. There is a rigid taboo against using the fire furnished by others or cooking on a strange hearth. The vessels of one family must not be brought in contact with the fire or hearth of another; if so, it would be a desecration to the family hearth, and is likely to prove infectious. When, owing to frequent use, the entire bed of the fire-board is filled with holes, a new one is made; the old one, however, is preserved as a cherished heirloom and kept in the place set aside for the sacred objects. Often fire-boards are found that have outlasted three or more generations."

"HEAVEN is not reached by a single bound,
But we build the ladder by which we rise
From the lowly earth to the vaulted skies,
And we mount to its summit round by
round."

MODERN VIEWS OF DIGESTION

By DAVID PAULSON, M. D.

Superintendent of the Hinsdale (Illinois) Sanitarium

A QUARTET of scientific men have shed great light on the problem of digestion during the past few years: Professor Chittenden, of Yale, has told us how much to eat; Mr. Fletcher, how to eat; Professor Cannon, of Harvard, has shown us what happens mechanically after we have eaten; and Professor Pawlów, of Russia, has taught us what happens functionally, or as far as secretion is concerned. These four men have attacked the problem from different standpoints, yet each has reached down and touched the same tap root. It is a very beautiful study, and it is most fascinating to go into it thoroughly.

When I first saw Cannon making some of his experiments on cats, at a meeting of the Amer-

ican Medical Association some years ago at Saratoga, I immediately became convinced of their great practical importance. He fed his cats fish, bread, and other food mixed with a little bismuth powder, which gives the food mass a black appearance under the X-ray fluoroscope, and so the movements of the stomach and intestines can be seen plainly, and absolutely determined.

After Cannon had seen what actually happens during digestion, then the chapter on digestion in the new physiologies had to be entirely rewritten; for the old

notions concerning digestion, which unfortunately some of us had to learn, are many of them incorrect.

A few minutes after eating, the stomach begins

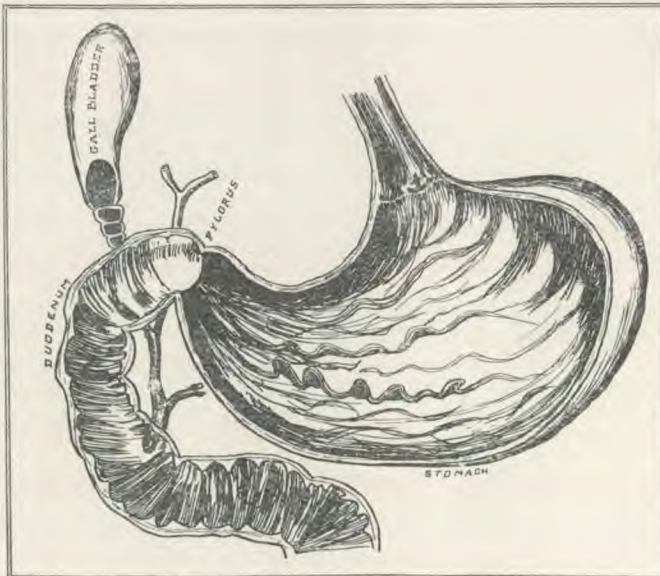


FIG. 1. NORMAL STOMACH

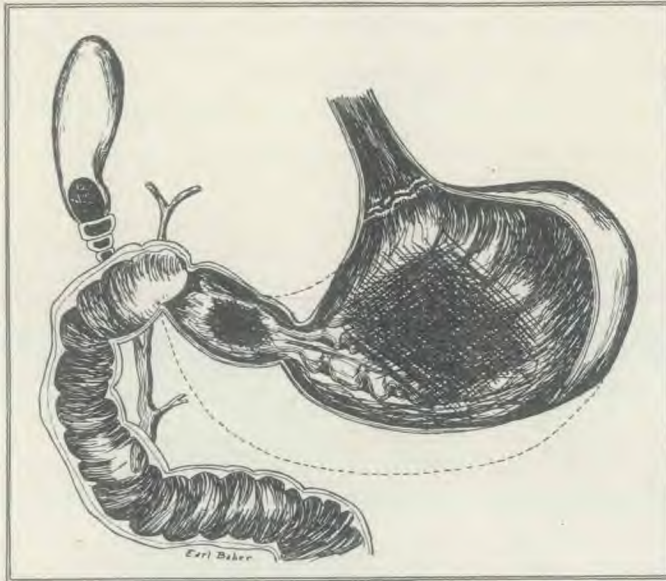


FIG. 2.

to contract in the pyloric end; then over this portion constriction waves pass toward the pylorus once every ten seconds. Meanwhile the food remains *undisturbed* in the cardiac end, and the saliva, which we were told when we went to school was not of any special use except to moisten the food, goes right on *digesting* the starchy portions of the food in this end for some time; even at the end of an hour salivary digestion may still be proceeding here. The acid which has been secreted from the stomach walls in this end does not penetrate the food, so salivary digestion proceeds, *provided* some *saliva* has been swallowed. But if the food was washed down with fluids instead of saliva, microbial activity will be set up in this end, instead of starch digestion, because there is no hydrochloric acid inside the food mass to prevent the germs from having a paradise in the cardiac end. Little by little these constriction waves begin to pass back more and more toward the cardiac end, so that within an hour the stomach

will appear something like Fig. 2. Ultimately there is a still further constriction.

Cannon made a very interesting observation. He succeeded in getting his cat to swallow a pellet of food that was not masticated, and he watched it as little by little the constriction waves carried it toward the pyloric orifice. But instead of the pyloric orifice allowing it to pass through, it contracted firmly, and the pellet of food was worked

back again into the stomach, to be further acted upon by the digestive juice. The pyloric orifice opened only seven times during the next twenty minutes, and in a similar experiment scarcely any food was allowed to pass through for the next thirty minutes. It seemed almost as if the pyloric orifice became offended because of being imposed upon in this way. The knowledge of this fact ought to impress upon us the importance of thorough mastication.

As digestion proceeds, in the course of about two hours the stomach contracts into somewhat this shape (Fig. 3). By this time the constriction waves pass the full length of the stomach, but every wave does not necessarily pass food through the pylorus, as that depends upon the condition of the food; gradually, however, the last remnant of food, provided the stomach is normal, has been passed out into the small intestine (Fig. 4).

Cannon observed that when his cat became ugly and struggled to free itself,

all these movements ceased at once. Pawlow found when his dogs were teased and annoyed that the gastric secretions ceased. Both experiments teach the same lesson. After Professor Cannon had petted the cat, and it again began to purr, the digestive activity was promptly resumed. Experiments made in the Battle Creek Sanitarium Laboratory have verified this observation.

In Holy Writ we find that the early disciples "ate their bread with gladness." It is certainly to be deplored that more of the later disciples do not do likewise, for there is a physiological reason for "rejoicing always," especially at meal-time, and not becoming angry immediately afterward.

In the intestines, instead of the food mass being passed on by peristaltic waves, as we have been taught, the X-ray reveals constrictions of the intestines with bulging between each, as in Fig. 5 (1). The next moment they constrict where they were bulging before and bulge where there were constrictions — Fig. 5 (2). Each of these constrictions takes place about thirty times a minute. They occur as regularly as if they were run by machinery, for about a thousand times; then all at once they cease entirely, as if they had been told to, and who can say that they have not? A peristaltic wave follows, which passes the food on a short distance, and then this same segmentation begins again for another thousand times. All this is evidently to permit the walls of the intestine to

come thoroughly in contact with the food mass, in order to mix it with the digestive juice, and at the same time the alternate constriction and expansion forces the blood through the intestinal wall so as to stimulate the absorption of the digested food material; and so it goes on patiently and rhythmically until the food mass finally reaches the colon. David must have gotten a glimpse of some of this wonderful work when he said, "I will praise Thee, for I am fearfully and wonderfully made."

The state of the mind affects these movements just as it did in the stomach. When the cat struggled to get away or cried, all these movements ceased at once, until it was again in a good state of mind.

Some parents make it a point to discipline their children especially at meal-time. That is wicked not only morally, but it is wicked physiologically. Right here we get a glimpse of some of the real things in mind cure. We will suppose that a man feels continuously as the cat did when it was ugly. Finally some

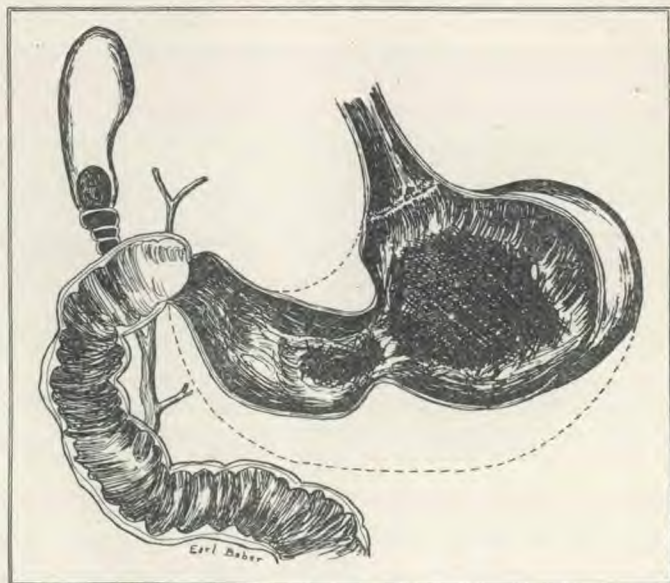


FIG. 3.

one convinces him that there is nothing the matter with him, that it is all in his imagination. He is persuaded to unload the ghost of ill-nature that he has been carrying around in his brain. Then his stomach begins to act more normally: the digestive juices that have been held

The overstrained individual with distracted thoughts is likely to eat without noticing it, and this systematic inattention produces digestive disorders. We must not overlook the peculiarities of each individual. Pawlow says the Golden Rule in dietetics is to give no directions in regard to food until we understand the patient's particular inclinations and habits.

In the last analysis the food we are likely to prescribe for others is what *we* like rather than what they like. If they like only things that are bad, then we must endeavor to convert their tastes, so they will love that which is good, and hate that which is evil, in relation to food as well as other things.

The proper mastication and swallowing of food does not necessarily mean stimulation of the

gastric secretion. It requires a genuine *desire* for food. If one eats late at night, and wakes up in the morning with a coated tongue, and eats a breakfast for which he has no appetite, it will decay, ferment, and poison him, and put him in a fair way to be taken to a hospital, insane asylum, or elsewhere. He is advised to try the no-breakfast plan. He goes without breakfast, and by noon he is actually hungry, and so digests his dinner and begins to build up and improve. But suppose some lean, half-starved dyspeptic who never gets enough nourishment, who is always hungry the first thing in the morning, is persuaded to go without breakfast: by noon he is so hungry that he is faint and so perhaps can not di-

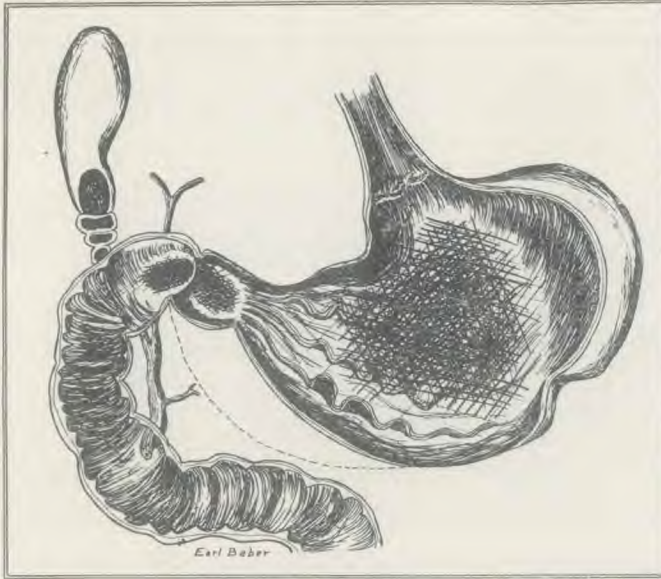


FIG. 1. FOOD PASSING THROUGH THE PYLORUS

in abeyance begin to be secreted, and so his nutrition is improved, and of course he thinks Christian Science cured him, but it is only what Christian sense would have accomplished for him at any time.

True appetite is a thing we should cultivate. Some study for years to become good mathematicians, but the gift of appetite they regard as a thing to be smothered or which it is half wicked to have at all. Many eat their meals with absolute indifference. Ask them afterward whether or not they enjoyed their food, and they will tell you that they did not even stop to think about it. Eventually they acquire abnormal tastes, which have to be aroused with mustard, pepper, and other unnatural stimulants.

gest his dinner at all. There are two sides to the no-breakfast idea. There is a certain class to whom it is a wonderful blessing to go without breakfast, while another class will be harmed by following this practise.

Professor Pawlow, in St. Petersburg, Russia, has for years been experimenting on dogs, and consequently has taught us more about digestion than we ever knew before. His operations are all done under anesthesia and with the greatest aseptic precautions. He made a partition in the lower part of the stomach so as to get it entirely free from food, and then he made an opening into this small stomach through the abdominal wall. He also made an opening into the esophagus in the neck, so that when the dog swallowed food, it was swallowed *out* through this opening instead of going into the stomach.

Pawlow found that five minutes after the dogs began to eat food which they liked, although they swallowed it out through this opening, a rich gastric juice began to be poured into the stomach; but when they ate food which they did not like, no gastric juice was poured out. His work shows that altogether too little attention is paid to appetite.

Pawlow found that his dogs would begin to secrete gastric juice a few minutes after seeing food which they liked. This is

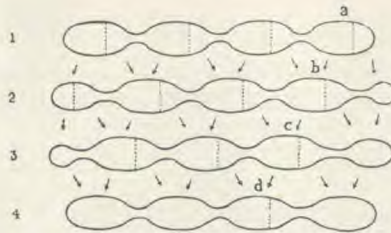


FIG. 5. DIAGRAM OF PERISTALTIC WAVES

undoubtedly true in the human body. If a tray is brought to a patient, with the coffee spilled into the dessert, the napkin wet, and stains on the dishes, more than likely the patient will

look at it and say, "No, I haven't any appetite: you can take the tray back." But if that tray should be reset and garnished with a sprig of parsley or some other dainty decoration, and brought to the sick one, he will have an appetite at once, and perhaps begin to secrete digestive juice in the stomach before he has fairly begun to eat. The importance of this psychic element we have not fully appreciated. The cook is not all; the tray girl, the table waiter, etc., are all important factors.

Pawlow put three ounces of meat



X-RAY PICTURE OF THE STOMACH AND INTESTINES OF A CAT

through the artificial opening in the abdomen directly into the dog's stomach. After it had been there an hour and a half he took it out, and only one-fifth of an ounce was digested. He repeated the experiment and at the same time fed the dog food that he liked, which, however, was swallowed *out* through the opening in the neck, yet a rich gastric juice was secreted in the stomach and there was digested away an ounce of meat. This represents the difference between eating food that tastes good and swallowing it *without tasting it*.

We thus see the wisdom of the Lord's command to "eat that which is good." We eat things that are wrong and they please the palate. We must train the appetite into the right direction.

The pancreatic juice responds to this

psychic influence in nearly the same way as the stomach. We should begin the meal with something that tastes particularly good in order to excite digestive juice, and it is a good plan, provided it does not lead us to overeat, to finish the meal with some tasty dessert, as that will stimulate the pouring out of gastric juice after the meal is finished.

Pawlow showed that a different digestive juice is poured out for each particular kind of food, so when a dozen or fifteen different foods are eaten at the same meal, people need not be surprised if the digestive juices become confused, so to speak. This emphasizes the need of simplicity in each meal, with occasional changes from meal to meal, because novelty is an important stimulant to digestion.

THE HEAD AS A BURDEN BEARER

MOST of us are accustomed to regard the head as a mere thinking machine, unconscious of the fact that this bony superstructure seems to have been specially adapted by Nature to the carrying of heavy weights.

The arms are usually considered as the means intended for the bearing of burdens, but the effect of carrying heavy articles in the hands or on the arms is very injurious, and altogether destructive of an erect or graceful carriage. The shoulders are dragged forward, the back loses its natural curve, the lungs are compressed, and internal organs displaced.

When the head bears the weight of the

burden, as it is made to do among the peasant women of Italy, Mexico, and Spain, and the people of the Far East (see cover illustration), there is great gain in both health and beauty. The muscles of the neck are strengthened, the spine held erect, the chest raised and expanded, so that breathing is full and deep, and the shoulders are held back in their natural position.

It is a good thing for children to be early accustomed to the carrying of various articles, gradually increasing in weight, balanced upon the head. In this way they may acquire an erect carriage, and free and graceful walk.

"SELDOM can the heart be lonely
If it seek a lonelier still,
Self-forgetting, seeking only
Emptier cups to fill."



A SWISS SANITARIUM

BY P. A. DE FOREST, M. D.

THE growth and development of the sanitarium idea affords an interesting and profitable study to the student of ancient and modern history; for in it we trace the customs of nations from a health standpoint. Such a study reveals the fact that the rise of peoples from a state of savagery to civilization is invariably attended with frugality and temperance in eating, drinking, dressing, etc.; and that the decline and fall of nations is but the natural result of luxurious and disease-producing habits.

Even among uncivilized nations from the remotest times, in one way and another the value of Nature's remedies has been appreciated, and sun bathing, certain mineral springs, stroking, primitive surgery, and rest have been resorted to in the struggle against disease; while civilized nations, from post-diluvian times at least, have created artificial appliances, baths, movements, and have used special foods for the recovery of the sick.

One can not peruse ancient medical literature without mingled feelings of admiration and pity,—admiration for the attachment to and the confidence in natural remedies shown by medical and

other writers; and pity as one sees humanity in its struggles toward the light. One notes with sadness that even in modern times, in spite of the advances made in sanitary science and hygiene and the best methods of aiding Nature to effect a cure, there remain much ignorance, carelessness, and disobedience to nature's laws to be overcome.

True, floods of light have poured into every department of scientific research during the past century; but, alas! there has not been a proportionate increase of individual conscience and the sense of moral responsibility to the Author of natural law, and so, in the midst of the accumulated knowledge of centuries, ominous signs of racial degeneracy are becoming more and more apparent, and this in spite of the fact that general sanitary law was never more thoroughly understood and enforced than at present.

In Switzerland, surrounded as it is by natural barriers, and abounding in springs, cold and hot, mineral and otherwise, it is not to be wondered at that home remedies were employed. When the Roman legions took possession of the land, they followed the example of their conquered foes and made baths at sev-

eral places where hot springs were found. From that day to this, these baths have been more or less patronized, and thousands have found relief from their diseases.

To-day Switzerland swarms with

ple, cold-water applications after the method of Kneipp, Kühne, and Bilz. Of course there were many abuses, but the wave of reform served to turn the minds of the people in the direction of natural and hygienic remedies, and away from



"A COMFORTABLE VILLA OF RICH FRENCH STYLE, WITH LAWN AND SHRUBBERY, TREES AND WALKS, ARRANGED IN THE MANNER CHARACTERISTIC IN FRANCE"

health institutions, "cures," health resorts, and sanatoriums, each one offering some special attraction to a rest- and health-seeking public.

Some fifteen years ago a new impetus was given to the study of health by the appearance of works, written for the most part by men from the non-professional walks of life, containing many ideas at variance with accepted physiological law, but embodying enough truth to do good. Thousands of books and journals were scattered broadcast, and as a result many people changed their manner of living, adopting quite radical reforms in eating, drinking, and dressing, and in place of medicine they used sim-

artificial or drug medication, especially from those drugs obtained from the mineral kingdom and from all poisons.

As is too often the case in reforms, there have been and still are extremists having a particular antipathy toward artificial measures, as surgery, hot treatments, electricity, vaccination, serums, and external medication, classing them generally as unnecessary and even reprehensible measures.

The Battle Creek Sanitarium method, elaborated by Dr. Kellogg and his colleagues, seems to the writer to be the coming system of therapy, because it occupies a safe and reasonable middle-ground, going neither to one extreme

nor the other, but taking from the whole range of therapeutic agents those that are the most remedial in their relation to the body, and that give at the same time the greatest amount of health with the least expenditure of vital energy. This system chooses the best remedies, and heaps them, so to speak, around the sick one, leaving to Nature the God-given task of effecting the cure. Under the skilful hand of the surgeon, Nature is placed on vantage-ground. The hydiatic prescription, tuned by science and experimental research to suit the needs of each case, rouses life's dormant forces and spurs on the healing process.

This is done and more, and that not to the neglect of such purely natural remedies as sun, air, and lake-baths, upon which the "nature doctor" depends so much. As a result, Science and Nature, working hand in hand, accomplish the greatest amount of good in the shortest possible time. Hence this incomparable system of healing has come to stay for all time, and is destined to spread to every land, until the children of men can no longer violate, blindly, the laws of life, written so plainly and scattered broadcast by printed page and by every other impressive way so freely that he who runs may read.

The true idea of healing thus expressed came to Switzerland a decade or more ago, and the Geneva Lake Sanita-

rium, with its accompanying enterprises, is one of the results of the growth of these principles. We should like our readers to come with us for a moment to this delightful spot, and feast their eyes on a panorama of exquisite natural beauty:—

Leaving Geneva, that city so beautifully situated, the gateway to France, and passing several populous villages, with villas interspersed, and traversing a country gently sloping from the Jura Mountains to the lake, which here is comparatively narrow, yet blue and deep, we arrive at Nyon—a thriving town in Vaudland. We are now but a few miles from our objective point, and here obtain a most beautiful view of the monarch of the Alps—Mt. Blanc, towering more than 15,700 feet high, capped with



"NOT TO THE NEGLECT OF SUCH PURELY NATURAL REMEDIES AS SUN, AIR, AND LAKE BATHS"

ice and snow, and reflecting with most charming effect the rays of the setting sun.

A few minutes more and we are at Gland, and are driven rapidly to the sau-

itarium. From the station we can catch a glimpse of the extent of the forest that crowns the slope under which nestles the sanitarium, and soon the whole group of buildings bursts into view. They form a pretty picture with the dark-green forest as a background. The view from the main entrance shows the health-food factory to the left, the sanitarium buildings in the center, and the summer sanitarium, or *chalet*, to the right.

A glance over the lake reveals an entrancing scene: the dusky green mountains of Savoy, with the majestic, crimson-tipped summits of Mt. Blanc, the Dent du Midi, and other more distant peaks silhouetted against the hazy sky, and the blue Lemman nestling at their feet, its color changing from time to time as cloud and sun distribute light and shadow,—form a picture which, once seen, can not be effaced from the memory.

The boats look like great birds with outstretched wings alighting on the surface; and the steamers coming and going give life to the scene. At times the surface of the lake is lost in the haze, so that one is startled by the impression that a faraway boat is floating in the air—a pleasing optical illusion.

A nearer view of the sanitarium proper shows it to consist of a comfortable villa of rich French style, with lawn and shrubbery, trees and walks, arranged in the manner characteristic in France. To the sanitarium has been added a wing provided with all ordinary conveniences (electric light, steam heat, call bells,

etc.). The institution has its own waterworks, telephone system, and sanitary arrangements of the most approved pattern.

The sanitarium utilizes the principal treatments employed at the mother institution,—douches, sprays, full baths, electric and electric-light baths, fomentations, compresses, with the usual medical treatments, but in addition it has sun and air baths and a combination of sun and lake baths which are quite an attraction. These invite the weary to a re-

freshing repose. There are extended facilities for forest walks.

Never shall we forget our first view of the glories of an Alpine sunrise: A few stars twinkled dimly, and the first blush of dawn announced the break of day. Little by little the clouds of the eastern horizon were lighted up by a bright crimson glow, which spread till the fleecy masses over our heads were tipped as with fire and were reflected on



"THIS INSTITUTION IS ESPECIALLY BLESSED FROM A SCENIC STANDPOINT"

the lake, giving it the appearance of glass mingled with fire. The mountains, which were more or less hidden in the dusk of morning, took shape, and the mighty mass of Mt. Blanc stood out strongly, rendered conspicuous by a band of bright crimson which marked its eastern slope.

This institution is especially blessed from a scenic standpoint, and it is the ambition of its promoters that every treatment, every facility, shall contribute to relieve human suffering, and that the weary and heavy-laden may find rest for

body and soul and at the same time learn the way of life and health more perfectly.

Switzerland as a health resort is being more and more appreciated. These vast pine forests, gushing springs, glorious mountains and lakes, were not placed here for naught. They are here to serve, and to give object lessons of the power, love, and purity of Him who created them all. Instinctively from every land a tribute of praise and admiration is paid by thronging tourists, and yet there is room for more.

DAY BY DAY

I HEARD a voice at evening softly say,
 Bear not thy yesterday into to-morrow,
 Nor load this week with last week's load of
 sorrow.
 Lift all thy burdens as they come, nor try
 To weigh the present with the by and by.
 One step and then another, take thy way;
 Live day by day.

Live day by day.
 Though autumn leaves are withering round thy
 way,
 Walk in the sunshine. It is all for thee.
 Push straight ahead, as long as thou canst
 see;
 Dread not the winter whither thou mayst go,
 But when it comes, be thankful for the snow.
 Onward and upward. Look and smile and
 pray;
 Live day by day.

Live day by day.
 The path before thee doth not lead astray.
 Do the next duty. It must surely be
 The Christ is in the one that's close to thee.
 Onward, still onward, with a sunny smile,
 Step by step shall end in mile by mile;
 "I'll do my best," unto thy conscience say;
 Live day by day.

Live day by day.
 Why art thou bending toward the backward
 way?
 One summit and then another thou shalt
 mount;
 Why stop at every round the space to count?
 The past mistakes if thou must still remem-
 ber,
 Watch not the ashes of the dying ember.
 Kindle thy hope. Put all thy fears away;
 Live day by day.

— *Julia Harris May. in the Atlantic.*

WHAT THE WHITE RACE MAY LEARN FROM THE INDIAN

By George Wharton James



THERE is no question but that our civilization in many respects is superior to that of the Indian, and yet it is doubtful whether, as a nation, we are aware of the many good things common to the Indian that he might teach us. It is as dangerous for a nation to become conceited as it is for an individual. The larger one's head grows, as a rule, the lesser become his powers of perception as to the merits of other people. Unfortunately, in our dealing with the Indian we have looked too little upon his virtues and too much upon his vices. It is my purpose in this and the succeeding articles to set forth a few of the things in which we might benefit ourselves by emulating him.

The Indian is an absolute believer in the virtue of the outdoor life, not as an occasional thing, but as his regular, set, uniform habit. He *lives* out of doors; not only does his body remain in the

open, but his mind, his soul, are ever also there. Except in the very cold weather his house is free to every breeze that blows. He laughs at "drafts;" "catching cold" is a something of which he knows absolutely nothing. When he learns of white people shutting themselves up in houses into which the fresh, pure, free air of the plains and deserts, often laden with the healthful odors of the pines, firs, balsams, of the forest, can not come, he shakes his head at the folly, and feels as one would if he saw a man slamming his door in the face of his best friend. Virtually he sleeps out of doors, eats out of doors, works out of doors. When the women make their baskets and pottery, it is always out of doors, and their best beadwork is always done in the open. The men make their bows and arrows, dress their buckskin, make their moccasins and buckskin clothes, and perform nearly all their ceremonials out of doors.

Our greatest scientific fighters against tuberculosis are emulating the Indian in the fact that even in the winter of the East they advocate that their patients sleep out of doors. Pure air, and abundance of it, is their cry.

"Taking cold" comes not from breathing "night air;" but generally from inflammation of the mucous membranes caused by impure air,—the air of a heated room from which all the pure air has been exhausted by being breathed again and again into the lungs of its deluded occupants, each exhalation taking with it a fresh amount of poison to vitiate the little good that remains.

In their outdoor life, except when in too close contact with some of the foolish of our civilization, the aborigines use as few clothes as possible. When I first began to visit the Havasupais and the Hopis and Navahoes, it was a common thing to find all the children of both sexes, almost up to the age of puberty, running around in a state of unshamed and unconscious nudity. And the men, too, save for the breech-clout, also enjoyed

this freedom of the body from clothes. They know what our physicians are slowly learning, and what such men as Franklin and John Quincy Adams had the keen good sense to see, that the exposure of the body to the air and sunlight is to afford new avenues of strength, health, power, and life into the body. Disease flees from pure air, saturated

with sunlight. So these men expose themselves habitually to the open. I, myself, have learned the habit, and whenever and wherever possible,—when I am in the secret canyons and silent deserts,—I throw off my clothes, and let sun and air penetrate to my "inmost parts" through every pore in the skin.

The effect upon the mind and soul of the Indian as the result of his outdoor life is remarkable to those who have never given it a thought. One of our poets once said, "The undevout astronomer is mad." And every Indian will tell you that the undevout Indian is either mad or "getting civilized." The Indian sees the divine power in everything. God speaks in the storm, the howling wind, the



SUNI WATER CARRIER

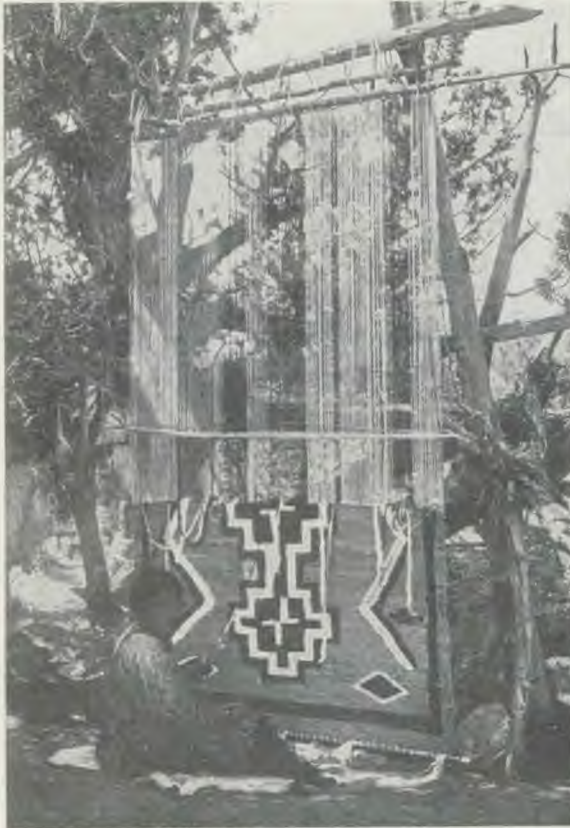
tornado, the hurricane, the roaring rapids and dashing cataracts of the rivers, the never-ending rise and fall of the ocean, the towering mountains and the

He knows all the signs of the weather. He is a past-master in woodcraft, and knows more of the habits of plants and animal life than all of our trained naturalists put together. He is a poet, too, withal, and an orator, using the knowledge he has of nature in his thought and speech. No writer that ever lived knew the real Indian so well as Fenimore Cooper, and we all know the dignified and poetical speech of his Indian characters. I know scores and hundreds of dusky-skinned Henry D. Thoreaus and John Burroughs, John Muirs, and Elizabeth Grinnells and Olive Thorne Millers. Indeed, to get an Indian once started upon his lore of plant, tree, insect, bird, or animal, is to open up a flood-gate which will deluge any but the one who knows what to expect.

The Indian believes absolutely in nasal breathing. Again and again I have seen the Indian mother, as soon as her child was born, watch it to see if it breathed properly. If not, she would at once pinch the child's lips together and keep them

pinched until the breath was taken in and exhaled easily and naturally through the nostrils. If this did not answer, I have watched her as she took a strip of buckskin and tied it as a bandage below the chin and over the crown of the head, forcing the jaws together, and then with another bandage of buckskin she covered the lips of the little one. Thus the habit of nasal breathing was formed immediately the child saw the light, and it knew no other method.

As one walks through the streets of every large city he sees the dull and va-



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NAVAHO WOMAN WEAVING A BLANKET

tiny hills; the trees, the bees, the buds and blossoms. It is God in the flower that makes it grow and gives it its odor; that makes the trees from the acorn; that makes the sun to shine; that sends the rain and dew and the gentle zephyrs. The thunder is His voice, and everything in Nature is an expression of his thought.

This belief compels the Indian to a close study of Nature. Hence the keenness of his powers of observation. He knows every plant, and when and where it best grows. He knows the track of every bird, insect, reptile, and animal.

cant eye, the inert face, of the mouth-breather; for, as every physician well knows, the mouth-breather suffers from lack of memory and a general dulness of the intellect. Not only that, but he habitually submits himself to unnecessary risks of disease. In breathing through the nose, the disease germs which abound in our city streets and are sent floating through the air by every passing wind, are caught by the gluey mucus on the capillaries of the mucous membranes. The wavy air passages of the nose lead one to assume that they are so constructed expressly for this purpose, as the germs, if they escape being caught at one angle, are pretty sure to be trapped in turning another. When this mucus is expelled in the act of "blowing the nose," the germs go with it, and disease is prevented. But when these germs are taken in through the mouth, they go directly into the throat, the bronchial tubes, and the lungs, and if they are lively and strong, they lodge there and take root and propagate with such fearful rapidity that in a very short time a new patient with tuberculosis, diphtheria, typhoid, or some other disease, is created. Hence, emulate the Indian. Breathe through

your nose; do not use it as an organ of speech. At the same time that you care for yourself, watch your children, and even if you have to bandage them up while they are asleep, as the Indians do, compel them to form early this useful and healthful habit of nasal breathing.

But not only do the Indians breathe through the nose. They are also experts



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"THE MAN WITH THE HOR"

in the art of deep breathing. The exercises that are given in open-air deep breathing at the Sanitarium each morning, show that we are learning this useful and beneficial habit from them. When I first began to visit the Hopis, in North

Arizona, I was awakened every morning in the wee sma' hours, as I slept in my blankets, in the open, at the foot of the mesa upon which the towns are located, by cow-bells, as if a number of cows were being driven out to pasture. But in the day time I could see no cows nor any evidence of their existence. When I asked where they were, my questions brought forth nothing but a wondering stare. Cows? They had no cows. What did I mean? Then I explained about the bells, and as I explained, a merry laugh burst upon my ears. "Cows? Those are not cows. To-morrow morning when you hear them, you jump up and watch."

I did so, and to my amazement I saw fleeing through the early morning dusk a score (more or less) of naked youths, on each one of whom a cow-bell was dangling from a rope or strap around his waist. Later I learned this running was done as a matter of religion. Every young man was required to run ten, fifteen, twenty miles and even double this distance, upon certain allotted mornings as a matter of religion. This develops a lung capacity that is nothing short of marvelous. In my book, "The Indians of the Painted Desert Region," I have told of tremendous distances run by these men as a matter of course; of one old man of seventy who often ran, over the hot desert, forty miles out, hoed his corn-field, and then ran back, within the space of twenty-four hours.

This great lung capacity is in itself a great source of health, vim, energy, and power. It means the power to take in a larger supply of oxygen to purify and vivify the blood. Half the people of our cities do not know what real true life is, because their blood is not well enough oxygenated. The people who are full of life and exuberance and power—the men and women who accomplish things—

generally have large lung capacity, or else have the faculty of using all they have to the best advantage.

To a public speaker, a singer, a lawyer, a preacher, or a teacher, this large lung capacity is invaluable; for, all things else being equal, the voice itself will possess a clearer, more resonant, quality if the lungs, the abdomen, and the diaphragm are full of, or stretched out by, plenty of air. These act as a resonant sounding-chamber, which increases the carrying quality of the voice to a wonderful extent.

For years I have watched with keenest observation all our greatest operatic singers, actors, orators, and public speakers, and those who possess the sweet and resonant voices are the ones who breathe deep and own and control these capacious lungs. Only a few weeks ago I went to hear Sarah Bernhardt, the world's most wonderful actress, who, at sixty-three years of age, still entrances thousands, not only by the wonder of her art, but by the marvelous quality of her voice. What did I find?—A woman who has learned this lesson of deep breathing as the Indians breathe. She breathes well down, filling the lungs so that they thrust out the ribs. She has no waist-line, her body descending (as does that of the Venus) in an almost straight line from armpit to hips. The result is that, with such a resonant air cavity, she scarcely raises her voice above the conversational pitch, and yet it is easily heard by two or three thousand people.

It is needless to add that every Indian woman is intelligent enough to value health, lung capacity, and the power to speak with force, vigor, and energy more than she values "fashionable appearance;" hence not one of them can be found in their native condition foolish enough to wear corsets.

(To be continued)

AN EXPERIENCE

BY D. H. KRESS, M. D.

UNTIL the age of twenty-five I lived much as other people do, eating and drinking whatever was agreeable, giving no thought as to the purity or wholesomeness of foods. As a result my system became so filled with impurities that even when a boy I was constantly complaining of what my parents called growing pains. At the age of twenty I already suffered from severe rheumatic attacks. For six months I was unable to do any work because of the suffering I endured from rheumatism and neuralgic pains. I also had a very violent temper, no doubt due to the same causes. Naturally I thought that every hand was against me, and that every one was just as mean as I felt. Life was a mere existence, and a most unpleasant one at that, but I knew nothing better.

Eighteen years ago, at a health lecture delivered by Dr. J. H. Kellogg, my attention was for the first time called to the relation our eating and drinking sustain to health and morals, and to the need of making reforms in our modern habits of life.

So thoroughly did the principles presented by the speaker appeal to me that I resolved there and then to abandon forever the use of flesh, condiments, tea, coffee, and butter.

In a letter to my wife I explained the changes I had made in my manner of living, giving my reasons therefor. Before my arrival home she decided to join me in these reforms.

We made many mistakes at first; for instance, we used freely such soft, starchy, unchewable foods as porridges, boiled beans, pastries, soups, and puddings. Milk and sugar (a very unhappy

combination) were liberally used with the porridge. This, in addition to the brown, soggy bread made of coarse flour, brought about digestive disturbances with extreme gastric pains about three hours after meals. Friends who had passed through similar experiences and obtained relief by resorting again to a meat diet advised me to do likewise. I knew the step I had taken to be right, and was determined not to follow their advice or example; that if help came, it must come by taking a forward and not a backward step. I began at this point to make a diligent study of diet and food combinations, and after abandoning many of my former supposed delicacies and pastry dishes, and adopting simpler foods and thorough mastication, my digestive troubles gradually disappeared entirely. I can truly say that for years I have been free from aches or pains, and that I now derive much greater satisfaction from eating the simplest foods (being able to detect flavors that I never dreamed had an existence) than formerly from the greatest delicacies.

I prefer to take my foods in as natural a state as possible, direct from the bosom of nature. I seldom take more than one simply prepared dish at a meal. This, with the breads and fresh fruits, satisfies not only my needs, but my desires.

They are to be pitied whose sense of taste is so calloused or benumbed that they must have foods highly seasoned in order to make any kind of impression upon the nerves of taste; and the other nerves of special sense are in a like partially stupefied state, so that they are therefore unable to appreciate the simple beauties of nature. Nothing short of a

bull fight, a horse race, a theatrical play, or something of a highly sensational character can make much of an impression upon such minds. They also have a dislike for practical sound reading. Spicy literature and novels alone can stimulate their dulled senses. They are out of tune with the Infinite, and therefore not capable of really enjoying life.

I am convinced that our modern nerve- and brain-paralyzing foods and drinks are intimately associated with, and are partially responsible for, the desire for excitement, amusements, and other evils of modern life. This is undoubtedly one of the reasons why men choose city life in preference to the country life. Men whose diet is simple, naturally choose the wilderness life or the wilds of nature, as did John the Baptist.

Plain living sweeps the cobwebs from the brain, making more acute, not only the nerves of taste, but all the nerves of special sense, so that the flavors of the simple products of the earth afford sufficient stimulation to the nerves of taste, and the simple beauties of nature afford the desired delight to the sense of sight. To begin to eat right, is to begin to live right.

Not only am I now in possession of a degree of health and physical strength I never thought possible for me to attain, but there is also a marked change in my temperament. Instead of being irritable, depressed, and impatient, as formerly, I am now hopeful and cheerful, and not given to worry, despondency, and fretting. While I recognize that this comes through faith in an overruling Providence, and that the grace of God alone could bring about such a change, I am fully convinced that even the grace of God is frequently neutralized where gluttony or intemperance exist, and that God can not do for us what he desires to do. I am able to work from early morning until late at night, and the past four years I have not found it necessary to be away from my duties for even ten minutes on account of ill health. I do not attribute my present excellent health to my simple diet alone. I am forced to admit that exercise, deep breathing, and pure air have accomplished even more for me than diet. I consider the abundant use of pure air, and the sparing use of pure food, with thorough mastication, the secret of my success in health getting.

HOW TO KEEP WARM IN WINTER AND COOL IN SUMMER

TO some extent this is accomplished by changes in the quality and quantity of clothing worn at different seasons. With this method everybody is familiar, for instinct drives one to attempt to preserve the bodily heat in cold weather by seeking shelter or putting on more covering. The animals have a heavier coat provided for them in winter, which becomes thinner as warm weather again approaches.

The putting on of more clothing in cold weather is not, however, exactly analogous to the taking on of a heavier coat of fur by the four-footed inhabitants of the woods. In the latter case the warmth enjoyed in winter is solely the product of the animal's own body, since its heavier coat by which its bodily heat is conserved is itself the product of vital heat generated in the body. We learn, therefore, that while changes in the

weight of clothing, according to the weather, are proper, such changes are not to be our sole dependence. Climatic changes are inevitable in a large portion of the earth, and by far the best way to guard against them is to maintain an equable climate inside. In other words, we must to a large extent manufacture our own weather.

It is true that changes in the weather, especially sudden changes, are more or less responsible for very many of the ills from which people suffer; but this is not necessarily the case. Man was created to be lord of earth and air; and while we can not control the weather, it is nevertheless possible for us to assert our lordship to the extent that we can prevent the weather from obtaining the mastery over us. The way to do it is to give diligent and intelligent attention to the simple means by which life is maintained: diet, fresh air, and exercise.

That abundance of clothing is not the best protection against cold and changes in the weather, is demonstrated in the case of the neck. It is well known that those who muffle the neck in order not to take cold are the very ones that suffer from colds and throat affections; while those who go with the throat nearly or quite bare all kinds of weather, suffer the least. Moreover, anybody who fancies that he is obliged to wrap up the throat because he is delicate, and that those who allow it to be exposed are naturally hardier, can easily demonstrate for himself that he is in error. Let him apply cold to his throat and neck, always when washing taking particular care to give the back of the neck a thorough drenching with cold water, and he will soon find that exposure of his neck to the weather causes him no more inconvenience than exposure of his face.

Much of the sensitiveness of the body

to changes in outside temperature comes from disordered digestion. Inward congestion, due to clogged, torpid bowels, produces a sense of chilliness; and the same condition causes one more readily to succumb to the heat of summer. Simple diet and active exercise, keeping all the vital organs free to perform their functions, will enable one to enjoy the cold of winter, and to be fresh and hearty in midsummer's fiercest heat.

Whoever reflects, will be able to see the truthfulness of these words of Thoreau: "It is the vice of the last season which compels us to arm ourselves for the next. If man always conformed to Nature, he would not have to defend himself against her, but find her his constant nurse and friend, as do plants and quadrupeds." He himself was a proof of this statement. Writing in midwinter, he says:—

"Without great coat or drawers I have advanced thus far into the snow banks of winter without thought and with impunity. When I meet my neighbors in muffs and furs and tippets, they look as though they had retreated into the inner fastnesses, from some foe invisible to me. They remind me that this is the season of winter, in which it becomes a man to be cold. . . . Though the cold has a physical effect on me, it is a kindly one, for it finds its acquaintance there. My diet is so little stimulating, and my body in consequence so little (over) heated, as to excite no antagonism in nature, but flourishes like a tree which finds even the winter genial to its expansion and the secretion of sap."

Alcibiades, who shared the same tent with Socrates in the winter siege of Potidea, tells how easily Socrates bore the intense cold of those northern regions, and how "with his bare feet on the ice, and in his ordinary dress, he marched

better than any of the other soldiers who had their shoes on." His ability to endure hardships was doubtless due largely to the extreme simplicity of his life. When the Thessalian princes once tried to tempt him by lavish offers of money to settle in their court, he replied that his bodily wants were few, for he could buy four measures of meal for an obolus at Athens, and there was excellent spring water to be got there — for nothing.

It is not at all necessary that we should expose ourselves to the cold as Socrates did, who was, no doubt, somewhat eccentric; but nothing is more certain than that our artificial ways of living, and the necessities which we have created for ourselves are the chief, if not the sole, reason why we are oppressed by the extremes of heat and cold.

One thing ought especially to be noted, and that is that there is no surer way to have continually cold feet than to practise warming them by the fire. This is very important to keep in mind, since all know that if the feet be warm, it is not difficult to keep the rest of the body comfortable. Invalids, who can not exercise, are compelled to have artificial warmth applied to the feet; but every one who is in a condition to care for himself should invariably warm his feet by walking, running, jumping, striking the feet together, beating the soles, or rubbing them vigorously, dipping them alternately in hot and in cold water, or in cold water alone, and then briskly rubbing them, or in some similar way. Rising on the toes and coming down, many times repeated, is a most excellent cure for cold feet. If this be practised regularly, the feet will soon become permanently warm, and the whole body will feel a genial glow from the improved circulation which is thus induced.

But little has been said about keeping cool in summer, because at this season of the year one more readily thinks of keeping warm than of keeping cool; but it has been proved by many, some of whom live in tropical climates, that a simple, non-stimulating diet, eaten in such quantities and in such a manner that the digestive organs are never overloaded, and the system is kept free from poisons, will make it possible for one to walk or run as far and as swiftly, without discomfort, in the hottest days of summer as in the coldest days of winter.

No better testimony could be adduced, in closing, than that of Cornaro, whose name stands the world over for abstemiousness and a spare diet.* He says: —

"Yet with this diet I avoided other hurtful things also, as too much heat and cold, weariness, watching, ill air, etc. . . . Yet could I not so avoid all these, but that now and then I fell into them, which gained me this experience, that I perceived they had not great power to hurt those bodies which were kept in good order by a moderate diet; so that I can truly say that they who in these two things that enter in at the mouth keep a fit proportion, shall receive little hurt from other excesses.

"This Galen confirms when he says that immoderate heats and colds, and winds and labors, did little hurt him, because in his meats and drinks he kept a due moderation, and therefore never was sick by any of these inconveniences, except it were for one day only. But mine own experience confirmeth this more, as all that know me can testify; for having endured many heats and colds, and other like discommodities of the body, and troubles of the mind, all these did hurt me little; whereas they hurt them very much who live intemperately."

REMARKABLE TESTIMONY TO THE VALUE OF A FRUIT DIET

THE attention of medical men has recently been called to the case of Gustav Nordin, a hardy Swede who paddled his own canoe from Stockholm to Paris, reaching there in robust health after the long voyage, during which he lived on apples, milk, water, and bread.

The *New York Herald* states that this dangerous and arduous voyage was undertaken by the Swede to show what could be done by a man who has given up meat, tea, coffee, wine, beer, spirits, and tobacco. He prides himself in eclipsing those "vegetarians" who continue the use of tea and condiments.

When in America at the age of eighteen, Nordin was suffering so from dyspepsia that he could not take ordinary food. He therefore began a diet of fruit, principally apples, whereby he attained to his present robust condition of health.

The greatest anatomists all admit that the natural diet of man is one consisting principally of fruits. "It is, I think," wrote Sir Charles Bell, F. R. S., "not going too far to say that every fact connected with the human organization goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and digestive organs, as well as from the character of his skin and the general structure of his limbs."

Linnæus said that "the structure of the mouth, of the stomach, and the

hands" evinced that fruit was the species of food most suitable to man.

Sir Richard Owen, in his *Odontography*, wrote: "The apes and monkeys, which man most nearly resembles in his dentition, derive their staple foods from fruits, grain, the kernels of nuts, and other forms in which the most sapid and nutritious tissues of the vegetable kingdom are elaborated; and the close resemblance between the quadrumanous and human dentition shows that man was, from the beginning, more especially adapted to eat of the fruit of the trees of the garden."

In his valuable work on Diet in Relation to Strength and Endurance, Dr. Haig, of England, says: "If man is to be regarded, as I believe he should be, as a frugivorous animal, nuts and fruits are probably his most natural diet; nearly three-quarters of the required albumens being in this case obtained from the nuts. It is, however, comparatively rare for any one to be able to take this diet who has injured both teeth and digestive organs by years of wrong food. Nevertheless, it is an ideal to be aimed at, and all should see how nearly they can attain it."

The attainment of this ideal is now rendered easy for all by means of preparations of nuts — malted nuts, nut butter, nut meal, bromose, etc.,—which are readily digested and assimilated by those of the most enfeebled digestive organs.

A SONG OF HOPE

FAINT hearts to slender hopes must cling,
In hope is present strength.
To catch the first faint gleam of spring
Makes winter half its length.

Seek the first gleam, so speed this spring,
Not only wait, but watch!
Pray at the door of hope, and sing,
Faith's finger on the latch.

— Charles A. Fox.

OUR WALKING CLUB

THE TREES IN MARCH

BY JULIA ELLEN ROGERS

Photographs by A. Radclyffe Dugmore

MARCH is the morning of the year in the Northern States. In our study of trees we will miss (if we stay

at home this month) a beautiful, though subtle, change in expression which trees undergo as they wake from their winter sleep. The rough bark of trunk and limbs may look the same, but the sensitive skin that covers the twigs responds to the stir of the sap. Red maple twigs glow like red-hot needles; dogwood twigs tint their shadowy purple with green; the trembling aspen in the boggy ground shows a vivid green in all its limbs in old trees, and young ones can not conceal even with their thickest bark the evidences that life is astir in all their veins. Willows turn to green or to gold.

We shall see a great difference in trees. Some are still asleep. Oaks do not show a swollen bud until next month. Ashes are still unaware of change. Locusts, hickories, catalpas, and many others make no sign. We are able to devote ourselves to a few kinds, to get acquainted with the two early-blooming maples, the quaking asp, and the pussy willow while yet the summer is afar off, and before the April rush—the grand spring opening of foliage and flowers which is



STAMINATE (MALE) FLOWERS OF THE RED MAPLE (*Acer rubrum*)

likely to overwhelm even the most level-headed of nature-lovers. It will be hard to choose next month what to study. In March the trees named are the only ones we are likely to see in bloom. And they will not be done blossoming when April comes in.

We do not need to stand out in the cold and watch the development of these early tree flowers. We need to see the trees, to note how buds and twigs express the miracle worked by the rising sap. Then, because there is stored about these buds food in plenty to force out in a hurry the flowers and the leaves, and only sunlight and water are needed to help, we can break off twigs, put them in water at home, and there watch the miracle in perfect security from March weather. Be assured, you are getting the same results, in your warm, sunny room, that will be seen outdoors in April's mild sunshine.



PISTILLATE (FEMALE) FLOWERS OF THE SILVER MAPLE (*Acer tremuloides*)

Last month we made the acquaintance of the



ance of the quaking asp. I am calling it also the trembling aspen. Out of those impatient, scaly buds came the gray silk pussies first. These lengthen into long tassels like chenille fringe,

tinged with red of the anthers veiled by the silken fringes of the flower scale. Devote one whole jar to a bunch of these poplar twigs, and when it comes to be a great, beautiful bouquet, take it in to your sick neighbor and see if it doesn't help her to get well. Touch a full-blown cluster, and the golden pollen is shed in a cloud. This sort of flower catkin is borne on the staminate, or male tree. The other sort, the fertile catkin, looks much the same as it develops. But at maturity we see no pollen and no stamens, under the silky scales. Little pistils are pointed upward, instinctively waiting for pollen the wind always brings to the trees out-



FLOWERS OF THE TREMBLING ASPEN (*Populus tremuloides*)

doors. These fertile, or female, flowers set seed if they receive the vitalizing golden dust, and these flowers remain to ripen into seeds. The staminate catkins fall as soon as the pollen is shed. The trees are barren. People often marvel that trees so full of bloom never bear fruit. This is explained in the foregoing sentences.

The red maple and a sister species, the silver maple, bloom in earliest spring, long before the hardiest species dares show a leaf. (The clustered flower buds may be seen all winter on the sides of the twigs.) Red petals form the tulip-like cup of each tiny red maple flower. Late in March the gray limbs flush with the rosy bloom. High up in the tree the blossoms are yellowish, while those further down are deep red. Why this difference? Examine the two kinds. One has only stamens in the bells, and these are yellow when they mature their pollen. Do you see the ruddy forked tongue in the pistil-

late flower bells? This catches the golden pollen, and these are the flowers that set seed.

The silver maple is familiar to most of us as a lawn and roadside tree. Its flowers are greenish, lacking petals that give color to red maple blooms. Is there a considerable fuzziness on these flowers? Perhaps. Otherwise there is little to distinguish them from the red. Watch for the beginnings of the little horns that start out of the bases of the pistils of both maples. They are to be the wings of the seeds or keys. Watch them indoors and on the trees through the spring. The fruit of the early maples ripens in early June, when the leaves are scarcely full grown. A red maple is aflame with its half-grown seeds in May.

This is quite enough of work and wonder to lay out for the Club in March. The earliest bluebird and robin will tell us much besides, while we are on our field excursions.

EARLY SPRING BIRDS

BY BELLE M. PERRY

WITH the coming of spring days we must say good-by, until cold weather comes again, to the woodpeckers, nuthatches, bluejays, chickadees, juncos, and brown creepers that have done so much to cheer the winter window-outlook since early December, in their acceptance of our cold-weather hospitality. For they are independent little creatures, and when the warm weather comes, are quick to take care of themselves.

However, if we frequent the woods in summer, as I hope many will, we are sure to find our winter friends there, with the exception of the junco, which nests far-

ther north, and probably the brown creeper. The present winter in Michigan has been almost too mild to give us a familiar acquaintance with the junco from our windows, as this shy little bird is likely to hold itself aloof unless the deep snow has buried its food supply, and hunger makes it friendly.

I went a number of times last summer to a tract of native forest a mile away and seldom failed to see woodpeckers and nuthatches and to hear the friendly chickadee-dee-dee of the little black-capped mite who has named himself with his song. But though the present bird

pleasures are slipping away, we know they will come again, and these days, in their turn, are rich with anticipation. The time is near at hand when the most commonplace home yard is sure to be transformed into a wonderland.

I well recall the day in early May last year when an old apple tree and some shrubs near the house gave us our first sight of Baltimore orioles, Blackburnian warblers, and house wrens. A flock of brown birds a little larger than the English sparrow, with striped crowns, were also about the premises all day, feeding on the ground. But they were gone next morning. If we had observed more carefully and made a few written notes, they would no doubt be more to us in memory than just a flock of brown birds, for we could have identified them to a certainty from the bird books, and a bird identified is no longer just a little brown bird.

So one important preparation for the coming of spring birds is a note-book, with well-sharpened pencil attached. One does not know what rare visitors may come his way any hour during the spring migrations, and we can not trust memory notes. Even a kitchen window may disclose wonders. For when one's interest is really and truly directed birdward, there are bound to be some very happy revelations. It may be while one is passing a window, rolling-pin, broom, or wiping-cloth in hand. The bird habit, of course, makes you glance out. I am not saying that this does not occasion some very unexpected interruptions in house-keeping proceedings. However, that doesn't necessarily count when one is interested in birds. You catch a movement in the leaves of an apple tree and know right well there is something a-doing. Behold, an oriole is making a painstaking search under every leaf for the

length of a limb until the worms are found he is seeking for his breakfast. I never knew what hunters the orioles are until I began to observe. But there are a thousand things I did not know, that have been going on under my very eyes all my life. I think it is a sin to be held indoors by the non-essentials of house-keeping, or indeed anything else, when all one's being is clamoring for the outside. How I longed for a free month of



HAIRY WOODPECKER, MALE, FEEDING FROM MEAT BONE ON BODY OF MY PEAR TREE, FEB. 15, 1906

June last year and how I had to be satisfied with stingy half days in the woods and half hours in the hammock on a back porch! But those half days and half hours were red-letter occasions. I had the constant feeling, I imagine, that a small boy might have if compelled to split wood when a circus is passing by. I knew perfectly well that there was a

continuous performance in my wonder-land, and there was no eye to witness because, forsooth, custom says we must live indoors, and, as Charlotte Perkins Gilman puts it in her "Similar Cases," we must "eat three times a day, without a natural cause."

But I made up in part by transferring some of my work to the outside. There was no sewing or mending done indoors on those days, nor indeed the summer through. I found that what was good for June was good for July and August and September, and there are

enough hours that we have to stay indoors in the course of a year, in our climate. There were many little indoor duties that readily adjusted themselves to the new environment. I discovered that while it may be better to wash dishes indoors, it may sometimes be the height of folly to wipe them there. I confess to an occasional threatened accident of a minor nature when my eagerness to catch sight of some songster caused a scattering of berries and note-book, or bird-glass and vegetables, but nothing serious ever really happened, and I can most cheerfully recommend a habit of taking house-work outdoors, as far as is practicable, in summer. The work may not get on quite so rapidly, but some things that count more will get on amazingly, everything

considered, not the least of which is the improved physical condition that results from much breathing of the sun-kissed out-of-door air.



OUTSIDE WINDOW BOX OF EVERGREENS. A FAVORITE FEEDING-PLACE OF MY BLUEJAYS THIS WINTER. SHELLD CORN AND SURET STICKS ARE KEPT IN THE BOX.

But to go back to our note-book. It should record the date of seeing the first robin, the first bluebird, the first song-sparrow, etc., etc., covering the range of birds we know, also date of last visits to our feeding-places of the various winter birds, and, indeed, of the birds seen and heard on each day the summer through. It will be a bird calendar as well as a

note-book, and of reference value in years to come. It should contain your version of every bird song that you know and the new ones as you are able to recognize them. By your version I mean what the song says to you, in syllables or words. There are many bird songs that are so true to a common interpretation the world over that they have given the birds their names, and, to hear the call or song, is to identify the bird, though it is an utter stranger; as, the whippoorwill, bobwhite, killdeer, pewee, chickadee, and phebe. But the song sparrow, one of the earliest of the spring birds, will say one combination of syllables to you and another to some one else. And this is true of most of the song birds. I have a friend to whom the meadow lark says,

"Very clear, Very clear," and "Not so very clear," instead of "Spring o' the year, Spring o' the year," as the bird books give it. Having no guide from the books, she made her own interpretation and hit upon a better one, so it seems to me. It is a pleasure to identify a bird by its song. One with a quick ear for music has an important advantage in bird study. Try to fit each bird's song to a happy combination of syllables and words. Many people do this unconsciously. I have a friend to whom the robin's song, when he was a child, was always, "Johnson Jillett, scour your skillet, scour it clean," instead of the cheerily-cheer-up combination of the books.

In making notes of unknown birds give approximate size, using the English sparrow to measure by, as every one knows it, and, to say a "little larger" or "a little smaller" than this bird, gives often a better idea than a measurement in inches. Note, also, general or most conspicuous color, any patches of bright color, peculiar color markings, whether there is a line running from the beak

back through the middle of the crown (median line), a line over the eye (superciliary line), one apparently running through the eye, whether an eye ring, shape of beak, where and when seen, alone, in pairs, in flocks, in tree, on ground, near water, by roadside, in field; if in tree, whether on trunk or in branches and whether high or low in the tree; any white on wings or tail; peculiarities of flight, quick or slow in movement, whether it walks or hops, etc., etc. One soon learns that an apparently trifling circumstance may count for much in identifying a bird. It is difficult to get many points accurately in the fleeting views one

often gets, and coloring is very deceptive. The marked difference in coloring of males and females, in many kinds, adds to the difficulty. It is surprising, however, what even a few accurate notes will do in discovering a bird. And in bird study, as in all study, one does not want too much outside help. There is much satisfaction in finding out a bird by yourself. However, a beginner can get many valuable hints in even one jaunt with a good bird student.



BOX WREN HOUSE WITH SLIDING FRONT RAISED, SHOWING THE LOOSE NEST OF STICKS WITHIN. THE BOX WAS TAKEN BY WRENS BEFORE IT HAD BEEN UP A HALF DAY. I AM LOOKING FORWARD TO HAVING PURPLE MARTINS IN A HOUSE AT THE TOP OF THIS POLE THE COMING SUMMER.

A good glass is a splendid help, and a pocket bird-book, which can now be obtained, and at a nominal price, will be found almost invaluable. But I know some very successful bird students who had neither, nor even access to reference



WREN HOUSE UNDER EAVES OF MY WOODHOUSE, WHERE TWO BROODS OF WRENS WERE REARED LAST SUMMER IN SPITE OF THE ENGLISH SPARROWS. THE BIRDS WOULD NEARLY ALWAYS ALIGHT ON ONE OF THESE LIMBS BEFORE ENTERING THE HOUSE.

books, but they had the immense advantage of living with the birds in their native haunts, year after year, with open eyes, and when the bird-book finally came into their hands, it was but a story of what was already familiar to them through personal observation, and the pictures were of their old friends.

This is the time of year to plan for bird houses. An inviting nesting-place is very likely to mean delightful bird neighbors. I am cherishing a hope that we may win the martins and bluebirds for neighbors this year, now that we are learning how to solve the English sparrow nuisance by means of poisoned grain. As an example of what these fine birds

have to suffer from the sparrow I quote the following from an array of testimony on the English sparrow question in *American Ornithology*, by Dr. Hodge, of Clark University, whose poisoned grain formula I called attention to last month:—

“ ‘Good morning, Doctor, may I trouble you to tell me where I can get some of your sparrow medicine?’ The speaker was a middle-aged gentleman and a schoolmaster. I gave him the desired information and asked him how about it. ‘Well,’ he replied, ‘I didn’t use to agree with you about the English sparrow, but I do now, with a vengeance. I put up a bird house near my home and almost shed tears for joy when this spring a pair of bluebirds began building in it. The sparrows had paid no attention to it before, but the next morning after the bluebirds came I counted twenty-five English sparrows in the tree mobbing them. They finally gave up the unequal fight and I have not seen them since. If it is a question of mob law between the sparrows and the bluebirds, I am for the bluebirds every time. I had not seen a bluebird for twenty years and I am mad clear through. You are right on the sparrow question and I am with you from now on.’ ”

“The same spring a boy in the neighborhood made and put up a martin house in the University campus. A pair of tree swallows immediately began building in one of the compartments. I noticed English sparrows trying to mob them, and soon nothing more was seen of the swallows. On climbing up to see what was the matter and to clean out the sparrows’ nests, we found the male swallow with his head bitten nearly off in one of the compartments. Up twenty feet from the ground, in a small box, the only explanation possible was that a sparrow had caught the swallow and killed him. Since

then I have lost a pair of tree swallows under similar circumstances."

The bluebird story recalls my own experience with wrens, last summer, except that the wrens were more persistent. I stood by them early and late, for weeks, keeping a pile of pebbles always at hand. A warning cry from the wrens was an unflinching proof of the presence of a sparrow mob, but the instant I appeared there was a scattering. I even called in a boy with a shotgun. At last the sparrows gave up, although at intervals the summer through they gave slight annoyance. My summer warfare on them has made it difficult to win back their confidence enough to use the poisoned grain.

The purple martin is one of the most desirable of neighbors. Its soft song is "like musical laughter, rippling up through the throat." Its diet consists of all manner of injurious garden insects, and, although it will yield to the mob violence of the sparrows, it is said to be very courageous to keep off the bird enemies of the chicken world, as crows and hawks.

A martin house should have several compartments, as they like to nest in colonies. An old soap box will serve their need as well as a more pretentious bird

house. A good size for each compartment is six inches square floor space to eight inches in height. In fact, these are good dimensions for any bird house. For martins there should be a two-inch opening near the top of each compartment. Wrens and chickadees will have less trouble with the sparrows if the opening is but an inch in diameter. For bluebirds it will not need to be much larger. A martin house may be placed on top of a barn, a house, a windmill, or a pole. If on a pole, it should be set out away from trees and buildings to give clear sailing to their nest. Bird boxes should be made so they may be opened up in emergency, and not nailed up tight. If new boards are used, they should be painted some sober color, as of tree trunks, for birds are liable to be suspicious of new boards. Martin houses should be ready and in place by the middle of April and a good lookout kept against the appropriation of them by the English sparrows. Boxes for the bluebirds should be set a little earlier, in trees, or on posts, a foot or so higher than a common door, and as carefully guarded from the inroads of the omnipresent sparrow.

More another month about how to win the birds.

The Health of the Mind Restored by Nature.

"It was," says Emerson, "the practise of the Orientals, especially of the Persians, to let insane persons wander at their own will out of the towns, into the desert, and, if they liked, to associate with wild animals. In their belief, wild beasts, especially gazelles, collect around an insane person, and live with him on a friendly footing. The patient found

something curative in that intercourse, by which he was quieted, and sometimes restored. But there are more insane persons than are called so, or are under treatment in hospitals. The crowd in the cities, at the hotels, theaters, card tables, the speculators who rush for investment, at ten per cent, twenty per cent, cent per cent, are all more or less mad — these point the moral, and persuade us to seek in the fields the health of the mind."

Chautauqua School of Health



UNCONSCIOUS RES- PIRATION

BY J. H. KELLOGG, M. D.

DURING sleeping hours the breathing movements are more superficial than when one is awake and active. They are also slower. The lungs and chest are a great central engine, which influences the activity of every organ, even every cell in the entire body. Lessened breathing during sleep slows down every function. It is necessary that activity should be lessened in order that sleep and rest may be secured, but the work of the liver, kidneys, and the repairing work of the living cells goes on during sleep, and this requires oxygen. Hence the body should be supplied with an abundance of fresh air during sleep by proper ventilation of the sleeping rooms. The lassitude experienced on rising in the morning after sleeping in a close, overheated room, is evidence of the injury resulting from such practise. The temperature of the sleeping room should never be above 60 degrees F. when a higher temperature can be avoided, and a lower temperature will be found beneficial. Sleeping in cool air, provided the body is kept warm, is far more refreshing, invigorating, and energizing than in a warm atmosphere. Cold air has a tonic effect upon the tissues which is highly beneficial.

The amount of air taken in during sleep may be increased by development

of the vital capacity and the activity of the lungs through suitable exercise, and this to a very remarkable degree. An eminent French physiologist found that the amount of air taken into the lungs during sleep was doubled in students whose general breathing capacity had been increased by exercise. Exercise in a gymnasium, chopping and sawing wood, digging, laundry work, scrubbing, running of errands,—all sorts of active house work and farm work,—are excellent means of developing the chest. Any exercise which accelerates the breathing, compelling deep, full breathing, is valuable as a means for developing the lung capacity.

Languor, nervousness, and mental cloudiness are driven away by the increased ventilation of the body secured by deep breathing. The pure oxygen taken in, burns up the rubbish which obstructs the brain and the tissues, while the deep-breathing movements accelerate the circulation, drawing the impure blood toward the chest for purification, and so cleansing the tissues of the paralyzing poisons which are sure to accumulate in them unless constantly removed by vigorous movement of the blood and energetic breathing. The heightened color of cheeks, the increased luster of eye, and general buoyancy of feeling which follow

a brisk walk on a frosty morning, are evidences of the benefits that are to be derived from taking into the body an increased supply of oxygen through active breathing.

While the lungs are to some extent subject to voluntary control, their action is, like that of the heart, automatic. During sleep, as well as during the waking hours, their movements are carried on with rhythmical regularity, except when

necessarily interrupted by speech, and without any conscious or voluntary effort. Here is an indubitable evidence of the presence within the body of an intelligent controlling power which presides over every function, each moment adapting every vital action to every other one, comprehending all, overlooking nothing, neglecting not even the slightest detail. "Behold, he that keepeth Israel shall neither slumber nor sleep." Ps. 121:4.

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

BY ESTELLA F. RITTER

BREAKFAST

	CALORIES
Sliced Pineapple 4 oz.	59
Nut Granola 5 oz.	344
Cream 2 oz.	115
Hot Malted Nuts 6 oz.	147
	—
Total Calories for Breakfast	665

DINNER

Rice Croquettes 5 oz.	162
Tomato Sauce 4 oz.	43
Spinach Soufflé 3 oz.	116
Potato Cakes 6 oz.	180
Corn Bread 1 oz.	72
Butter ½ oz.	114

Nut Granola.—Take one and one-half ounce (one-fourth cup) of granola, two and one-half ounces (one-fourth cup) milk, one-half ounce (two teaspoonfuls) nut meal, one ounce (one tablespoonful) malt honey, one-eighth teaspoonful of salt. Rub the nut

Gelatin Easter Eggs 2 oz.	259
	—
Total for Dinner	946

SUPPER

Fig Toast 2½ oz.	278
Cocoanut Crisps 1 oz.	125
Orange Juice 6 oz.	90
	—
Total for Supper	493
Calories for Breakfast	665
Calories for Dinner	946
Calories for Supper	493
	—
Total Calories for One Day	2,104

meal smooth in a little of the milk; add the rest of the milk and the malt honey and salt. Heat and stir until the malt



RICE CROQUETTES

honey is dissolved. When boiling, stir into it the granola, and let boil slowly a few minutes until set. Then put into a double



POTATO CAKES

boiler and steam about twenty minutes. Serve with cream.

Hot Malted Nuts.—Dissolve three ounces (one-third cup) of malted nuts in six ounces (two-thirds cup) of hot water. Heat, and let boil one or two minutes.

Rice Croquettes.—Wash one ounce (one-eighth cup) of rice and put to soak in one ounce (one-eighth cup) of water for one hour. Then add two ounces (one-fourth cup) of milk and one-eighth teaspoonful of salt. Steam in a double boiler about thirty minutes. When done, cool and add half of an egg. Mix well and form into two small croquettes or one large one and roll in one-half ounce (one-eighth cup) of granola. Bake on an oiled pie tin until a golden brown, and heated throughout. Serve with tomato gravy.

Tomato Gravy.—Heat to boiling four ounces (one-half cup) of strained canned tomato, and thicken with one-half teaspoonful of flour rubbed smooth in one tablespoonful of water; boil about five minutes and add salt to season.

Spinach Soufflé.—Rub through a fine colander five ounces or one-third cup of cooked and well-drained spinach. When well dried over a moderate fire, let it cool a little, and then beat in half of the yolk

of an egg; lastly fold in the white beaten to a light froth. Fill a well-oiled mold about three-fourths full, set in a pan containing hot water, and bake slowly until rounded up and firm to the touch.

Potato Cakes.—Season six ounces (three-fourths cup) of mashed potato, form into cakes, and brush the top with cream. Bake on oiled pie tins until brown.

Gelatin Easter Eggs.—To one ounce (one-eighth cup) of grape juice, one teaspoonful lemon juice, one ounce (one-eighth cup) of sugar, add one ounce (one-eighth cup) of cooked vegetable gelatin. Fill into egg shells. Have ready a bowl filled with flour or bran, and stand the eggs in it. Set in a cool place. When



GELATIN EASTER EGGS

ready to serve, remove the shell of the eggs, and serve with or without whipped cream.

Fig Toast.—Steam three ounces of chopped figs in two ounces (one-fourth cup) of water in a double boiler for half an hour. Press through a colander. Moisten two slices of breakfast toast with two tablespoonfuls of hot cream, and serve with the fig dressing on each slice.

THOSE who live by the knife frequently perish by the knife. For appendicitis and cancer are the two chief diseases caused by flesh eating, and from these maladies,

men and women who eat natural and hygienic food, and obey the laws of health, are practically immune.—*Sidney H. Beard.*

THE RIGHT AND THE WRONG
WAYS OF DOING
THINGS



TO CONTROL HEMORRHAGE

THE principal means to be employed for arresting hemorrhage are, pressure, ice or cold water, hot water,



ONE WAY TO CHECK NOSEBLEED

and the ligature. The means to be employed differ somewhat, according to the part in which the hemorrhage occurs. As a general rule, the bleeding part should be elevated, and pressure applied at the point of injury. Hot or cold applications should also be made. Pressure acts by closing the bleeding vessels and allowing the blood to coagulate. Cold at first causes the blood-vessels to contract; but if applied continuously for a long time, the blood-vessels are paralyzed and become relaxed. Hot applications cause more permanent contraction of the vessels than cold.

The ligature is applied by a surgeon to the bleeding vessel itself; but when used

by a person not skilled in surgery, it should be applied either above or below the injury if it occurs in a limb, according as the bleeding comes from an artery or a vein. If an artery is wounded, the blood will flow in jets; if a vein is injured, the blood will be dark in color and will flow in a steady stream. If the vessel is an artery, the ligature or pressure should be applied between the wound and the heart; if a vein, it should be applied upon the opposite side. A slight hemorrhage from a wound may generally be very easily controlled by pressure upon the injured part with the fingers or a compress of folded linen.

The old practise of applying plaster-of-Paris, earth, and other dry substances for relief of hemorrhage in the case of superficial injury, must be condemned. It gives rise to suppuration. Nothing



THE SWEDISH METHOD OF CHECKING NOSEBLEED

but an antiseptic dressing should be applied to a raw surface. Treated in this way, suppuration is often prevented. A pad made of antiseptic dressing drawn tightly over a bleeding surface may be left several days without injury if the pressure is not so great as to cause pain.

Bleeding from the nose may generally be checked by holding the head erect, snuffing cold water up the nostrils, and holding the arms as high as possible.

In severe hemorrhage from the hand or fingers, the arm should be tightly bandaged. It is also well to have the hand elevated to the opposite shoulder and held in place by a sling which is properly adjusted.

Hemorrhage from the arm below the elbow, or the leg below the knee, may be greatly lessened, and sometimes entirely checked, by bending the limb upon itself as strongly as possible.

Hemorrhage from the stomach, indicated by vomiting of blood, requires perfect rest, the application of ice over the stomach, and swallowing small bits of ice in rapid succession.

Hemorrhage from the lungs requires heat at the extremities; restraint from coughing; the application of cold to the chest; ice pills; and the inhalation of an atomized solution of tannin, or the vapor of turpentine.

Hemorrhage from the bowels generally results from hemorrhoids or piles. Cold water should be injected into the rectum, and the patient should be kept quiet in a horizontal position.

Bleeding from a rupture of varicose veins in the lower limbs is sometimes very severe. It may be relieved by the application of a tight ligature both above and below the point of rupture.

J. H. K.

CHAUTAUQUA SCHOOL OF HEALTH SEARCH QUESTIONS

UNCONSCIOUS RESPIRATION

1. Describe the breathing movements during sleep.
2. What is the proper temperature for the sleeping room?
3. What are some good ways to develop the chest?
4. Mention some of the effects of taking into the body an increased supply of oxygen.

TO CONTROL HEMORRHAGE

1. Name the principal means to be employed for checking hemorrhage.

2. What is the effect of hot and cold applications and of pressure?
3. How should the ligature be applied?
4. How may one determine whether an artery or a vein has been injured?
5. How may nosebleed generally be checked?
6. How is hemorrhage from the stomach indicated?
7. What will check hemorrhage from the stomach, the lungs, or the bowels?
8. What should be done in case of rupture of varicose veins in the lower limbs?



THE BIRDS' CHAMPION

EVERY unkind or cruel action does more harm to the one who does it than to the one who suffers it. It hardens the heart, and deadens all the finer feelings that God has planted in the human breast. It is well known that the heart of a butcher becomes so hardened by constant killing that he loses all sense of the value of life. To torture or needlessly take the life of any of God's creatures, is not only a great wrong done to the animal, but it is a sin against God, to whom that life belongs.

In *Collier's Weekly* a father tells a beautiful story of his little boy, who was so much distressed by seeing him kill birds with a gun that for some time he could not bear to go near him. When the father found out what was the matter with Billy, and told him that he would never again kill any of God's creatures, they had the following little talk over the matter:—

"Well, you see, papa, dear," said Billy, "I asked mama how many little birdies you had killed and she said she did not know. But I made her think. So I said, 'Was it a thousand?' Mama said, 'Oh yes!' And I said, 'Two thousand, mama?' And she said, 'Yes, perhaps two thousand.'"

"I'm afraid, Boy," I said, "that mama was very lenient. It is more than that."

"Well, that is what made me ill. I couldn't help thinking about it in the dark. And I *did* see things—like you said. I saw all those two thousand little birdies. Oh, it was such a flock! And then I had to think about them all stopping chattering in the tree and falling dead on the ground, and my papa—and me—there with the pretty gun. They were such little things, and you and me were so big! Nothing is so nice and pretty as a birdie, is it, papa?"

"Nothing," I said.

"And they sing for us!"

"Yes."

"And they never hurt a thing!"

"Not a thing."

"Don't you love to see them flying—almost up to the sky?"

"Yes."

"Papa, God must like 'em—to let 'em do that!"

"Yes, I think He does."

"And so easy—easy—easy! No boy or man can do that, can they?"

"No," I said, "the wisest men on earth have tried to do it—they have even tried to find out how the birds do it. But God has kept their secret. They have all failed. I think God will always keep the secret of the birds, and that men will never be able to fly as they do."

"Go on, papa! Tell me more about that!" cried the enraptured little boy.

But I had to confess that that was all I knew about flying.

"Besides," I said, "aren't we getting away from the case on trial?"

Billy did not even smile as he at once resumed it.

"That's where the *life* comes in, papa, dear. One minute a birdie is flying in the sky as light as cotton. Then some one shoots little bullets through it and it falls like lead. That's the *life*, papa, isn't it, that goes out through the little bullet-holes?"

"Y-yes," I said.

"And that goes away, away, somewhere, mebbly back to God?"

"Perhaps," I said.

"And then the little birdie's just like a stone!"

"Yes."

"And how fast, fast they fly!"

"The fastest bird," I said wisely, glad to get away from Billy's terrible speculations upon life, "goes faster than any other men have yet made."

"Faster than a railroad train?"

"Oh, yes!"

"And then, when they're shot, all the life goes out and they stop and fall just like that!"

He smote his pink hands together in illustration.

"And birds are such happy little things, papa, dear. And round. And their feathers are so beautiful. I don't believe people could make feathers."

"Nor I," I admitted.

He had talked quite rapidly, and stopped to recover his breath.

"That's why I couldn't sleep."

"And was that all?"

"Yes — honest, papa."

"And you will get all well now?"

"Oh, yes, papa, dear! I'm well *now!*"

"The birds will never have a braver champion," said I.

"It wasn't the birdies — all," said Billy, so quickly that I knew he meant to correct some misunderstanding of mine.

"What then?" I asked.

"You, papa, dear."

"Thank you, Boy," I said. "We shall not need to bother about that any more. I've reformed."

"I know," said Billy, "and I'm sorry it hurts you. Papa, sometimes I wasn't ill. But then I didn't have to go out with you."



"I forgive you," I smiled, a bit sadly, I fear.

Billy kissed me.

"But I guess I wasn't very nice to you. Mebby if I had told you not to kill the birds—that it hurts me in here—" he put both his small hands against his chest—"you wouldn't have?"

"Do anything to hurt Billy? Certainly not!"

"Then," he said oracularly, "it is all my fault."

I let him have the comfort of thinking himself a fellow-criminal with me.

"Well, say *our* fault?"

"Yes. So I went and found that one—you know—up here on this hill—and buried it in a little grave, with sticks around to keep the snakes out. When we go home I'll show you. Oh, I didn't tell you something else!"

"Tell me quickly!" I cried. "You must play fair!"

"Well, one night when I couldn't sleep, I thought that I wasn't much better nor bigger nor stronger than a birdie. And I know I'm not so pretty. Well, there are giants. To a giant I am just as little account as a bird or an ant—mebby. And what would *you* think if some giant would come along some day before I could get out of his way and step on me—and not even know it—just walk on? And I wondered how I'd feel. It would hurt me dreadfully, wouldn't it? And,

papa, you'd hate him! He so big and me so little! And mebby he'd step on me just for fun. That is the way people do to ants. And laugh! Papa, wouldn't you hate the giant?"

"If any giant should hurt you, Boy, he would have to settle with me, if he were as tall as a church steeple," I said.

"I knew it! Big things have no business to kill little things! They ought to take care of them—like you do of me. Oh, yes! And, papa, you wouldn't like *me* to kill birdies, would you?"

"Boy—boy—boy," I cried, crushing him to me, "no!"

"No. You have told me not to kill things!"

Billy seemed to think a moment very seriously. Then he said: "I guess that's all, papa, dear."

* * *

And now we go out together every day. In fact, Billy is disconsolate if we can not. And I am mad for it. And we won't even pull the flowers—for fear it will hurt them. "For we don't know, do we, papa, dear?" says Billy.

And I answer: "No, we don't know." Do you?

And it is sweeter that way, even if we did know. "We're just as happy with each other," comforts Billy. And I answer yes, though I am not just as happy—I am happier.





By the Editor

ALCOHOL VERSUS ANIMAL HEAT

THE sensation of warmth produced by taking a glass of wine or brandy is delusive. The circulation is unbalanced, and for a few moments there is a seeming increase of heat, but the thermometer shows that the temperature is really lessened. Dr. Parks, the eminent English sanitarian, says: "All observers condemn the use of spirits, and even of wine or beer, as a protection against cold." The names of Dr. King, Dr. Kane, Dr. Kennedy, and Dr. Hayes may also be cited as holding to this opinion. In the last expedition in search of Sir John Franklin, the whole crew were teetotalers.

Professor Miller states that the Russian military authorities "interdict its use abso-

lutely in the army when troops are about to move under extreme cold, part of the duty of corporals being to smell the breath of each man on the morning parade, and to turn back from the march those who have indulged in spirits, it having been found that such men are peculiarly subject to be frost-bitten and otherwise injured."

Dr. Carpenter is authority for the statement that the Hudson Bay Company have for many years entirely excluded spirits from the fur countries of the North over which they have exclusive control, "to the great improvement," as Sir John Richardson observed, "of the health and morals of their Canadian servants, and of the Indian tribes."

Hydrotherapy in Scarlet Fever.

Dr. Marsden, writing to the *Medical Chronicle*, reports most excellent results in the treatment of scarlet fever by either cool or cold baths. He gives the baths regularly, and when the temperature is high, very frequently. He is convinced that the kidneys are much less likely to be involved and that the nervous symptoms are less severe when the short cold bath is used. The tepid bath has been found very injurious, producing weak pulse and collapse. The cold baths are given at 70° and accompanied with friction. The doctor recommends as a substitute for the cold bath the cold pack with friction, the cold mitten, or the rapid ice rub.

Dr. Marsden was led to the use of the cold bath by a study of the experiences of

Reinor and Leithtenstern. We are glad to see this report. There can be no question that the use of water is beneficial in all febrile disorders, and it is important that this fact should be kept constantly before the members of the medical profession. The distress and the danger in nearly all acute maladies can be enormously lessened by the judicious use of water. Employed as Dr. Marsden directs, the bath is doubtless especially beneficial by improving vital resistance, restoring the tone of the thermogenic and vasomotor centers, and maintaining the energy of the heart.

Curtis, of England, observed more than a hundred years ago that scarlet fever can be treated more successfully by affusions of cold water. He employed a somewhat higher temperature, however, usually 80°

or 85°, and observed that short cold applications often raised the patient's temperature.

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.

Renounced Football.

The students of the Nebraska Central College of Omaha have set a splendid example to other great educational institutions by eliminating football from the list of college sports. The action of the students was unanimous.

It is to be hoped that this sensible example will be generally followed. There is no excuse for keeping alive a rude and barbaric game, which has killed and maimed so many.

We are glad to present in another column an account by Dr. Kress of his personal experience with the principles of natural living. Dr. Kress was for a number of years connected with the Battle Creek Sanitarium, where he enjoyed the

confidence and high esteem of all who knew him. His success led to his call to England, where he started a splendid work, which has since developed under the able leadership of Dr. Olsen into a splendid sanitarium and a widespread movement healthward. Later, with his good wife, also a physician, Dr. Kress went to Australia, and has acted a leading part in the development of a splendid sanitarium work at Wahroonga, somewhere above Sydney, N. S. W. Dr. Kress is certainly a splendid example of the benefits of simple life principles, of which he is one of the ablest and most enthusiastic, as well as one of the most consistent, of living advocates.

Professor von Behring's Treatment of Tuberculosis.

Professor von Behring, the eminent German scientist, who discovered the serum method of treating diphtheria, read a paper at the International Congress on Tuberculosis in which he claimed to have discovered a serum by means of which pulmonary consumption and tuberculosis in all forms may be cured. So many cures for consumption have been announced that this new candidate for confidence will be received with great skepticism. Professor von Behring's wide reputation, however, affords some ground for hope that his discovery may have at least a certain amount of merit. The only real protection against this dreadful malady is to be found in maintaining one's body in a state of such high vital resistance that the various tissues are invulnerable to the attacks of germs which are the cause of this disease.

The Influence of Physical Culture on Morals.

A medical officer of a New York school has, during the past year, been testing the effects of physical culture upon the intellectual and moral status of a group of school children numbering about one thousand boys and girls. The results noted are an im-

proved physical condition, followed by improved mental and moral conditions. The doctor remarks that as the body straightens and approaches the normal, the mind quickens and becomes more effective, and the moral character is invigorated.

Fake Foods.

THE State Board of Health of New Hampshire has been giving much attention recently to the investigation of foods and the analysis of various foodstuffs. The results of these analyses have been published in their *Sanitary Bulletin*. The following table from their *Bulletin* of April, 1905, is a fair example of the results of their work:—

ARTICLES EXAMINED	No. Found to be of Good Quality	No. Adulterated or Varying from Legal Standard	Total Articles Examined	Percentage of Adulteration
Canned Fruits,				
Jellies, and Jams.....	3	29	32	91.0
Cider Vinegar	27	15	42	35.7
Cheese	1	1	2	50.0
Coffee and Cocoa.....	9	2	11	18.1
Condensed Milk	8	0	8	00.0
Cream of Tartar and				
Baking-Powder	9	4	13	30.8
Honey	6	3	9	33.3
Lemon Extract.....	3	21	24	87.5
Lime-Juice	0	7	7	100.0
Maple Syrup and Sugar.	13	10	23	43.5
Milk	17	14	31	45.1
Molasses	55	7	62	11.3
Meat Products, Sausage,				
Pressed Meats, etc... 18	23	41	56.1	
Spices	21	0	21	00.0
Tomato Ketchup	1	5	6	83.3
Vanilla Extract	4	20	24	83.3
Miscellaneous				
Products	4	3	7	42.9
Totals	199	164	363	45.2

Only forty-five per cent of the foodstuffs examined proved to be pure and of standard quality. It is interesting in looking over the table to note that of canned fruit, jel-

lies, and jams, ninety per cent were found to be adulterated, and nearly half the milk and maple sugar. Various jellies and preserves purported to be made from raspberries, currants, and pineapples were found to consist wholly of apple colored with coal-tar dyes, and appropriately flavored. Salicylic acid and other preservatives were frequently found.

A Feline Diet.

According to the *Boston Transcript*, the cat is rapidly becoming a favorite article of food in certain parts of Italy, particularly in Venice and Verona. In these and some other cities also, the butchers sell dressed cats under the name of rabbits. There is a law against eating cats, but, notwithstanding, a large business is done in raising cats for the market. The cat is usually cooked by roasting in the oven until brown, along with onions, garlic, parsley, bay leaves, and other herbs.

There seems to be no good reason why there should be a prejudice against cats. Squirrels are very commonly eaten. The squirrel eats nuts ordinarily, but it eats birds also when it does not find a good supply of its natural foods. Cats are in every way as wholesome as fish. Nearly all fish are strictly carnivorous, while cats take readily to a diet of bread and milk.

PULMONARY consumption each year kills in the United States alone 413,000 persons. A timely application of known scientific facts might save all these persons alive. The outdoor life, the simple life, the cold-air cure, and return to natural methods are saving thousands. Everybody ought to know that there is a way out of the wilderness of disease. There is health for every one who wants it, who is willing to curb his appetites, and put himself in training for better things. Everybody ought to know about it. Tell your neighbors.



Question Box

10,291. Catarrh of the Stomach and Bowels.—H. R. R., Pennsylvania: "Please give treatment for catarrh of the stomach and bowels in one aged forty-nine."

Ans.—Catarrh of the stomach and bowels is due to a general lowering of vitality or of vital resistance. The germs which are always present, colonize in the mucous membrane, and work their way into the ducts and glands. In other words, the intestinal mucous membrane becomes infected. The trouble is chiefly in the large intestine.

For recovery the following things are essential: First, a correct diet. Meat, and all other foods which furnish favorable material for germs to feed upon, and thus increase the growth of these enemies to health and life, must be entirely discarded. The diet should consist chiefly of fruits and cereals. Potatoes, spinach, and a few of the better vegetables may be used, but great care must be taken in the mastication of food, so as to avoid the accumulation of masses of food residues in the intestines. Second, the colon must be thoroughly washed out every day, or at least every other day, by means of the enema, at about 80°, containing a little soap. Care must be taken to introduce a sufficient quantity of water to fill the entire colon, so that the cecum, which is usually the seat of the disorder, may be thoroughly cleansed, as well as the rest of the bowel. Third, the patient should live out of doors as much as possible, and should sleep at night with the windows open, or with the fresh-air tube bringing the cold air directly to the nostrils. Under such conditions, one on going to bed must protect himself as thoroughly as if he were going out of doors. The head, ears, and throat, as well as the rest of the body, must be protected.

Some local treatment may be employed with advantage. The long sitz bath, at 70° to 80°, is an excellent remedy. The duration of the bath should be ten or fifteen minutes. A hot foot bath should be taken at the same time.

After each bath a wet sheet rub or a cool rubbing bath of some sort should be taken for tonic effect. The temperature of the bath may be gradually lowered with advantage. A temperature as low as 65° may be gradually reached with great benefit in some cases. When there is pain, a fomentation may be applied to the bowels. If the cool enema gives pain, it may be preceded by a hot enema, a cold enema being administered at the end. In these cases there is usually dilatation of the colon, which is the cause of the accumulation of fecal matters and infection.

10,292. Deafness.—F. W. K., New York: "Advise treatment for deafness in right ear. Have had catarrh of the nose and throat, and rheumatism; am out of doors the year round."

Ans.—The cause is probably catarrh of the middle ear. You should consult a good aurist, as it is quite likely local treatment of the nose and throat is required. In addition, you should live out of doors, take a cool bath daily with a thorough rubbing of the skin, and live a thorough return-to-nature life in every respect.

10,293. Salt — Flaxseed Tea — Kidney and Liver Trouble.—A Massachusetts subscriber asks: "1. Does the system require salt? 2. Is its free use harmful? 3. What is the effect of flaxseed tea (whole flaxseed boiled) on the system?"

Ans.—1. Yes.

2. Yes. It is not necessary to add salt to the food. There is sufficient chloride of sodium in the food in its natural state. It would be difficult, perhaps impossible, to show that the use of a very small quantity of salt does any material harm; but it is generally agreed by physiologists that the use of salt in the quantities in which it is ordinarily employed is extremely damaging. According to Professor Bunge, perhaps the highest living authority on such questions, the system requires only twenty to thirty grains of salt daily. The ma-

jority of people use four or five times as much as this. In all probability the free use of salt is one of the causes of Bright's disease. It has been proved that in many cases of Bright's disease the dropsy is due to the use of salt, as the edema entirely disappears when salt is withdrawn.

3. Such a decoction is emollient, and soothing to the mucous membrane. It has no general or systemic effect. It is perhaps to a slight degree diuretic.

10,294. Pyorrhea.—P. E. W., Iowa: "1. What causes pyorrhea? 2. Give prevention and cure."

Ans.—1. Infection with germs which are constantly found present upon the skin.

2. Your case requires individual study. A skilled specialist in ear diseases should be consulted. Daily cleansing with soap and water, and afterward the application of boracic acid, either in powder or in saturate solution, will stop the discharge in many cases, but not in all. An operation is required in some cases.

10,295. Graves' Disease.—H. S. P., Connecticut: "1. What are the symptoms of this disease? 2. Please give diet and treatment."

Ans.—1. Enlargement of the throat, prominence of the eyes, trembling of the hands, a rapid pulse.

2. Avoid all kinds of meats, also tea and coffee. Adopt a natural dietary. Buttermilk is a good food remedy in many cases. Plenty of spinach, and fresh vegetables containing an abundance of alkaline salts, are valuable. Fruits should be used freely, especially fruit juices. Rest in bed until the pulse falls to nearer the normal, is necessary in many cases. Most cases of this nature are too serious to be treated successfully at home. The patient should go to a good sanitarium and place himself under the care of a competent physician. In some cases a portion of the thyroid gland must be removed; others are benefited by the application of the X-ray to the thyroid gland.





Literary Notes

The remarkable influence which Japan is having upon the development of "The New China" is discussed by Thomas F. Millard in the February *Scribner*. He also explains the true inwardness of the Chinese boycott against America. It is a very significant paper in its bearings on American trade.

The story of the growth of New York City is interestingly told by Bertha H. Smith in an article entitled "The Knitting of the Manhattan Stocking," which appears in the February number of *The Four-Track News*.

The American boy is essentially patriotic, and the publishers of the greatest boy's magazine in the world (*The American Boy*) have made this the leading feature in the February number. The front cover, with the Washington coat-of-arms, and a sentiment quoted from George Washington himself, is exceedingly attractive.

"Food and Diet in Health and Disease." A Manual for Practitioners of Medicine, Students, Nurses, and the Lay Reader. By Robert F. Williams, Professor of Principles and Practise of Medicine in the Medical College of Virginia, Richmond. In one handsome 12mo volume of 392 pages. Cloth, net, \$2.00. Lea Brothers & Co., publishers, Philadelphia and New York, 1906.

This is a convenient and practical work on Foods and how they should be used, giving the facts concisely and clearly, and without technicalities. While the book will be of great use to nurses, because of the number of recipes for foods for sick patients and convalescents, it is in a special sense a book for the family, and would form a valuable addition to the library of every mother.

Food reformers will have no use for the chapters concerning meats and their preparation, and will take exception to some of the

statements concerning tea, coffee, and tobacco, but they will find enough of valuable information in the work to make it well worth possessing.

"Boyville," by John Gunckel, president of the National Newsboys' Association, tells the story of fifteen years of work among newsboys; their temptations, their sacrifices, and the possibilities for the upbuilding of character through sympathetic direction.

Through the organization of associations throughout the country the author purposes to give the newsboy a "chance." "The association," says the author, "is a kindergarten in the great school of business and citizenship, and many years prove conclusively that the boy of the street is capable not only of conquering himself and of mastering his own will-power, but that he can also assist his companions to be honest, patriotic, and self-reliant." Many incidents are related in the book, which is profusely illustrated from paragraphs of newsboy members of the association, to prove that many a boy goes astray simply "because home lacks sunshine."

The proceeds of the sale of this book go into the fund of the National Newsboys' Association. The Franklin Printing & Engraving Co., Toledo, O. Price, 75 cents.

"Taber's Family Medical Cyclopaedia." By Clarence W. Taber, Nicholas Senn, M. D., Ph. D., LL. D., C. M., associate editor. C. W. Taber, publisher, Chicago.

This handy little volume will be found of inestimable value in the home. Disclaiming all pretention of being a "family doctor book," it gives copious information regarding the structure and functions of the human body, various diseases likely to afflict it, and their symptoms. It is a practical dictionary and cyclopaedia; brimful of information to the layman.

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Training-School as a means of equipping a young man or a young woman of ordinary education for the greatest possible usefulness in life. All graduates of this school are certain of a good position, with good compensation for services. Although more than twelve hundred graduates have been turned out from the Battle Creek Sanitarium Training-School, the demand for nurses who have had this training was never so great as at the present time. The course for young women covers a period of three years. The course for young men is two years. There is also a six-months' course for graduate nurses, and a six-months' course of instruction in bath-room treatment has recently been organized for young men.

Those who are interested should address Mrs. M. S. Foy, Superintendent.

Editor of GOOD HEALTH,

Battle Creek, Mich.

DEAR SIR: Will you kindly inform me, through the columns of GOOD HEALTH, whether there has yet been devised a workable substitute for leather shoes, which is at the same time sightly, and not either canvas or rubber?

Ever since being converted to the humane diet, I have felt keenly that we vegetarians seem compelled in a way to daily stultify our faith by our practise of wearing leather shoes, just like the flesh-eaters.

To wear canvas shoes all the time is out of the question. We must wear something, and naturally are loath to make spectacles of ourselves.

Surely the collective wits of our vegetarian brethren are capable of devising a substitute. I must assume that this practicable substitute has not yet been invented, or GOOD HEALTH and our other journals of the faith would not have kept silence on this matter.

The strength of a chain is the strength of its weakest link; and as long as we vegetarians go on wearing shoes made from the hides of our murdered fellow-creatures, just so long must we submit to the humiliating necessity of being twitted by the "eaters-of-unclean things," with the obvious inconsistency. Let us bestir our vegetarian selves, and do something to end this unpleasant state of affairs.

Thanking you in anticipation for the space in your journal, I remain,

Yours for the Humane Diet,

CLARENCE CLOWE.

This problem was solved several years ago. An English gentleman invented an imitation leather prepared from vegetable fiber, which was superior to leather both in durability and in waterproof qualities. Shoes were manufactured from this material and put on the market, but for some reason not known to us the enterprise failed. It only requires that it should be tackled by some man of business energy and perseverance. It can hardly, however, be considered a reproach to vegetarians that they wear leather shoes so long as there is such a vast amount of animal skins which would be wasted unless utilized for this purpose. Certainly if animals were no longer slaughtered to obtain their flesh for food, shoes made of leather would soon become too expensive to be worn, and some other more suitable material would be quickly provided.

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The evils of improper walking, and suggestions for attaining a correct gait, are given in "**Walking**," by W. R. C. Latson, M. D., editor of *Health Culture*. Published by the Health-Culture Company, 151 West Twenty-third St., New York.

"**Growth in Silence**," the first of a series of twelve lectures by Susanna Cocroft, has been issued by the Physical Culture Extension Society, 57 Washington St., Chicago. The series, known as "Know Thyself Series," will treat of the mechanism and workings of the human body, the aim of the author being to make woman use her intelligence to become "well, wholesome, and attractive." The series will be issued one each month, price \$2.50.

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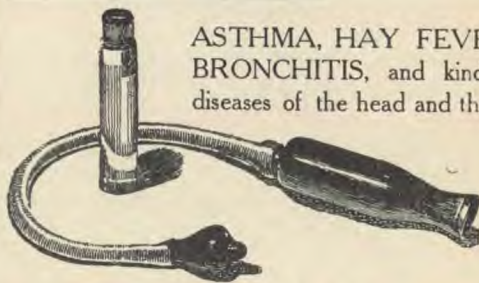
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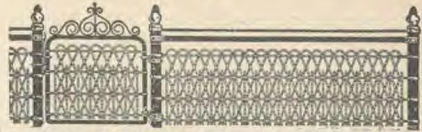
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The course for men covers two years of instruction and training.

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 principles and customs 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.

The spring class will be organized during the months of April and May.

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

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Sanitarium, Box 308, National City, Cal.
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