

Oct

GOOD HEALTH

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



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How an Abundant Supply Promotes Good Health

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To give the necessary pressure for fire protection, the elevated tank must be located on the top of a tall tower, which is expensive, unsightly and dangerous.

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* * *

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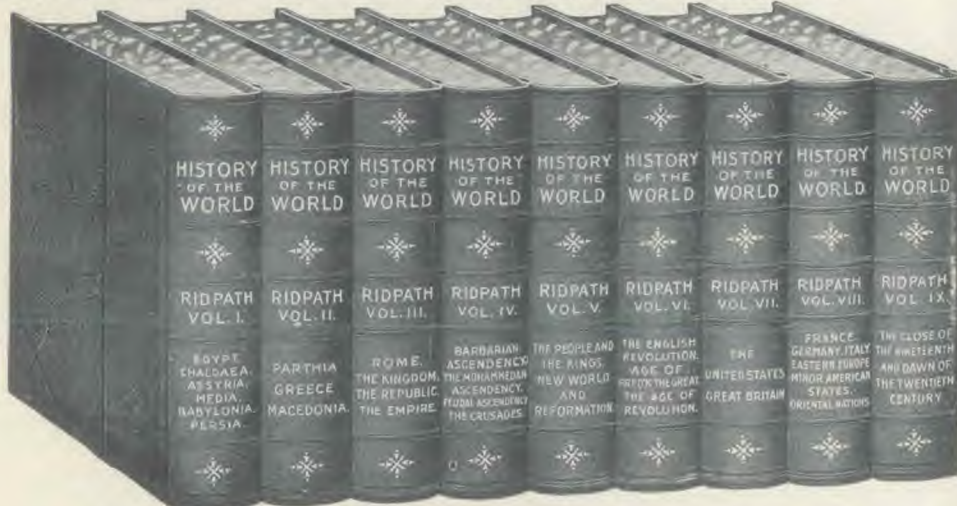
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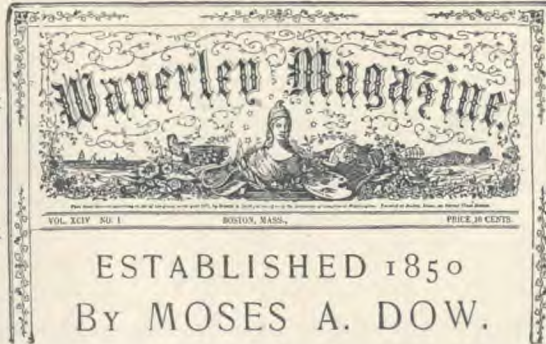
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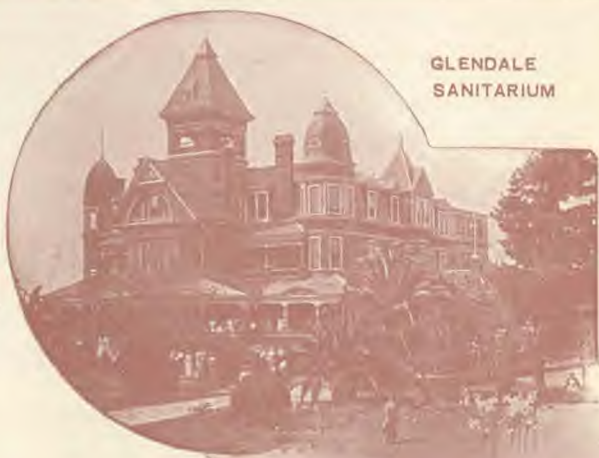
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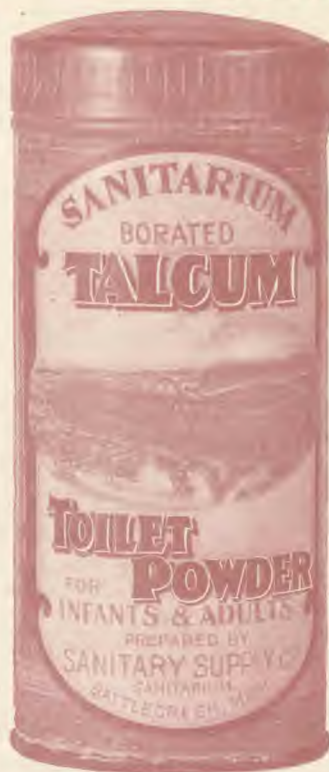
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A PROUD MOTHER

GOOD HEALTH

A Journal of Hygiene

VOL. XLI

OCTOBER, 1906

No. 10

UNLUCKY the babe that is born in a luxurious home. Fortunately the number of births in such homes is very small. Aristocrats run out in the third or fourth generation according to the commandment. Most of those who are born in luxury have scarcely one chance in ten for life, as compared with infants born under simpler and more normal conditions of life.

The Society Baby

What kills the society baby?

According to Professor Bunge, of Basle, Switzerland, it is most often cows' milk and artificial feeding.

The society mother is either too indolent, too worldly, or too "up-to-date" to nurse her little one, or else is incapable of doing so. So the mother cow is called in to take the place of the maternal fount.

The result is a mortality that is appalling. According to Bunge *six times as many bottle-fed infants die as of those who are breast fed*. This has been proven by statistics carefully collected in the city of London.

Says Bunge:—

"Throughout the civilized countries of the world, hundreds of thousands of infants are, year in and year out, simply murdered, by being fed upon cows' milk,—nay worse than murdered,—SLOWLY TORTURED TO DEATH."

This is certainly startling, appalling. It would be unbelievable if not backed up by the unimpeachable authority of the most eminent medical men living.

Think of it: Twenty thousand babies dying in the United States in 1906, because their mothers will not or can not nurse them! Bottle feeding is a child killer that out-Herods Herod in the magnitude of its cruelties.

Professor Bunge, of Basle, Switzerland, is one of the most eminent chemists in the world. He has devoted many years of his life to a study of foods and all that pertains to the subject of human nutrition. He is recognized everywhere as an authority. His text-books are studied in the leading medical colleges of the world. The reliability of the facts which are developed through his researches is never questioned.

Professor Bunge has studied not only cows' milk and mothers' milk, but also the milk of various species of animals, and he shows most conclusively that the milk of each species of animal is exactly adapted to nourishing the young of that species, but is not adapted to the young of any other species.

Cows' milk is good food for calves, but not for babies. It contains twice

too much proteid, three and a half times too much lime, and four times too much phosphoric acid. Cows' milk is intended for an animal that doubles its weight in seven weeks. The human infant requires six months to double its weight. Rabbits' milk contains three times as much proteid as cows' milk, and five times as much lime and phosphorus. The infant rabbit doubles its weight in six days!

Hence says the learned Bunge: "*The milk of one species of mammal can not be substituted for that of another without injury to the offspring, and, above all, the milk of the cow can not supply the place of human milk.*"

Bunge asserts and proves that the child which is bottle-fed, even though it may escape early death, is a weakling, a degenerate, a prey to various maladies, an heir to physical ills of many sorts, which it is powerless to resist.

The teaching of many physicians that by modification of cows' milk and the addition of various substances the infant may be perfectly nourished, is vigorously combated by Bunge, and proven to be false.

No mother can refuse to nurse her infant without robbing her little one of its birthright, and doing an injury to herself. The laws of God implanted in the human constitution are as irrevocable and as inexorable as the ten commandments. The mother who refuses to nurse her infant daughter, Bunge shows, not only lessens her chances for life six fold, but renders her incapable of nursing her infant if she has the misfortune to become a mother, and thus *sows the seed of certain race extermination in her line.*

In other words, the girl baby that is bottle fed, if she is so fortunate as to grow up to womanhood and so unfortunate as to become a mother, will be unable to nurse her child because of her imperfect development.

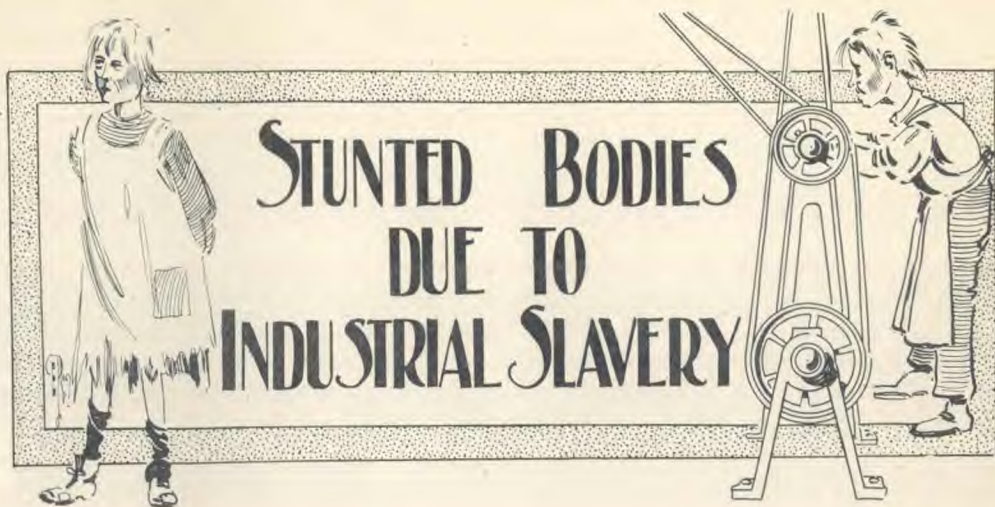
Here is a cause of race decay and final extinction which should arrest the attention of all intelligent parents. Let mothers consider well these terrible facts before they refuse to their offspring the choice and marvelously elaborated nutriment designed for them. The mother who is unable to nurse her child is physically deficient, and should make haste by return to nature and simple life methods to build up the weak points of her constitution, so that she may not entail upon her offspring even greater defects.

The mother who can not herself nurse her child should employ a wet nurse, though the hired wet nurse can not fully supply the mother's place.

There is only one other cause more potent than bottle feeding in producing the physical degeneracy which renders a woman unable to nurse her offspring, and that is alcoholism. Professor Bunge found that more than half the mothers who were unable to nurse their children had drunken fathers. This is one of the terrible legacies of the alcohol habit. Most of the rest had mothers who were bottle fed.

Unhappy the babe that has a cow for a wet nurse! Miserable is the lot of the infant whose selfish parent resigns one of the most essential functions of her motherhood to a baby-food vender, a heifer, or a goat!

J. H. Kellogg



STUNTED BODIES DUE TO INDUSTRIAL SLAVERY

ARISTOTLE'S ultimatum with regard to human slavery, that it could be abolished only "by the aid of machines," serves as a striking example of the short-sightedness of human wisdom. As graphically shown by John Spargo, in "The Bitter Cry of the Children," the revolution wrought by the perfecting of machinery to do the work hitherto done by human hands, is far from being a revolution of liberation. It has served to extend rather than to destroy slavery, and to enslave in a new form of bondage those who had hitherto been free.

"Faster and faster, our iron master,
The thing we made forever drives."

And the lash of their slave driver seems to have been especially designed for the tender bodies of little children.

"It is not without its significance," says Mr. Spargo, "that the ribbon loom, which in the latter part of the seventeenth century caused the workmen of England to riot, the same machine which later, was publicly burnt in Hamburg, by order of the Senate, should have been described as 'enabling a

totally inexperienced boy' to set the whole loom with all its shuttles in motion, 'by simply moving a rod backwards and forwards.' It was as though the new mechanical invention had been designed with the express purpose of laying the burden of the world's work upon child shoulders; as though some evil genius had deliberately contrived that the nation of progress should

'Stand to move the world on a child's heart.'"

There is no more pathetic incident in Upton Sinclair's harrowing story than that of little Stanislovas being beaten out into the bitter cold and snow before daybreak to stand when he reached the factory "hour after hour and day after day, year after year, upon a certain square foot of floor from seven in the morning until noon, and again from half past twelve until half past five, making never a motion and thinking never a thought," save for the placing of a lard can every time the empty arm of the remorseless machine came towards him.

The strained attention and monotonous tasks of mill life, with no scope

for individual initiative, are ruinous to the mental development of the little toilers, while the dreadful conditions under which many of them work stunt and deform their undeveloped bodies. Their labor is not of the wholesome, educative kind, but blighting to body,

and workshops of Chicago show a startling proportion of undersized, rachitic and consumptive children, and "it is the consensus of opinion among those having the best opportunities for careful observation that physical deterioration quickly follows a child's em-



Courtesy Woman's Home Companion

Interior of a coal breaker, where boys of fourteen and often younger, work ten hours a day

mind, and spirit, sapping the constitution of the child, and unfitting it for the work of life.

"One learns," says Mr. Spargo, "not to judge the ages of working children by their physical appearance, for they are usually behind other children in height, weight, and girth of chest,—often as much as two or three years." The records taken from the factories

and workshops of Chicago show a startling proportion of undersized, rachitic and consumptive children, and

"it is the consensus of opinion among those having the best opportunities for careful observation that physical deterioration quickly follows a child's employment in a factory or workshop." A visit to a glass factory by night caused the visitor to realize for the first time the significance of cheap bottles, and suggested as a paraphrase of Hood's lines—

"It is not bottles you idly break,
But human creatures' lives."

The work of the "carrying-in boys"

several of whom were less than twelve years old, was the hardest of all. They took the red-hot bottles from the benches upon big asbestos shovels to the annealing oven and back again. The distance between the benches and the oven was one hundred feet, and the boys

are common. Even more serious than the accidents are the disorders induced by the conditions of employment. Boys who work at night do not, as a rule, get sufficient or satisfactory rest by day. This lack of proper rest, added to the heat and strain



Courtesy Woman's Home Companion

Making imitations of the flowers they never see

made seventy-two trips per hour, making the distance traveled in eight hours nearly twenty-two miles, with their hot loads carried over half of this distance.

"The effects of the employment of young boys in glass factories, especially by night, are injurious from every possible point of view. The constant facing of the glare of the furnaces and the red-hot bottles causes serious injury to the sight; minor accidents from burning

of new work, causes nervous dyspepsia. From working in draught sheds, where they are often, as one boy said, 'burning on the side against the furnace and pretty near freezing on the other,' they are frequently subject to rheumatism. Going from the heated factories to their rooms, often a mile or so distant, perspiring and improperly clad, with their vitality at its lowest ebb, they fall ready victims to pneumonia, and

to its heir, the Great White Plague."

"Breaker boys" are another class whose work is exceedingly hard and dangerous. "Crouched over the chutes, the boys sit hour after hour picking out the pieces of slate and other refuse from the coal as it rushes past to the washers. From the cramped position they have to assume, most of them be-

which should be entirely prohibited for children, yet which are employing those of tender age.

"In the spinning and carding rooms of cotton and woolen mills, clouds of lint-dust fill the lungs and menace the health. The children have often a distressing cough, caused by the irritation of the throat, and many are hoarse from



From "The Bitter Cry of the Children"

The MacMillan Co.

Night shift in a glass factory

come more or less deformed and bent-backed like old men. When a boy has been working some time and begins to get round-shouldered, his fellows say that 'he's got his boy to carry round wherever he goes.' The coal is hard, and accidents to the hands, such as cut, broken, or crushed fingers, are common among the boys. Clouds of dust fill the breakers, and are inhaled by the boys, laying the foundation of asthma and miners' consumption."

Mr. Spargo sums up a few of the occupations inherently unhealthful,

the same cause. In bottle factories and other branches of glass manufacture, the atmosphere is constantly charged with microscopic particles of glass. In the wood-working industries, the air is laden with fine sawdust. Children employed in soap and soap-powder factories, work, many of them, in clouds of alkaline dust, which inflames the eyelids and nostrils. In the manufacture of felt hats, little girls are often employed at the machines which tear the fur from the skins of rabbits and other animals. These are a few of the occupations in

which the dangers arise from the forced inhalation of dust.

"The children who work in the dye rooms and print shops of textile factories, and the color rooms of factories where the materials for making artificial flowers are manufactured, are subject to contact with poisonous dyes, and the results are often terrible. Children em-

premature decay. Children employed in morocco leather works are often nauseated, and fall easy victims to consumption. The little boys who make matches, and the little girls who pack them in boxes, suffer from phosphorus necrosis, or "phossy-jaw," a gangrene of the lower jaw due to phosphor poisoning. Boys employed in type



Courtesy Woman's Home Companion

Clothing sweat shop employees enjoying a "breathing spell" in a filthy cellar

ployed as varnishers in cheap furniture factories inhale poisonous fumes all day long, and suffer from a variety of intestinal troubles in consequence. The gilding of picture frames produces a stiffening of the fingers. The children who are employed in the manufacture of cheap wall paper and poisonous paints suffer from slow poisoning. The naphtha fumes in the manufacture of rubber goods produce paralysis and

foundries and stereotyping establishments are employed on the most dangerous part of the work, namely, rubbing the type and the plates, and lead poisoning is excessively prevalent among them as a result. Little girls who work in the hosiery mills and carry heavy baskets from one floor to another, and their sisters who run their machines by foot-power, suffer all through their after life as the result of their employment."

Mention is made by Mr. Spargo of having seen in more than one canning factory of New York State children of six and seven years of age working at two o'clock in the morning. In Syracuse, in the season of 1904, it was a matter of complaint with the children that "the factories will not take you *unless you are eight years old.*" In New Jersey and Pennsylvania, some of the factories belonging to the "Cigar Trust"

o'clock at night making artificial flowers to decorate ladies' hats. "The frail little thing was winding green paper around wires to make stems. Every few minutes her head would droop and her weary eyelids close, but her little fingers still keep moving—uselessly, helplessly, mechanically moving. The mother would shake her gently, saying, 'Non dormire, Anetta! Solamente pochi altri! solamente pochi altri! (Sleep not



From "The Sweated Industries' Exhibition"

Making cardboard boxes

are known as "Kindergartens," on account of the large number of small children employed in this most unhealthful occupation. The foreman of one of them declared that it was "enough for one man to do just to keep the kids awake."

Nor is it only in factories that this state of things exists: Thousands of infants are kept in "awful imprisonment at hard labor" in their homes. One of the saddest scenes presented by Mr. Spargo is that of a wee girl of four, working with her mother at eleven

Anetta! Only a few more—only a few more.)

An inhuman mother? Not necessarily. "We must make them work or let them starve," one such mother said. And another, "It is putting the life out to keep it in."

"In this boasted land of freedom there are bonded baby slaves.

And the busy world goes by, and does not heed.

They are driven to the mill; just to glut and overfill

Bursting coffers of the mighty monarch Greed."

The condition of things is well represented by reference to a picture seven years ago in Paris—a protest perchance, drawn from the soul of an indignant worker. "A woman, haggard, and fierce of visage, representing France, was seated upon a heap of child skulls and bones. In her gnarled and knotted hands she held the writhing form of a helpless babe, whose flesh she was gnawing with her teeth. Underneath was written, 'The wretch! She devours her own children!' This great nation in its commercial madness devours its babes."

Certain and dreadful is the retribution which this wrong to helpless childhood carries with it. "When the strength is sapped in childhood, there is an absence of strength in manhood and womanhood. Ruskin's words are pro-

foundly true, that 'to be a man too soon is to be a small man.' We are to-day using up the vitality of children; soon they will be men and women without the vitality and strength necessary to maintain themselves and their dependants. When we exploit the immature strength of little children, we prepare recruits for the miserable army of the unfit and unemployable, whose lot is a shameful and debasing poverty. If we neglect the children of to-day and sap their strength so that they become weaklings, we must bear the burden of their failures when they fail and fall."

"There is a sacred Something on all ways,
Something that watches through the universe;
One that remembers, reckons, and repays,
Giving us love for love and curse for curse."

THE SCHOOL GARDEN IDEA

How Dirt may be Made an Important Factor in Education

In a plea for the "School Garden," which is now common in European countries and has already been introduced into the United States, Mr. George A. Gregg says: "Dirt has been defined as 'matter out of place.' This definition may apply very well to the extraneous material found on a boy's face, hands, and shoes. If, however, the word is taken to include the soil itself, the question may well be asked whether this material so universally supplied by nature may not be made a useful factor in a boy's education."

Most boys take with delight to the idea of owning, for the time being, a small plot of ground, and enjoy working under the direction of an enthusiastic teacher.

The sense of achievement which the harvesting of the crops and its sale or use will bring, develops self-reliance and moral stamina. The work itself, besides being a means of promoting health, stimulates the powers of observation and supplies a fund of useful knowledge.

"Nothing counts so much in character building," says Mr. Mathew Bolland, "as that the boy shall do something that requires a sustained effort; something that may not be finished in a day, but requires time and planning; the final accomplishment of which is dependent somewhat upon influences outside of the boy's own resources."

For the necessary land, vacant lots, may frequently be had for nothing. Ten by fifteen or twenty feet is a good average size for the individual plot assigned to each boy. Where classes work in rotation, one set of tools will do for several boys.

WHY THE CHILDREN ARE NERVOUS

Influences in Babyhood that Make for Upbuilding or Destruction of Moral and Physical Frame in After Life

BY KATE LINDSAY, M. D.

THE infant at birth is purely a passive automaton. It has no will, does nothing voluntary; in fact, the higher intellectual brain centers are not active at all. Therefore when the baby is physically free from pain and discomfort, it lies quietly sleeping twenty hours out of the twenty-four and growing like any other young healthy animal, never realizing by any painful sensations that it has a nervous system. When hungry, cold, or overheated, pricked by pins, wet and dirty, smothered in close, foul-aired rooms, fed indigestible food which sours in the stomach, or dressed in rough clothing which irritates and inflames the skin, causing outbreaks of rash, it will cry. When roughly handled, bathed with either too hot or too cold water, disturbed in its sleep by loud noises, or in any way made to suffer, it cries, and its nervous tissues break down rapidly. Often severe nerve storms in the form of convulsions are developed, and the sedate, restful, passive little one, whose presence was scarcely known in the house by any interference with household plans or purposes, becomes the tyrant and terror of the family, whose plans for eating, drinking, and sleeping are now wholly regulated by the baby's colic, crying, and sleeplessness. The sweet, placid, smiling infant has been transformed into a fretful, uneasy, restless, bad baby.

Why this change? And what kind of a grown-up individual is this poor, suffering, protesting little one likely to

develop into in after life? During the first six months of infantile life three inches or more is added to the head circumference and several ounces are added to the brain weight. In fact, in no other six months is there so much brain and nerve structure formed. This is the time of all others to lay the foundation for a stable nervous system. It is the time when the rapidly developing new brain cells are easily broken down, shocked, and injured, and when permanent damage is so often done to nerve centers, which in after life is made manifest by all forms of nervous disorders and all the many forms of insanity and criminal tendencies.

The connection between the sour stomach and indigestion induced by an unclean bottle and nipple and septic indigestible food given the baby of a few weeks, and the young man in prison for theft or murder, may not be apparent to the judge and jury who pronounce him guilty and fix his sentence for the gibbet, electrocuting chair, or life imprisonment. But the observing physician and nurse can see close connection between the nervous, fretful, dissatisfied little one who destroyed its toys maliciously, and struck at its mother, and pinched, bit, and hurt others in its purposeless anger due to physical discomfort, and the adult criminal. A close observation would show the various downward steps taken in the years between the infant of days with fermenting food full of germs and toxins in its

alimentary canal causing brain and nerve intoxication, and creating a demand for stimulants and the use of the cigarette in early boyhood, the saloon and house of ill-fame in youth and in early manhood, the criminal career and prison bars. It may seem a small matter to parents that the young child is restless in its sleep, is a mouth breather, has its nose stopped up with polypi or some other obstruction, or suffers from periodical attacks of tonsilitis. But step by step it is leading to the creation of the nervous, hysterical youth or maiden, weak and incompetent for any life work, and often an early victim of the great white plague, tuberculosis.

The connection between rousing the baby at bed time for a frolic and playing with it in the evening until it is all of a tremble with nervous excitement, ready either to laugh or cry hysterically, and the suffering adult victim of chronic insomnia is not always obvious. The father or mother walked the floor with the overworked, over-excited infantile insomnia patient. The grown-up wrestler with wakefulness tosses wearily from side to side on his bed, seeking rest and finding none, the victim of a bad education in sleeplessness begun in early infancy. Children are often educated into nervousness, and acquire lawless, unregulated habits of thinking and acting from living with and being disciplined by weak-willed, nervous, hysterical mothers; or are frightened by the fitful severity of discipline by passionate, unreasoning fathers; at times beaten severely for a childish mistake, while on other occasions grave faults and misdemeanors are passed over lightly.

The constant impressing upon the young that they must fear and dread some evil thing, especially some *imaginary* evil being or agency, is accountable for much nervousness among the

little ones of the kindergarten age. We have all known children who were in abject terror in the dark, and dare not be alone or even look into the unlighted corners or closets. Often at night these poor, terror-stricken children are pursued by imaginary phantoms, and dread to be alone in the dark. It would save many a nervous life wreck if the same amount of painstaking had been expended to teach the young idea to shoot in the direction of faith, hope, and courage as to impress them with a fear of the "bogïe man," or the "bear" or "wolf" that was ready to devour them in the dark.

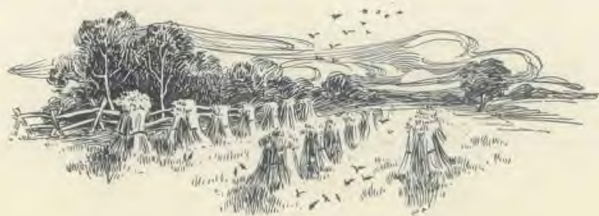
All children learn by example much more readily than by precept. Living with nervous people even if of no kin to them, is demoralizing. When they hear every trifling ailment and every trivial accident made much of, they are likely to become unduly excited and anxious over every slight ill feeling. Every bump hurts, and must be condoned with a crying or even screaming fit. They become self-centered, and infected with that most demoralizing of all worry, self-worry, which, having the object to worry about always at hand, grows daily, until it dominates the whole mind and destroys all the other intellectual activity. To avoid demoralization of the children's nerves, first see to it that in the first months of life they are placed in an environment of physical comforts so that they can rest and vegetate and grow normally without having their attention called to the various organs of the body by physical pain and bodily discomfort. Let them take their eighteen or twenty hours' sleep in a quiet, cool, well-ventilated room, free from insects and too intense sunlight glare. Let them sleep alone, not with two tired, nervous adults.

Keep all intoxicants out of the body,

be it poisoning by foul air through the respiratory passages or from poison injected through the skin or mucous membranes, or by foul matter, germs, and toxins taken with the food or formed from food fermentation in the alimentary canal. Drunkenness means poisoning. There is no difference in the results, so far as brain structure destruction is concerned, between the delirium tremens delusions of the man who is pursued by phantoms of demons and vile reptiles because the brain cells are whipped to a maddening, abnormal unreasoning activity by alcohol poisoning, and the three- or four-year-old child wildly beating the air and with piercing screaming seeking to escape from the phantoms which threaten it, when suffering from an attack of night terrors. The fermentation in the stomach resulted in the formation of alcohol and other poisons in the alimentary canal, and the brain of the infant thus intoxicated is much less able to withstand the destructive effects of these poisons than that of the more stable adult nerve structures. The child in a convulsion from toxins in the stomach is an example of what in the adult is termed dead-drunkenness. Watch the little one after such an attack, and note the profound stupor which has paralyzed all mental and nervous activity. Then

compare its condition with that of the drunkard sleeping off the coma of his last spree.

Do not surround the children with useless irritating restrictions, nor torture them with constant reminders of death and danger lurking in their pathway, nor lead them to believe that the night darkness or the unknown future abounds with unseen dangers and that there is before them nothing but failure and disaster. Rather teach them that faith and hope for the future which will lead them to expect that the light which is shed on their pathway to-day will continue with them through life's journey and eliminate even the darkness and gloom of the grave. Healthy, happy, well-formed children physically, will have normal nervous systems, and will not wear out their brain and nerve structures and waste their energies in destructive storms of passion, but reserve these ever-useful forces for successful after-life work. These normal children will be practically care-free, frolicsome, healthy young animals, living in and enjoying the present. They will grow up to normal men and women, loving their Creator and their fellows, always doing good, strong to endure hardness as good soldiers of the cross in the warfare of life. Give the little ones their rightful, normal conditions.



What the White Race May Learn from the Indian

BY GEORGE WHARTON JAMES
VIII.

HAVING studied medicine somewhat in my life, I have been permitted as a "medicine man" to know more of the intimate life of the Indian women than many white men. In this article I propose to give the results of many observations in this field, with the full assurance that there are many things the white woman may learn from the Indian, both in her treatment of herself and her children.

In the first place, the period of adolescence in both boys and girls is regarded with the importance it deserves. In the case of girls, ceremonies of instruction, purification, and dedication are almost universally observed. The adolescent is set apart from her fellows, and the elder women give her definite and full instruction as to what the change that is taking place in her life means. She is shown the importance of the new function, and how much the welfare of the race depends upon it. Then she is made to undergo ceremonies that last for several days, in which her body and all its functions are dedicated to the tribe. She is one of the future mothers now, and, as such, is entitled to all respect and consideration. There is no foolish re-

serve, no "modesty," so-called, which arrogates to itself the right to criticise the wisdom of God in creating human beings male and female, that they may marry and propagate their kind upon the earth. For, wherever one finds the sort of "modesty" that is ashamed of natural and God-given function, there is either a mental perversion for which the victim is to be pitied, or a moral perversion which is to be reprobated. Every Indian girl is given fully to understand what the function means, with all its possibilities, and she is taught to pray that, when the time comes, she may have a lover, and that he may be a good husband, and that, in due time, she may be the happy and healthy mother of many happy and healthy children.

And in some tribes there are certain shrines where the girls are taught to go and offer their prayers that lovers, husbands, and children—not one or two of the latter, but many—may be given to them at the will of the gods above.

This is to dignify sex; to train the girls that wifedom and motherhood are holy and to be desired; and that they are not matters merely to jest and joke about, or to talk in secret whispers about



Havasupai mother proud of her child

one to another, as if the very subject were unholy and unclean.

Then a matter of practical healthfulness is observed that white parents need very much to learn, it appears to me, especially in this age of scholastic crowding and mental overworking. Each month the girl is required to rest, in order that she may preserve and maintain her body in perfectly healthy condition. She may go where she will, but she must be quiet and still, in order that the function may be not disturbed, and that its regularity may be established. Not only this, but this habit of rest is kept up so long as the function continues through life. Even on the march a woman may stay behind (if she so de-

sires) and rest for a day or so. The result of this rest at such times is shown in the strength and vigor the women show during pregnancy and at birth. They seem to store up strength, and, as I shall later show, childbirth to most of them is no more a time of peril, pain, or distress than is breathing.

Mothers who neglect this instruction to, and care for, their daughters at the adolescent period are criminals both to their children and to the race. Among the ancient Greeks such a mother would have been regarded as a monstrosity; yet I am personally acquainted with many mothers who have not hesitated to confess that they have never had one word of converse with their

daughters upon this most important subject. When I see children going to school at this adolescent period and being forced by our competitive system of education to strain every nerve to cram the required amount of facts into their brains, I do not wonder that we have so many sickly women who are incapable of being the mothers of healthy and happy children. Far better that our children be not educated in chemistry, and literature, in physical science and art, than that they unfit themselves for the happy relation of a beautiful marriage and sweet and tender parenthood. For let the new or the old woman say what she will, the divinely ordered plan is



A strong Navaho maiden

that women shall be wives, and happy wives at that, capable of making their husbands happy, or at least of contributing their share to that end, and also that



A happy Indian baby

they shall know the joys of maternity. Unhappy indeed is that woman whose physical condition is such that she refuses to know the sweet touch of her own baby's body, and denies herself the blessed privilege of training its soul for a beautiful and useful life.

The Indian mother sees to it that her daughter is early taught her future possibilities and the will of Those Above in regard to her, and the growing woman would as soon shirk the responsibilities of her sex as she would refuse to eat. The consequences are that normal births with Indian women are practically painless and entirely free from danger. I have seen a woman deliver herself of her child, sever the umbilicus, and then walk half a mile to the creek, walk

into it with the baby, and give herself and the child a good washing, then return to her camp, suckle the little one, and proceed to attend to her duties as if nothing had happened. At another time I saw a woman, less than half an hour after her child was born, start off for a heavy load of wood. Their freedom from constricting waist-bands, their absolute freedom of body, their nasal and deep breathing, their muscular exercise through life, their open-air sleeping and living,—all have much to do with these easy births.

To a good Indian woman, also, there is nothing more evil than to circumvent the will of Those Above by refusing to have children. Such a woman would be almost a monstrosity to an Indian, who would be unable to comprehend the mental workings of such an abnormality. Children are to be desired, to be longed for, and to be joyous in the possession of. In the making of some of their basketry the Paiuti women weave a design which shows the opening between the upper and lower worlds through which the souls of all children born into



Chemehuevi mother and child

this upper world must come. By a correspondence of the symbol with the thing symbolized, the Paiuti weaver believes that if she closes up this opening in the basket, she will render herself incapable of bearing any more children. Therefore, even though you were to offer her her weight in money, you could not persuade her to close up the aperture in the basket's design. This would be circumventing the will of the gods.

The same law, too, applies to the suckling of her child. The Indian mother never dreams of foregoing this healthful duty and pleasure. She regards it as one of her special joys, in which she is superior to man. And just as the Paiuti weaver refuses to close the aperture in her basket, so does the Zuni woman refuse to close, except with averted eyes and a prayer that the gods will see she did it with unseeing eyes, the tiny aperture in the mammæ of the water bottles



Apache mother

which she makes of clay in imitation of the human breasts. She dare not, even thus in symbol, suggest the closing of her own maternal founts.

Ah! beautiful simplicity and joy of naturalness. The God of men and women surely knew what was good for them when he set in motion the forces that created them. In harmony with His will and purpose we are healthy, happy, normal beings, living lives of purity, progress, and peace. In opposition to His will we are unhealthy, unhappy, abnormal beings, full of wretchedness

impurity, and misery. In many things the Indian, too simple to go far away from the Divine precepts which come to him through contact with nature, is wiser than we. Let us then put on the garment of simplicity, seek to know the will of God, and with hearts like little children, learn the true way, and then seek for courage to walk therein.

BE POSITIVE; TALK HEALTH

Strength and Vigor Never Gained nor Retained by Contemplating Disease

"Give the body the nourishment, the exercise, the fresh air, the sunlight, it requires; keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm,

and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength, and not with weakness and disease.

"We can never gain health by contemplating disease, any more than we can reach perfection by dwelling upon imperfection, or harmony through discord. We should keep a high ideal of health and harmony constantly before the mind."—*Southern Watchman*.

THE DUTIES OF MOTHERHOOD

The Mother's Moral Responsibility. The Task That Is Set and How Best It May Be Accomplished

BY MRS. H. S. BIRCH

THERE was once a great and gifted sculptor, who numbered among his pupils two who evinced in their work talent of most marked degree. This sculptor was old, the remaining years of his life were few, and he was much perplexed which one of these to name as his successor.

Finally, being called into a distant country, to execute some masterpiece, he resolved to make the test; so he called them to him, and said: "My beloved pupils, I am going away into a foreign country; my sojourn may be one of months, it may be one of years. I, your master, have taught you; I have watched your growth. I have guided, I have inspired you all these years, and now in parting, one thing, and one thing only, do I ask," and he drew aside a heavy curtain and revealed two gleaming blocks of rough-hewn marble—tall and fine and dazzling white; and he said to them, "I give you these, one to each; take them, study them, consider the possibilities concealed within this senseless mass, think of the lasting qualities of the stone, hew them as you will, mould and shape them as you wish; put into this matchless task all your fancy, all your skill, your genius, your heart, your very soul itself, until your work is done and days go by and you have grown, and keener dawns your artist vision.

"Should faults appear on that which seemed at first so fair, fail not to smooth and round and improve, so that

I, returning, may see and know what all my love and skill and care hath wrought in thee."

And so they fell to work, these two, for each had youth and health and genius and enthusiasm and fire. Day after day they toiled, and when at last their task was done, two beautiful statues they had made. Each viewed with pride his work at first, but as the days rolled by they each began to see defects on that which first appeared so true, and seeing which, one began to change,—to improve,—until, under his skillful touch, a hidden muscle came to view, the softening of an angle here, the fuller rounding of a limb, the lightening of a garment's fold,—all these he brought to view. But the other, dissatisfied, only gazed and frowned, and went his way. Experience had raised the artistic standard of them both, yet the one was always chiseling, sanding, rounding, until one day perfection stood before him in his exquisite, all but breathing, all but living statue. While the other, careless, yet dissatisfied, intending, yet procrastinating, drifted on, drifted on, until at last, when too late to change, his master came.

Now, are not we mothers, each and every one, but sculptors of our children's lives? Does not the Master, when he sets the crown and seal of motherhood upon our brow, but give into our keeping these little lives—to mould and shape and fashion as we will; and on

that day when the great Sculptor comes, will he not require, reflected in our children's lives, the highest, the noblest, the grandest that he has planted within our breasts?

A young married woman, scarcely more than a child herself, was traveling upon a railroad train in company with her little daughter of three years of age. Opposite her sat an elderly lady, who noticed how petulantly the young mother checked the cries and actions of the child. Presently she began to talk. She praised the beauty of the babe, its lovely hair, its sweet blue eyes, with their long and curling lashes, and she spoke of its growth and vigor, to all of which the young mother gave eager and delighted assent. Finally she said, "What a fortunate woman you are! What a beautiful trust God placed within your care, when he gave to you this lovely little child, this beautiful little statue. You must see that you make its character just as perfect as he has made its form. You must see that you make it just as beautiful inside as your Creator has fashioned it outside, and that work he has left for you, her mother, to do."

The young woman looked bewildered for a moment as she said, "Why, of course I love her with all my heart, but I do get nervous and out of patience with her when she cries and will not mind and is naughty."

"Oh, but my dear," interrupted the lady, "it is the mother who is the naughty one, every time, when her child of three years will not mind her;" and then, as the train flew swiftly over the shining rails, she began to talk, and she spoke of love, and tender care, and firmness, and patience, and soft insistence, *always*,—from the cradle up,—and the young mother's face grew thoughtful and earnest as she glanced

now and then at the face of the sleeping babe, so tenderly nestled against her breast. After a while the lady went back to her seat, questioning very much if the girl was not too young to have her words sink with any deep import into her heart. Later on the question was answered, when, as the young mother got off at the little wayside station, she stopped long enough to say, "I thank you, very much, for what you have said to me. I have never thought of these things before, and I am going to try."

About two years later the lady received a most touching and piteous letter, telling of the death of the child, and in conclusion the mother said, "I never can thank you half enough for what you said to me on the train that day. From that time on I began to control myself and baby grew to mind me, and when she died there wasn't a sweeter or more obedient child on earth than she was; and I thank God from the bottom of my heart that I was able to give my child back to him almost as sweet and pure and holy as He gave her to me."

Now we know very well that it is the dearest desire of almost all mothers to do, and to be, the best that they can, for their children's sake. Oh! we are all fond and loving mothers, but the question comes, are we wise and helpful ones?

In our domestic affairs how painstaking we are. If some beautiful vase or plate is cracked or chipped, how it distresses us. If some fine piece of furniture is marred, how we dislike it; if upon some carpet or some favorite gown, a spot appears, what do we not buy and use and try to get it out? And in our children's physical life, with what agony do we view the wrong turning of an eye or the out-growing of a little back. All that money and time and

thought and skill can do is brought into service to set the thing right. But what of the moral slips and flaws and defects,—“the misshaping of the character, the wrong turning of a soul?” Do we see it, do we act, do we strive, do we bend every thought and purpose of our life to its adjustment?

If we find our child has faults, glaring ones, traits and faults that we, perhaps, have ourselves, and may have entailed upon them, is it not most urgently necessary that we strive with might and main to root this weed of evil out before it becomes too firmly implanted in the soil of their lives?

First, let us look at ourselves, for we fathers and mothers are but the patterns and models from which our children shape their lives, for children are but the echoes of the home. Do they not reflect everywhere our views, our words, our opinions? Supposing our child has a blemish of jealousy, the defect of overmuch vanity, the flaw of idleness, of the sort of a violent temper, is it not most imperatively incumbent upon us, who brought that child into being, to set to work with every faculty with which God has endowed us to remedy this defect?—for faults are so far-reaching! But how shall we set to work to do this? That's the question. Let us find out a way. Let us read. Let us ask advice. Let us think. Let us study the child's disposition, for the same method will not apply to all.

Let us show the child its faults, show him its effect upon himself; let us punish, sympathize, blame, praise; let us do any way, try every means within our power, and let us ask help from the Divine One above, who moulded and fashioned the little soul so tenderly entrusted to our care.

I once heard a woman say, “I never cared so awfully much about being

good as long as I was moral, until I became a mother, and then, oh, how I wished that I had strength and character and goodness, so that I could hand it down to my child.” We want our children to be so good. We expect them to be so perfect. We are always looking for good qualities in them, but how can we expect to entail that which we do not ourselves possess.

This we can not do, but we can, as did the young sculptor, smooth and soften and polish and improve. Then let us act, and keep indefatigably at work, for we know not when the great Sculptor will come to claim his own. We know not in what hour the Master will call for the little statues so lovingly entrusted to our care.

If upon that great day, when the Lord shall say to us, “Where is the life I gave to thee” in answer to the call some shrunken, misshapen soul steals up from the nether shadows and the gloom and stands beside us, think of our despair, as there, beneath the radiance of His great white throne, pierced through and through by the tender reproach and sternness of his words, we hear our Master's voice, “Woman, behold thy child!” Oh, the reproach of it! Oh, the agony of it! Too late! Too late to change.

We mothers, how much influence do we have! In tender years, how our children look up to us. If they do not later on in life, it is our own fault; and we have blundered somehow, some way, or they would. Oh, a mother's influence, how potent it is! How many a man has laid the success of his life down at his mother's feet.

A mother's influence, how powerful it is; for a good mother's influence is as far-reaching as the ever-widening ripples of the sea, and it lights up her children's pathway on through life, even

as the soft and gentle rays of the tender moon illumine the placid bosom of the lake; and as her barque of life glides on and on through the mystic regions of the Dim Divine into the Land of

Light, and He sums up her life, its efforts, its results, how sweetly on her listening ears shall fall her Master's voice, "Thou hast indeed been faithful to the task I set for thee."

How to Manage When Typhoid Fever Visits Your Home or Neighborhood

1. When a case of typhoid fever is known to exist in a neighborhood it must be at once reported to the nearest health officer, who must institute a thorough investigation as to the origin of the case. A strict examination should be made regarding the surroundings and character of the water supply of the locality. If there be any reason to suspect that this may possibly be contaminated from the case, its use should be forbidden until proper measures can be taken to protect it against such contamination and the question of its safety is definitely settled. The location of wells, with reference to the privy into which typhoid discharges are thrown, the inclination of the ground between such points and the character of the soil, should all be taken into consideration. Wells into which surface washings from the infected premises might find their way by the natural slope of the ground and wells within a given distance of the privy of such premises should be at once abandoned. The contaminating distance varies according to the nature of the soil and the depth of the well; in loose, porous soil a well thirty to forty feet deep will be dangerous if within 500 feet of typhoid premises.

2. If the case exists in a sewered neighborhood every householder whose premises connect with a sewer in common with the infected house should have a thorough inspection made of the drain-

age of his own premises. If the sewer connection be not broken by a proper ventilating shaft extending above the highest point of the roof, such shaft should be provided forthwith. All interior plumbing should be examined, defective points repaired, traps put in order and the flushing devices of water closets made effective.

3. Scrupulous cleanliness in every portion of the premises should be enforced. All decaying animal and vegetable matter and every kind and source of filth in and around the house should be removed and disinfectants freely used. Surface drains and gutter areas, out-houses, privies, shelters for domestic animals, fowls, etc., should receive close and constant attention.

4. The precautions recommended to prevent the extension of the infection to other localities are of even more importance upon the premises where a case of typhoid fever exists. Here is the greatest danger of the poison finding lodgment in the soil which favors its growth and intensity; namely, filth in any form. Therefore the advice given in Rule 3 should be rigidly carried out in its every detail upon the infected premises.

5. Within the infected house itself the important matter to attend to is the prompt disinfection of the discharges from the patient and of everything liable to come in contact with such discharges. —*Public Health.*



STRENUOUS HEALTH CULTURE

"Time was when clothing, sumptuous or for use,
Save their own painted skins, our sires had none."

YET they were far healthier and hardier than the present much-clad generation. Why does the savage go naked with impunity while the civilized man shivers in his clothes, and is a prey to colds, pneumonia, and a variety of diseases unknown to the naked savage?

One of the marvels of the normal human body is its wonderful adaptability—the maintenance of its equilibrium under constantly varying conditions. By the regulation and adaptation of the heat functions of the body the bodily temperature is maintained at the normal standard in spite of the changing temperature of the surrounding atmosphere. But when the body is artificially heated continually, as by overclothing and overheated rooms, its functions become to some degree dormant, and in consequence the natural bodily resistance is greatly lessened.

The effort of the body to resist cold, stimulates and strengthens. One who can resist cold can resist all kinds of disease germs. This has been demonstrated by the success of the "cold-air cure" for a variety of diseases.

The old-time coddling of delicate children, which still further lessened their vitality and weakened their powers of endurance, is now giving place to its

opposite. Judicious exposure to cold has been found to be one of the best methods of strengthening weak infants and developing healthy children. At a recent conference of mothers held in Minnesota, they were advised that a snow bank makes one of the best cradles. One mother who had tried this treatment thought that it accounted for the unusual health and strength of the family.

A Milwaukee physician, Dr. John E. Worden, has adopted this strenuous treatment to prepare his babes for the rigors of life, and up to the present his methods have been abundantly justified by their success. His little daughters, Shirley and Jane, aged respectively eight and three years, are two of the firmest and healthiest bits of humanity, to whom disease of all kinds is unknown. During the cold weather these children may be seen barefooted and bareheaded, clad only in their cotton garments, thoroughly enjoying a romp in the snowdrifts, and without even a goose pimple on their skin.

"We are merely following out health rules," said Dr. Worden, speaking of his unique methods of bringing up his children! We are aiming at prevention rather than at cure. We have brought the children up so that they are fearless, and dread neither the ice-cold plunge nor a romp in the snow in their bare feet. The door is always open, and they go out when they like and return when they are ready to do so. We do not

force the children to go out in the snow barefooted; they go out of their own free will, and play until they are tired, or their attention is called to something else.

"In the summer we send them out into the sun bareheaded and bare-



Jane warming her feet on a snow bank

footed, with orders to keep out of the shade. On the street cars they are instructed to sit on the sunny side of the car. It is well that they experience something of contrast; therefore, a cold bath is given them daily in the warm weather. In the winter they are allowed to go outdoors to get stimulus from the cold air.

"Children brought up like tender hot-house plants are likely to contract colds and other diseases, and to die as the result of not having robust constitutions. These children, on the contrary, will and do escape without any sickness; and should they get sick, their recovery is almost certain because of their being strong and in good condition."

Both Dr. Worden and his wife are graduates of the University of Michigan, and Mrs. Worden was for a number of years before her marriage a trained nurse.

"During my hospital training and institutional work," says Mrs. Worden, "I saw so much sickness due to weakened bodies that I investigated causes, and came to the conclusion that much of the weakness was due to a lack of physical development, to abuses through mistaken kindness on the part of the parents, that so weakened the immature bodies that they could not withstand the attack of disease. With our children, beginning from babyhood, we have had one aim, and that is to give them strong physiques; and we have succeeded thus far. They have never had one drop of medicine and never been ill one moment."

The clothing of these children is always light, and much the same summer and winter. It is of cotton almost exclusively, and no bands are ever used. In the place of stockings the easy, sensible, comfortable Roman sandal, made only in England, is worn.

"We believe in clothing them as lightly as possible," says Mrs. Worden.



This is the costume the children wear summer and winter

"depending on their excellent heat-making organs to develop any extra warmth needed in an emergency. This stimulates a necessity for a good, strong internal circulation of the fluids of the body, and creates a desire to exercise a little in order to keep warm. Overwarm children are usually large."

The Worden home is sunny and bright, with windows wide open day and night, and the rooms kept always cool and fresh. No useless furniture, no bric-a-brac, no draperies harbor dust and germs. The walls and hardwood floors and few articles of furniture are kept scrupulously clean but without or-

as our food problem. And yet it is a very simple one, solved by an all-wise Creator before the creation of man. Time enough is wasted in the kitchen of our modern homes, spoiling good food by making almost impossible mixtures and then over-cooking these, to do all the necessary work of any nation. This careless and ignorant diet leads to ill health from which there is no escape unless we learn to lead a sensible life, eating moderately of natural foods, and these in simple combinations.

"With our children, very little cows' milk is used, largely because of its unreliability in the city; but we do not



A pastime suited to a hot day

nament. The whole house is given over to the children, and there is no need for prohibitions of any sort.

Concerning the diet of his children Dr. Worden says: "No national or international problems concerning the welfare of our people are as important

favor an abundance of milk anyway, after children have teeth to use on their food. Their diet consists of fruits, cereals, nuts and vegetables, no spices, vinegar, etc., being used. Whole wheat flour, the bran included, is used exclusively.

"They are never urged to eat. We expect them to know whether they are hungry or not. Urging children to eat leads to overfilling of the stomach,



Barefoot Snowballing

and this to bowel disorders, and often death. Next to urging children to eat, as a cause of overeating, is variety. We never supply them with a choice of foods at one meal. The diet for each meal is simple, and yet in one season or year they get quite a variety, as exemplified by a list of the fruits they get, one kind at a time: Apples, pears, grapes, plums, cherries, oranges, pine-apples, peaches, grape fruit, prunes, apricots, figs, dates, raisins, bananas,

melons, and the numerous kinds of berries—all choice fruit. They scorn anything with a bad spot as being not fit to eat. Then again we buy them lots of nuts for food, not just for the fun of cracking and eating and usually overeating. They get nut food as a United States soldier his rations. Next we have an immense choice of vegetables, of which they get one kind at a meal—never two vegetables to one child at the same meal. On such a diet it is no occasion for surprise that they have never been sick. The good health to be derived from a simple meal more than repays for any fancied abstinence."

The Worden children are already little athletes. The elder girl is the youngest basket-ball player in Milwaukee. Every evening they exercise for a few minutes nude, incidentally getting an air bath to the skin of the whole body while developing and strengthening the muscles.

Dr. and Mrs. Worden are not fad-dists. They are earnestly and steadfastly endeavoring to fulfill the trust committed to them, to develop their children into strong healthy women, to strengthen their powers of endurance and develop their physical faculties by bringing them up in accordance with all the laws of health.

The Gift I Crave

If I might crave a gift of thee,
 Who art my all,
 I would not ask of love thy store,
 I who have love forevermore;
 I am content my wealth to pour,
 Unknown, unknown till life be o'er:
 But of thy grace
 Humbly I would but crave
 To see thy face
 Last ere my grave.

So this the gift I fain would crave
 From thee, my all,
 To see and hold fast in my night
 Thy face in pity at the sight,
 Shining above me—my dear light
 To hold my long sleep through with—might:
 Stingless and like sweet sleep,
 Death then would be
 Thy face for me
 To hold and keep.

—Walter E. Grogan.

SIMPLE LIVING AMID PLENTY

Noteworthy Instance of Right Relationships Proving Barren Abode and Crude Living Unnecessary Factors

THAT the "simple life" is not necessarily associated with a barren abode and crude living, but that it is rather an attitude of mind,—a mental contentment with the things that are worth while,—is emphasized by Mr. Edward Bok in describing a visit to a home where the simple life was lived amid plenty. One advantage which the poor ordinarily have over the rich is that their simple pleasures are enjoyed with a zest impossible to the cloyed and jaded. The life was full of pleasure and of fortune. But in this family "pleasures" of all kinds were so regulated that the appetite for them never became jaded. The life was full of pleasure and interest, but their recreations were very simple, with the result that the children were kept perfectly natural, and everything was a positive delight to them.

"The toys of these children were kept admirably restricted. They had fewer and simpler toys than any other children in the neighborhood. While a neighbor's little girl prided herself on her twenty-odd dolls, the little girl of this family had only six. But she knew each doll and its wonderful capacities, and loved each one ardently, while the little girl with her twenty-odd dolls had only a passive interest in any individual one.

"Here was a home in which the monthly income probably ran into five figures, but there was no suggestion of this in the children's training. The proper value of money was instilled into their minds from earliest childhood. Money was something to be earned, but

not to be accepted save when some service was rendered for it or an equivalent was given. Hence, when I offered the nine-year-old boy a small coin as a gratuity, he politely but firmly refused it on the ground that he had done nothing to earn it. Various little chores and duties around the house and grounds were assigned to the children with remuneration, but there was always something done for something received. The result of all this is that the fifteen-year-old boy has as simple and sane an idea of the right value of money as I have ever seen in a young lad, and no boy is being better trained for the means that in time will be his to handle and dispense.

These children had everything they wanted, but the difference between them and other children lay in the fact that they had nothing they did not need. I never sat down to a better-appointed table,—it had the best of everything upon it in plentiful supply. But when it came to desserts they were of the simplest kind.

"A piece of candy was an event to these children; and although there were a number of dishes of candy around the house, the children never either craved it nor asked for it. To them the absence of candy from their diet was no deprivation, simply because they had been trained from their earliest years to do without it. I noticed that the parents themselves rarely ate of the candy set through the house, and once I saw a maid throw away two or three

dishes of it that had become stale. I realized then that the candy was there not to be eaten, but solely to accustom the children to see it around and yet not desire it, and a little observation satisfied me that the plan worked admirably.

"I have rarely been in a home where flowers abounded in such profusion, and not only flowers but vases filled with branches of leaves as well. Each one of these children loved the simplest flowers, and knew about them, gathered them, and arranged them throughout the house. Yet they had never been told by their parents that they should love flowers: by the very plentiful presence of flowers the parents had accomplished simply what days of talking would perhaps have failed to do. Each child was literally brought up with flowers so that God's growing things became a part of his life from earliest remembrance. Not a day passed but one of these youngsters would come home with a branch of leaves or with some flowers picked by the roadside or in the garden.

"It was a joy to me to have been a part of this home as I was privileged to be: to see a family in which so much that is unwise might have been done, but

where so much that stood for the best self-restraint was being worked out. Everything that was done was done with a royal hand: there was no niggardliness practiced. But the sane idea of simplicity was felt underneath everything in that home. The lives of the members of the family were not allowed to become complicated because material wealth was at hand. Pleasures were made to remain real: appetites were not clogged nor jaded, and those children will go out into the world with a freshness of interest, a simplicity of outlook, that promises well for their future, and for all those who may be so fortunate as to come into their lives or under their influence.

"And it might all so very easily have been different, but for the ever-present, correctly interpreted idea of the only life worth living for rich or for poor: in other words, the true simple life. Not the simple life that is gauged merely by our material possessions, but rather that simplicity of personal attitude toward all things and all people: the sweet contentment of mind from which springs that simplicity which is sure to bring us happiness in a two-room or a twenty-room house.

THE POWER THAT HEALS


The Same Force That Creates and Maintains the Only One That Can Restore

SAID a great German physician more than half a century ago, "Nature cures. This is the first and greatest law of therapeutics, one which we must never forget. Nature creates and

maintains, therefore she must be able to heal."

This is sound philosophy. There is a healing force in Nature which is not Nature (Nature is only phenomena, not a force), but is the power behind or in Nature to which all the processes of Nature are due.

The power that heals is one with the power that creates and that still creates. There is but one Life-giver, one healing power in the universe—God is the Creator and the Healer.



The Child at Play

BY MRS. E. E. KELLOGG

PLAY is the natural prerogative of the young child. It serves an important part in his development. The normal child, allowed to follow nature's promptings, will in play exercise every muscle of the body. Vigorous activity is a matter of first importance as a

ting into mischief, unless he is furnished with absorbing occupation of his own, or allowed some corner, within range of your observation, where he can expend his energy without damage to your possessions. The little child lives in a world of his own. He can realize little



A Play Garb for the Baby

means of foundation laying for robust health for the entire lifetime. Let the child's environment be such that activity need not be unduly repressed. Provide a place for play and material for use. Do not expect him to spend his days indoors or even out of doors, without making litter, creating disorder, or get-

of the value of things around him, nor of the esthetics of order and cleanliness. He is likely to be of an investigative turn of mind, as well as highly self-active, and must have lawful scope for the exercise of his powers or they will assert themselves in unlawful ways.

The requisite activity of the child

should not be hampered by clothing which must be kept spotless at the expense of health born of rollicking play. A play garb is an essential part of every child's wardrobe, made of material easily laundered, simple in design and so arranged as to give the utmost freedom of movement. A knickerbocker suit of gingham or denim worn over light weight or heavy under-garments (depends upon the weather) makes a very suitable play garb. If desired, a Russian dress or an apron may be added. In warm weather sandals which protect the soles of the feet afford the freedom from shoes and stockings in which most children delight. For creeping children and those just beginning to walk, "rompers" are invaluable, a boon to the little one and its mother.

Equipped in suitable attire, the child should spend the play hours as largely in the open air as the weather and season will permit.

The physical exercises of outdoor sports are wonderful promoters of

health and strength. But because fresh air and exercise are essential, let not parents imagine their whole duty done when they say to their children, "Now run outdoors and play," as they are often tempted to do for the relief the indoor quiet will afford their tired nerves. Parents should know *where* their children are and *what* they are doing at all times. Never should they be allowed to make the street their playground. From contact with evil in the world outside may result moral disease of the most serious nature. Fortunate, indeed, is the child whose home is situated in the country with ample space and opportunity to play in Nature's own realm. Such is the ideal life which the Creator may have designed should be the privilege of all children. The glimpses of childhood life in Bible history are mostly rural pictures; the loveliest, grandest characters of those times were brought up during their earliest years in close contact with nature.

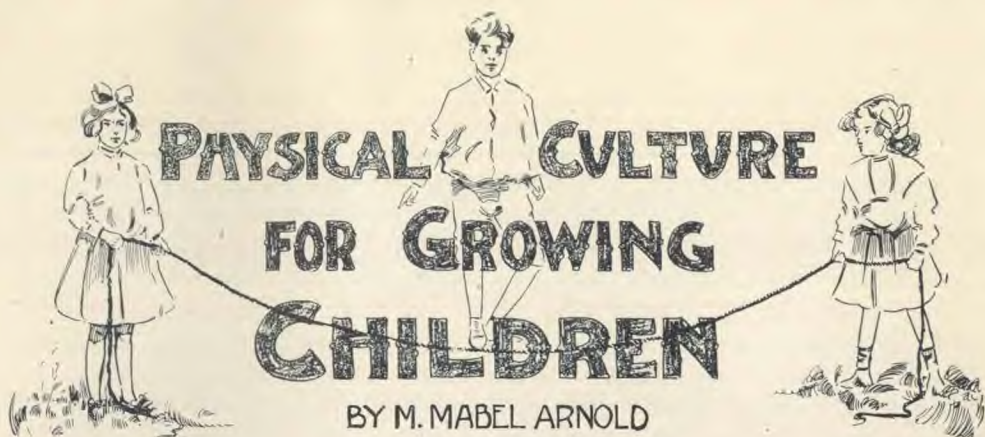
VEGETARIAN WALKERS WIN

Remarkable Feat of Fifty-five Year Old
Man in Germany Excites
Admiration

FOUR years ago, under the auspices of the Berlin Athletic Club (Comet), there occurred a walking race from Dresden to Berlin. On this occasion Herr Karl Mann, of Berlin, a vegetarian, easily won the race, outdistancing all competitors by several hours. In the same race, of thirteen men who finished the course, seven were vegetarians, six of whom were ahead of all the meat eaters.

On the 16th of July, 1905, occurred

another race under the auspices of the same Club, the course this time lying between Leubben and Berlin, a distance of about sixty-two miles. Among the walkers who presented themselves at the start was a grey-haired vegetarian, in his fifty-fifth year, a member of the Goerlitz Gymnastic Club. In spite of the distance, the dusty high roads, and the tropical heat of a sultry day, Herr Milde was the fifth out of seven to finish the race, although seventeen started from Leubben. The throng assembled at the finish could scarcely believe their eyes when grey-bearded Herr Milde appeared with a vigorous step and a freshness almost beyond belief under the circumstances. His time was fourteen hours, fourteen minutes.



IT has been truly said, "The child is the father of the man," and no one realizes this fact more than the faithful parents who watch over their little ones from birth to maturity with the most jealous care.

It is the earnest desire of every mother that her child may be symmetrical physically as well as mentally. If a child is physically well, he has a much better start in life than the frail boy or girl who from birth is held back by inherited weaknesses. "As the twig is bent so the tree inclines."

However, science has discovered for us ways and means for strengthening our boys and girls, not least among them well-directed exercises.

The child fortunately has a natural tendency to run, play, and exercise in many healthful ways, and is especially fond of outdoor sports. This is all very well during the warm season of the year, but during the winter months something in the line of exercise must be given them to take the place in a measure of the summer's activity. Coasting, snowballing, skating, etc., are most excellent sports, but can not on account of the severe weather be indulged in as freely as one might wish.

It is most gratifying to notice how, slow but sure, the public schools are

adopting gymnastic work in the classrooms where the growing children especially need it deplorably.

Children need the more simple forms of gymnastic work, as their muscles do not possess the power of strong contracting. As far as possible the recreative element should be brought into the work. Abdominal work is not of so much importance for children as is running, jumping, etc., they receive so much of that class of work. Arm stretching upward or hanging, anything to mildly stretch the spine, is most valuable for children, as it is so easy for spinal curvature to be caused by standing habitually with the weight of the body largely on one foot, or while sitting to lean upon the desk or table with right or left elbow. Book-worms are so apt to sit by the hour reading with cramped chests, which position not only causes a posterior spinal curvature (kyphosis) but



"Passing the ball above the head and back, bringing the backward trunk bend."

also impairs circulation and proper oxidation of blood.

Simple arch flexions, an example of which is a trunk bending backward are good, as they not only help to straighten the curical spine, but help to lift and supple the chest. Trunk work, bendings and twisting in simple forms, are excellent for growing children, as they not only strengthen the waist muscles but also stimulate the internal organs. The bending and twisting to left affect the stomach especially while the same work

The leverage is constantly changing, and the muscles can not accustom themselves to this constant change and at the same time perform their function easily.

In teaching children gymnastics it is best to use as few commands as possible. Teaching from objects in nature and by imitation is the better way, being careful to maintain a certain amount of discipline whether in a game or in floor work. The educational element is thus introduced, and is beneficial mentally as well as physically.



When the little girl at the rear receives the ball, she will run to the front and pass it back. This continues until the same boy is in front again

to the right squeezes and stimulates the liver.

The trunk-bending forward stimulates digestion, and is excellent as a relief movement after a backward trunk-bend. Children should begin gymnastics as early as eight years of age, for from this age until twelve it is important to build strong osseous tissues, and growth is not so rapid that the little ones do not feel like taking exercises.

Between the ages of twelve and fifteen growth is very rapid, so rapid in fact that it is an effort to even perform the errands and little home duties which formerly were not so irksome. The bones as well as the muscles increase in size, and this fact explains the awkwardness so noticeable in rapidly growing children.

Jumping is so delightful and habitual with children that it is very important to teach them just how. Jumping, coming down hard upon the heels, jars the spine and injures the nervous system. A simple game called "High water, low water," introduces this element, and can be made interesting because a child, especially a boy, is anxious to jump as high as possible. The illustration accompanying the title shows the proper position of the boy who jumps the rope; the back is straight and knees apart, heels raise from the ground. This position is taken before jumping and retained for a moment after. With each succeeding turn, the rope is raised a little higher and the child who jumps the highest wins.



"Nuts and May." This game continues until one side succeeds in pulling over the majority of the other side

The trunk-bend forward is nicely introduced in one of the games pictured. Any number of files of children may be placed in line standing with the feet apart. The child in front is possessed of a large ball which he passes back by bending forward and pushes it forcefully along. When the child at the rear of the line receives it, he runs to the front and passes it back. This action is continued until the child who originally stood in front with the ball comes back to his former position. The file whose leader regains his place first, wins.

A game similar to that above mentioned, may be played by passing the ball above the head and back, bringing in the backward trunk-bend instead of the forward bend.

"Nuts and May" is a most interesting game for children because of the attractive little song set to words and sung by the players.

The players are divided into two sides with a leader on each side. The lines, drawn facing each other, are ten or twelve feet apart, a boundary line being drawn in the center of the space.

The line which opens the game advances, all holding hands and singing:—

"Here we come gathering Nuts and May
Nuts and May,
Nuts and May;
On a frosty morning."

Then they stand still, while the other side advances singing:—

"Whom will you gather for nuts and May
Nuts and May,
Nuts in May?
Whom will you gather for Nuts and May
On a frosty morning?"

The leader of the first side then selects one of the opposite side, and they again advance, singing:—

"We'll gather Mary Brown for Nuts and May," etc.

The second side replies:—

"Whom will you send to take her away
Take her away,
Take her away;
Whom will you send to take her away
On a frosty morning?"

Selecting one of their own number the first side sings:—

"We'll send Johnnie Smith to take her away
Take her away,
Take her away;
We'll send Johnnie Smith to take her away
On a frosty morning."

The two thus chosen advance and stand on his or her own side of the boundary line. Grasping one another's right hands they pull; the one who is pulled over into the enemy's territory must then join their side. The game thus continues; one side succeeds in pulling over the majority of the opposite side. When singing the whole line marches backward and forward.

The "Wind-Mill" is another attractive kindergarten game, and brings in the hygienic element of lateral trunk work.

The children form in a circle, pairing off and standing with backs to each other. Holding arms side horizontal,

they bend alternately from left to right, giving the effect of the whirling wind-mill. As they bend, the children sing:—

"The wind-mill is whirling away up so high
It plays with the breeze that goes frolicking by.
He cares not from whence come those breezes
so gay,
But plays with them all thro' the bright summer day."



"The Wind Mill, . . . another attractive kindergarten game, . . . brings in the hygienic element of lateral trunk work"

A SPLENDID FALLING OFF

Practice of Meat-Eating Receiving Hard
Knocks—Intelligent People
Awakening

ACCORDING to the *Springfield Republican*, the exposure of the atrocities practiced in the Chicago packing-houses which resulted from Mr. Sinclair's book, caused a falling off in the monthly export of meats and meat products amounting to more than ten million pounds for the month of June alone.

This is splendid. Now, if somebody will write a book which will expose the evils wrought in the human body by meat eating as graphically as Mr. Sinclair has exposed the unsanitary condition of the beef-killing business as he saw it in Chicago, a still larger drop in the consumption of flesh foods will be likely to occur. The ox, cow, sheep,

even the pig, were never intended to be eaten. All these sentient creatures are eaters, not eatables. How strange that it should take intelligent people so long to find this out.

The practice of meat eating is getting some hard knocks these days, and thousands of people are being stirred up to look into this important and practical question. There is no doubt that flesh eating is fundamentally responsible for more disease and suffering than is alcohol—that monster evil which is everywhere recognized as one of the plagues of our modern civilization. Unfortunately the evils which arise from meat eating are so subtle that they are not so easily discoverable as are the horrors of the alcohol habit. In fact, meat eating contributes very largely to the production of the alcohol habit, and hence is indirectly responsible for the evils that grow out of alcoholism.

Motherhood in Foreign Lands



Algerian Mother and Child on the Housetop



A Lapp Family and Their Abode



A Group of Arabs



A Persian Mother, Baby and Cradle



Syrian Mother and Child and Their Bread Mills



A Bethlehem Type of Motherhood



Bedouins of Tunis and Their Children



Holland Lads and Lassies in Their Peculiar Garb

SANITATION IN THE WORKSHOP

Best Means for Prevention of Infection in Tuberculosis Where Many Workers Gather

IT is now well known that the dwelling house is the most frequent source of infection in tuberculosis. The mortality records show that the workshop comes next in the list. In a paper read at the Philadelphia Tuberculosis Exhibition and published in the *Journal of the Outdoor Life*, Dr. R. M. Landis gives as the reason for this the fact that tuberculosis is a lingering disease lasting sometimes fifteen or even twenty years, and that those affected are often able to keep at their work. During this period they may at times have countless tubercle bacilli in their sputum, and their places of occupation are likely to become infected by careless spitting.

He suggests the following hygienic safe-guards:

"Knowing that consumption is caused by a small living thing, and that this small germ is contained in the sputum, you should never spit carelessly, whether you know yourselves to be free from the disease or not, as it not only renders a bad example to others, but in addition your sputum may contain other germs inimical to health. Placards should be posted in the shop forbidding the practice of spitting on the floor. There should be plenty of cuspidors, and these should contain water mixed with household lye, which is a cheap and efficient disinfectant. The cuspidors should be emptied daily and the disinfecting fluid renewed. For those actually suffering from the disease pocket flasks should be used, or, what is better, paper napkins. The napkins receive the sputum, are then folded and

placed in a paper bag such as grocers use. At the end of each day the bag, with its soiled contents, is destroyed by burning.

"It must be remembered that drying of the sputum occurs most readily when deposited on the floor or in the ordinary handkerchief. If any of your fellow employees refuses to abide by the rules against careless spitting, measures should be taken to make him leave the place. This seems like a harsh and cruel measure, but it is necessary to prevent others from acquiring the disease.

"With the knowledge of how the workshop enters into the spread of tuberculosis, efforts should be made to see that the shops are well lighted, freely ventilated, and properly cleaned. Darkness, dampness, and dirt protect the tubercle bacillus, therefore there should be plenty of light, fresh air, and cleanliness. The cleaning of a room, whether in the house or in the workshop, should never be done by the ordinary method of sweeping. This only serves to stir up the dust, and with it possible germs, and to scatter them broadcast where they can settle in every available place. The sweeping should be done only after the floor has been moistened, either by a sprinkler or by scattering moist sawdust over the floor, or, still better, by the use of mops. Workshops in which, from the character of the occupation, there is much dust, should be cleaned several times a week, and always at night after the day's work is done."

Diet for Children Three to Six Years of Age

MODIFIED FROM HOLT

ARTICLES ALLOWED

CREAM.---Especially indicated in constipation. Two to eight ounces daily. It may be given with cereals, on potato, in broths, Sanitarium Infant Food, Sanitas Infant Food, Malted Nuts or Nut Cream.

EGG YOLKS.---Fresh, cooked for six hours at 165 degrees, F., or poached; never fried. Give only every other day, as children soon tire of them.

MEATS.---It is best to avoid meats entirely. Gluten preparations, Bromose, Protose and Nuttolene are complete substitutes for flesh foods.

VEGETABLES.---Baked potato once a day with dairy cream or nut cream rather than dairy butter. Asparagus tops, spinach, stewed celery, fresh peas always well cooked and mashed and put through a colander.

CEREALS.---Granola, Granuto, Granose Biscuit, Toasted Wheat Flakes and Toasted Corn Flakes, thoroughly cooked oatmeal, rice, farina, with little or no sugar. Malted Nuts, Meltose or Pan-Peptogen may be used freely for sweetening.

BROTHS AND SOUPS.---Protose Broth, Nut Soups, fruit soups, gluten gruel, Malted Nuts Broth, Sanitarium Infant Food.

BREAD AND CRACKERS.---For fresh bread substitute Zwieback, Breakfast Toast, Gluten and Graham Biscuits.

DESSERTS.---Rice pudding, Meltose, Vegetable Jelly, Malted Nuts, etc.

FRUITS.---Give some fruit every day. Oranges, baked apples, stewed prunes, pears, peaches, grapes (seeds removed) in moderation when very ripe and fresh. Juice of fresh berries. Avoid stale fruits, especially in summer. Fruit juices, fruit toasts, fruit juices with Granute.

MILK.---One quart daily. Eighteen ounces of milk, four ounces of cream, ten ounces of water. Milk and fruit should never be eaten at the same meal.

FORBIDDEN ARTICLES

MEATS.---Of all sorts, flesh, fish and fowl.

VEGETABLES.---Fried of all kinds, cabbage, potatoes unless baked, onions, raw celery, radishes, lettuce, cucumbers, tomatoes, raw or cooked, beets, egg plant, green corn.

BREAD AND CAKE.---Buckwheat and all griddlecakes, all sweet cakes, especially those heavy grained; all heavy bread, doughnuts and rolls.

DESSERTS.---All nuts unless thoroughly chewed, candies (except Sanitas Health Chocolates), pies, tarts, all kinds of pastry, all jellies, syrups and preserves.

FRUITS.---All sour fruits, particularly in summer; bananas; dried, canned or preserved fruits.

THE TRAINING OF A BOY IN HYGIENE

Under Right Influence the Child Learns to Abstain from the Evil and Choose the Good

THE development of character and of self-control is practically impossible when the child is continually hedged about with arbitrary restrictions from earliest infancy. The fundamental principles of right living should be inculcated, and some freedom of choice and action allowed, that the child may learn to act for himself upon principle.

In the *Boston Cooking School Magazine* Mrs. Chas. Norman gives a beautiful example of how naturally a child so trained will abstain from the evil and choose the good.

"The child was not asked to eat this or that because it tasted good, but because it would help him to be strong. There was never the slightest rebellion on his part, as the method was used from the beginning; and it never occurred to the child that a person would knowingly put the wrong thing into his stomach or refuse to taste a food which was assuredly good.

"Very few absolute restrictions were placed upon the boy. He was encouraged to take a few bites of nearly all the dishes which were served, except when there was abstinence for special reasons. At night, for instance, he ate no food which required a long time for digestion, because it was necessary for him to go to bed early. Speaking generally, however, his appetite was trusted to a degree which would be considered by many parents quite dangerous; and he did not, therefore, run to excess, as he would have done, if the restrictions had been too great, and his craving for certain food wholly disregarded.

"By the time the child was three years

old, true principles of selection and rejection were thoroughly inculcated, and for any one to say, 'This pie is not good for you, but you may have a little' would have been to him like a plot against his life. His mother well remembers a day when the boy and others, with whom he was playing, found some walnuts, which they immediately cracked and picked out. The little lad then ran to his mother to show her a tiny handful of kernels.

"'You may eat what you have there,' said his mother, compromising with evil, 'but I would not crack any more. The nuts are not ripe.'

"'Well,' said the boy without hesitation, 'then I won't eat them. I'll go tell the other boys, and we will give the nuts to the blue jays.' The child ran off, but was back in a few minutes to meet temptation number two. The kitchen table was spread with cookies fresh from the oven. They covered the whole table in tantalizing array. The small boy handed his nuts to his mother to keep for the birds. Then he leaned against the table to look at the cookies.

"'Oh,' he said, 'those cookies look so pretty, I will eat some for luncheon, but don't give me any now, for I can't expect to grow big and strong unless I let my stomach have a little rest.' Then he galloped off, saying that he was going to play outdoors all morning, so that he would be hungry at noon.

"In almost every point of discipline the child was governable by the simple reminder that he wished to be strong. He did not relish a day-time nap, but when he was told that he could not

grow strong without plenty of rest he resigned himself to the disagreeable duty. He must be strong, and for the prize that was set before him he did boxing with his father, ran races with the dog, and pushed his sister in the swing. Though every inch a boy, he was a very manly one, and he learned to endure almost anything.

"Other kinds of strength than physical had to be struggled for, too, though they came later. The cultivation of the spiritual nature was not undertaken with

the infant, but I am inclined to think that this matter of right feeding is in itself spiritual development, and that the child who learns self-government in that has unusual power along all lines. To say the least, there are enough adults in the world who have not the child's self-control. Only a few days ago I heard a student declare, 'Well, I had some work for to-night which I thought I should be able to do, but that mince pie has decreed it otherwise.'"

THE CHILD'S DAILY BATH

It Should Never Be Given Right After Feeding.— Other Important Points

THE daily bath is of great advantage to children, and soon comes to be much enjoyed by them. The bath should never be given immediately after the child has been fed. When the weather is ordinarily warm a sponge bath in the evening as well as in the morning is beneficial. As a general rule, there is no danger that the child will be weakened by taking a tepid bath every morning before its breakfast. The temperature of the water employed should at first be about that of the body, but it should be gradually lowered so that after a few weeks it will not be more than eighty degrees or ninety degrees. It may be said that the cooler the water employed the more thorough is the protection against taking cold. No fears whatever need be entertained that the child will contract a cold by a cool bath, provided the whole surface of the body is dried and rubbed until warm.

The following method, useful at all ages, is a particularly valuable tonic for delicate children, and may be used for

infants as young as eighteen months. Stand the child in a tub containing enough warm water to cover the feet. Then a sponge holding about a pint of water at a temperature of seventy-five degrees, F., should be squeezed over the shoulders, spine, and chest of the child, the skin being rubbed meanwhile. The bath should be short, not more than twenty seconds, and should be followed by brisk rubbing till the skin is dry and warm.

In younger infants a cold plunge may be substituted. This should be a single dip of the entire body in water at a temperature of eighty degrees. If the child remains pale, pinched, and blue for some time after the bath, water of a higher temperature should be used.

MY SYMPHONY

To live content with small means; to seek elegance rather than luxury, refinement rather than fashion; to do all cheerfully, bear all bravely; to listen to stars and birds, to babes and sages with open heart; to study hard, think quietly, act frankly, talk gently, await occasions, hurry never. In a word, to let the spiritual, unbidden and unconscious, grow up through the common. This is to be my symphony.— *Channing*.

... The Walking Club ...

WITCHERY OF THE OCTOBER WOODS

Strange Pranks of the Trees and Shrubs That May Be Studied in Their Entrancing Season

BY JULIA ELLEN ROGERS

IT is the fashion, set by hickories and beeches and tulip trees, to turn from green to gold in the autumn months. Possibly the trees are overwhelmed by the sea of golden-rod which surges about their trunks in every open woodland. King Midas, passing through, lays his mysterious touch on a hundred different plants and trees, and a grand harmony of sunset colors is the result.

Nobody can resist going into October's woods. Even the hypochondriac is put to it to invent excuses for staying at home. It is the harvest of the year in Nature's garden. Chestnuts are dropping under the patriarch trees that boys of two generations know intimately and visit faithfully, at least once a year. Hazelnuts relax their ruffled husks, and are gathered by little patient hands among the roadside bushes. Fearless climbers beat the walnut trees, and shagbark hickories yield their precious nuts. Squirrels are in the same business, and soundly scold the thieving bipeds who carry off their winter supplies.

In almost any woodland east of the dry prairies that gradually rise to meet the foothills of the Rocky Mountains, the witch-hazel may be found. It is not a conspicuous tree; indeed, in size it is more often a shrub than a tree. But

it is the more accessible by reason of its low, broad stature. It leans out toward you from roadside thickets, its broad, irregularly oval leaves unable to cover up the button-like green nuts



Young and vigorous twigs bear flowers but no fruit

that stud the twigs. They are solitary or few in a cluster, fixed rigidly on very short stems.

To our first glance, this tree impresses us as an unfamiliar nut tree. We break off a fruit, and attempt to open it. There doesn't seem to be any legitimate way to get in. Breaking in by crushing the nut shell with a stone, we find two polished cells with a shiny, hard seed in each. It is not a nut at all.

But the wonderful fact now dawns upon the observer that blossoms are clustered upon the newer shoots and among the nuts. Possibly the rare, unfamiliar fragrance first appeals to the quickened senses. Then the delicate narrow yellow petals show themselves, four in each blossom, flung out for the wind to play with. A cluster of blossoms makes a lovely knot of gold-thread ribbons fluttering.

To bear only leaves in spring, and to burst into blossom when the fruits of the previous year's flowers are ripening, is witchcraft enough to set this tree apart from all its woodland companions. The keen observer sees more than leaves, however, in spring. In the angles of the leaf stems, flowerbuds are forming for the autumnal bloom. On short stalks cluster gray green balls, the fruit set by flowers of the previous October. All the summer these two insignificant appendages of the apparently barren tree are growing. The broad leaves keep the secret from all but the keen and the thoughtful. So when at length the tree shakes out its blossom, and shows its nuts all ready to open, it arrests attention, and inspires in us a kind of awe.

A bright, dry day in October finds our witch-hazel ready with a second surprise. The ground is carpeted with leaves, dry, russet, red, and yellow, and crackling under foot with a great noise.

The flowers fairly outshine the persistent yellow foliage on twigs. While you rest on the bed of leaves, a sharp volley as of bird shot strikes the leaf-vined row close beside you. It is a distinct shock. A sense of danger as well as of unexplained mystery disturbs you. The squirrels, too, have been bombarded in the same way, and were equally startled.

It's the witch-hazel scattering its shiny seeds, that its race may not



Flowers and Fruit Cluster Together on Twigs of
Slower Growth

perish. The sun dries the capsule. At a certain stage of maturity its mouth flies open, and the two seeds are forcibly ejected. Sometimes they strike the earth a dozen feet, sometimes as far as twenty feet, away from the parent tree. It is the witch-hazel's little colonization game.

Cut some branches bearing unopened seed pods, or nuts. Take them home

and put them up between picture frames in the living room. The foliage is yellow, and the branches are often very decorative. In the living room, mind you. The family may ignore the name of the species at first. But when father gets a seed, spang on his evening paper, he is startled,—then interested. Pick up and examine the little projectile. Now grandma's knitting is struck, and the slate of the industrious Johnnie, doing to-morrow's arithmetic lesson under the evening lamp. Now the whole evening is given over to the sport. By holding several nuts near the warmth of a gas jet or lamp the explosion may be watched. One or another is sure to go off while you wait. The empty capsules look like little grinning heads.

The hair-like growth on one of the twigs pictured is a gall made by an insect not unlike a plant louse. It is hollow, and its fleshy walls feed and shelter the colony. One wonders at the strange horns that adorn it. Few could think at sight that it were the home of a family of parasitic insects.

The virtues of extract of witch-hazel are much overrated. The well-informed chemist is unable to discern any curative properties in the liquid obtained by steeping the twigs in water and alcohol for several hours. Rubbing with alcohol is fairly good treatment for casual bruises. Nature restores the sore muscles; and the witch-hazel gets the credit. However, this statement will invite much vigorous defense of a favorite home remedy.

Finally, the "water witch" goes to this tree to cut a forked stick when called upon to locate the site for a spring-fed well. Holding a prong in each hand, with the main stem inverted and erect, the water witch walks up and down. When the twig falls forward it is be-

lieved to have been attracted by a pocket of fresh water under the exact spot. Here the credulous farmer will drill or dig his well. The reputation of



The Burr-like Growth Is the Home of an Insect Animal

the water witch waxes or wanes according to the results of the digging. In England the "wych hasel" is a species of elm. By the same method the water witch employs, the Cornishmen determine to their satisfaction the location of rich veins of metal or of coal before a shaft.

But the chief charm and virtue of our little tree is that it grows where we can learn to know and enjoy its charmingly unconventional ways of life.

MICHELET was right when he wrote: *"Of all flowers, the human flower is the one that needs sunshine most."*

October Bird Notes

BY BELLE M. PERRY

THOUGH it is October, some of the summer birds still linger, and we can begin to look for visits from the resident birds that frequent our winter feeding places and give so many charming pictures from indoors throughout the winter. Indeed, the nuthatches and downy woodpeckers have made us frequent visits at their old feeding places all summer, something I have never observed their doing before, and which I take as an indication that they remember past kindness and expect a continuation of the same when the cold days come. And they shall not be disappointed. If by any chance the house should ever be shut up for the winter, while the family sojourn elsewhere, we will make arrangements to have corn and suet kept out for the birds, the same as if we were there to enjoy their visits.

A pair of our last winter nuthatches (I take it for granted they were our old friends) were so good as to bring their babies to our trees this summer, and this we also interpreted as an act of special friendliness, though I heard quite a well-known ornithologist say that he had no patience with many of the constructions which enthusiastic bird lovers put upon the doings of birds. He believes that birds do many things on the impulse and in a chance sort of way which people read a meaning into that never existed. However, I shall continue to hold my own views and to read between the lines, so to speak, regarding the doings of my birds.

I wonder how many are planning to take a bird census of their own grounds, or their block, or their neighborhood, when the leaves fall. It is practically impossible to search out the nests before that time. This taking of the bird cen-

sus of a locality is made quite prominent in nature-study work in some schools. It has many advantages for older people as well as children. Of course anything that interests people enough to make them take frequent tramping excursions is good because it does that. But there is much besides this that commends the fall bird census, which consists in making a chart of the grounds, naming and locating all trees, shrubs, vines, etc., and marking in their proper places the birds' nests as we find them. This necessitates getting acquainted somewhat with trees, shrubs, and vines, at least to the extent of knowing them by sight and discovering in which kinds the different birds like to nest, all of which is educational and becomes increasingly interesting. The bird student is bound to make frequent discoveries of rare and beautiful trees, and to find any number of pretty spots that the uninitiated are continually passing by with unseeing eyes.

The chart will become a valuable addition to the note-book, and will furnish data from which to make an important record of the increase of the different kinds of birds in a locality. It will also stimulate an enthusiasm for beautiful trees, shrubs, and vines, and especially for those that furnish bird food and those that the birds like to nest in.

There is a fascination, too, about the birds' nests in themselves,—the manner of construction, materials used, etc.,—and comparing nests of the same kinds. I have two Baltimore oriole nests, secured this year, which are as different as oriole's nests could well be. One is made of carpet warp and horse hair, about an equal quantity of each. The other is practically made of one material,

and that a plant fibre that looks not unlike old linen crash that is worn almost to lint. There are perhaps a half dozen horse hairs in the nest. It has not nearly the substantial quality of the other.

I have set for myself the pleasant task of finding every nest in our block as soon as possible after the leaves fall. And the particular attraction of my task is the hope of finding a humming bird's nest. I know there must be at least one in the block, from the number of birds that visited us constantly all summer. Morning after morning I watched the humming birds at their breakfast, from an upstairs window in the early morning, and never missed seeing several at one time if I would wait a little. And I always had the pleasure of seeing one or more of them light, often several times, before they completed the rounds of honeysuckle, salvia, fuschia, nasturtium, scarlet runner, etc., within view. I suppose it was the young birds that perched on the apple tree near by, for the older ones are not given to this practice, though in the nesting season the female may sometimes be seen perching and preening her dainty feathers. While there are said to be four hundred varieties of this bird, we can always be sure that the kind we see is the ruby throat, as this is the one hummer seen east of the plains and north of Florida.

People will be sure to attract humming birds if they have very many of any of the flowers just named. And if some of these are in window boxes, within views from indoors, one is likely to catch many glimpses of them while about the house. A large window box near my telephone has given me some delightful opportunities to watch this bird. A window box may mean much more than growing plants and blooming flowers. I have been fortu-

nate enough to get fine view of some of the cicadas engaged in making their wing music, and also of the orb weaving spiders engaged in the interesting work of making their beautiful webs. It is largely a question of forming a habit of observing.

I found a vireo's nest in a little beech tree, not five feet high, one day last summer, and was disappointed to find that it had apparently been robbed. There was but one egg, and that had been broken into. I attributed it to the depredations of a squirrel. On looking up descriptions of the various vireos' eggs, later, in order to know what nest I had found, I was surprised to find that the egg was much too large to answer to the description of any of them, and that it was entirely different in markings. It began to dawn upon me that this was a cowbird's egg, and, sure enough, it answered perfectly to the description. The beautiful little nest, so like the oriole's yet so much daintier and more fragile, had no doubt been abandoned by the birds on account of the unwelcome egg. I wondered if they were indignant enough to peck it open before leaving, and if so, why they had not been a little wiser, picked it to pieces, and thrown it out of the nest. I keep the little nest, egg and all, with my collection, though I confess to a feeling of reluctance over tolerating the egg in the vireo house. Some little birds, notably the yellow warblers, are wise enough to recognize the strange egg, and to build a second story to their nest, thus shutting it away from warmth enough to hatch it. Sometimes they even build a third story to cover up an egg that has been deposited in the second story. But enough birds are duped and imposed upon annually so that the cowbirds hold their own in numbers with other birds. They

usually impose the burden of caring for their young on the smaller birds, wisely leaving but one egg in any one nest. Even the little chipping sparrow is a victim of their cunning. A neighbor passing our door told me he had seen a sight that morning that he could not understand. A tiny little bird, which I recognized from his description as a "chippy," was feeding and mothering a bird two or three times its own size. He could not account for it, never having heard of the cowbird and their vagabond methods of imposing the care of their progeny upon smaller birds.

The male cowbird is easily recognized if one is close enough to be sure of its coloring, on account of the dark brown of head and neck and its glossy black body. They are so common one can scarce escape seeing them if many bird trips are made. I saw one on a fence post in early summer, apparently interested in the nest-making proceed-

ings of a pair of song sparrows. They seemed to recognize the presence of an enemy. I meant to go that way again to see if the song sparrows finally built in that place, and if the cowbird had imposed upon them, but failed to do so.

With all its vagabond ways the cowbird is scarcely as bad as the English cuckoo, which has all the sins of the cowbird, to which is added the worse one of straightway setting about ridding the nest of the legitimate birdlings, immediately it is out of its shell, and never giving up till all have been thrown over the edge of the nest. And the strange thing about it all is that the parent birds care so faithfully for the selfish intruder, be it cuckoo or cowbird. The presence of a young cowbird in a nest usually means that the smaller birds are either smothered or starved to death on account of its bulky body in the tiny nest and its voracious appetite.



Out of Doors in October



WHAT GOOD EXERCISE WILL DO

Immediate Pronounced Effects on Every Function of the Body—
Prepares for Readiness of Action in Emergencies

BY J. H. KELLOGG, M. D.

A GOOD set of muscles is one of the most excellent qualifications which a person can possess. There is no position in life for which they unfit him, and there is none which they will not enable him to fill to better advantage than he could otherwise do. There are a thousand and one emergencies in life in which strong, vigorous, and well-trained muscles are of enormous service, and in which their use may be of incalculable value. Proper physical culture gives, not only increased physical strength, but greater dexterity, suppleness and grace of movement. The man who walks with a shuffling, swaying, and awkward gait, does so, not on account of any original defect in his physical make-up, but through the weakness of certain muscles which, by disuse, have become unable to do their part in the act of walking, and so render him unable to perform it in an easy and graceful manner. The trained gymnast exhibits a lightness and elasticity of movement impossible to an individual who has not had the benefit of physical training.

Proper training of the muscles also prevents or corrects various bodily de-

formities, such as round shoulders, flat and narrow chests, and crooked backs, and gives to the body an erect and graceful carriage. Many of these deformities are directly or indirectly productive of interference of the body in general, through interference with the proper working of the various vital organs, particularly the lungs; and hence physical culture does more than simply add to the comeliness of the body and grace of movement; it really increases the vital capability of the body, thus lengthening life, as well as rendering it more joyous.

Muscular exercise not only improves the health and strengthens the muscles, but directly and indirectly affects in a favorable manner nearly every organ of the body. The muscles aid in supporting the various bones which compose the skeleton, in their proper positions. When the muscles become weak, they relax, and allow various portions of the body to drop into uncouth and unhealthful positions. It is thus that the shoulders become rounded, being allowed to drop forward through weakness of the muscles which are intended to hold them back in po-

sition. The ribs, which form the framework of the chest, not being properly pulled forward and outward through contraction of the muscles attached to them, gradually fall inward, thus flattening the chest, and compressing those important breathing organs, the lungs. By proper exercise, these physical defects may be prevented, and entirely remedied in most persons who have not yet attained middle age. Even in advanced years much may be done to correct these physical deformities, by properly directed and systematic efforts.

Still more remarkable is the effect of exercise upon the activities of various internal organs. The effect of muscular exercise in increasing the action of the heart and lungs is well known. A brisk run will often double the activity of the heart, and much more than double the activity of the lungs both as to the number and the depth of inspiration. The amount of air taken in at each breath is also greatly increased, so that the total amount of work done by the lungs is very much more than doubled. This increased activity of the lungs produces a wonderfully beneficial effect upon the whole body.

The heart is a pump which distributes to the tissues the vital fluid by which it is to be replenished. When the heart works more rapidly and vigorously, a larger amount of blood is re-furnished to every organ in the body, and the tissues are consequently more liberally supplied with nutriment, and more thoroughly renovated.

Not only is a larger amount of new material carried to the tissues, but the old worn-out waste particles are removed much more thoroughly, being carried to the organs whose business it is to remove them from the body as they are eliminated, or thrown off. Thus the body is kept freer from the waste or effete matter which results

from the wear and tear of the system.

The lungs, by their increased activity, introduce into the blood and veins of the whole system a larger quantity of oxygen, the great purifier, which vivifies the blood, vitalizes the tissues, and cleanses every nook and corner of the vital domain. Every activity is quickened. The whole system is infused with a higher grade of vitality. The bodily machinery runs at a higher speed, and with greater effectiveness for work. The brain, freer from the products of waste, and supplied with more highly vitalized blood, is able to do better thinking. The liver, having a larger amount of oxygen and a better blood supply, can do more bile-making. The stomach, having its activities quickened by a larger and richer blood supply, secretes a better quality of gastric juice, and more of it, and hence is able to digest a larger amount of food, and to more perfectly elaborate it and prepare it for entrance into the blood. The demand for a larger quantity of food creates a better appetite and a keener relish for food. Thus, every part of the body seems to take on new life and activity; and, to a person who has previously been in a state of inaction, with his system torpid and clogged by the products of waste which have not been properly eliminated, the change is almost equivalent to a new birth. After having once tasted of the delights of living on a higher plane, with all sensibilities quickened, and his ability for enjoyment and appreciation of the pleasures and blessings of life so greatly increased, one could hardly be induced at any price to return to the old sluggish and inane existence.

Physical exercise gives better command of the whole body; and when properly conducted, trains both sides of the efficiency of the muscles. A man who body alike, and so almost doubles the

has been trained in the ordinary way, really uses his left side but very little. Everything requiring skill, strength, or dexterity must be done with the right hand. Even the right limb usually has enough more training to make it a little larger than the left. The extra amount of work done by the right side of the body results in increasing the strength of the muscles of this side, and in deformity of the spine, which is made to curve toward the left side, causing the right shoulder to drop a little. There is probably not more than one person in four who does not have this deformity.

With proper physical training, both sides of the body will be equally developed, and should be equally useful. A man who is ambidextrous will be able to do more work in a day than a man who can only employ one hand and in case of the loss of one hand does not meet with so utter and complete a loss as the man who loses his one trained hand.

Even the brain and nerves share in the benefits derived from muscular training. When a muscle contracts, it is in obedience to the impulses originated in the brain, sent to the muscles along the nerve trunk. Hence, muscular exercise also implies exercise of the nerves and brain. The same law which induces muscular growth as the result of exercise, applies also to the exercise of the brain and nerves. Hence, muscular exercise, instead of detracting from mental development, as might be supposed, actually encourages the development of the brain, and increases its capacity for action. This is undoubtedly the reason why muscular exercise has so marked an effect in steadying the nerves, giving to one self-command, mental equipoise, and readiness. Nothing so well prepares one for readiness of action in emergencies as thorough training of the muscles.

A Day's Menu for Four

BY LENNA FRANCES COOPER

BREAKFAST

	Proteids	Fats	Carbohydrates	Total
Apples, 4 medium sized	18	31	398	442
Baked Potatoes, 4 med. sized	28	5	442	475
Beauregard Eggs	189	541	367	1097
Whole-wheat Wafers—8	72	176	552	800
Butter, 1-16 lb.	2	226		228
	4)304	979	1759	3042
Calories per individual	76	245	439	760

DINNER

	Proteids	Fats	Carbohydrates	Total
Celery, 1 stalk, 10 oz.	13	3	39	55
Clear Tomato Soup	14	117	42	173
Corn Roast	199	443	639	1281
Buttered Beets	43	234	240	517
Fruit Salad	28	20	686	734
Cornucopias	46	267	349	662
Bread, Whole-wheat, 4 slices	44	9	232	285
	4)387	1093	2227	3707
Calories per individual	97	273	557	927

EVENING LUNCHEON

	Proteids	Fats	Carbohydrates	Total
Hot Grape Juice, 1 pt.			380	380
Toasted Granose Biscuit	56	8	336	400
Butter, 1-16 lb.	2	226		228
	4)58	234	716	1008
Calories per individual	15	58	179	252

SUMMARY OF THE DAILY RATION

	Proteids	Fats	Carbohydrates	Total
Breakfast	76	245	439	760
Dinner	97	273	557	927
Luncheon	15	58	179	252
	188	576	1175	1939

CALORIES IN COMMON MEASUREMENTS

	Quantity	Wt.	Proteids	Fats	Carbohydrates	Total
Whole-wheat Wafers	each	4-5 oz.	9	22	69	100
Grape Juice	1 pt.	16 oz.			380	380
Carrots, med. sized	1	3 oz.	4	4	33	41
Canned Corn	1 cup	10 oz.	36	29	220	285
Beets, med. sized	1	3½ oz.	7	1	40	48
Orange, med. sized (edible portion)	1	5 oz.	4	2	67	73
Orange Juice	1 cup	9 oz.			136	136
Banana (edible portion)	1	2 oz.	3	3	51	57
Corn Starch	1 tsp	⅓ oz.			13	13
Granose Bisc't	each	⅓ oz.	7	1	42	50

BEAUREGARD EGGS

	Proteids	Fats	Carbohydrates	Total
5 eggs	131	210		341
$\frac{1}{2}$ cup milk	18	52	27	97
$\frac{1}{2}$ cup cream	18	222	24	259
$\frac{1}{2}$ level tbsp flour	4	2	44	50
$\frac{1}{2}$ tsp salt				
Toast, 8 slices				
(Breakfast Toast)	23	55	172	250
	189	541	367	997

Put the eggs into boiling water and place on the back of the stove for thirty minutes. Pour cold water over them and shell. Separate the whites and the yolks and put each through the colander.

Make a cream sauce by heating the



Beauregard Eggs

milk and cream to boiling and thicken with flour braided with a little cold water. Add the salt and the shredded whites and pour over the breakfast toast. (Slices of thoroughly toasted bread may be used.) Sprinkle the shredded yolks over the sauce.

CLEAR TOMATO SOUP

	Proteids	Fats	Carbohydrates	Total
1 cup tomato juice	18	4	42	59
1 cup water				
$\frac{1}{2}$ teaspoonful salt				
bay leaf—thyme or onion	1	113		114
$\frac{1}{2}$ tablespoonful butter				
	14	117	42	173

Put the tomatoes through a colander, add the water, salt, and seasoning,—bay leaf, thyme, or onion,—and cook until well seasoned. Then add the butter and serve.

CORN ROAST

	Proteids	Fats	Carbohydrates	Total
1 rounded cup Granola	62	4	340	406
1 cup canned corn	36	29	220	285
1 cup milk	36	104	55	195
$\frac{1}{2}$ cup cream	18	222	24	259
2 eggs	52	84		126
Salt				
	199	443	639	1271

Beat the eggs, add the milk, cream, corn, Granola, and salt to season. Let soak twenty minutes. Bake in an oiled bread-tin thirty to forty-five minutes.

BUTTERED BEETS

	Proteids	Fats	Carbohydrates	Total
6 med. sized beets	42	7	240	289
Salt				
2 level tbsp butter (1 oz.)	1	227		228
	43	234	240	517

Wash and scrub the beets and put to cook in boiling water. When tender, remove the skin and cut into slices. Add the butter and salt to taste. Serve hot.

FRUIT SALAD

	Proteids	Fats	Carbohydrates	Total
4 oranges	16	8	268	292
4 bananas	12	12	204	228
$\frac{1}{2}$ cup orange juice			68	68
2 teaspoonfuls lemon juice			3	3
2 tablespoonfuls sugar			117	117
2 tablespoonfuls corn starch			26	26
	28	20	686	734

Peel an orange, place it on a cutting board, and with a very sharp knife slice very thinly from the stem end down, letting the slices fall as they are arranged in the whole orange. Still holding the slices in shape, cut all down through the center, thus dividing each slice into two parts. Place on one side of a plate,



Fruit Salad

garnished with a lettuce leaf, and allow the slices to fall each way, one slice after another, forming a heart-shaped center. When the orange slices are arranged, make a border of banana slices, and place a little orange dressing over the orange slices.

The orange dressing is made by heating the orange juice to boiling, and thickening with the cornstarch braided in a little cold water. When thoroughly cooked add the sugar and lemon juice.

CORNUCOPIAS

	Proteids	Fats	Carbohydrates	Total
1 egg	26	42		68
¼ cup sugar			247	247
Grated rind of ¼ lemon				
¾ cup flour	7	3	76	86
1 teaspoonful lemon juice			2	2
½ cup cream	13	222	24	259
	46	267	349	662

Make a sponge cake batter by beating the egg yolk until very light and thick.



Cornucopias

Add the sugar slowly, beating meanwhile; then add the lemon juice and the grated rind. Beat the white until stiff and firm and fold into the mixture. Sift the flour over the mixture, a little at a time, and fold in.

Line a large baking-pan with oiled paper and pour the mixture on in round cakes similar to griddle cakes, leaving plenty of room between each. When done, remove at once from the paper with a thin-bladed knife and fold over in cornucopia shape, fastening with a toothpick. When cold, remove the toothpick and fill with whipped cream,

which may be seasoned if desired with a tablespoonful of sugar and a few drops of flavoring extract.

TOASTED GRANOSE BISCUIT

Place the biscuit in a pan in the broiler or in the oven until thoroughly crisp.

HOT GRAPE JUICE

Heat the grape juice to boiling and serve in cups.

The Cold Wet Sheet Rub

THIS is a vigorous tonic measure. It consists of wrapping the body in a sheet wrung out of cold water, then rubbing over the sheet. The water must be cold, 70 to 60 degrees. The sheet may be wrung very dry for feeble



Sheet ready for wetting

patients, or may be applied dripping wet to patients who are strong and able to react well.

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

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

Make ready a pailful of water at a temperature of 70 to 60 degrees, two sheets and two towels. If the patient is feeble or does not react well, prepare also a foot-bath at 102 to 104 degrees. Let the patient stand in the foot-bath, which should be placed in the center of a large rubber sheet, if necessary to protect the floor from water. Wrap one of the sheets about the patient, including the tub, so that the heat can



Applying the sheet (first step)



Wringing the sheet

ascend about his body. Now while he is getting well warmed up, prepare the sheet. Shake it out and gather one side (the long way of the sheet) in the right hand. Grasp the other end with the left hand. Immerse in the cold water, keeping hold of the ends. Wring until the water ceases to fall from it in a stream, then drop the end held in the left hand, shake loose, and while holding the wet sheet in the right hand, remove the dry sheet as quickly as possible. The patient raises both hands above his head while the attendant, standing in front of him, grasps the upper left hand corner of the sheet and places it at his right armpit. The patient at once lowers his arm to hold the sheet in place while the attendant carries the sheet across the chest, under the left arm, across the



4. Applying the Sheet, (Second Step)



5. Rubbing the Patient

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

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

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

It should be remembered that the rubbing should be *over* or *on* the sheet but not *with* it. If necessary to encourage reaction, spitting or percussion with the flat surface of the hand may be practiced. This is especially useful over the back and over fleshy portions.

Care must be taken to cool the head, neck, and face well with water colder than that from which the sheet is wrung before the wet sheet is applied. The hair should be saturated and a cold, wet towel applied to the head.

The wet-sheet rub is one of the most effective of all known means of exciting the surface circulation." By its use the blood may be diverted from congested internal organs to the skin. The powerful nervous impression made by the cold water and the rubbing awakens the

vital energies of the body, creates an appetite, increases digestive power, strengthens the muscles, and encourages all vital processes.

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

The wet-sheet rub may be applied in bed when necessary, by protecting the bedclothing with a rubber sheet. It may be employed thus as a means of lowering the temperature in fever when the patient does not react well to the wet-sheet pack. In such cases the sheet is made very wet, and the rubbing is continuous, but less vigorous than in ordinary applications. The duration of the application may be as long as necessary to produce the effect desired. The patient's temperature should be taken at intervals of five minutes. When it has been lowered one or two degrees, the wet sheet should be removed, the patient gently wiped, and covered with sheet and one blanket so as to prevent slow chilling of the surface by evaporation, which is always dangerous.

"City life is unnatural and unwholesome for children. Like plants they need to grow up out of doors and in contact with earth. Outdoor life, contact with Nature, are essential to vigor and strength, both physical and mental. The city-bred child is limited in its activities. The country lad becomes adept in many kinds of handicraft. His acquaintance with field and wood, with bird and animal life is first hand. He learns to face the natural conditions of life, and in nine cases out of ten to win out."—*Selected*.



THE
RIGHT AND WRONG
WAYS
OF
DOING THINGS



Children's Department

A Missionary Pear

HENRIETTA REA, IN "CHRISTIAN REGISTER"

IT was not a Sheldon pear, with its color of russet brown, that passed through such an experience, nor yet one of the excellent aristocracy known as the Duchess, albeit they are slightly coarse-grained; but it was the very queen of pears—a Bartlett; color, light yellow, slightly tinged with red; large size, weighing nearly eight ounces; smooth as a baby's cheek, and tapering gracefully at the top into a stout stem of twice the usual thickness. It was exhibited at the Agricultural Fair, standing alone upon a plate, the perfection of its kind.

"I am going to send this pear to your wife, Colonel," said its owner, on the morning of the second day of the exhibition. "Tell her it has taken a premium, and, besides, is the finest specimen that I ever had the pleasure of raising."

"Or seeing either," replied the Colonel. "My wife will appreciate the honor, I assure you."

So home it went with him to dinner, and Mrs. Colonel could not admire it enough, and, instead of giving it a place with the other fruit, brought out a china dish and an embroidered doily for its reception.

"But we must never eat it ourselves," she said. "Such a pear as this ought to have a mission. What do you say to my sending it to old Mr. Swallow?" Of course the Colonel assented.

A few streets farther on, Mr. Swallow was found, sitting by the window

of his farmhouse. On one side was the sunny orchard; on the other, the barn, that the old gentleman, now a cripple, liked to keep in view. The Colonel's little daughter brought in the pear.

"Your mother was very kind to send me such a present," he said, putting it down upon the window sill before him. "It beats any that I ever saw raised."

"But I won't eat it," he added to himself after the child left. "It was a mighty kind thing to spare one so nice, and I'll do the same by somebody else. There's Jimmy's school teacher. She's another kind one, and she shall have it."

When Jimmy had run home at recess, he was greatly delighted by his grandfather's commission to take the pear carefully in a box to Miss Brown.

Miss Brown placed it upon her table, and allowed the whole school to look and admire without handling. Into the exercises of the afternoon she introduced an object-lesson upon fruit, and, after school was dismissed, sat down to decide what should be done with her gift.

"I couldn't have the heart to cut such a wonderful pear. How kind in old Mr. Swallow to send it to me. There's Mary Burch just getting over a fever. How pleased she'd be to have it!" And so again the pear found another resting-place.

"I won't ask to eat it, mother, if you'll just let me hold it and smell it. Oh, what a beauty!"

Mary's eyes sparkled, and she took, figuratively speaking, a long stride toward health from the vision of green fields and shady roadside brought to her by its mellow fragrance.

"Now, mother, who shall have it? for I wouldn't eat such a beauty if I could. Perhaps Mr. Jules will paint it. Let me send it to him."

Mr. Jules's studio was a pleasant place, but its owner was a little too fond of the fascinating easel, and a little too forgetful of other people's comfort. An invisible influence from the pear before him began to make helpful suggestions.

"Very kind in that sick young lady. I'll sketch and paint it for her. I'll do it at once, before it grows dark; and I'll not eat such a present, either."

About eight o'clock that evening, the minister, who had entered into an argument with the artist the day before, and had left a little wounded and sore in feeling, was surprised and pleased by the present of an uncommonly fine pear.

"So kind in Brother Jules to take such a pleasant way of assuring me that he wasn't offended; and such a magnificent specimen! If Catherine agrees, we'll pass it along to-morrow for somebody else to enjoy. How much comfort there is in kindness!"

One might begin to wonder, by this time, how the pear escaped bruises, but each owner had held it so carefully and admiringly that not a pressure was to be seen upon its surface.

In a doctor's office the next morning, a young man sat reading, when a tap at the door, and the minister entered.

"I was just going by, and I thought I'd step in a minute, and show you what New England could do in the way of raising pears."

Half an hour later, and the young doctor stood alone holding the pear.

"Well, I'll hire a seat in his church, —see if I don't. I won't neglect it any longer. I didn't know before that ministers could be so friendly. Now, what shall I do with this beauty? It has helped me enough already. Somebody else must have it, to be sure."

Now, Mrs. Colonel, its first owner, was blessed with excellent health. To use her own words, she was "never sick." But this particular morning she awoke with a headache. The pain became so intense that she sought a lounge and a darkened room, and the Colonel went down town with an anxious face. Meeting the doctor's clerk, and knowing him well, he mentioned the fact of this unusual illness.

"Just the time," said the young man to himself as he hurried home, "for a chance to send her my splendid pear. She has been so kind to me here, I wonder I never thought of such a thing before."

Biddy, the maid at the Colonel's, answered the bell, and took the message and the plate to her mistress's room.

"The jintleman has called, mum, to say he's sorry you're sick, and he's left the finest pear that was ever seen."

"A pear? Roll up the curtain a little, Biddy, and let me see it."

Then, greatly to Biddy's surprise and even terror, as she turned to leave the room Mrs. Colonel began to laugh.

"Sure, I believe she's losin' her sines. I wish the Colonel would come;" and when he arrived an hour later, she sent him hastily up to the room. Mrs. Colonel was sitting up in her rocking chair, with a face as bright as if a headache had never troubled her.

"Look here, Ben. See my present."

"Why, it's our very pear again! Where did you get it, wife?"

"Charles Hadley brought it, and there's no guessing where it may have

traveled. It's so funny to have it come back to me; and I've enjoyed thinking of it so much that my headache has all gone, and I'm going down to dinner."

Mrs. Colonel decided to take a walk that afternoon, and trace the pear's wanderings. Being of a cheerful turn herself, she brought a gleam of sunshine into every call. Old Mr. Swallow told his part, and he hadn't felt so merry or laughed so much for a long time. The teacher, Miss Brown, wished she could put it into a story. Mary, the sick girl, was sure she could go downstairs the next day, that pear had been such a strengthener; and "Just look," she

said, "at my present!" And there it was in a lovely painting. Then Mr. Jules put on his hat to walk over to the minister's too. At the parsonage the story of the "missionary pear" was again repeated, and they only wished it could have gone all through the town; and the young man who gave it away at the last decided that his move was the best of all.

The pear was finally cut into seven pieces, one for each stopping-place, and, of course, was delicious. The decision was made that its history should be written out, for a suggestion to all holders of fruit in this season of abundant harvest.



Should Cousins Marry?

A correspondent asks this question. Biology answers, No. The facts of heredity are against the intermarriage of cousins. It is possible for cousins to marry **without** any unhappy results, but the risk is too great to be disregarded. The facts are simply these:—

No human being is perfect. Every one is born with weaknesses and deficiencies of some sort. In members of the same family these defects are likely to be identical in character, and consequently the intermarriage of such persons will have an inevitable tendency to emphasize and increase the defects. The proof of this is found in the fact that serious defects, physical, mental, and moral, are found to be much more usual among the children of those in whom close blood relationship

exists than among the children of those in whom there is no such relationship. Cousins who are descended from a common ancestor through their fathers, when both "take after" their fathers, are similar in temperament and general physical and mental development. The children of such parents are more likely to show defects than ordinary children. On the other hand, when cousins marry, one of whom "takes after" the common ancestor while the other shows decidedly the characteristics of the other line of ancestors, the danger of evil results will be far less. Stockmen understand perfectly well the evils of close breeding, and carefully guard against it. Human beings should give more attention to the principles recognized by stock breeders.



THE VALUE OF VITAL RESISTANCE

Constant Precautions Against Ever-Present Evils the Price of Perfect and Permanent Health

Riding on the cars across the Western prairies some twenty-five years ago, I saw a picture I shall never forget. I saw a miserable cow—nothing but skin and bones—staggering along by the wayside, too weak to eat, almost too weak to walk. A hawk was perched upon her back picking her bones. She had lost the power to resist.

That is the condition of the human body when it is weakened, when the resistance becomes lowered. Then those germs that are always present simply begin to develop.

Dr. Sternberg, of Washington, went to New Orleans some twenty-five years ago to investigate yellow fever. In trying to find out what caused the epidemic he looked about in every direction, tested the air of the streets, the dust of the city, the bilge water, water from the gutter; dug material out of the sewers; in fact, hunted that whole city from one end to the other for yellow-fever germs. When he got home he examined the germs he had collected. He found some that would kill mice; others would kill guinea pigs; some others would kill other kinds of animals. Accidentally he experimented with a little saliva from his own mouth, putting it in a test tube of beef tea and allowing it to remain overnight. What developed, he found, would kill guinea pigs.

"I have been near death," was his con-

clusion at once. "I have been down at New Orleans and breathed that bad air until my saliva has been poisoned with New Orleans germs. I certainly had a narrow escape." But when he tested the saliva of some people who lived in Washington, who had never been near New Orleans, he found it just as bad. He found in every person's mouth deadly germs which, if they were allowed to grow and develop, would take the life of a small animal.

These germs that are constantly in the mouth will destroy life. The pneumonia germ is nearly always present there. If a person "catches" pneumonia, he catches it from himself, most likely. One catches cold; that does not produce pneumonia, but the cold simply lowers the vital resistance so that the pneumonia germs are able to prey upon the system. It is precisely the same thing with diphtheria in many cases. It is the same with tonsillitis—one has always the germs of tonsillitis in the throat. All that is necessary is to lower the vital resistance a little.

What is a cold? Simply a condition in which the poisons of the body are left to accumulate instead of being burned up or eliminated. When a person gets into a condition in which the ordinary poisons of the body are accumulating, he has a fever; he feels miserable, feels dumpish, feels

stupid, feels sore, feels wretched. That is what a cold is. When a person is in a state of cold, he has an accumulation of poisons in the body. The vital resistance must be kept at the highest point. The food must be corrected, the blood must be purified, and the great stagnant cesspool, the colon, must be thoroughly cleared out and kept clean. The whole body must be swept clean and pure; then these germs which have produced the trouble will very rapidly disappear, because the skin will acquire the ability to take care of itself, and to resist the encroachments of these invading germs. Thus permanent health will be secured.

LOSING THE APPETITE

Accounts of Slaughter-house Horrors Have
a Marked Effect in
England

According to *The Evening News* (London) the accounts of the slaughter-house horrors which have appeared in American newspapers are having a marked effect upon the consumption of flesh foods in England as well as in this country. The Smithfield Market, according to this authority, lost fifty thousand dollars in a single week. A certain house found their business reduced from five to ten thousand dollars a week. According to the *Vegetarische Warte* many meat shops have been closed in different parts of Germany because of the falling off of the demand for meat, and a number of vegetarian restaurants have been opened.

It takes an earthquake to arouse some people. The United States Government investigation of the packing-houses has opened the eyes and ears of multitudes who heretofore refused to give attention to this matter, although the question has been kept before the country continually during the last forty years by this journal and others interested in food reform. Now that the eyes of the public have been opened to this question, we hope they will not cease their investigation of it until they have

looked into the little country slaughter-houses which are to be found just outside the city limits all over the United States. More than half the meat consumed passes through these unkempt, horribly unsavory places. An investigation will doubtless show that the condition of things and the practises carried on in the country slaughter-houses are at least ten times as bad as what was found in the Chicago abattoirs, for the country butcher has no one to molest or make him afraid. If he finds a hog's liver full of disease, he can toss it into the hopper of the sausage machine, consoling himself with the idea that it is going to be cooked so the germs will be killed, and nobody will be the wiser.

The meat business is necessarily a disgusting and horrible traffic, and one for which no place should be found in a civilized country.

SOME REMARKABLE FACTS

Valuable Scientific Testimony Against Tobacco, Tea and Coffee

Professor Kronecker, the eminent physiologist of Berne, Switzerland, in a letter to the Committee of Fifty, states that a two-per-cent solution of alcohol has a paralyzing effect upon a frog's heart. This represents the amount of alcohol found in light Bavarian beer. Ordinary beer and hard cider contain two to three times as much as this, while wine contains five to twenty times the proportion of alcohol which Professor Kronecker says is found to produce an immediate and paralyzing effect on the heart of a frog. Professor Kronecker ends the communication with the following remark, which we can most heartily endorse: "Let tobacco be given up, which ruins so many hearts and brains; strong tea and coffee, which contain known poisons; then let the sexual impulses be controlled,—the source of the most blighting diseases and weaknesses; and all the moral errors,—race hatred, party passion, class

prejudice, greed, purse-pride, etc. It is not by the prohibition of one or another error, but by the example of model lives that human happiness is to be secured."

A CERTAIN PRECAUTION

New Method of Disinfection Which Destroys the Most Resistant Organisms

THE following is the method:—Formaldehyde and permanganate of potash are employed. The only apparatus needed is a tin pail with a flaring top. The pail should be set into a wooden bucket. Cracks about the windows and doors are closed in the usual way by pasting paper over them. For each one thousand cubic feet of air space to be disinfected put into the pail three and a half ounces of permanganate of potash in crystal form. Pour over this one pint of forty per cent solution of formaldehyde. Take care not to inhale the gases, and leave the room at once. The gas produced in this way will destroy the most resistant organisms, even when covered with several thicknesses of cloth. The air should be rendered moist by the evaporation of water. The Maine Board of Health recommends twice the amount of chemicals given above. The woodwork, floors, and other similar parts to be disinfected should be washed with one to one thousand solution of bichloride of mercury.

DINING OUT OF DOORS

Excellent Parisian Custom has Marked Tonic Appetite-Stimulating Effect

American visitors to Paris in the summer time have always been impressed by the prevalent custom there of dining out of doors. The sidewalks in front of cafes and restaurants are always so occupied

with chairs and tables that pedestrians often have to step into the street to get by. This has long been the summer custom in Paris, but with the arrival of cold weather tables and chairs disappeared every year, and the diners returned to the close nicotine-laden air of the stuffy little dining rooms inside. But last year, according to the London correspondent of the *Outlook*, an enterprising Frenchman finding his patrons much attached to his open-air dining room, and being short of room inside, undertook to make his guests comfortable out of doors by means of a large brazier placed upon the sidewalk. Others followed his example, and in a short time the streets were lined with braziers from the Madelin to the Bastille, much to the satisfaction of the cab drivers and news boys. One ingenious proprietor made his table legs hollow, filled with hot water, and thus utilized them as foot warmers. And so one may now enjoy a fashionable Parisian café "*au plein air*" any day in the year.

Everybody is always hungry at a picnic, not simply because of the unusual exercise, but as the result of the tonic appetite-stimulating influence of the out of doors. The same plan may be introduced into any private home by utilizing a back porch, or, when this is lacking, a tent cloth awning may be provided at the expense of a few dollars.

NOT A FOOD SUBSTITUTE

Professor Kassowitz Proves Alcohol on a Par with Chloroform in this Respect

Professor Kassowitz, the eminent clinician of Vienna, asserts that no substance can serve as food unless it can be utilized by the living cells to make good the losses sustained by metabolism. He shows that alcohol, in common with chloroform, ether, and similar drugs, is incapable of assimilation by the cells; that it only disturbs the action of the cell, sometimes exciting and sometimes retarding its function. He thus

demonstrates that alcohol, being a poison, can be considered in no sense "a substitute for food." In this opinion Professor Kassowitz is supported by the leading physiologists of the world. That alcohol is not necessary as a substitute for food, or for any other purpose, in the treatment of the sick, Professor Kassowitz has very well shown by stopping entirely the use of alcohol in his great clinic for children's diseases. He asserts that his professional work has suffered no disadvantage whatever from the disuse of alcohol.

WHAT CHEWING WILL DO

An Instinctive Reform Which Resulted in
the Course of a Ten-Weeks'
Experiment

Professor Fisher, who is at the head of the department of Political Economy of Yale University, by a grave illness was made to give attention to the matter of dietetics, with the result that he has been restored to vigorous health, and able to accomplish much more than the average college professor. One of the leading professors in a great Eastern University recently referred to Professor Fisher as the ablest mind turned out from that University in many years. The following paragraphs were recently published in all the leading newspapers in this country:—

"Professor Irving Fisher, of Yale, has concluded an experiment covering ten weeks on the relation of endurance to diet, and has just made public the first statement of the result. Nine Yale graduates were selected for the experiment, and were given one test immediately after the Christmas holiday, when they were fresh from vacations, and another after a term of hard work.

"The experiment consisted in trying to find a truer food instinct than most persons are said to have. No attempt was made to prescribe a diet, or forcibly alter the quantity of proportions of the food." The men were simply asked to eat slowly and

thoroughly masticate their food, giving special attention to its taste, and following implicitly the dictates of appetite.

"It was found that the men had decreased their food 10 per cent, the proteid 15 per cent, and the consumption of meat and other flesh foods by 40 per cent instinctively.

"To test the working power of the men, trials of endurance were made at Yale gymnasium. It was found that each of the nine men had improved anywhere from 15 to more than 100 per cent, despite the fact that no physical exercise had been taken. The average physical endurance was over 50 per cent. Strength tests were also given, but the improvement in endurance was greater than in strength. Mental tests were also given in form of problems, and it was found that most of the men had increased in mental quickness.

"As every precaution was taken to prevent any disturbing factor to which the improved condition of the men might be ascribed, it is believed the experiment has demonstrated that it is possible for any person in two and one-half months' time, by simple mastication of the food and following the appetite, to improve the endurance by one-half."

Experiments of this sort are of the greatest value, since they furnish unquestionable scientific evidence in support of the hygienic teachings which for many years have been advocated by this journal with reference to simplicity of diet, the use of natural food, and thorough mastication.

CURE FOR SEASICKNESS

British Physician Finds Massage to the
Abdomen Almost a Panacea

M. Wideman, a physician connected with the British maritime service, has recently reported in the *Marseille Médical* the results of the treatment of seasickness in several hundred persons by means of abdominal massage. He reports that mas-

sage applied to the abdomen has proved to be almost a panacea for this condition. He finds in general that the persons who suffer from seasickness are those who have previously had more or less gastro-intestinal disturbance, and that a careful regulation of the diet, together with massage of the abdomen, are all the means required to control this disorder, even when it appears in a grave form.

This method has the advantage of being simple and one easy of application. Abdominal massage raises general blood-pressure and relieves visceral congestion. These facts ought to be beneficial in seasickness. The application of an ice bag to the back of the neck, and a cold compress to the abdomen, in the intervals between applications of massage, ought to enhance the good effects derived from the application.

PICKLED

Disastrous Results of a Vinegar and Pickle Diet Adopted to Reduce Weight

THE newspapers report the death of a young lady who died in a most discreditable manner. This foolish young woman had a surplus of adipose tissue, and hoping to improve her appearance by reducing her weight, adopted a vinegar and pickle diet for this purpose. Several years on this regimen soon destroyed her digestion and so impaired her nutrition that she was reduced to a sufficient degree of thinness; but the progress did not stop here. Catarrh of the stomach had been induced, and ulceration, and when she died a few days ago post mortem examination showed huge ulcers in the stomach which had eaten their way nearly through the entire thickness of the gastric walls.

The course pursued by this young woman was the height of folly, and yet hundreds of others are doing the same thing in swallowing not only pickles and vinegar, but pepper, peppersauce, ginger, and other corrosive and irritating substances. While

they do not in every case produce results equally tragic in character, they nevertheless shorten life through undermining the constitution, impairing the integrity of the vital organs, and thus bringing premature death.

A very eminent French physician, in an able scientific paper published some years ago, remarked "Man does not die, but kills himself." Most of our maladies are the result of bad habits. We cultivate disease while imagining that we are having a good time. Vinegar and pickles, as well as half the other things that appear on the ordinary bill of fare nowadays are as unfit for food as sawdust and *aqua fortis*.

KING STOPS SMOKING

Edward Gives Up His Cigar at Physicians Behest with Excellent Results

SOME months ago King Edward's physician, Dr. Treves, ordered him to stop smoking,—a prescription which he ought to have had many years ago. Being a real king, Edward obeyed his physician's orders. A man who is not a king would probably have declined to take the prescription on the ground that he enjoyed his cigar so much that he could not dispense with it, or that he had smoked so long he could not stop. But the man who rules the great British empire has proven his capacity as a ruler by ruling himself. "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." But the result of following his physician's advice is that which interests us most.

According to a despatch received not long ago by the *Chicago Tribune* from its London correspondent, King Edward has improved so much in general health since he gave up smoking that he is obliged to keep up vigorous exercise to keep down his flesh. Every morning the plump King may be seen starting out for an early ride along with the "liver brigade," which is chiefly made up of aged worn-out-looking

folks, generally public officials, whose liver and bowels have become so disordered that they have to have a shaking up before breakfast in order to give them an appetite.

TREATMENT OF INSANE

Physiologic Method Adopted with Great Success in Some Leading Asylums

WITHIN the last ten or twelve years there has been a great advance in the therapeutic treatment of the insane, especially in a few of the leading insane asylums. One of the most important advances made has been the substitution for drugs of hydiatic methods in the treatment of insomnia and acute mania. In the large State Institution at Kalamazoo, Michigan, hypnotics have been almost entirely dispensed with since the introduction of the wet sheet pack, neutral baths, and other hydiatic measures for inducing sleep. Hydiatic methods have also been successfully employed at Kankakee, Illinois. The Columbus, Ohio, Asylum has recently installed a complete hydiatic department, which has been placed under the supervision of competent directors. A complete hydiatic department has recently been introduced at the Philadelphia Hospital for the Insane. Director Coplin, of the Department of Health and Charities, stated at a conference of specialists at which the matter was discussed, that by the aid of the hydiatic method "the cures effected have been in hundreds of cases truly marvelous." When completed, the Hydiatic Department of the Philadelphia Hospital will be one of the best equipped in the country. Eight complete baths will be installed—four for men and four for women.

It is now well enough known that insanity is in many cases merely the symptom of autointoxication; hence the importance of measures which aid the elimination and destruction of toxins. The hydiatic method combined with the proper diet, is unquestionably capable of accom-

plishing more in this direction than any other known to medical science. The physiologic method is gaining ground everywhere throughout the civilized world, and especially in this country, which has for many years been far behind Sweden and Germany in this branch of therapeutic progress.

ABOUT FOOD POISONS

Brussels Professor Defending Beer Makes a very Significant Statement

Professor Paul Heger, of Brussels, the eminent scientist and psysiologist, states that the alcohol contained in beer is a poison, and that the logic which permits us to prohibit beer must lead us "to also prohibit tea, because it contains a certain amount of poison—thein; to prohibit coffee, which contains caffen; to prohibit even meat itself, which *undeniably contains organic poisons.*" It should be understood that Professor Heger does not prohibit the use of meat, tea, or coffee, but rather undertakes to defend the use of beer by the fact that we use meat, tea, and coffee, the use of which he seems to consider quite necessary, although he frankly admits that all of these substances contain "organic poisons." Organic poisons are well known to be among the most deadly of all poisons. There are no mineral poisons known which compare in deadly power with some of the well-known organic poisons. Poisons of tea, coffee, and meat are not, of course, the most deadly poisons known, but that they are really poisonous is shown by the fact that in concentrated form and in comparatively small doses they produce death. Their continued action upon the body results in cumulative effects, just as does the use of alcohol.

"THE duration of the life of men may be considerably increased. It would be true progress to go back to the simple dishes of our ancestors. . . . Progress would consist in simplifying many sides of the lives of civilized people."—*Elie Metchnikoff.*

QUESTION BOX

10,362. Parched Lips. L. T. D.: "What causes parched lips and dry mouth after the noonday meal, even when I eat but one aerated Graham gem with nut butter and a baked potato? What should be done?"

Ans.—It is probably indigestion. Apply a fomentation over the stomach in the morning and use a moist abdominal girdle over night.

10,363. Peanuts — Beans — Cook-Book — Weeping Eczema — Osteopathy.

Mrs. H. S. F., California: "1. How long should peanuts be roasted? 2. Are they healthful thus prepared? 3. Are beans eaten with the hulls wholesome? 4. Do you consider Mrs. Anna L. Colcord's 'A Friend in the Kitchen' a good cook-book? 5. My two boys, six and four, since their second year have had what physicians call weeping eczema. What is the treatment for this? 6. Will they out-grow it? 7. When working hard in winter, my husband's arms go to sleep. What do you think of osteopathy in his case? 8. What would you suggest? 9. Is osteopathy of any benefit in pelvic diseases?"

Ans.—1. Only long enough to cook them. Care should be taken that they are not deeply browned or burned.

2. Not so healthful as when cooked by steam or boiling.

3. They are much more wholesome and digestible when the hulls are removed.

4. This work contains many good things. There are some points in the book, however, which we cannot recommend.

5. Give the children a coarse, simple dietary. Plenty of fruit and fresh vegetables. See that they chew well. Keep them out of doors. Keep the bowels in good condition. Bathe the affected parts with hot water and resinol soap, and then apply the following lotions:—

Eczema Lotion No. 1.

Carbolic Acid	1 dram
Listerine	1 dram
Rose Water	3 ounces
Alcohol qs. ad.	6 ounces

Eczema Lotion No. 2.

Ichthyol	2 drams
Lime Water	½ ounce
Oil of Sweet Almonds	½ ounce
Glycerine	6 drams
Rose Water	6 drams
6. Probably not.	

7. We find no occasion to recommend this so-called system; neither do we condemn it.

8. Apply fomentations to the upper part of the spine and arms with a towel dipped in cold water.

9. Exercises and massage, especially manual Swedish movements are of great benefit when properly employed in pelvic diseases; but we should not think of sending a person suffering from pelvic disease to an osteopath for treatment.

10,364. Ideal Sight Restorer.—A "constant reader" asks our opinion of the Ideal Sight Restorer.

Ans.—We cannot say anything good of it.

10,365. Inflammatory Rheumatism.—A man of twenty has had four severe attacks of inflammatory rheumatism in three years. Has had dark-red and purple spots the size of a pea, and rings three-fourths of an inch in diameter on the skin on arising, which would disappear with brisk rubbing. 1. What is this? Strength never fully regained. Eats two meals daily. Has catarrh of the head and stomach. 2. Outline general treatment. 3. Recommend treatment for gall-stones. 4. For malaria. 5. What is the best diet and mode of life for one compelled to live in a malarial district? 6. Should a person with rheumatism stay in such a climate? 7. Is condensed milk a good food? 8. What is the relative value of polished and unpolished rice? 9. Also whole-wheat flour and ordinary white flour? 10. Of whole-wheat bread and beefsteak, pound for pound? 11. Of white bread and beef?"

Ans.—1 and 2. The patient is suffering from chronic auto-intoxication. A general course of health culture is required; regulation of the diet, with outdoor life, and general tonics as would be given in a course of Sanitarium treatment. The exact details, how-

ever, can not be prescribed until after careful examination. The condition of the heart, kidneys and other vital organs must be known.

3. Not unless there are symptoms of gall-stone disease, which can only be determined by personal examination.

4. Not unless the patient gives distinct evidence of malarial infection.

5. Avoid the use of flesh, condiments and indigestible things of any sort; especially avoid the use of an excess of proteids. Live an outdoor life as much as possible. Take a cold bath daily and a warm bath two or three times a week, and take care to avoid being bitten by mosquitoes.

6. The fault is not really with the climate. The infection comes from mosquito bites.

7. Condensed milk is usually more wholesome than raw milk. Raw milk often disagrees with many people. Malted Nuts will be found preferable.

8. Unpolished rice is more nourishing and wholesome.

9. Whole wheat flour is preferable.

10. The nutritive value of a pound of whole wheat bread is nearly double that of a pound of beefsteak.

11. Fine wheat bread is preferable to beefsteak.

10,366. Bill of Fare for a Week.—D. E. M. asks: "1. Give menus for seven days—breakfast, luncheon, and supper—and the cost. 2. Can man earning nine dollars a week provide nutritious food for his family without getting into debt?"

Ans.—1. You will find the answer to your question by writing to the Battle Creek Sanitarium Food Co.

2. Yes, by careful selection of the right foods.

10,367. Is Buttermilk Good for Children?—A subscriber asks if the frequent drinking of buttermilk would be injurious for a child of ten months.

Ans.—Yes.

10,368. Cocoanut.—C. L. R., Illinois: Does dessicated cocoanut go through that half drying and half rotting process (described in April GOOD HEALTH) that the cocoanut butter of the copra goes through?"

Ans.—No, it is prepared from fresh cocoanuts.

10,369. Stomach Pump.—T. J. F.: "1. How can one learn to use the stomach pump? 2. Is there any danger in the first using? 3. Where can a stomach pump be procured?"

Ans.—1. Instructions should be given by a physician or trained nurse.

2. Very little.

3. From or through any druggist.

10,370. Lemons.—Mrs. M. A. C., Indiana: "Some time ago, after an illness of several weeks, I could not use lemons. I now wish to use them again. Are they hurtful in any way?"

Ans.—No.

10,371. Falling Out of Eyebrows.—B. M., thirty years old: "For several years have had something like dandruff in my left eyebrow, which itches intolerably at times, and causes the hair to fall out. Give cause and cure."

Ans.—You are probably suffering from eczema. Wash the parts with hot water and resinol soap and apply the lotion given in the answer to 10,368.

10,372. A Timepiece to Regulate "Fletcherizing."—A subscriber who finds it difficult to eat slowly enough, even when keeping his watch beside his plate, asks if there is such an instrument devised that could by pressure of the finger be made to run for 20, 30, or 40 seconds, the time needed to masticate a mouthful.

Ans.—We know of no such instrument, and we could not recommend it if we knew of one. Such regulation of mastication is entirely unnecessary. The habit of chewing is easily acquired by one or two weeks' practice. It then becomes automatic.

10,373. Distilled Water.—T. E. S., Massachusetts, asks what are the merits of distilled water?

Ans.—The very best. The soldiers and sailors in the United States army, in fact in all civilized nations, have used distilled water for many years with no ill effects.

10,374. Wood Alcohol.—E. B., Michigan: "1. Is wood alcohol the best to use in the cabinet? 2. Does this alcohol ever cause weakness of the heart? 3. Should these baths be taken when there is weakness of the heart? 4. Can kerosene be used instead of alcohol?"

Ans.—1. No; ordinary alcohol is preferable.

2. Wood alcohol is a very poisonous substance and may conduce to disease of the heart and eyes.

3. Hot baths must always be taken with great care in cases of heart disease. They should be short, and the heart must be protected by an ice-bag or compress over the heart.

4. Yes.

10,375. Asparagus—Rupture.—F. F., Illinois: "1. Why does asparagus cause the urine to have a strong smell? 2. Will the

excessive use of asparagus cause bloody urine?
3. Is there anything better for rupture?

Ans.—1. It is diuretic.

2. Probably not in healthy subjects.

3. Yes, radical cure by proper surgical attention.

10,376. Varicocele.—C. G., New York, asks if varicocele is curable.

Ans.—Yes.

10,377. Loosening of the Gums.—M. E. K., California: "What would you advise for the acid condition of the stomach that causes tartar to form on the teeth and loosening of the gums?"

Ans.—Tartar of the teeth is not due to a disorder of the stomach, but to an infection in the mouth. The general health must be improved. The mouth must be disinfected by cleansing several times daily with cinnamon water or some other good disinfectant. A skilled physician should be consulted. Avoid the use of meats, which tend to promote decay of the teeth.

10,378. A. E. S., Ontario: "1. What was the original diet of man? Gen. 1 states that God appointed the fruit of the trees and seed-bearing herbs as diet for man. 2. What is meant by herbs? 3. Were the plants used as food or only the seeds or fruit? 4. Do not grains and cereals belong to grasses, and were they therefore not excluded from the original diet? 5. What printed matter have you on this subject? 6. Is the life element in water destroyed by distillation? 7. Is not pure well water or spring water, if well filtered, better than distilled water? 8. Are not the minerals commonly found in water necessary to good health? 9. What is the normal weight for a man five feet eight inches in height? 10. What diet will increase weight?"

Ans.—1. Fruits and seeds.

2. Probably grains and like plants bearing seeds.

3. Seeds only.

4. Grains and cereals were doubtless included in the original bill of fare and were probably meant to be taken in the soft or unripe state.

5. The book entitled "Shall We Slay to Eat."

6. No.

7. No.

8. No; all the solid matter needed by the body is furnished by the food.

9. 143 pounds net.

10. Particularly fats and carbo-hydrates are fattening. The latter includes not only starches, but sugars and fruit acids.

10,379. Gall-Stones.—B. B., Washing-

ton: "1. What is the cause of gall-stones? 2. What is the cure?"

Ans.—1. Infection of the gall bladder.

2. Removal of the gall stones, and, in very serious cases, removal of the gall bladder. This operation is frequently performed with the most satisfactory results.

10,380. Tomatoes—"Raroena."—O. M., Missouri: "1. Are tomatoes (raw, canned, and cooked) healthful? 2. What is your opinion of Raroena Food, advertised by the Raw-Food Co., Danbury, Conn.?"

Ans.—1. Yes.

2. We cannot recommend it.

10,381. To Flush the Colon.—L. R. E., Missouri: "What treatment, Fountain Syringe, or Cascade do you recommend for home use in flushing the colon?"

Ans.—There is nothing better than a fountain or a good Davidson's syringe.

10,382. Acid Fermentation of Stomach—Horlick's Food.—J. K., California: "1. What is the best treatment for acid fermentation of the stomach? 2. Should I eat apples, cherries, and tomatoes? 3. Do you recommend Horlick's Food?"

Ans.—1. Wash the stomach out with the stomach tube once or twice a week. Then take great pains to masticate the food thoroughly. Adopt the simple life method's in eating and in all other things. Spend a few weeks at a Sanitarium and learn how to live according to the Battle Creek idea.

2. If you find unpleasant effects from the use of these foods, avoid them.

3. Horlick's Food is wholesome.

10,383. Nervousness.—C. W. S., Washington: "1. Why should one who exercises regularly and lives hygienically, with a fine muscular development, suffer with nervousness, palpitation, and irregular beating of the heart? 2. What will prevent it? 3. Would a residence on the Pacific coast be good? 4. What can one substitute for acid fruits when the latter disagree? 5. Are sweets essential to health?"

Ans.—1. The person referred to is probably neurasthenic and needs a prolonged course of health training under the most favorable conditions.

2. Recovery of vital equilibrium.

3. A change of climate will probably accomplish little without a complete change of habits of living. An out of door life will doubtless be serviceable.

4. There is no substitute for acid fruits, but it is rare that their disuse is necessary except as a temporary expedient.

5. No.

10,384. Dyspepsia.—Mrs. T. R. B.: "For three years have suffered from insomnia and nervousness. Recently had slight soreness in stomach and bad taste in mouth after meals. Seldom feel hungry, but get weak. Fresh fruits disagree. Is this dyspepsia? What is the remedy?"

Ans.—Yes. Give careful attention to the diet. Chew well. Take only simple foods. Discard tea, coffee, condiments, flesh, rich gravies, sauces and all unhealthy foods. Take a fomentation over the stomach at night and apply a wet girdle to be worn during the night. This consists of a linen towel wrung quite dry out of cold water and wrapped around the abdomen, lapped in front. Over this wrap several thicknesses of dry flannel or woolen cloth, pinning snugly, especially at the edges, to prevent the evaporation of moisture. On removing this in the morning, take a cold bath followed by thorough drying and brisk rubbing. Live out of doors all the time possible.

10,385. Merck's Saccharin Tablets — Sugars — Food Combinations — Cottolene.—An Illinois subscriber: "1. Are Merck's Saccharin Tablets a wholesome substitute for cane-sugar when the latter disagree? 2. Are beet sugar and maple sugar as unwholesome as cane-sugar? 3. Are they at all wholesome? 4. May fruits and vegetables be eaten at the same meal? 5. If not, why not? 6. Is cottolene a good substitute for lard? 7. Is it wholesome?"

Ans.—1. No.

2. They are the same things.

3. They may be eaten in small amounts without detriment.

4. Yes, by most people if great pains are taken to secure thorough mastication. In certain cases of slow digestion the large amount of woody fibers contained in the vegetables causes them to be retained in the stomach. Take care to return to the plate everything which can not be reduced to a liquid form in the mouth.

6. It is doubtless better than lard.

7. We are not certain whether any product of the cotton plant can be habitually used as food.

10,386. Pain between Shoulder-Blades.—J. R., New York: "What is the cause of and cure for pain between the shoulder-blades. The patient is rheumatic and very thin."

Ans.—In indigestion, probably hyperacidity of the stomach. Fomentation over the stomach and a moist abdominal girdle worn over night with an outdoor life and general hygienic course of treatment would doubtless effect a

cure. The patient ought to spend a few weeks at a Sanitarium employing the Battle Creek Sanitarium methods.

10,387. Rice-Milk.—W. W. J., Missouri: "1. Is there any scientific foundation for the belief that if a pregnant woman intensely wishes for something and fails to get it, the child will be marked? 2. Is milk good for the ordinary adult? 3. If not, why not? 4. Is rice as good an article of diet as some writers declare?"

Ans.—1. Very little.

2. No.

3. Milk is a food adapted to calves, not to human beings. When the stomach is excessively acid, large very hard curds are formed which are retained in the stomach for a long time. When acid is deficient milk is not perfectly digested and biliousness is the result.

4. Rice is an excellent food when thoroughly cooked.

10,388. Distilled Water.—W. K. R., Missouri: "1. Do you advise the drinking of distilled water? 2. If so, what amount daily? 3. Is it as bad as poison and against nature and good health?"

Ans.—1. Yes.

2. Two to five pounds.

3. No. The newspaper statements which frequently appear against the use of distilled water are the veriest nonsense.

10,389. Ventilation.—G. J. K., Michigan: "1. In building, what is the best method of ventilating a dwelling-house? 2. What is the best method of obtaining water from a sixty-foot tubular well for house use and sprinkling purposes?"

Ans.—1. Fireplaces are efficient ventilators. An abundance of fresh pure air should be admitted to the halls and main living rooms. Rooms which are not furnished with a fireplace should have a conduit or shaft running straight up through the roof but not connecting with the conduit or shaft from any other room.

2. A deep well pump operated by a wind mill or gas or gasoline engine.

10,390. How Can One Avoid the Use of Animal Gelatin?—J. J. W., California: "How can lemon jelly, etc., be made without using animal gelatin?"

Ans.—By the use of Japanese Jelly, prepared by the Sanitas Food Co., Battle Creek, Mich.

10,391. Freckles — Moles — Dry Hair Chapped Lips — Indistinct Pronunciation — Climate.—A. H. F., Wisconsin: "1. What is the cause of freckles? 2. What

remedy will remove them permanently without injury to the face? 3. If there is no such remedy, what is the next best method for a partial cure? 4. Is it true that March or similar winds make freckles more conspicuous? 5. Why? 6. What are some hurtful ingredients of freckle cures? 7. Is the following remedy safe and reliable? One dram of compound tincture of benzoin, one-half dram of glycerine, three ounces of rose water. Apply with a sponge. 8. What is the cause of moles? 9. Do they have roots? 10. Which is the better method for removing them, the electric needle or caustic needle? 11. If either is used rightly, will there be no scar? (After having one removed with the electric needle a scar remains on my cheek). 12. Is it advisable to have a specialist remove the moles? 13. Is there any danger in using lye for removal of moles? 14. What causes dry, harsh hair? 15. Does it indicate a wrong condition of the blood? 16. What should be done? 17. What do you think of olive oil or vaseline as hair oil? 18. Is there anything better? 19. Give the cause and cure for dandruff. 20. Do chapped and sore lips indicate a similar condition of the blood as dry hair? 21. What is the reason for indistinct pronunciation in an ordinarily healthy person who has all the natural teeth with no diseased, hard palate, but a soft palate which sometimes touches the tongue? 22. This patient's nose seems dry, especially in the house and there may be some slight catarrh. Does the hanging down of the soft palate interfere with the speech? 23. If the nose is held shut, how much less distinct, as a general rule, should the pronunciation be? 24. Where can I get reliable and full information regarding the climate of several Western States where a young man could go during our winter to strengthen his general constitution, especially the lungs? Would need a climate that would allow out-door work."

Ans.—1. The development of pigment in the skin.

2. Nothing.

3. There is no remedy of any value. Of course, those slight freckles which appear after exposure to the sun or other light quickly disappear if one remains indoors, but permanent freckles are not affected by any known remedy not involving actual removal of the skin.

4. Yes.

5. Stimulant of the skin.

6. The use of lead and arsenic, formerly quite common, seems now to be generally abandoned.

7. The remedy is harmless.

8. Nobody knows.

9. No.

10. Any method. The best method is the removal by a slight surgical operation. If this

is not done, electrolysis may be tried, but it is painful and not very satisfactory. The risk of scar formation is as great, or greater, with the electric needles as with the knife.

12. Yes.

13. Used carefully it may prove successful, but it is no better than removal by the knife.

14. Imperfect nutrition.

15. Sometimes; when this is not due to general weakness or indigestion.

16. Build up the general health in every possible way.

17. A little oil or vaseline may be applied without harm.

18. Lanoline is probably somewhat better.

19. Dandruff is probably due to infection. An antiseptic lotion is necessary. The following is good:—

Crude Petroleum 1 dram

Alcohol 1 ounce

This should be well rubbed into the scalp, evenings.

20. The indication is a delicate skin and lack of proper care.

21. The unhealthy state of the throat may be the cause of speech disturbance.

22. It might.

23. Very much. It should have a nasal twang.

24. The whole Rocky Mountain region is a good winter resort. The question of altitude is most important. Denver has an altitude of about 5,000 feet; Santa Fe has an altitude of 7,000 feet. It is a question, however, whether for the average man the warm climate of this sunny region is not less beneficial than the colder weather of the east.

A Remedy for Stammering

A lifelong stammerer cured himself by the following simple method: Once or twice a week he went into a room by himself and read aloud from a book for two hours, keeping his teeth tightly closed and moving his lips only while speaking. The result was a rather severe aching of the muscles of the jaws and of the tongue at first, but this soon disappeared, and the stammerer found himself able to speak with much less difficulty than before. He stated that he felt as though something had been loosened. Many cases may be entirely cured by this simple means.



A NEW BOOK BY MR. JAMES

Scenes of Grandeur Vividly Described in
"The Wonders of the Colorado Desert"

Next to seeing "The Wonders of the Colorado Desert" is reading a description of them by one who not only has the gift of vivid, picturesque, forcible language, but who also has that sympathy with the desert and its inhabitants that enables him to understand them. This combination is found in George Wharton James, author of the book bearing the above title, soon to be issued from the press of Little, Brown and Company, Boston.

Mr. James is at home in the desert, and among its native inhabitants, and is probably better acquainted with it than any other man in the United States, with the exception of Carl Eytel the artist, who has enriched the pages of the forthcoming book with upwards of four hundred pen and ink sketches. These sketches have been taken from life during the fourteen years in which he has been going to and fro' and up and down the desert.

To those to whom the term "desert" conveys no other idea than the old school day geography definition, "a barren waste of sand," Mr. James's book will be a revelation. Some of the highest mountains of California are in this region. Mt. San Jacinto, Mt. San Bernardino, and Mt. San Geronio, all over ten thousand feet high, sentinel its northern pass. Within its boundaries are sand springs, hot springs, mud springs, and moving mountains of sand. "There are," says the author, "hot mud volcanoes where, in peril of his life, the eager searcher for knowledge sees the hot mud bubbling and soughing in its infernal kettle, giving forth sulphurous odors. In several portions of the desert, the

problems of reclamation and irrigation are being fought out, and thousands of people know the truth that with water and labor the desert can be made to 'blossom as the rose.' Artesian water has been found in places, and now hundreds of carloads of melons and cantaloupes are being shipped annually to regions whose people never dream that the desert has produced such luscious and thirst-quenching fruit. There are places where grass, and oranges, and lemons, and figs, and grapes grow in such profusion as to put to shame all ordinary orchards, and yet within a few miles barrenness and desolation seem to reign supreme and hold control forever."

The book gives the complete story of the desert, its physical and natural history, its climate, its explorers, its animal and plant life, and the industries of its aboriginal inhabitants, into whose tribes the author has been received, and by whom he is regarded as a brother. A description of an actual voyage which he made down the overflow of the Colorado river to the mysterious Salton Sea, will fascinate the lovers of adventure; while the health seeker will be interested in the chapter which tells what the desert offers to the invalid, the ease with which life may be sustained, the health-giving atmosphere, and the natural baths which invigorate and delight.

THE ELECTRIC-LIGHT BATH

DR. T. D. CROTHERS, the editor of *The Quarterly Journal of Inebriety*, and superintendent of the Walnut Lodge Hospital of Hartford, Conn., writes as follows concerning the electric-light bath, in *The Quarterly Journal of Inebriety* for July, 1905:—

"The radiant light bath is a new use for electricity, and one that promises great results for the future. Bathing the body in a flood of electric light and imparting to it

new vigor and strength is a reality demonstrated daily in many places in this country. The same power which moves the trolleys and motor wagons, lights the streets, and transmits sounds, when changed into floods of light develops some new form of electric force. A few years ago Dr. Kellogg, of Battle Creek, Mich., introduced this new use of electrical energy, and showed that it was a remedial agent and a tonic, the effects of which in many cases exceeded all expectations. This was practically a discovery which has attracted the attention of the medical world and has been slowly tested, examined, and accepted as one of the great new remedies. Royalty has taken up the practical use of this form of bath. King Edward had a light bath placed in the palace at Buckingham and is using it regularly. The court physician claims that it exceeds all other baths in its marvelous stimulating powers. The kings of Sweden, Denmark, and Prussia are using this bath, and in many of the large cities of Europe the electric lights are used for this purpose.

"Many medical men have studied this light and its effects, and, beyond the fact that it

is a powerful stimulant eliminative and a general promoter of health, little is known. Theories of its action are not clear, so that at present only a few clinical facts are available from which to draw conclusions. The stimulating effect of the electric light, both of the arc and incandescent lamps, far exceeds that of the sun bath in the perfection of relief from pain and general discomfort which follows its use.

"Walnut Lodge Hospital has used this bath for nearly five years. Incandescent lamps are used in a small room lined with mirrors to intensify the light. The patient, without clothing, sits in a chair in the center of the room, all parts of the body being exposed to the light. In from five to ten minutes' exposure to this electric light, excessive perspiration takes place without depression. A warm shower is given after the bath, and this is followed by a tendency to sleep and an absence of all pain and discomfort.

"Among the theories offered to explain its effects is that of the marvelous power of the electric light penetrating into the tissues of the body and being converted into heat, giving

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¶ Listerine is peculiarly free from irritating properties, even when applied to the most delicate of the tissues, whilst its volatile constituents give it more healing and penetrating power than is possessed by a purely mineral antiseptic solution; hence it is quite generally accepted as the standard antiseptic preparation for general use in domestic medicine, and for those purposes where a poisonous or corrosive disinfectant can not be used with safety. ¶ It is the best antiseptic for daily employment in the care and preservation of the teeth.

Literature more fully descriptive of Listerine may be had upon request, but the best advertisement of Listerine is—LISTERINE

Lambert Pharmacal Company, St. Louis, U. S. A.

new activity to cell nutrition. Another theory claims that the light increases the amount of oxygen absorbed from the air, also the rapidity with which it is carried to all parts of the body. Another writer explains the effects of this light as due to the stimulation of the nerves of the skin, bringing more blood with greater rapidity to the surface, causing profuse perspiration, and in this way draining off the water and salt products. Another theory explains the action of the chemical rays of electric light as destructive to the bacteria and the conditions favorable to its growth, and also an increased stimulation to eliminate and throw off the waste products. Some of the conclusions which are asserted with great confidence are: First, the action of the electric light produces excessive perspiration, draining off the water, salts, and waste matter through the skin, and thus lessens the tendency to congestion. Second, this action seems to antagonize disease, increase nutrition, and at the same time lessen irritation. Third, the heart's action is increased and strengthened. Disorders of digestion are lessened, and all the functional and organic activities of the body are improved. Lastly, the electric light, more than the sun bath, seems to convey or rouse up nerve force to greater activity. The conversion of the light into heat and force in some unknown way promotes health and vigor beyond anything we have any knowledge of at present."

A SCHOOL FOR MOTHERS

While the school children are given every educational help, their mothers have not been forgotten. Many foreign women who are eager to understand English better can not attend the regular evening schools because they have small children whom they can not leave at home, but who may be left at the day nurseries and in the kindergartens in the daytime. Through the efforts of some kindergarten teachers who made a practice of visiting the mothers of the school children and thus learned their needs, an afternoon school for these women was established. The school is closed from time to time, when its attendance falls below a certain number, but as soon as there are enough women clamoring for instruction, it is opened again. The mothers labor under many difficulties: they are so burdened with housework that they must carefully plan and economize their time in the morning. Besides, they receive no encourage-

ment from their husbands, who mock at their aspirations, and whose favorite taunt is, "What'd you learn to-day, baby?" But the women keep steadily on, plodding slowly through the primer, laboriously writing the sentences set before them, and striving to remember the queer English spelling. A desire to help their children is at the root of these mothers' eagerness to learn, and in the evenings mothers and children study together their lessons for the next day. Sometimes a mother says she desires to study arithmetic, so that she may know how to make change or transact a little business. A few advance so far that they read American history. Practical talks on the care of children and health principles are included in the instruction offered, and better-ordered homes and a more hygienic way of living stands as the school's warrant and justification.—Marion Melius, in "A City of Special Schools," in *Everybody's Magazine* for September.

"UNCOOKED FOODS AND HOW TO USE THEM"

A treatise on how to get the highest form of animal energy from food. With recipes for preparation of healthful combinations and menus. By Mr. and Mrs. Eugene Christian. 250 pages, 12mo., cloth, price, \$1.00. The Health-Culture Co., 153 West 23d St., New York.

These exponents of the raw-food diet have set forth their ideas in a very readable manner in this volume. Their theories are based upon elementary truths in scientific health reform, which, however, are made the guide-posts to a new and peculiar field of speculation. While standing on common ground with the followers of modern research in advocating the free use of ripe fruits and nuts in the natural state, they object to the use of grains in any but the raw form; they adjure against the converting of cereal starch into dextrin and decry zwieback and other dextrinized cereals as abomination. The work is dedicated to the women of America, whom the authors hope to release from the thralldom of the kitchen range when cooking is forsaken.

The Teeth and Their Care, by Thaddeus P. Hyatt, D. D. S. Published by the Brooklyn New York King Press, 1906. For sale by the author at 44 Court St., Brooklyn, New

York, U. S. A. Publishers' price, fifty cents, postage prepaid.

A small hand-book containing all that the ordinary person needs to know about the care of the mouth and teeth. The importance of such knowledge is shown in the following passage taken from the preface: "Imperfect teeth do not permit of perfect mastication, imperfect mastication leads to mal-nutrition, and mal-nutrition is one of the greatest factors in all diseases." Some such book, giving in a nut-shell all the necessary information, should be in every home, and this one is as good as anything we have seen for that purpose.

PAMPHLETS RECEIVED

"How to Palpate a Movable Kidney;" "Why Surgical Fixation of a Movable Kidney will not Relieve Dyspeptic and Nervous Symptoms;" "The Chemistry of Digestion." By Charles D. Aaron, M. D., Detroit.

"On the Utilization of Various Carbohydrates without Intervention of the Alimentary Digestive Processes." By Lafayette B. Mendel and Philip H. Mitchell, Yale University.


"The Vapor Method of Anesthesia." By James T. Gwathmey, M. D., New York.

"The Position of the Kidney after Nephropexy;" "Stenosis of the Cervix Uteri;" "Fixation of the Prolapsed Kidney." By Augustin H. Goelet, M. D., New York.

"Further Remarks on Ischochymia and Its Treatment;" "The Art of Eating Properly (Euphagia) and the Harm of Eating Too Rapidly and Too Slowly (Tachyphagia and Bradyphagia);" "Cases of Enteroptosis and Cardiopexy with Return to the Normal." By Max Einhorn, M. D., New York.

"The Barber Shop in Society;" "The Cure of Leprosy." By Isadore Dyer, Ph. B., M. D., New Orleans, La.

It has been said that a year's reading of *The Youth's Companion*, if not in itself a liberal education, is a foundation for it and a valuable supplement to it. The special articles *The Companion* prints are written expressly for it by the men and women who lead in material, intellectual, and moral progress; through them the reader is admitted to laboratories where momentous discoveries are unfolding; to the confidences of experts in educational work of all kinds, and to a knowledge of whatever is being sought for and done to enrich the world of to-day and the world of to-morrow.



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Prepared only by

Charles Marchand
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BATTLE CREEK,

MICHIGAN

PUBLISHERS' DEPARTMENT

Announcements have been issued for the National Purity Conference to convene at Chicago, October 9, 10, and 11, 1906. This conference will be held under the auspices of the National Purity Federation, which was founded at the National Purity Conference held last year at La Crosse, Wis. The object of this Federation is "To unite in national co-operation all those forces in the United States that are striving to promote purity in the life of the individual, in social relations, and in family life, by preventive, rescue, educational reformatory, law enforcement and legislative lines of effort." It is independent of any political party, philosophical school or religious confession, being the voluntary association of persons of either sex desirous of promoting its object. A general invitation is extended to all persons interested in Social Purity to attend this conference and take part in its deliberations. For further information address the President of the Federation, B. S. Steadwell, La Crosse, Wisconsin, or the Secretary, Rev. Sidney C. Kendall, Long Beach, California.

The prime importance of an abundant supply of pure, fresh water to the health of any community is very generally recognized. In cities and towns of sufficient size to maintain a water supply by taxation, this problem, of course, has received a practical solution. But in the suburban and farm regions outside the range of possible municipal supply the water question is one of serious concern to those who realize how much depends upon it.

From the health standpoint, as well as from

the standpoint of convenience and expense, the old-style water tower and elevated tanks are open to serious objection. The water freezes in winter, and being exposed, becomes stagnant and germ laden in summer, thus breeding many forms of disease, especially typhoid fever, many cases of which have been caused by poor water supply.

The Kewanee Water Supply Co. seem to have practically solved the problem of providing an ideally perfect water supply for country homes. This method does entirely away with the tower or attic tank. Water is pumped direct from the well, cistern, or spring through entirely enclosed pipes into a pneumatic air-tight tank, from which it is distributed under pressure to all parts of the house and grounds as desired.

At no stage in the operation of this system is the water exposed from its original source to the moment it is drawn from the tap; there is no possible chance of its becoming tainted or germ-laden. The announcement of the Kewanee Water Supply Co. appears on another page of this issue.

LITERARY NOTES

Continued from page 621

"The Art of Living." By Daniel S. Sager, M. D. Published by the D. S. Sager Publishing Company, Brantford, Canada.

Although Dr. Sager's book deals only with the physical aspect of the art of living, it is of ethical value also; for one who is a thorough master of the art of living as it relates to the physical man has gone far towards solving the problem of living on the highest plane morally and spiritually. This is a book which we can heartily and unreservedly commend to all who are students of this highest of arts, in the belief that it will fulfil the author's hope of making life more "beautiful and sublime to those who read it."

Walter A. Johnson, formerly of Doubleday, Page & Company, has, with others, purchased *The Four-Track News* from Mr. George H. Daniels, and beginning with the October issue the new publishers will change the name to *The Travel Magazine*.



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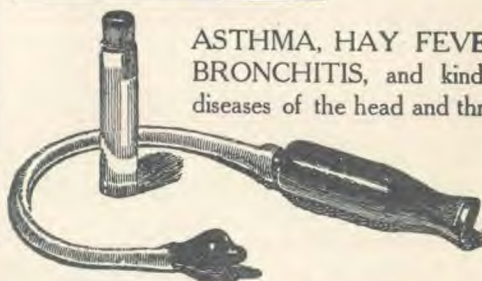
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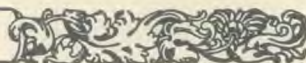
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Splash—splash—splash—
Through puddle and slush and dirt,
And half to herself, in a sobbing tone,
She sang this "Song of the Skirt."

"For Fashion's sake," she moaned.

"Full many a cross bear we,

Like abject slaves we bow

To her every new decree:

But of all the cruel modes

With which we women are cursed,

Our walking gown with its trailing train,

Methinks is by far the worst!

"Sweep—sweep—sweep—

Where the waste of the street lies thick;

Sweep—sweep—sweep—

However our path we pick;

Dust, bacillus, and germ,

Germ, bacillus, and dust,

Till we shudder and turn from the sorry sight

With a gesture of disgust.

"Sweep—sweep—sweep—

As we walk o'er the West End flags,

For, however we try to carry that tail,

A part of it always sags—

The hem of it always drops

In the winter's greasy slush;

The hem of it sweeps the summer's dust

More clean than the dustman's brush.

"Oh! for one hour of ease

As I shop in the crowded street—

With no drag upon my knees,

And no pull upon my feet!

For only one short hour

To be as I used to be,

When I wore a skirt of sensible length,

With my ankles left quite free!

"As I feel the distressing strain

Of my train on my aching wrist,

I could well-nigh vow henceforth

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When I see what my hem's swept up,

Though in walking I'm so expert,

I am very much more than half inclined

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For the benefit of college students, teachers, and others who

wish to spend their summer vacation profitably, the Battle Creek Sanitarium is offering a special course in Domestic Science. It includes just such things as every woman ought to know.

Below is an outline of the course, with the tuition for each subject when taken separately:

Cookery	\$10 00	Home Economics	3 00
Sewing	3 00	Physical Culture	3 00
Sanitary Laundering	3 00		\$27 00
Home Nursing	5 00	The entire course	\$15 00

The summer course extends over a period of ten weeks, beginning June 25, 1906, and ending Aug. 31, 1906. Students desiring to meet a part or all of their expenses can easily do so. The Sanitarium offers abundant opportunities to energetic young women for meeting such expenses. Those desiring further information should write to the

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THE SANITARIUM, Battle Creek, Mich.



Announcement



WHEN we originated *sterilized unsweetened condensed milk* our product was named "EVAPORATED CREAM"—a term descriptive of its creamy consistency and color, and adopted for the purpose of distinguishing it from the older sweetened preparation (a mixture of milk and sugar cane) which had become known as "Condensed Milk."

¶ In food substance our product is richer than "dairy cream," and may be used in place of ordinary cream; furthermore, since it is a FORM OF CREAM obtained by a process of evaporation, the name "Evaporated Cream," always accompanied by a correct description of the article on labels and in advertising, seemed to us quite appropriate.

¶ The National Pure Food Law, which becomes effective January 1, 1907, carries a clause preventing the sale of any article, EXCEPTING MIXTURES AND COMPOUNDS, under a distinctive name. As our product is neither a compound nor a mixture, such as "Condensed Milk," "Malting Milk," "Ice Cream," etc., our distinctive name, "Evaporated Cream," is ruled out.

¶ Appreciating the benefit which will accrue to the public from the Pure Food Law by giving protection against fraudulent products, we cheerfully accept the above ruling and shall in the future sell our product under the simple name of "EVAPORATED MILK." The product will remain unchanged, and will continue to be a safe, uniform and satisfactory substitute food for infants.

Manufacturers of

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