

GOOD HEALTH

♦ EDITED BY J. H. KELLOGG M.D. ♦



MAY, 1907

To Users of Cereal Coffee -and those who ought to use it.



Nearly thirty years ago the food experts of the Battle Creek Sanitarium began their search for a substitute for coffee.

¶ The first results of their effort was an imperfect mixture which was discarded years since.

¶ This "first effort" was copied by imitators and placed on the market at great profit to the imitators.

¶ Many persons believed—and many believe to-day—that these imitations are the product of the Sanitarium Food Experts.

¶ Public announcement on this subject was deferred until the final result of the food experts could be placed before the people. That day has arrived.

NOKO

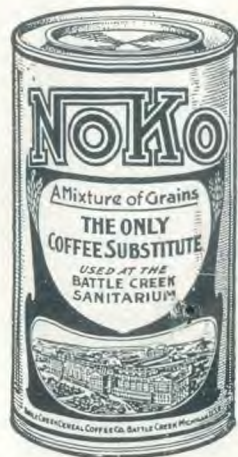
The REAL Substitute for Coffee

has now been perfected and is recommended to all users of cereal coffees (and to those who ought to use it) as a delightful food beverage which should take the place of harmful tea and coffee in every home where health is guarded.

¶ NoKo is sold by leading grocers, 25 cents the canister. The "Thirty-Day Book," giving a remarkable offer, can be had from the grocer, or will be sent by us on request.

The
Battle Creek Cereal Coffee Co.

BATTLE CREEK, MICHIGAN



Please say, "I saw the ad. in GOOD HEALTH."

798 Vital Business Secrets

—Yours for
Six Cents a Day

How to Sell Goods

- How to ginger up a sales force.
- How to drum business in dull seasons.
- How to route, handle and check salesmen.
- How to train, develop and coach a sales force.
- How to secure and organize salesmen and agents.
- How to meet objections and how to be a good "closer."
- How to work the "big stick" plan of selling goods to retailers.
- How to handle wholesalers and retailers to the best advantage.
- How to judge a good salesman—how to hire and how to be one.
- How to analyze your proposition and pick out its selling points.
- How to make the consumer influence dealers to buy your goods.
- How to get out of the ranks of the "clerks" and become a salesman.

And hundreds of other vital pointers and plans for clerks, city salesmen, traveling salesmen, retailers, wholesalers, manufacturers, mail order houses and advertising men.

How to Buy at Rock Bottom

- How to trap a lying salesman.
- How to close big transactions.
- How to prevent extravagant purchasing.
- How to handle men and make quick decisions.
- How to know to a nicety what stock is on hand.
- How to avoid penny-wise pound-foolish purchases.
- How to play one salesman against another and take advantage of every opportunity to get a lower price.
- How to devise a simple system which will bring to your notice automatically all data, prices, etc., about a given article.
- How to formulate a complete purchasing and record system for a mail-order house, a factory or a retail, wholesale, or department store.

And other priceless pointers on purchasing, beyond description, that every business man, employer or employee, ought to have constantly at his finger ends.

How to Collect Money

- How to judge credits.
- How to collect by mail.
- How to handle "touchy" debtors.
- How to be a good collector and how to hire one.
- How to organize a credit and collections department.
- How to weed out dishonest buyers from the safe risks.
- How to get quick, accurate, inside information about a customer's ability to pay.
- How to write smooth, diplomatic letters that bring in the money without giving offense.
- How to organize your own collection agency and force worthless debtors to pay without suing.
- How to devise a simple and effective system of insuring prompt and periodical collections of all your accounts.

And valuable information obtainable in no other way, for credit men, collectors, accountants, and every business man interested in this vital department.

Men have sweat blood and spent fortunes to learn these very business secrets which now you may read at your leisure and master at ease. The crystallized experience of practically the whole world of business is placed now, and for the first time at your instant disposal by the Business Man's Library, described below.

This library is, in reality, a complete correspondence course under the great Master Minds of Business. Six beautiful volumes, 1,263 pages, crammed full of ways of making money. Not theories or mere advice, but actual working business plans, which you can put into operation in your own work tomorrow morning.

Seventy-eight big, broad men—not mere writers, but National Business Men, whose very names inspire respect and admiration and confidence—are the authors of the Business Man's Library. Alexander H. Revell, founder and president of the great firm bearing his name; Sears, Roebuck & Co.'s Comptroller; John V. Farwell & Co.'s General Manager; Montgomery Ward & Co.'s Buyer; Sherwin-Williams Co.'s General Manager. These are only a few of the big business men who have contributed to the Business Man's Library.

To the man in the private office, this six-volume, Morocco-bound Library is welcomed as a guide and constant advisor. To the man in charge of other men, either as employer or superintendent, it offers practical, working, business methods, tried and proven, which he might never have the opportunity to find out himself. And to the worker—the man who has hopes about his present position—it shows the short road to better days—better salary—more power—eventual success.

Then add to the help which this Library will bring you, the help which you will get from SYSTEM, which stands pre-eminent, the magazine of business. 260 to 356 pages in every issue of SYSTEM, and you cannot afford to miss a single page of it. It makes no difference whether you own your own business or whether you are working for somebody else; whether you sit in a private office and decide things, or whether you stand behind a counter and answer questions—SYSTEM will show you new ways of saving time and cutting out drudgery.

SYSTEM has 300,000 regular readers. It has helped many of them to better salaries, bigger profits, that would have been impossible, undreamed of, without SYSTEM.

Don't waste time and money and effort studying over business problems which other men have solved. Don't be content to plod and blunder along—to spoil opportunities and waste chances through business ignorance—when practical help, such as this superb Business Man's Library, is yours for only six cents a day.

"This library is a short-cut to more salary, and more business, to more knowledge and more power. Worth a decade of experience."

—JOHN FARSON
"I don't care how smart or bright or clever a man is he can learn a great deal from these six books. I will never part with my set."

"I regard it as of benefit and assistance to any wide-awake business-man, no matter who."
—CHARLES E. HIKES
"I wish the work could be brought before every man who wants to build a real business career."
—ALFRED DOLGE

EASY OFFER

Picture in your mind six handsome gold topped volumes, the same binding, paper, type that are usually to be found only in costly editions. 1,263 pages that could scarcely be worth more to you if each leaf were a \$10 bill; and twelve months of SYSTEM—more than 3,000 pages of current business experience and help, convertible into ready cash—and then think of this offer: Only \$18 spread out thin over nine months—and they are yours at once. Your check or money order for \$2, or a \$2 bill sent today, will start the books to you tomorrow, express and every other charge prepaid, and enter your name as a regular yearly SYSTEM subscriber. \$2 now and \$2 a month until \$18 is paid. Less than you probably spend for daily papers; less, surely, than it costs you for car fare or the evening smoke. Long before this week is out these helpful books, if ordered now, will have a chance to put back in your pocket more than their cost. Is the offer clear? There is nothing to sign. Write on your business letter head or state what business you are in. Simply send \$2.00 and say I accept your offer in
Send to

SYSTEM, 151-153 Wabash Avenue, Chicago

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- How to keep track of stock.
 - How to train and test employees.
 - How to hire and direct employees.
 - How to figure and charge estimates.
 - How to check deliveries and mistakes.
 - How to detect and eliminate needless items of expense.
 - How to get the most out of those under and around you.
 - How to size up the money making possibilities of new ventures.
 - How to get up blanks, forms, records and simple systems for all kinds of businesses.
 - How to devise a perpetual inventory system that will tell you every day the value of material on hand.
 - How to turn a losing business into a profitable one—how to make a profitable business more profitable.
- And countless other things, including charts, tabulations, diagrams, plans and forms that every man in an executive position needs in his daily work.

How to Get Money by Mail

- How to write ads.
- How to begin a letter.
- How to turn inquiries into orders.
- How to get your reader to ACT.
- How to formulate a convincing argument.
- How to write trade winning business letters.
- How to cover territory salesmen can't reach.
- How to key ads, circulars and all mail sales.
- How to prepare an enclosure for a business getting letter.
- How to keep complete information about mail customers at your finger tips.
- How to supplement the efforts of salesmen with live, business getting letters.
- How to answer, file and follow-up inquiries from advertisements and those which come in the regular course of business.
- And once upon a page of practical working detail—not only for mail order firms, but particularly helpful to those not making a specialty of a mail-order business.

How to Stop Cost Leaks

- How to detect waste.
- How to make an inventory.
- How to figure "overhead" expense.
- How to systematize an entire factory or store.
- How to cut out red tape in a simple cost system.
- How to keep close watch on material and supplies.
- How to apportion the right number of employees to a specific job.
- How to divide between piece-work, day wages and bonus systems.
- How to keep tab on the productive value of each machine and employee.
- How to figure depreciation, burden, indirect expense, up-keep, profit, loss and cost.
- How to know every day all little details that may turn into leaks and losses of time and money.

And chapter after chapter of priceless plans for practically every kind of business in which an accurate cost system is essential to money making success.

Please say, "I saw the ad. in GOOD HEALTH."

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Conducted in harmony with the methods
and principles of the Battle Creek Sanitarium

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- VEGETARIAN DINING ROOM, 436 N. 12th St., Lincoln, Nebr.
- VEGETARIAN RESTAURANT, 121 Schillito Place, Cincin-
nati, O.
- VEGETARIAN CAFE, 814 Pine St., St. Louis, Mo.
- VEGETARIAN CAFE, 259 South Hill St., Los Angeles, Cal.
- PORTLAND SANITARIUM ROOMS, Mt. Tabor, Oregon.
- RESTAURANT, 2129 Farnum St., Omaha, Nebr.
- VEGETARIAN CAFE, 214 Union St., Seattle, Wash.
- VEGETARIAN CAFE, S. 170 Howard St., Spokane, Wash.
- CROFTON'S PURE FOOD AND VEGETARIAN RESTAU-
RANT, 193 Devonshire St., Boston, Mass.
- THE LAUREL, 11 W. 18th St., New York City.
- HEALTH FOOD STORE, 121 Schillito Place, Cincinnati, O.

- HYGEIA CAFE, 203 3d Ave., Peoria, Ill.
- VEGETARIAN CAFE, 105 6th St., Portland, Oregon.
- VEGETARIAN CAFE, 45 Hunter St., Sydney, N. S. W.

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- BOSTON HEALTH FOOD STORE, W. F. Childs, Room
316, 100 Boylston St., Boston, Mass.
- N. E. SANITARIUM FOOD CO., 23 Wyoming Ave., D. M.
Hull, Mgr., Melrose, Mass.
- HEALTH FOOD STORE, 156 Monroe Ave., Rochester, N. Y.
- NEBRASKA SANITARIUM FOOD CO., College View, Nebr.
- BATTLE CREEK SANITARIUM HEALTH FOOD STORE,
555 W. 63rd St., Chicago. S. Coombs, Proprietor

BETWEEN OURSELVES

A chat with the editors and managers of GOOD HEALTH.

THE GENTLEMAN WHOSE PICTURE APPEARS on this page, Mr. H. H. Page, is 73 years old. Three years ago he passed the allotted three-score-and-ten and was entitled to be chloroformed. But he is still alive and very much so. That is the reason his picture is printed here this month.

Mr. H. H. Page is a GOOD HEALTH solicitor. Every week he spends five days telling people about this magazine and taking their subscriptions at the rate of from fifteen a day upwards to perhaps twenty-six or twenty-eight.

Just about a week ago at this writing Mr. Page took sixty-nine orders in four days. That is good work, even for a GOOD HEALTH man, though others of the workers have frequently brought in as many as sixty orders—sometimes more.

* * *

THE HOUSEKEEPERS' Number of GOOD HEALTH which came to you last month with the pretty picture of the girl and the spinning wheel on the cover, seemed to take. It was supposed that the number of copies originally ordered from the printer would be more than enough to supply every need. But the mailing had scarcely been finished when it was found necessary to print an extra edition, and now it is again a question whether the supply will be sufficient for all purposes.

* * *

A BLIND WORKER IN ONE OF THE WESTERN States is using up one thousand copies of the Housekeepers' Number, selling them from house to house. He has frequently done this before, and thus has brought GOOD HEALTH before thousands of new people, many of whom have become regular subscribers.

* * *

THERE IS A LITTLE PREACHMENT ON PAGE 265 of this number which it is hoped every reader of this magazine will see and consider. It concerns the good of every reader as well as the vital interests of GOOD HEALTH.

* * *

IF THE QUESTION BOX DEPARTMENT THIS month seems to take up too much room to suit some readers, please remember that these are extra pages which would not appear at all if it were not for the necessity of printing these questions and answers. The editors of this department have promised to answer all questions within as short a space of time as possible, and every effort is being made to fulfil this promise and to give correspondents the best possible service.

JUST AT THIS SEASON OF THE YEAR thousands of people are planning their vacation trips. Many thousands of them will go to Europe. They will carry hundreds of thousands of dollars with them and spend it in European countries for European entertainment.

When Americans see the money going in the wrong direction, they begin to sit up and take notice, so this subject is already claiming considerable attention generally. But there is a greater point to be considered than the mere question of where the money is going. It is the question of the direction in which the American interest is trending. Have we as a people become Confucians, that we worship our ancestors and the lands from whence they came? Have we lost that patriotism which would lead us to learn America first?

It seems appropriate, therefore, that the excellently illustrated article by C. J. Lee Warner about the almost unknown mountains of British Columbia, should be a part of this number. Possibly it may serve as an inspiration to some of the many GOOD HEALTH readers who are given to much travel to see the wonders of their own country before visiting Europe.

* * *

IT SHOULD HAVE BEEN MENTIONED LAST month that the excellent pictures which accompanied the article about Upton Sinclair's Helicon Hall enterprise were taken by Jessie Tarbox Beals, of New York City.

* * *

PROBABLY THE MOST ATTRACTIVE NUMBER of GOOD HEALTH last year was the special Mothers' Number, which was issued in October. We are still receiving calls for October copies. Our Mothers' Number this year will be issued in August, and the features are now being planned. What have you to suggest? If you are a mother, some little thing that has proved helpful to you may be just as helpful to some one else if told to them through GOOD HEALTH. Or perhaps you have a little poem that has especially struck your fancy; or a picture. Whatever your idea is, send it in to the editors of GOOD HEALTH. A hundred such ideas would go a long ways towards making the 1907 Mothers' Number the most valuable ever issued.

TWO

Special Summer Courses

In Health and Household Economics, or Domestic
Science based upon the principles of hygiene at the

BATTLE CREEK SANITARIUM
June 24 to August 30, 1907

The following studies are included in the courses: Cookery, Serving, Laundering, Sanitation, Physical Culture, Swimming, Physiology and Anatomy, Bacteriology and Microscopy, Biology, Embryology and Histology.

Tuition for either course, \$15.00. Employment is offered to those who wish to meet a part of their expenses.

Circulars sent upon application. Those who wish to take advantage of this offer should write at once to

The Battle Creek Sanitarium

**SCHOOL OF HEALTH AND
HOUSEHOLD ECONOMICS**

Battle Creek, - - Michigan



1 CENT IS ALL IT WILL COST YOU to write for our big **FREE BICYCLE** catalogue showing the most complete line of high-grade **BICYCLES, TIRES** and **SUNDRIES** at **PRICES**

BELOW any other manufacturer or dealer in the world.

DO NOT BUY A BICYCLE from anyone, at any price, or on any kind of terms, until you have received our complete **Free Catalogues** illustrating and describing every kind of high-grade and low-grade bicycles, old patterns and latest models, and learn of our remarkable **LOW PRICES** and wonderful new offers made possible by selling from factory direct to rider with no middlemen's profits.

WE SHIP ON APPROVAL without a cent deposit, **Pay the Freight** and allow **10 Days Free Trial** and make other liberal terms which no other house in the world will do. You will learn everything and get much valuable information by simply writing us a postal.

We need a **Rider Agent** in every town and can offer an opportunity to make money to suitable young men who apply at once.

\$8.50 PUNCTURE-PROOF TIRES ONLY \$4.80 PER PAIR
 Regular Price \$8.50 per pair.
 To Introduce We Will Sell You a Sample Pair for Only **\$4.80**
 NAILS, TACKS OR GLASS WON'T LET OUT THE AIR
 (CASH WITH ORDER \$4.55)



NO MORE TROUBLE FROM PUNCTURES.

Result of 15 years experience in tire making. **No danger from THORNS, CACTUS, PINS, NAILS, TACKS or GLASS.** Serious punctures, like intentional knife cuts, can be vulcanized like any other tire.

Two Hundred Thousand pairs now in actual use. Over Seventy-five Thousand pairs sold last year.

Notice the thick rubber tread "A" and puncture strips "B" and "D," also rim strip "H" to prevent rim cutting. This tire will outlast any other make—**SOFT, ELASTIC and EASY RIDING.**

DESCRIPTION: Made in all sizes. It is lively and easy riding, very durable and lined inside with a special quality of rubber, which never becomes porous and which closes up small punctures without allowing the air to escape. We have hundreds of letters from satisfied customers stating that their tires have only been pumped up once or twice in a whole season. They weigh no more than an ordinary tire, the puncture resisting qualities being given by several layers of thin, specially prepared fabric on the tread. That "Holding Back" sensation commonly felt when riding on asphalt or soft roads is overcome by the patent "Basket Weave" tread which prevents all air from being squeezed out between the tire and the road thus overcoming all suction. The regular price of these tires is \$8.50 per pair, but for advertising purposes we are making a special factory price to the rider of only \$4.80 per pair. All orders shipped same day letter is received. We ship C.O.D. on approval. You do not pay a cent until you have examined and found them strictly as represented.

We will allow a cash discount of 5 per cent (thereby making the price \$4.55 per pair) if you send **FULL CASH WITH ORDER** and enclose this advertisement. We will also send one nickel plated brass hand pump and two Sampson metal puncture closers on full paid orders (these metal puncture closers to be used in case of intentional knife cuts or heavy gashes). Tires to be returned at **OUR** expense if for any reason they are not satisfactory on examination.

We are perfectly reliable and money sent to us is as safe as in a bank. Ask your Postmaster, Banker, Express or Freight Agent or the Editor of this paper about us. If you order a pair of these tires, you will find that they will ride easier, run faster, wear better, last longer and look finer than any tire you have ever used or seen at any price. We know that you will be so well pleased that when you want a bicycle you will give us your order. We want you to send us a small trial order at once, hence this remarkable tire offer.

COASTER-BRAKES, built-up-wheels, saddles, pedals, parts and repairs, and everything in the bicycle line are sold by us at half the usual prices charged by dealers and repair men. Write for our big **SUNDRY** catalogue.

DO NOT WAIT but write us a postal today. **DO NOT THINK OF BUYING** a bicycle or a pair of tires from anyone until you know the new and wonderful offers we are making. It only costs a postal to learn everything. Write it **NOW.**

MEAD CYCLE COMPANY, Dept. L 105 CHICAGO, ILL.

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BOYS, HERE IS YOUR AUTOMOBILE

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You can get this useful "EXER-KETCH" Iron Auto, equipped with rubber tires, absolutely free, freight prepaid, in exchange for securing 20 6-months subscriptions for The Pilgrim Magazine at 50 cents apiece, or 10 yearly subscriptions at \$1.00 each.

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An "EXER-KETCH" Iron Auto can't be broken — won't wear out — can't upset — runs smoothly forward, backward, up-hill, down-hill, or on level ground. Any boy or girl on an "Exer-Ketch" Iron Auto can race without over-exertion.

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oo

YOU CAN IF YOU WILL

Have you seen an "Exer-Ketch" Iron Automobile? It is made of iron. Runs smoothly and easily. It is guaranteed to wear. Can't upset. It is equipped with rubber tires. Every boy and girl can have one of these beautiful and useful "Exer-Ketch" Iron Automobiles.

Do you want an "Exer-Ketch" Iron Auto? Every boy and girl who reads this announcement can have one of these beautiful Autos absolutely free. We pay the freight.

HOW TO DO IT— GET BUSY

It is a very easy matter to secure trial subscriptions to The Pilgrim Magazine at 50 cents for 6 months, and quite as easy to get yearly subscriptions at \$1. The Pilgrim is printed on good paper, beautifully illustrated throughout, and contains the best reading matter. Nothing cheap or trashy will ever appear.

One boy obtained 14 subscriptions one Saturday afternoon. He simply called on his friends and relatives—told them what he was working for and almost every one subscribed. This boy did not even have a sample copy of The Pilgrim to show. What one boy has done can be done by another boy. This boy is no brighter than you. He simply wanted an "Exer-Ketch" Iron Auto—he was willing to work for it and he got it. If you desire any further information, address at once—

PILGRIM PUBLISHING CO., Detroit, Michigan

"The Great American Fraud"

By SAMUEL HOPKINS ADAMS

ARTICLES ON THE

Patent Medicine Evil and Quacks, in Two Series

Reprinted from "Collier's Weekly."

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- I. Introduction.
- II. Peruna and the Bracus.
- III. Liquozone.
- IV. The Subtle Poisons.
- V. Preying on the Incurables.
- VI. The Fundamental Quacks.

SERIES II

Quacks & Quackery

~*~*~

- I. The Sure Cure School.
- II. The Miracle Workers.
- III. The Specialist Humbug.
- IV. The Scavengers.

TOGETHER WITH

The Patent Medicine Conspiracy Against the Freedom of the Press

AND

"Confidential"—the Treatment Accorded Private Letters
by the Nostrum Manufacturers

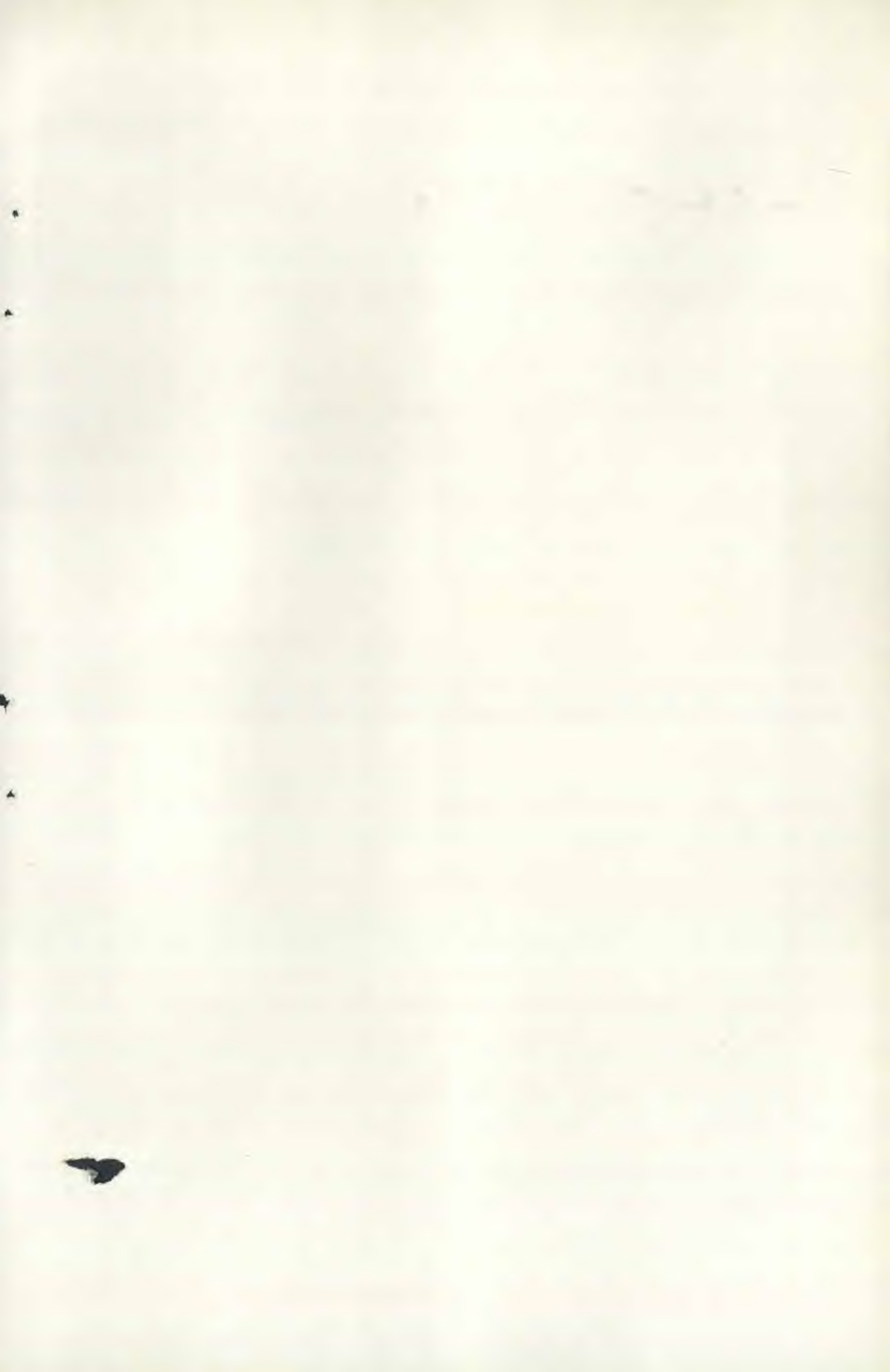
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FAST FRIENDS

GOOD HEALTH

HOME-HEALTH MAGAZINE

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No man would buy a horse with bad teeth. Suppose, reader, that you should buy a lot of horses and examine them and find that almost every one of the horses had decayed teeth. What would be your opinion of that lot of horses?

Bad Teeth For a horse to be sound, he must have sound teeth. That rule is just as good for *man* as for a *horse*. A man who does not have sound teeth

The Horse and the Man

IS NOT A SOUND MAN.

A common cause of bad teeth is bad digestion. I have found by making careful statistics on this subject, by examining the teeth of several hundred people and comparing the condition of the teeth with the condition of the stomach, that people who have poor teeth are generally suffering from insufficient gastric juice. It is indeed a rare thing that a man who has lost his teeth has been a sufferer from an excess of gastric juice. Germs growing in the mouth which attack the teeth are permitted to grow there only because the saliva has lost its normal germ-destroying power.

Saliva is the normal germicide. It is this that keeps the mouth clean. Notice what a clean tongue the dog or the cat has. Observe the cat as it laps up its milk, or the dog while it eats its dinner, and take notice of its clean tongue, its glistening, white teeth, and the unspotted pink gums. One can almost envy the dog or the cat its mouth; it is so clean and white. How many people have perfectly clean tongues? How many get up in the morning with a mouth perfectly sweet? And yet it seems impossible to conceive of a dog having a bad taste in his mouth in the morning, or displaying a

coated tongue unless he is actually sick. The majority of people get up in the morning with a miserable taste in the mouth and do not feel comfortable—indeed can not—until they scour their mouths out with a toothbrush.

Why does man have to use a toothbrush? Dogs, cats, cows, and other animals do not need to have their teeth cleaned. Why does the human animal require it? *It is simply because man is vitally reduced.* His vitality has become so impaired that he can not fight off those germs which are swarming in the mouth and all over the body, so he is forced to adopt artificial means to combat them. It is of vital importance that these means be employed and that they are not neglected. But notwithstanding this, it is an evidence of depreciation and race deterioration.

Some one suggests that the graveyards of to-day will be the gold mines of the future. And indeed, enormous quantities of gold are being buried by the dentists and undertakers because teeth are decaying so rapidly. At the present rate *it would not take many generations before we would be AN ALMOST TOOTHLESS RACE.*

I have often asked school children how many of them had sound teeth. It is surprising to find that almost all of them have some decayed teeth. Children sixteen years old, and even younger, are frequently among those having unsound teeth. It is an amazing condition of affairs.

No man would buy a horse with bad teeth. No good dairyman would have anything to do with a cow with unsound teeth. Then what is the matter with us? We as a race can not present one of the plainest and simplest proofs of health.

Unsoundness of the body is responsible for decay of teeth. When a man's teeth are decayed, it means that his constitution is impaired. The same unsoundness is present in other forms—less prominent and less conspicuous perhaps, but equally significant—throughout the entire body, throughout the entire vital organism.

A handwritten signature in dark ink, reading "J. H. Kellogg". The signature is written in a cursive, flowing style with a large, prominent "J" and a long, sweeping underline.

The Story of Scraggles

BY GEORGE WHARTON JAMES

SHE was the most homely little creature I ever saw. Not a single feather on her breast, and those on the upper part of her body were all ruffled and ragged, and seemed as if they were moth-eaten, so that we all exclaimed at her "scraggledly" appearance and instinctively called her "Scraggles." She was a tiny baby song-sparrow, and I first saw her one day as I went home from the office.

She was trying to make her way through the tangle of dandelion and clover stems on the edge of the sidewalk to reach her mother in the middle of the road. When she saw me watching her, she renewed her efforts, but no sooner did



"Little by little she became familiar with my 'desk habits' "

she reach the mother bird than the latter flew off and left her. For a few moments the poor little creature stood as if she were trying to understand this desertion. She raised up and down on her toes, then tried to fly in the same direction, but there was something the matter with her wings, and finally she gave it up. Then it was that the thought occurred to me: "If I leave her here, she will soon be caught and ~~by~~ ^{followed} by some predatory cat. Had I not better take her home until she can fly; then she will be able to care for herself when she is turned loose."

No sooner thought than done. I pursued her, and though she struggled desperately to get away, I caught her and took her home. There were two tender hearts there, and they were soon interested with me in feeding the little baby bird. When she was hungry,—which was often,—she would eat from our fingers, but no sooner was her appetite appeased than she resented any attempts

at familiarity and fought bravely and pluckily for her freedom if we tried to catch her. For fully a week she kept up this spirit of resentment; then I found the way to her confidence. I had some piñon nuts, one taste of which convinced her that my friendship

—combined with such nuts—was worth having. It was not long before she and I became inseparable friends. A snap of my fingers would call her from any part of the room, even from her dearest hiding-places, and soon she learned to jump into my hand to be lifted to the desk where piñon nuts always awaited her. Little by little she became familiar with my "desk habits." She knew when I was reading and when writing, and whether it was the scratching of the pen, or the glisten of the golden point that excited her, she again and again would seize the point of my pen as I wrote, and desperately hang on to

it as I persisted in writing. Her beak was so strong and her hold so tenacious that when I would lift up the pen she would hang on for a few moments. Then when she dropped and I resumed my writing, she would begin the fight afresh. Sometimes I would place my left hand, with

fingers outspread, as a barrier to prevent her reaching the pen. Then for half an hour at a time it would be a strategic fight between us. She would try to dodge through my open fingers or slip around them, and when, finally, she learned that she could leap over them and seize the pen, her delight in her victory seemed to know no bounds. Eagerly she darted at the pen and pecked savagely at it, hanging on as it would move across the paper.

When she was tired of this kind of fun and wanted to rest, she would flutter into my left hand as if it were a nest. Then, if I did not "hover" her with my fingers, she would peck at them, one at a time, until I covered her completely. As soon as this was done, she would give herself a little shake, nestle down snugly into my hand, put her head under her wing, and drop off to sleep.

Soon after we got her my daughter and I decided that we must take her out-of-doors for the fresh air, and we did so, guarding her most carefully that she did not escape from us and get lost in the entanglement of weeds. But we



"She would sit on my foot"

soon found that this was not necessary, as when we did become friends, she showed no desire to go away far from us. So I took her out every day, sometimes in my hands and at other times letting her go where she would. Then I began to dig worms and slugs for her, and she would stand,

making a very cute little picture, with her head on one side, peeping occasionally at me, and then at the ground where I was digging, ready to dart upon any dainty morsel that my knife happened to turn up. One day I thought it would be pleasant for her to have a sand pile in my library so that she could take a dust bath, as I had seen the sparrows do in the streets. So I got a large box lid, filled it with sand, and placed it in the room for her. At first she evidently thought the shining bits of mica, etc., in the sand were to be eaten, and she made such quick and energetic pecks at them that the sand filled her beak and flew into her eyes. Then it was exceedingly funny to watch her quick little motions to get rid of the sand from bill and eyes. She would shake and flutter and scratch with her foot and shake again, while we looked on and laughed ourselves tired. So I taught her how to take a sand bath by sprinkling the sand over her. It was not long before she learned how to nestle down in the sand and throw it up under her wings, but when I was in the room, she would

always call me to help her, and many a time I've sat on the floor for half an hour sprinkling the sand over her and watching her curious little antics as she fluttered and hopped away from me, only to come back, wait for her handful of sand, and go through the whole operation again.

When I was so occupied with my writing that I could not take her up and place her upon the desk, her desire to be near me was so strong that she would sit on my foot. This she has done for many hours at a time, and when I left the room, she would appear so disconsolate that I left a pair of my old shoes for her to companion with. She would sit on the toe of one of these shoes, or, when night-time came, roost on the edge, and thus feeling a sense of nearness to me in being on one of my shoes, would quietly go off to sleep.

My bedroom was next to the library, and I generally left both doors open. As a rule I was up very early, long before she was ready to awaken, but sometimes she was awake first. Then she would come hopping and fluttering into my bedroom, and talk to me in her quick, querulous little way until I put my hand down to the floor for her to jump into to be lifted to the bed. There she would play hide-and-seek in my beard, sometimes ~~trying~~ to find a dainty morsel in my lips—for she had long ago

learned to take food from me in that way—and sharply pecking at my teeth when I gave her nothing. She enjoyed it immensely when I suddenly raised my knees and made a high mountain, and she fluttered merrily down into the valley. Then I lowered my knees and made a level plane, only to surprise and please her by creating it into a mountain again.

But the thing that perhaps pleased me more than anything else was when she learned to follow me. I had gone down the long hall to the bath-room to fill her saucer with fresh water, when I happened to hear her chirp, and looking down, there was the tiny creature at my feet, she having hopped and fluttered after me all the way. Thenceforth wherever I went she wanted to follow. When I went down-stairs, she would come to the landing and there stop and look and talk with such evident reproach that I could leave her. That again and again I went back and

took her down to the dinner table with me, where (under ban, of course, from the ladies) she snuggled close in my napkin on my knees and quietly ate the few crumbs I purposely let fall for her.

She used to go out for a walk in this same fashion, and would follow me on the streets as devotedly as a pet dog or cat. Of course, I never took her far, but our neighbors soon



"She would nestle down snugly into my hand"

became almost as much interested in the cunning little ways as we were, and used to watch for our daily goings out together.

The poor little creature was never well, and always seemed to be hungry for affection. So I made a little bed for her in the drawer of my writing desk, and often when I sat writing at night, I would "put her to bed" there.

Some days it seemed cruel to make her leave me. She wanted to be on or in my hands every moment, and I have written for hours with her perched on the finger of my left hand, her head under her wings, sound asleep, except when, in moving a book or something of that kind, I made more noise than she thought seemly, when she would

straighten her little head up and give it and her whole body a nervous, quick, little shake, utter a querulous chirp, as much as to say: "You're making an awful racket here," and then settle down to sleep again.

Poor, sweet, affectionate, little darling, we had her for about three months. She never learned to fly. Her death was accidental and tragic, and the result of her absolute and complete confidence in me. When my daughter and I dug a tiny grave for her, and lined it with the exquisite and lace-like blossoms of what the children call "the bird's nest," we were neither of us ashamed that our tears fell fast. We covered her with the blossoms and then the earth, and there left her.

The Oldest Inhabitant

THE last person alive in a million is always a woman. Girls learn to talk sooner than boys. So woman has the first word and the last word.

According to the *Westminster Gazette*, of the fifty-eight centenarians who died in Great Britain last year, sixteen were men, and forty-two women—nearly three times as many women as men. In 1904, sixty-three centenarians died, of whom twenty-two were men and forty-one women. In the last ten years, 504 centenarians have died, of whom two-thirds have been women and one-third men. The oldest inhabitant is nearly always a woman.

Bridget Sanahar, who died at Limerick a few months ago, was 112 years old, and Bridget Somers, a pauper, died

three years ago at the ripe age of 114. There are in the Emerald Isle at the present time 500 centenarians, while in all the rest of Great Britain there are only 192.

The simple diet of buttermilk and potatoes is doubtless the explanation of the greater longevity of the Irish. This agrees with Metchnikoff's theory that the greatest foe to old age is the colon germ, which thrives on a diet of flesh and produces prodigious quantities of life-shortening poisons. The colon germ does not like buttermilk, but grows weak and puny under a buttermilk diet, and if it does not entirely die out, becomes enormously less active in death-dealing mischief.

COMMON SENSE AN UNCOMMON GIFT

Some of the Important Simple Things Which Mothers Should Never Fail to Observe in the Training of Children

BY MARY WOOD-ALLEN, M. D.

IT is a trite but very true saying that common sense is the most uncommon kind of all. Many people who are intelligent and well educated and capable of taking positions of trust, yet manifest an almost entire lack of sense in their care of themselves. One very striking instance of this fact has been before me during the last few weeks. A pretty young girl keeping a responsible position in a business office was obliged to give up her business because of a serious throat ailment. Her father died of consumption of the throat. By the strenuous exertions of her mother and her physician she was so much improved in health that it was at last decided that her marriage, which had been postponed for some months, should take place. It occurred in the coldest week of the present winter. Up to the very day of her marriage, she had worn heavy, woolen underwear. On her wedding day she discarded these articles of dress and substituted the thinnest gauze. She also threw aside her heavy nightdress and adopted for night-wear a much embroidered, thin, low-necked nightgown. She went out in the bitter days following the wedding, wearing still the gauze undersuits, and no wrap but an Eton jacket of light-weight cloth; and this she wore open that the pretty embroidered, thin shirt-waist might not be hidden from public view. As a consequence, she was within two weeks' time suffering with her throat as severely as at any previous time. Yet this did not prevent her from going out evenings inade-

quately clothed; and the prospects are that it will not be many months before she is confined to the house and perhaps to her bed with a throat ailment which will probably prove fatal.

This seems like an extreme case, and yet it is duplicated over and over again, not only by young women, who might be to some degree pardoned for lack of judgment, but by older women whose experience should lead them to a better understanding of the dictates of common sense.

How few people there are who obey the laws of health in the treatment of themselves when overheated. A man knows that if his horse has been exercising until in a lather of sweat, it must not be fed, must not drink cold water, and must either be thoroughly groomed until dry, or blanketed and made to exercise slowly until thoroughly cooled off; and even then his desire for food must be satisfied with hay and not immediately with a full meal of oats. Yet this same man, coming in overheated from any exertion, immediately throws off his overcoat, takes a drink of cold water, fans himself or sits down in a draft, and does not hesitate to eat a full meal of solid food while still in this heated condition.

The woman who has brought herself into a state of perspiration by rubbing at the tub in a heated and steam-saturated atmosphere, will not stop to put on an extra garment before going out to hang up her clothes, but, dripping with perspiration, rushes out into the

snow and stands in the freezing, icy wind until the washing is on the line, and then wonders why she always has a cold. Just a little exercise of common sense would explain to her the reason and also suggest the method of prevention.

Many mothers are quite oblivious to the dictates of common sense in the treatment of their children. A few days ago I saw a baby of twenty months dressed with short socks extending but about an inch above his shoe tops, the rest of his legs exposed to the cold, biting air of winter, while his body was wrapped in furs,—a most unreasonable and injurious fashion of dress.

In her admiration of the physical beauty of her baby, a mother will sometimes take off the child's thick underwear and expose neck and arms, or even the whole body, for the sake of securing a pretty photograph of the child.

And it is not only in these respects that mothers manifest their lack of common sense. I know of a mother whose baby is now a year old and has never been permitted to sit up unsupported. She is never put upon the floor, but always in a bassinet so packed in with pillows that she has absolutely no opportunity to use her muscles in order to sit erect. This mother is afraid that the baby will hurt herself if she is allowed to sit alone. She does not realize that she is doing the child a great mental injury in not permitting her to use that part of her brain which covers her muscular structure. If the child fails to develop an ordinary amount of intellect, it will probably be due to the fact that the mother has lacked common sense in the training of her child.

I know a little boy, seven years old, who has yet never been allowed to go up and down stairs alone. Of course, one naturally infers that he has been

brought up in a city flat, which is correct. But even under such circumstances, he might have been permitted to develop his self-reliance by going up and down stairs unattended, as his little neighbor of three years. This little chap is sent down three flights of stairs to the bakery next door for bread and does the errand successfully and with much pride; while the little seven-year-old, if accidentally left at the foot of the stairs alone, would have no idea what to do but to stand and cry for some one to come to his assistance.

I heard the other day of a child nearly three years old who had never been allowed to make an attempt to feed himself because the mother was afraid he might do himself an injury, and she had determined that he should not be allowed to feed himself until he could do it safely. She would be quite as sensible to decide that she would carry him in arms until he was able to walk.

Every one would recognize the senselessness of such a proceeding, but I knew an intelligent man, a graduate of three universities, who believed it best for his children that he should decide all the details of their lives, never allowing them to form an opinion for themselves. "I must judge for them until their own judgment is developed," he used to say. The consequence is that these children, now grown to maturity, do not know how to form a judgment unaided. They are always waiting for some one to tell them what to think and what to do. Naturally none of them has made a success of life. A little less college education and a little more common sense in the father would have been of infinite advantage to the children.

Nervous mothers are very apt to show a lack of common sense in the training of their children by holding them back

from the natural activities of childhood. "Get down off that fence. You will fall!" screams the mother in a terror of apprehension. "You must not climb," "You must not run," "You must not do this or that," are the commands of the fearful mother, who does not know that in thus interfering with her child's inclinations to be doing something, she is interfering with his brain development and thereby lessening his mental power. It is through the development of the motor centers that the race has risen from savagery to its present state of civilization; and the individual man, to be perfectly developed, must pass through the same experiences as the race. He must be allowed to do, to be active with his muscles, in order that he shall have mental power.

Mothers too often lack common sense in the management of sick children. Not long ago I called at a home where two children were suffering with bronchitis and influenza. Every door and window was tightly closed and the temperature of the room was over 80°, and still the mother was wrapping the children in shawls and extra jackets for fear that they would take cold, not realizing that the surest way to take cold is to be kept in a superheated and impure atmosphere. This mother also was acting upon the ordinary rendering of the old adage, "Feed a cold and starve a fever," which is only adding fuel to the flames; for that condition which we call a cold is of necessity a fever, and a truer rendering of the proverb would be: "If you feed a cold, you will, as a consequence, be obliged to starve a fever."

Many mothers seem to feel that any form of illness demands an immediate

effort to supply the patient with an extra amount of food; and they at once begin to prepare dainties to tempt the appetite of the invalid. They seem to hold the same idea as did the parson who, when his wife told him she had no mince pie in the house, exclaimed with great anxiety:—

"Why, Matilda, what would you do if some one were to be taken suddenly ill in the night?"

Perhaps in no other respect do parents show more decided lack of common sense than in holding the opinion that if they themselves do not give their children special instruction concerning the mysteries of life, those children will not receive the knowledge. Because the children do not volunteer the information that they have been told these facts, the mother presumes that they are entirely ignorant. The exercise of a very little common sense ought to show parents that children can not remain ignorant, that there are constantly about them, on the playground, in the street, even perhaps in the home, those who are only too ready to volunteer information, and the wisest thing the parent can do is to forestall all such surreptitious acquirement of knowledge by giving a straightforward, authoritative statement of facts.

Schools of correspondence seem to flourish at the present time. Through correspondence we may be taught book-keeping, money making, language, even music. If only we could bring ourselves to admit that we are in need of such instruction, the most popular school ought to be one that would give instruction in good common sense.

THE OPEN-AIR-REST TREATMENT

Life in a Great Consumptive Colony and the Principles and Methods that have Brought Continued Success

BY CHARLES STANILAUS GILL

"There was once an old Greek of Decosis,
Who suffered from tuberculosis;
But he still kept alive,
At one hundred and five,
By taking fresh air in large doses."

SO runs a merry jingle at Saranac Lake in the Adirondacks, where the modern crusade against consumption was begun in this country.

There is an old saying that if you take good care of it, glass will last as long as iron; and certainly the open-air treatment of tuberculosis at Saranac and elsewhere has demonstrated that even failing in a complete cure, a large proportion of consumptives may, by careful and by no means very troublesome attention to a few simple rules of right living, lead long and useful lives. Thousands of such cases figure in the reports of sanatoriums throughout the country; but let us take, for example, the father of the open-air cure in America—Dr. Edward L. Trudeau. Thirty-three

years ago, when tuberculosis was considered a hopelessly incurable disease, Dr. Trudeau was stricken. In those days many leading physicians thought that the proper treatment was to keep consumptive patients confined in a room carefully protected from the outside air, especially at night and in cold weather. No wonder they died! It wasn't really consumption that killed them; they were smothered.

But Dr. Trudeau was impressed with the theory of a German physician, Dr. Brehmer, who published several articles in which he took the stand that a life spent entirely out-of-doors, in any kind of weather, good and abundant food, and rest and discipline were the all-important factors to utilize in bringing



Panoramic View from Clubhouse Window

about a cure. His medical friends shook their heads as he went away to the Adirondacks hoping that the fresh, pure air of the mountains would at least retard the progress of the disease and prolong his life a short time. Despite the gloomy prognostications of these medical friends, Dr. Trudeau not only has lived, but has shown thousands of others how they can also live when stricken in the same way.

It was not medicine that built up Dr. Trudeau's failing health and enabled him to accomplish work that has made his name and the name of Saranac Lake known the world over; it was simply fresh air "in large doses," as the jingle says, with plenty of nourishing food and a firm determination to make the glass last as long as iron by taking good care of it. This latter is highly important, for by some peculiar mental process many tuberculous patients who have been restored to health imagine that they are "better than new," forgetting that the strength of a chain must be measured by its weakest link. Dr. Trudeau, himself, is still a semiinvalid, if such a term may fitly be applied to a man who has shown himself capable of work of a magnitude that might well appal a less stout heart. But this article is to deal with life in the great consumptive colony that Dr. Trudeau has seen develop from a guides' settlement, rather than with the really marvelous achievements of a man crippled in health; with his trials and triumphs as a scientist and philanthropist.

The newcomer in Saranac Lake is quickly and forcibly impressed with the fact that here fresh air is considered of prime importance. All of the houses are

provided with generous verandas, and on these verandas, summer and winter, day and night, will be found patients



Taking "the Cure" in Winter at the Muskoka Free Hospital for Consumptives near Gravenhurst, Ont.

taking the "fresh-air cure." The caller in Saranac is not ushered into a stuffy and badly ventilated drawing-room; he is welcomed on the piazza with the mercury ten or fifteen degrees below zero, and, as he is clad for the occasion, all he needs for his comfort is an extra rug. Many of the health-seekers sleep outdoors even on the coldest nights, and those that "sleep in" leave their windows wide open, for the old bogey of night air and miasma has been pretty effectually banished by the query: "Isn't night air the only air we have at night, and isn't the pure night air out-of-doors preferable to the rebreathed air indoors?"

It must not be supposed that Saranac Lake lays claim to an ideal climate. Climate, it is now known, is not a very important factor in treating tuberculosis; patients get well in all climates and patients succumb in all climates. It is not so much *where* the consumptive lives as *how* he lives that counts. Meteorological records show that at Saranac Lake

it is cool and moist the greater part of the year. For four or five months it may be classed as cold and dry, but even during these most favorable months there is often a most disagreeable succession of dull, gray days, with the temperature below zero, and never a ray



A Cheerful Winter Scene

of sunshine to cheer the health-seeker. Changes in temperature of forty or fifty degrees within twenty-four hours are not infrequent. The ground is constantly covered with snow in winter, and, in fact, the records show that with the exception of June, July, and August, snow falls every month. The seasons have aptly been described as July, August, and winter.

It will be seen, therefore, that so far as climate is concerned, Saranac Lake has no special virtue. Wherein, then, lies the secret of its success as a health resort? Not in skilled medical advice, for that may be obtained in many places. Not in dependence on any mysterious drugs, for drugs are seldom given. Not in diet, for food equal to Saranac's may be obtained at home.

Such success as Saranac Lake has had in fighting the "Great White Plague" may be traced directly to the fact that

there tuberculosis is frankly acknowledged, which permits the health-seeker's life to be arranged in accordance with well-established rules, the observance of which insures the maximum amount of fresh air, freedom from dust, rest and proper sanitary precautions. It is not

often possible rigorously to adhere to these rules in one's own home. The temptations to stay indoors too much, to attend theaters and other crowded places, to keep late hours, to dissipate, to overexercise, to be careless in the matter of diet and hygienic safeguards, are far greater at home than in a sanatorium or health resort where all are "living by rule."

Upon his arrival at Saranac Lake, the health-seeker, if he be an applicant for treatment at the sanatorium which Dr.

Trudeau established for persons of limited means, is given at the village office a printed slip containing some suggestions for his guidance while awaiting a vacancy in the sanatorium. The slip reads:—

Rules for Exercise.—None for one week, then ask about it. None if feverish. None if there is blood in the sputum. None if loss of weight. None if fast pulse. Never get out of breath. Never get tired. Never run. Never lift heavy weights. No mountain climbing. *Go slow.*

Food.—Eggs, two to six a day. Milk, six glasses. Lunches at eleven, four, and nine o'clock. No alcohol.

Air.—Eight to ten hours outdoors. Windows open at night. Avoid drafts.

Baths.—Warm baths once a week. Cold sponges every day.

Expectoration.—Use a box that may be burned. Cloths not to be used except as directed.

Bed.—Nine to ten hours in bed.

Sleep out-of-doors or in tent except in winter.

Sun.—Keep your head out of it on warm days.

Cough.—Try to control. Hold cloth in front of mouth.

Colds.—Lie in. Report to physician.

Clothes.—Wool next skin. Not too much. Use wraps. Never get overheated. Never get chilly.

Medicine.—Always stop any medicine that upsets the stomach.

Practically the entire health-seeking population of Saranac Lake is guided by these general rules, although, of course, more specific instructions are given in individual cases by the physicians. It may be stated here that the wise patient will accept any general rules for the guidance of consumptives merely as suggestions to be followed under the direction of a physician, who alone will be able to tell which rules should be rigidly enforced and which rules discarded for the time being. It is lamentable that many laymen, and even some physicians, writing on the subject of the open-air treatment, are inspired more with enthusiasm than with literal regard or immediate remembrance of existing facts. These well-meaning but half-informed or overzealous enthusiasts make misleading statements that often do harm. If it is at all possible, the tuberculous patient should seek treatment in a well-managed sanatorium, even for a short time, for there he will receive a *practical* education in how to get well, keep well, and preserve himself and others from danger. In the minds of many persons

sanatoriums, especially charitable or semi-charitable ones, are associated with hospitals, almshouses, and insane asylums. Such prejudices are utterly unfounded.

The Adirondack Cottage Sanatorium, at Saranac Lake, and many others conducted on semibenevolent lines, are not unlike high-class country hotels in many respects, with the difference that they are run under the direction of medical experts with all the facilities for caring for persons in failing health. Beyond the observance of certain rules and regulations, obviously essential to the ends in view, life in these institutions is quite as free as it would be at home. They are located amid beautiful surroundings and provided with facilities for amusement, light recreation in many forms, abundance of good reading and opportunities for congenial social intercourse. Few of the patients have any outward sign of illness, and there is no gloom or depression, but rather cheerfulness and gaiety.

The Adirondack Cottage Sanatorium was founded by Dr. Trudeau, who wished to provide a place for persons in the first stages of lung disease, who otherwise could ill afford the expense of a sojourn in the mountains. From the first the cost of board, medical attendance, etc., has been only five dollars per week, which does not cover the cost for table alone. In fact, each patient costs the sanatorium about ten dollars a week, the deficiency in running expenses being met by wealthy friends of the institution. The sanatorium is sit-



One of the Tents of the Colony

uated on a very protected hillside, about sixteen hundred feet above sea level, one and a half miles from Saranac Lake Village.

The first cottage was opened Feb. 1, 1885, and consisted of a one-room building, really a shack, that cost \$350, and was heated by a wood stove and lighted by a kerosene lamp. "The Little Red," as this cottage is called, still stands, in marked contrast to the handsome, even luxurious, structures that have grown up around it, for now the sanatorium consists of thirty-seven buildings in all, twenty of which are cottages ranging in cost and convenience from

the famous "Little Red" to the modern "Moore" and "Nathan," which cost \$5,000 each and are beautifully finished and furnished. It matters not to which cottage a patient is assigned, the cost of board is the same. Nearly all of the cottages accommodate four patients, each of whom has his own room. Then there is a sitting-room and bath. All the cottages are lighted by electricity, heated by hot water and fireplaces, and provided with sheltered porches where the patients may sit and sleep. In the newer cottages each room opens directly on the covered veranda, where the patients' beds are easily pushed.

(To be concluded.)

In the Gloaming

BY HELENA H. THOMAS

SHE tapped once, twice, thrice, and then, hearing no response, and knowing it was baby's sleepy time, she softly opened her neighbor's door and saw, not the mother humming her wee one to sleep, as she expected, but a lone figure so shaken by sobs that she knew not that a trusted friend was near until a hand was laid upon the bent head, accompanied by,—

"Can I share it, dear, or shall I leave you alone with your grief?"

"Oh, stay, stay!" was the broken answer, "for I am half-distracted trying to bear my shame alone!"

The puzzled listener wisely kept silent, but the encircling arm and loving hand-clasp spoke so eloquently that the still weeping woman gained courage to say, brokenly,—

"I can't be the worst woman in the world or—you couldn't love me!"

This served as such an eye-opener

that Mrs. Hartley, with a sigh of relief, laughingly retorted:—

"Better turn on the lights! It is enough to make you morbid to sit here alone in the gathering gloom. Let me do it for you."

"No, no, please let me talk it over just as we are," pleaded Mrs. Carson, clinging to her friend. "It isn't anything to make light of; it is serious this time. I have often half-wished, with the poet, that the power were mine to see myself as others see me, but—but I know now that ignorance is bliss to one as faulty as I."

She closed in such tremulous tones that the elder woman saw that it was a time when speech is better than silence, and so she paved the way by putting the query,—

"Lilian, dear, what has led to this unusual mood, if I may ask?"

Then, accompanied by sobs and sighs,

one of life's pages was shared with another, that other being a woman who lived so close to the Master that she, too, comforted those who were cast down.

"Nothing new. My temper got the better of me again, that's all. I was awake nearly all night with baby, his teeth are so slow in coming through. Then, this morning, after I had put the clothes to soak, my laundress sent word that she was about to move out of town, so, not knowing where to look for muscle, woman-like, I went at it myself, and did it, too! but—but—"

"Shall I anticipate you?" was the gentle query of the one who continued: "It did not pay, for in my overtaxed condition I lost self-control, and this is the result."

"Yes, yes, mentor mine," was the penitent rejoinder. "I am like an open book to you."

"I only jumped at a natural conclusion," rejoined Mrs. Hartley, "for there is always a limit to endurance, and when one goes beyond that, the penalty must be paid in some way. In the case of some, sickness is the result; with others, the weakening of self-control, mayhap, and—"

"Yes, I see that I alone am to blame for my humiliation to-night!" interrupted Mrs. Carson, in a decided tone, "for I know now that there is a better way out of the dilemma than for me to become so overwrought as to lead to such cross words that even my own children could not go to sleep until they had asked God to give me a better disposition."

This ended so brokenly that the motherly friend, in ready sympathy, rejoined:—

"There is a bright side to it, anyhow, for it must be a help to a mother to know that she is borne up in the arms

of such faith as belongs only to little children. I never had such prayers offered for me, you know."

"Then you were saved the humiliation I feel to-night," was the half-laughing, half-crying retort. "But that never could have come to you, for you are by nature as gentle as I am the reverse."

"Oh, my young friend," sighed Mrs. Hartley, "God only knows how many sad mistakes I made, before contrite in heart, I pleaded with the Friend who alone can make allowance for the human frame, to help me to overcome a disposition the reverse of good. Sometime I will tell you more, but it is your turn to-night. Now tell me what the children said, and all about it, for there is nothing more beautiful this side of Heaven, it seems to me, than the faith of little ones."

"Well," sighed Mrs. Carson, "I will make a clean breast of it, in self-defense, if nothing more, for, with Herbert out of town, there is no one else to whom I could open my heart, and I am sure I would have passed another sleepless night, even had baby slept, without the opportunity to share my heart-burden."

"As I said before, I lost self-control, and, to tell the truth, was not only cross but unreasonable. Carl is quick, like me, and he, too, lost his temper, and then, foolish woman! instead of confessing myself in fault, I ordered him off to bed two hours earlier than usual."

"Then, Ruth, who has such a loving nature that she would share her brother's punishments through life if she could, pleaded to be allowed to go, too. 'So's he won't be so lonesome,' as she said. The children each have a little room off mine, you know, but I have allowed them to visit back and forth until too sleepy to share secrets

or 'swap stories.' To-night, however, so absorbed was I, after getting baby to sleep, in reviewing the wretched day, that I scarcely heeded the familiar voices until I heard Carl say, in an injured tone:—

"'A fellow can't be good, Sis, when he's scolded an' sent to bed like a baby! an' not a mite to blame, either, so there!'

"'But, Carl, listen to sister,' next reached my ears, 'you know we've got just the bestest mamma in the world—most days, but—but I guess she forgot to ask Jesus to keep her sweet, to-day, like she tells us to.'

"'Oh, yes,' retorted Carl, 'she's always preachin' to us 'bout bein' good, but she gets madder'n fury herself! Just think how awfully good she talked to us on New Year's day, an' how she told us about the clean year an' how we must keep it clean. I've tried, too, awful hard! but here she's up an' made me mad herself, an' the year most new, too. So I may as well give up trying. I will, too!'

"Then," continued the now weeping mother, "I heard Ruth pleading, as only she is capable of doing, until Carl's mood changed, and it was evident that he, too, was sorry for me, for I heard him say, in a martyr-like tone: 'Well, I s'pose I've got to stand it! but it's hard on a fellow when he wants to be good!'

"'No, you haven't got to stand it, either, brother!'" was what next reached my ears. 'Let's ask God to give her a better disposition. He can, just as easy!'

"There was silence for a moment, and then, after a little more coaxing, Carl said 'Let's!'" and proceeded to say:—

"'If I didn't think you knew it already, dear Jesus, I'd be ashamed to

tell you how—how cross my mamma'd been to-day, but if you know everything, like she says you do, I needn't tell you another word about it, but won't you give her a better disposition, please, for seein' you was a boy yourself once you must know how boys feel?'"

In the gloaming, hand in hand, there sat two women in silence for some time, and then, in a tender tone, the mother continued:—

"Ruth then needed some urging by her brother, and the why of it was made plain when the dear child, between sobs, prayed:—

"'Yes, dear, dear Jesus, make mamma sweet all the time! but if she don't get any sweeter—some days—make my brother sweet, like you used to be, so's he won't talk back, please, dear Jesus!'

"Do you wonder, neighbor, that I felt so like a culprit that I wept until my pleading darlings had forgotten that they had gone to bed unkissed, forgotten that the wonted loving good-night was omitted, forgotten how sadly their mother needed their prayers! Poor, long-suffering children!"

She ended with a sigh of relief, however, that her sins of commission were laid bare, and then turning on the light smiled as she found herself face to face with a mirror, and realized what a woe-begone looking hostess she was.

"Well, dear, what are you going to do about it?" queried Mrs. Hartley, as she left a good-night kiss on the still youthful face. "It is a serious matter, you know, for the faith of children to be shaken."

The mother turned aside a moment, and then, with love-light in her eyes, resolutely cried:—

"I *must* help answer those prayers! and, with His help, I will, I will!"



Courtesy *New Idea Woman's Magazine*

One of the stations for depositing the debris

When the Children Cleaned the City*

BY JULIA DARROW COWLES

ONE day recently, the children of Minneapolis were seen coming from every part of the city, bearing baskets, old sacks, and hods, trundling wheelbarrows and even driving with horse and wagon. Every receptacle was filled with waste paper, old tin cans, battered placards, everything in fact, garbage excepted, which goes to make a city's streets and vacant lots unsightly.

The day had been set apart by the civic committee of the Minneapolis Improvement League, for a children's city cleaning contest, and prizes had been offered by the *Minneapolis Tribune*. By means of the newspapers, by circular letters, and announcements at children's gatherings, the news had been spread, and the two hundred and sixty prizes offered were placed on exhibition in store windows in different parts of the city. The children were enthusiastic and eager for the day to come, and some even began the work in advance, gathering up and storing away the waste matter that they found about until the day of delivery.

The city was divided into fifty-two stations, four in each ward, and each station was in charge of a member or friend of the civic committee who wrote the names of all contestants, and gave each credit for the number of bushels deposited during the day.

The contest opened at nine o'clock and closed at five. All "caste" lines were eliminated for the day, and the boys in immaculate linen worked side by side with the grimy little news-dealers and the shabby denizens of the poorer quarters, all bent upon the same purpose,—the cleaning of their beloved city.

And how those children did work! White hands soon became grimy, faces were streaked with perspiration, collars and neckties were discarded, but the work went gloriously on. Not even the presence of a real fire and a fire department could coax the prospective prize-winners of one suburban station from their self-imposed tasks. Neither could the advent of a photographer be hailed with any great amount of joy. At one of the stations the entire corps of workers was finally corralled, with the exception of one boy who was arguing the ques-

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Courtesy New Latin Woman's Magazine

On the way to a rubbish station

tion of his total credit of bushels with the supervisor of the station. At last the photographer called to him to "get in line," but received a scornful reply, "I ain't got no time fer a picter. I'm talkin' business."

Girls as well as boys took part in the contest, and the youngest worker of all was a diminutive miss of five who carried off one of the prizes. Another worker was the small son of a former mayor of the city, whose mother's place on the committee of awards debarred him from winning a prize, but who helped valorously "for the good of the cause."

All sorts of contrivances for carrying the waste matter to the stations were in evidence, but one of the most enterprising boys pushed a wheelbarrow before him and pulled after him a cart which was attached to his suspenders.

At some of the stations it was found impossible to keep account, upon the printed forms, of the number of bushels brought in, and it was necessary to substitute tickets which were handed out for every bushel deposited and were afterward counted. The champion worker of the day had to his credit a total of more than one hundred bushels of rubbish, while the sum total for the entire

city was thirty thousand bushels! This was an astonishing amount of debris to be collected by these non-professional workers, and was not without its incentive to extra vigilance in the future. Residents of the suburbs

and of other parts of the city which had been accounted spotlessly clean were amazed at the result of the labor of the children, and as some of the elders gazed at the pile of rubbish nearest their own home, they were heard to remark: "Well, the only thing I feel proud of is the industry of the children." It is safe to say that a greater endeavor will be made to keep the district clean in the future than ever before.

At the close of the day came the distribution of prizes; and fishing outfits, jack-knives, croquet sets, parasols, and flags were borne away in triumph by the successful contestants.

The work of the day proved a valuable lesson to the children as regards throwing into the street or upon a vacant lot their discarded popcorn bags, cracker-jack boxes, and other unsightly articles; it also taught them the power of united effort, and the value of their own individual mite. Too often the training of the citizen is forgotten in the education of the child, and it is safe to say that the sufficient arousing of the sense of citizenship in any child will be a reliable bulwark to his manhood throughout his whole life.

TALK optimism.

A Noble Calling

THE self-sacrificing work of the nurse, especially that of the hospital nurse, is little appreciated by the general public. To live in an atmosphere of pain and suffering; to be continually called upon for sympathy and consolation; to be expected to preserve a merry and happy exterior no matter what may be the hidden sorrow in the heart;—in other words, to live altogether for the helping and comforting of others, wholly forgetting self and selfish interests,—this is what is demanded of the one who devotes his or her life to sanitarium or hospital work.

Sir Henry Burdett, editor of *The Hospital*, a leading English philanthropist, after spending a few weeks visiting the medical institutions of this country, penned the following in an article in the *New York Herald*:—

"I often think how sad it is that so few of the public realize the sweetness and charm of most of the men and women who continuously reside in our hospitals, and who give their lives to the care of the sick. Most of them

have voluntarily undergone years of training, entailing considerable cost to themselves in time and money. They often spend their leisure in visiting other institutions, and frequently remain diligent students throughout the whole of their lives. To them, in large measure, is due the advance made in science, in treatment, and in the comforts of the sick in the day of illness.

"Small wonder, then, if such a life generates a spirit of cooperation and good fellowship among all such workers. At the annual conferences which they now hold they exhibit, in the course of the discussions, a spirit of generosity and self-restraint which would form an admirable model for the conduct of business in many national assemblies. I am delighted to be able to say, with all respect, that there are a great number of men and women holding high positions in the management of the great hospitals of America who may justly be regarded as among the most capable and successful administrators in the world."

OVER the pebbles the brown brooks flow,
Singing their cool songs, sweet and low.
From white-boled beech and elm-top tall
On lilled shadows the deep shades fall.
In swaying cradle the white eggs rest
Safe and warm 'neath the brooding breast.
The sweetbrier lifts her winsome face,
The bramble weaves its lines of grace.
All joys are here, each dear delight,
And April's faith, in May is sight.

— Sara Andrew Shafer.

PICTURESQUE BRITISH COLUMBIA

A Panoramic View of Gorgeous Scenery in the Great Northwest of America with Which but Few Americans Are Familiar

BY C. J. LEE WARNER



Photo by A. O. Wheeler, F. R. G. S. Topographer, Dept. Int.

Wapta Falls near Leonchoil, B. C.

WESTWARD the tide of Empire wends its way, and to-day the eyes of the civilized world are directed toward Canada's broad domains as a land of unexcelled opportunities and of scenic grandeur second to none.

During the years 1857-1860 Sir James Hector, explorer and geologist to the Palliser expedition, discovered "the Gap," and a succession of natural passes whereby the transcontinental railway, the highway to the Orient, could be extended through the hitherto unexplored mountains of British Columbia. This route has opened up to travelers a veri-

table paradise of nature's sublimest creation, and it is the aim of this article to describe some of the more beautiful spots of interest in the Rocky Mountains which lie along the Canadian Pacific Railroad.

Banff, Alberta, lying just within the easternmost limit of the Canadian Rockies, is situated in the beautiful valley of the Bow, at an elevation of 4,520 feet. From the veranda of the Canadian Pacific Railway Company's hotel we first gaze upon the prospect,—an immense panorama of rugged hills and mountains. To the north, Cascade Mountain

towers to a height of 9,875 feet; eastward, Mt. Inglismaldie and the far-uplifted solitudes of the Fairholm sub-range; southeast, the sharp cone of Mt. Peechee, 9,580 feet; and northwest, forest-fringed Squaw Mountain standing sentinel over the beautiful Vermilion Lakes which nestle at its feet. In the south stands razor-backed Sulphur Mountain, and Rundle lifting her white-capped apex to the dizzy heights above the snows. The lofty pinnacle of Mt. Edith upraised beside Squaw Mountain affords a climb equal to any ascent in the Tyrolese Alps. The most imposing buttress in this Garden of the Gods is Mt. Assiniboine, the Matterhorn of the Rocky Mountains, in the Spray River Valley,—a sheer pyramid of almost vertical rock towering far above great glacial fields and surrounding uplifted solitudes at an altitude of nearly twelve thousand feet.

Aside from the incomparable mountain scenery round Banff, the place is famous for its sulphur hot springs, its lake and river scenery, and the beautiful drives that are to be enjoyed in its immediate vicinity. One of the interesting features of the place is Buffalo Park, which encompasses an area of two thousand acres, where, among other rare fauna of the Dominion, is a magnificent herd of buffalo, the last remnants of the one-time lords of the plains which overran the adjacent prairie.

Farther on in the Rockies the traveler reaches Laggan, perhaps the most

enthralling resort along the route in the heart of the mountains. Laggan is the station for the far-famed "Lakes in the Clouds," Lake Louise, Lake Agnes, and Mirror Lake. The grandeur of this region is unsurpassed, combining as it does the most fascinating of inland water with the richest mountain scenery on the North American Continent.

Lake Louise is small, little more than a mile in length and about half the distance across; but there is a harmonious blending of scenic grandeur and quiet beauty in its surroundings which makes a perfect picture out of the majestic, snow-covered peaks in the distance and the dark-timbered slopes near at hand. On two sides virgin forests creep down the mountain to the water's edge, which is of a deep sapphire blue, and to the south is seen the forefront of great glacier beds, where the ice reaches a depth of many hundred feet and is perpetuated by continuous avalanches. The Lakes in the Clouds lie ensconced in a vast arena of mountains where the snow towers glistening heavenward. One of the most delightful walks within easy access of Laggan is to the Valley of the Ten Peaks on the shores of Moraine

Lake. By another trail leading to Saddleback Mountain the traveler can obtain a magnificent view across a mammoth cañon two thousand feet deep, to the avalanches of Mt. Temple, the frosted vale of Paradise Valley, the sacred battlements of Mt. Sheol and the pinnaled heights of Castle Crags be-



Photo by Lieut.-Colonel E. F. Wurtele

A Pretty Scene in the Valley at Field

hind Goat Mountain. The glacial field of which Mount Hector is the southeastern outpost is the source of three great continental rivers,—the Athabasca or Mackenzie River flowing to the Arctic, the Saskatchewan to the Atlantic, and the Columbia to the Pacific. In this "field" there is an enormous cavernous passage extending for miles beneath the ice, washed out by subterranean rivers.

This is the region of the highest mountain peaks in the Rocky Mountains, and includes Bush, Bryce, Collie, and the Athabasca.

Field lies next upon our way, and is the locality of exquisite waterfalls. There are two openings by which to negotiate an entrance into the Yoho Valley; one by a trail following a saddleback between mounts Burgess and Field. This trail follows a steep incline for half the distance, then gently descends to the lake and joins the path from Emerald Lake at about the highest point on the Yoho Pass. The other is by a seven-mile carriage drive from Field along the Kicking-Horse River and the base of Mt. Burgess, through a stately avenue of tall spruce and balsams. "Yoho!" is an Indian exclamation,—a word of surprise and admiration. The river that runs through it, fed by snow-fields, is the north Wapta, which joins the main tributary, the Wapta or Kicking-Horse, a little above the railway settlement of Field. Mounts Collie, Balfour, Gordon, Habel, and Daly are the highest peaks in the upper Yoho Valley, and scattered around the entrance-ways are Emerald, the President, Mc Mullin, Burgess, Field, and Wapta. The Laughing Falls, Twinn Falls, the Flume, the noted Takakaw* Falls, 1,380 feet, and several unnamed cascades lie in the vale. The

Emerald, the Witch's Crown, Wapta Glacier, and the tongues which protrude from the great Waputekh ice-fields, all rank among the greatest in the world.

Between Field and Glacier House stands Golden, a prosperous and pretty little mining town on the Columbia. Gold and silver mines are being developed with considerable success at the base of the Spillimachine Mountains which are in the neighborhood; and wild game, especially several species of the bear family, is very numerous, making it a favorite rendezvous with sportsmen.

The Illecillewaet Glacier from which Sir Donald rises, a naked and abrupt pyramid, 10,800 feet; the angular cones of Uto, Eagle, Avalanche, and Mac Donald; the wide stretches of Rogers Pass and the snowy heights beyond (called Grizzly on account of the frequency with which bears are encountered upon its berry-borne slopes), grace the neighborhood of Glacier.

"Oh, the mystery of the mountains!

With their caves and moss-rimmed springs,
Where no trespasser has ventured,

Save soft-footed, wildwood things;

There are heights no man has conquered,

And delights no soul has found,
Treasure-lands of joy and romance

Is that high, enchanted ground."

Between Ross and Abbott, in the background, is the enormous wall of ice known as Mount Bonny Glacier. We are in the precincts of an immense snowy amphitheater here, the Selkirks, the Hermit Range, and the Cougar Hills, which unite in one uninterrupted display of nature's grandest works. Among the marvels of this, the west side of the Rocky Mountains, is the great Asulkan Glacier in the valley of the Asulkan Creek, a gem of mountain beauty, where a series of white cascades foam through vistas of dark spruce and

* "It is lovely."



The Asulkan Creek

*Photo by
A. O. Wheeler*



Emerald Lake;
Mt. King in the
Distance

*Photo by
A. O. Wheeler*

fir, where tumbling cataracts leap from ledges above in clouds of flying spray, and glistening open meadows lead the climber to listen for the tinkle of the Alpine herd.

Many angular peaks stand out in great prominence: Afton with the sharp

Lord Stratheons), one of the chief promoters of the Canadian Pacific Railway. From the summit of Mount Sir Donald a vast number of glaciers can be seen.

Many varieties of flowers carpet the slopes with richness of pattern and color, —rhododendrons, columbines, bluebells,



Photo by Thompson, Vancouver

Banff Springs Hotel

cone; the Rampart—an oblong wall; the Dome, a rounded rock; Castor and Pollux, two towering spires to the south. To the left of the Asulkan Glacier rises a forested dome, Glacier Crest, the western boundary of the great Illecillewaet Glacier, which is banked on the farther side by the lower slope of Sir Donald. This stately monolith was named after Sir Donald Smith (now

castelleias, asphodels, and the graceful grass-of-Parnassus being among them.

To any contemplating a tour abroad, either in search of health or for a restful change, among new and inspiring surroundings, I would readily suggest a visit to the Rockies of Western Canada, where they can enjoy a holiday of unfailing interest, and derive a lasting impression of the vastness of Nature.

Some people have taken GOOD HEALTH ever since it was established, more than forty-two years ago. Others have taken it twenty years; some ten. How long have you been a member of the family?

Hygiene in Japan

(Concluded)

BY MARIA L. EDWARDS

Bathing in Japan.—The care that is given to the person by the Japanese is a matter of comment the world over. Almost every family (even foreigners) has the family bath tub. It is made of wood, oval shaped, with a charcoal

there is always a bath-house in the immediate neighborhood where a woman can go and take all the children and by the payment of two to five *sen* can indulge in bathing to her heart's content. The teeth also receive most careful



Cherry Bank in Japan

stove in one end. The coals are lighted and the water is placed in the tub, and while the person sits in the tub the temperature of the water gradually increases until he can stand it no longer, and then he gets out and cools off. The body is thoroughly scrubbed before getting into the water, so that the same water will serve to sweat several members of the family. Should a household be so unfortunate as not to own a tub,

attention, and as a rule the Japanese show a beautiful row of white teeth. They have good dentists and consult them when necessary. Everybody has a toothbrush,—parents, children, and all,—which is very much like our toothbrush, except that it has a long handle. About the center of this handle is a flexible portion resembling the whale-bone which dressmakers use. It is difficult to guess why the tooth-brush is

made like this, so we watch to observe that after they have scrubbed and scrubbed and scrubbed the teeth five to ten minutes with some good tooth soap, the handle is bent like the letter "W" and the tongue is thoroughly scraped to remove all coating. With the hot bath and the cleansing of the mouth, it would seem that the person is "every whit clean."

On the train while riding from Kobe to Tokyo we had a chance to observe the morning bathing, which reminded me of birds flocking to a little pool of water for a bath after a shower on a hot day. At this stopping place there was a sort of large fountain with a shelf all around where had been placed twenty to thirty wash-basins, and above this a large central basin from which the water was taken with dippers. When the train stopped, about 7:00 A. M., the passengers rushed out with towels, toothbrush, soap, wash-cloths, etc., in hand, and then indulged themselves. Since the kimono always leaves the neck and chest bare in both men and women, a fairly thorough bath is not a difficult problem. One most surprising thing is to note that a fellow passenger has by some means changed from a Japanese costume to a European gentleman's costume, and you can hardly tell how or when he has done it.

Disposal of the Dead.—The common custom among the Japanese is to cremate the dead. Whether it is for sanitary reasons or because there is no room to be spared for burial purposes, or because their Buddhist priests so decree, or because of an ancient practice, the fact remains that nearly all the dead are burned. While in Tokyo we visited a large crematory, where there are places to burn fifty bodies at one time; thirty-three are third-class, twelve are second-class, and five are first-class.

The first- and second-class places are long enough so the body can be in a reclining position, but in the third class they are set up on their feet as in life. The bodies are brought there by the friends and locked into the ovens, and then relatives keep the key until they return the following day to get the ashes. The morning we were there three parties came for the ashes; two second-class, and one first-class.

The vault is opened by the attendant, and the grating is pulled out into the room; all that remains of the bones is placed on a lacquer tray and set on a table for the friends to look over, who gather close about and with chop-sticks select some of the teeth and such small bones as can be picked up, and place them in a very choice small dish to carry home with them. The ashes are meanwhile being carefully brushed together on the pan beneath the grate and are put into an urn that would hold about as much as a two-quart can. These are either buried with the remainder of the bones or placed in the temple. The first-class body was that of a very old lady, and all the friends tasted her ashes that they might live to be very old. They had the custom of burning with the body something that was very dear to the person, so with the old lady had been burned a doll, and with one of the second-class bodies two bottles that were very suggestive of the man's likes.

Carrying Out of Laws.—When laws are enacted by the government, they are obeyed. Seeing the ruinous results of the use of opium in China, Japan not only rules out its use, but its import into the country to make sure that her people shall not be ruined by it.

Smoking is bad for the boy, so the laws prohibit the habit until the age of sixteen, and the law is observed, but it



Japanese Funeral Procession

looks as if he makes up for it afterward, because the practice of smoking is so universal. Not only men, but women smoke the pipe and also the cigarette. The little brass bowl of the pipes they use holds only about a thimbleful of tobacco and will yield only a few puffs, and the cigarettes made in Japan hold but little more.

Their Emperor is in a sense looked upon as a deity, and patriotism is extremely commendable in the ideas of the Japanese, hence the carefulness in the observation of any laws that the government may enact.

The Japanese girls are not looked upon by the parents in any sense as they are in India and China. They love their children, both girls and boys, but there seems to be a peculiar preference given to the boys, because they may

some day serve their country, which is about the height of the parents' ambition.

Insanity in Japan.—When visiting the insane hospital in Tokyo, I was asked if we have more or less insane than they do; and after careful inquiry I learned that there were only two asylums in the country and this one was the largest, with 423 patients, so I concluded that they do not have so many according to the population as we do, and the reason seems clearly explained in the fact that they take life simply, comfortably and happily, for as a people they are happy and free from care and worry, catch a joke easily and see the funny side of things.

The subject would be very incomplete without some reference to the diet question. We are accustomed to

hear that the Japanese live on rice, but one can not sense the truthfulness of that statement until he is among them and sees that rice, pure and simple, with no salt and no sugar and no milk or cream, is eaten three times a day with seemingly more relish than anything else. They, of course, use the unpolished rice, which has not been divested of its proteid elements, and hence is an almost perfect food. Meats in the sense that they are used in this country are out of the question for the majority of people, because they have no oxen, sheep, pigs, or turkeys (except in the zoological gardens) to slaughter, and imported meats are too expensive. Fish is, of course, easy to obtain, and yet judging from the fish markets, I doubt if that is used as freely as it is in this country. Sweet potatoes, both yellow and red, bean curd, army biscuits made from a combination of grains and beans and *ame*, a kind of malt made from rice, are all freely used. Fruit is not so plentiful as one would expect. The cherry tree expends its entire energy in blossom; tomatoes and grapes are both quite plentiful, but more

sour than with us. The Jap pears look like russet apples and taste between a pear and an apple. The branches of the pear tree spread out at right angles to the tree at a great distance, and are supported by a framework resembling a grape arbor. Chestnuts are excellent and very plentiful. They use numerous roots and stems resembling parsnips, potatoes, celery, etc., which one must learn to like.

When we remember that they have the one little charcoal stove upon which to cook the meal, we may know that there is not very much danger of their being tempted by too large a variety at a meal.

With the out-of-door life that they lead from babyhood, the personal cleanliness that characterizes the nation, and the extremely simple dietary, it is no wonder that the Japanese are a hardy race of people.

SEARCH thine own heart: what paineth thee
In others, in thyself may be;
All dust is frail, all flesh is weak;
Be thou the true man thou dost seek.

—John Greenleaf Whittier.



Photo by A. O. Wheeler

Snow Mushrooms in Selkirks (See page 238)

A LETTER FROM HORACE FLETCHER

The Chewing Reform Man Writes from Darjeeling, India, Giving Some of the Interesting Facts Regarding the Old World Countries and Their Habits

DARJEELING, BENGAL, INDIA,
Jan. 24, 1907.

The Good Health Magazine:—

During nearly a year of travel on this side of the Red Sea, I have had constantly in mind Dr. Kellogg's request to note any national, community, or individual practice of pure vegetarianism and the result of such practice in general good health and endurance compared or comparable with the fine results obtained under the influence of the Battle Creek Sanitarium.

I made some careful observations in Ceylon, at an elevation of six thousand feet above sea level, among the Tamil laborers on the tea plantations, and sent them to Dr. Kellogg last spring. Since then I have encountered similar habits of diet with approximately similar results, but nothing new in the vegetarian field. They take dried fish or some other dried flesh food in very small quantity as a "relish" and probably for the salt; also, to greater or less extent, some peppery food.

Your own work stands out so con-

spicuously in the good results obtained that it has no rival that I know of, either in the way of experiment or general practice.

The question of endurance of cold is one that interests me just now. Here in Darjeeling the people from the *terai* (the great plains of Bengal) and the Tibetans are thin, finely drawn, muscularly equipped, and are practically naked up to the waist, but wear an enormous wad of puggery wound round the head. On the other hand, the Tibetans are wrapped in felt and furs or wadded silk from head to foot. Instead of bare feet and legs like the East Indians they work



A Hill Coolie Girl

with and beside, they wear heavy trousers or leggings, and felt boots with soles like moccasins, and, judging from appearances, they do not often take them off.

Among the hill-tribes about here, the Lepchas, the women are the chief beasts of burden, but they are so cheerful about it that the shock of it is lessened. Women in the last stages of



A "Dandy"

This is not a portrait of any one we know, but it serves to illustrate one method of getting about in the mountains and the costume of the Tibetan bearers who serve about Darjeeling. This is the summer costume. In winter they wear fur-lined or silk-wadded garments with heavy felt boots with moccasin soles of leather.

The rug is thrown over the "dandy" because the altitude is 7,000 to 9,000 feet above sea level, and these excursions are usually made to see Mount Everest at sunrise from Tiger Hill, six miles distant from Darjeeling. It is quite likely that the young lady in the dandy has been looking out upon a clear morning view of the highest elevation on the globe, Mount Everest, between Nepal and Thibet, 29,002 feet in height when the measurement was taken, and capable of being a few feet taller after an unusually heavy snow-storm.

This view of the giant mountain of the world is 120 miles distant as a crow might fly if he did not freeze to death in soaring so high. Only forty-five miles to fifty miles away is the summit, 28,156 ft., and visible from base to summit, famous Kinchinjunga.

pregnancy carry trunks from hotels down steep paths to the station of the miniature railway. These trunks sometimes weigh more than one hundred pounds. They are supported on the bent back by a rattan band over the forehead. Some of the women seem to take pride in carrying the heaviest loads and

push in ahead of their sisters to show their strength.

Coming down from the Rockville summit yesterday I saw a woman on the trail with a heavy leather trunk on her back, at the same time carrying a babe in her arms at her breast. The babe was entirely naked, while the mother held a piece of cotton cloth under him, and the little fellow was cooing and toying with the fringe of his mother's head shawl and her long pendant turquoise earrings. The air was



View of Darjeeling from Jalapar Road

The point in the picture marked with the cross looks down into a valley 6,000 feet deep, from the bottom of which to the summit of Kinchinjunga is a vertical elevation of 27,000 feet, 11,000 feet on top of the height of Mont Blanc, as it were.

The distance is about 45 miles and presents perhaps the finest mountain view—snow mountain view—in the world.

No such near view can be had of Mount Everest and the giants surrounding it, and hence its comparative inferiority as a picturesque object. The situation of Darjeeling is ideal for viewing the grand snowy range to best advantage. It is a narrow spur pointing at the great "view," five or more miles long and about 6,000 feet high above the valleys surrounding it. It is beautifully wooded and covered with villas and interlacing roadways.

still sharp, and frost lingered in the shadows.

Mr. Righi, one of the survivors of the last fatal failure to attain the summit of Mount Kinchinjunga, tells me that their coolie bearers bore each one man's weight (eighty pounds) ten hours a day. This meant climbing over uneven, slippery ice with felt boots having a thin leather sole, which doubled or trebled the effort required. They subsisted on two pounds of rice each, with some fat or butter, which is their average ration at home when they are economical, all except the fat. If a coolie were carrying his own food only, the wonder of it would not be so great, but these coolies were kept up to the full eighty pounds to the last camp at an elevation of 21,500 feet.

The lesson of this trip was to deny the great difficulty of breathing at high altitudes. Mr. Righi had a camera and he showed us a picture of the coolies playing at athletic games at an elevation one thousand feet greater than Mont Blanc. Wrestling, tug of war, racing, and the like were the games indulged in, and were in celebration of the news that the expedition had been abandoned and the precipitate departure of their driver, the leader of the expedition.

I despair of getting any endurance tests such as Professor Fisher used at Yale University, as the people are so superstitious and disinclined to do anything they are not accustomed to doing. They have not the nerve to stand three

hours and forty minutes with arms extended, as did your Dr. Waggoner, in the interest of science or for pay either. Their habitual diet is vegetarian, and their endurance at their accustomed occupations wonderful; but the rest of their lives seems so unhygienic to us that they are scarcely a fit comparison.

As stated in the beginning of my letter, we have established comparisons and have attained qualities of endurance among ourselves on low-proteid and otherwise economic diet that are sufficient unto ourselves and for ourselves.

HORACE FLETCHER.

THE food problem is one of the most difficult that the housekeeper has to meet. To-day it means a study of balanced rations and proportions, as well as the cost and nutritive value of foods. It means the varying of these proportions to suit the needs of the old, the young, the laborer, and the brain worker.

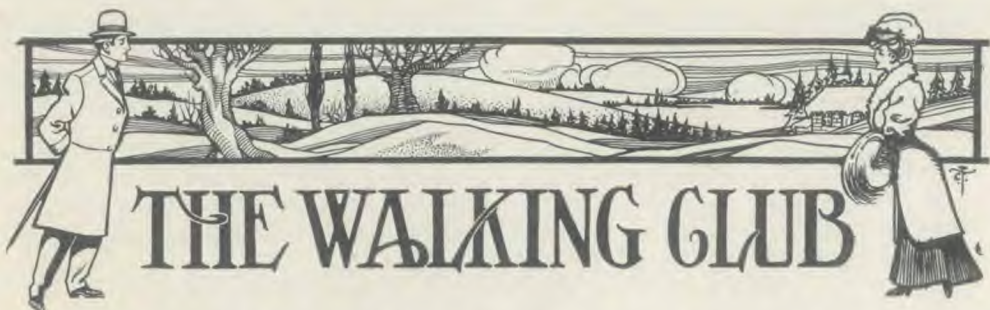
A meal may be perfectly well balanced and yet not be dietetically correct. In other words, the metal may be in the ore, but the physical machine incapable of extracting it.

An out-of-door worker, with plenty of oxygen at hand and no hard brain labor, can digest more food and food difficult of digestion because his blood is not called away from the digestive organs to the brain, than can the man tied to a desk in a heated office, in school, or shop.—*Sel.*

FROM the prison of anxious thought that greed has builded,
From the fetters that envy has wrought and pride has gilded,
From the noise of the crowded ways and the fierce confusion,
From the folly that wastes its days in a world of illusion,
(Ah, but the life is lost that frets and languishes there!)

I would escape and be free in the joy of the open air.

—*Henry Van Dyke.*



A Study of the Silk-Worm, *Promethea*

BY JULIA ELLEN ROGERS

A MUCH-LOATHED beastie is the caterpillar—by all but scientists and children! All this horror of “crawling things” is put into the heads of the youngsters by uninformed and prejudiced elders, acting with the best possi-

I believe one in the far East, both so retiring in disposition that few have ever met them. They are lost sight of in the great number of kinds and individuals of harmless and intensely interesting spiders.



The *Promethea* Caterpillar

To speak of “the caterpillar” is like speaking of “the child.” Both are constantly with us in overwhelming numbers and infinite variety. Both are hungry all the time, if they are in health. We begrudge the caterpillars their daily bread, if their natural inclinations lead them to the foliage of our favorite tree or bush or vine. This naturally tends to alienate our affections from the ravenous feeders, and we have

ble intentions, but doing great injury to the reputations of respectable members of the insect tribes. Miss Muffet would have enjoyed the treat of her life if some one had watched with her the wonderful growth of a web, spun by the most skilled of all spinners along about sundown of a warm day in summer. There is one venomous spider in the West, and

them destroyed, without quarter,—quite forgetting that it is man that upset the balance of Nature, else all might be well provided for.

I invite the members of the Walking Club to study a caterpillar this month. No handling of the insect is necessary or desirable, albeit no harm will come to you or the creature if care is exercised.

I use as pliers a strip of tin bent double to pick up caterpillars. Usually I examine them by handling the twig or leaf to which they are attached.

Take a look at the trees common in your vicinity. The new foliage is broadening to maturity. Look for signs of the young of Luna and *Promethea*. The larger the adult insect, the larger will the larva be. Begin to study this giant silkworm now, when it is very small.

The larva is the eating stage of any insect,—the second stage in its development. The egg is the first stage. The larvæ of moths and butterflies are called caterpillars. The larvæ of bees and flies are called grubs. Most insects pass through a quiet, sleeping stage, when they cease to feed. This is the pupa stage. Moths spin cocoons in which this period is spent. The larvæ of butterflies are enclosed in a skin, which we call a *chrysalis*, unprotected by a cocoon. Out of the pupa comes the adult insect, the fourth and last stage.

The caterpillar of *Promethea* (*Callosamia promethea*) is known to every child in the eastern half of the country, and westward to the foothills of the Rockies. The eggs are laid on the opening shoots of the trees or bushes to whose twigs the cocoons were attached all winter. The spice bush, sassafras, sweet gum, tulip tree, and wild cherry are favorite trees. Look under the tree for droppings that indicate the presence of these larvæ, especially when they are well grown. Dark green pellets of excreted leaf material they are, with peculiarly grooved and cross-grooved surfaces. The ragged leaves are fresh cut where the larva is feeding.

The pale, blue-green surface of the smooth, plump body is well concealed by its resemblance to the green foliage mass. The body has a small head with a pair of beady black eyes, where they

ought to be. Two strong, curved mandibles (jaws) move sidewise, and closed locate the vertical mouth. Watch a moment, and see how the jaws devour the leaf. Disturb the larva, and the head is drawn back into the second joint, the



The Full-Crown Moth *Promethea*

loose skin folds in like a rolling collar, protecting the head. At the same time, the body rears backward in alarm, showing a pair of short, jointed legs on the under side of the first three segments of the body. Two bristling red horns stand out threateningly, the second and third segments on either side of the middle line of the back. They look like coral. A single, central spike projects from the top of the eleventh segment. Small black bristles arm the sides of the body. The middle of the body is supported on four pairs of unjointed "prolegs." A fifth pair of these remarkable clasping organs set farther back steadies the body, and gives the larva freedom and security while throwing or waving the head and shoulders. If teased with a straw, the caterpillar is quite pugnacious, the body becomes elongated and rigid, the jaws and claw-like feet come near as if for concerted action, and the spikes stand up in orderly ranks on the sides and back.

What are these spikes for? That is a fair question. In some tropical spe-

cies they are able to inflict poisonous wounds. They certainly give the wearer a troublesome look. A bird sees this fat morsel and covets it. We can believe that the sight of those horns incites the imagination, and stays the beak of the destroyer. How would such a bristly mouthful feel as it went down? "Aye, there's the rub!" Memory calls up unhappy encounters with specimens similarly armed. The canny bird goes to find a smooth-skinned "worm," leaving Promethea to some inexperienced cousin. Two forms of protection this larva exhibits.

Their insatiable appetites bring a peculiar discomfort to all caterpillars. The skin soon becomes as tight as a drum. Fortunately, Nature has provided for this case. By close watching you may be so fortunate as to see the skin crack down the back, and the compressed body swell to comfortable size. The mouth and feet help to drag off the integument, which is a complete "union suit." The larva closes the incident by rolling the skin into a ball and eating it!

As growth proceeds, several molts of the skin take place. By bringing in young or half-grown caterpillars on twigs of their own favorite tree, and keeping

the twigs fresh in a glass of water, conditions quite as favorable as those outdoors can be maintained. The student may find no trace of a caterpillar when he goes out to resume his study; the creature wanders at will. Indoor study has this advantage. The insect will usually remain on the twigs, if the leaves are fresh. He rarely enjoys wandering over desert wastes of book cases and carpets.

When at length the time comes for spinning, he is restless, ceases to eat, and exhibits an interest in leaves that are limp and inedible. This is late in summer. Close watching will give a glimpse of the marvelous process of enveloping twig and leaf-stem in meshes of silk, and the huge bulk of the spinner's body in a cocoon, the basis of which is the concave of the dead leaf.

No earnest student of the larval stage in the life of any of our native silk-worms can fail to marvel at the wonders of its bodily structure, its adaptation to the life it leads, and the fixed program it follows from the hatching of the pearl-like egg in spring till the weary spinner "wraps the drapery of his couch about him, and lies down to pleasant dreams."

A Mile with Me!

O who will walk a mile with me
Along life's merry way?
A comrade blithe and full of glee
Who dares to laugh out loud and free,
And let his frolic fancy play,
Like a happy child, through the flowers gay
That fill the field and fringe the way
Where he walks a mile with me.

And who will walk a mile with me
Along life's weary way?
A friend whose heart has eyes to see

The stars shine out o'er the darkening lea,
And the quiet rest at the end o' the day,—
A friend who knows, and dares to say,
The brave, sweet words that cheer the way
Where he walks a mile with me.

With such a comrade, such a friend,
I fain would walk till journeys end
Through summer sunshine, winter rain,
And then?—Farewell, we shall meet again.

—Henry Van Dyke.



Spring Hygiene in the Home

BY KATE LINDSAY, M. D.

TWENTY-FIVE thousand cases of typhoid fever in Pennsylvania is the report of that State Board of Health for 1906. And with it is coupled the suggestion that the watershed of Pennsylvania be cleansed or the water subjected to an adequate filtration process. The cleansing of the watershed could be accomplished if the citizens of the commonwealth would cease to pour filth into her streams or deposit it on hillsides and upland in convenient form for the spring floods and rains to wash it into the wells, springs, lakes, rivers, and other streams of water. But this marvelous sanitary reformation is not likely to be made practical in the land of William Penn for decades to come, so Pennsylvania is likely to maintain indefinitely the unsavory reputation of having the highest typhoid-fever rate in the world.

The causes which are making the Pennsylvania watershed a source of disease and death to her people are working around every home in this nation. At no season of the year are they more potent and more apparent than in the spring, when the winter snows begin to melt and the spring rains to fall. Garbage, ashes, and other refuse dumped in the backyard, and reeking

stable and barnyard filth are washed into the water supplies by the floods from melting snow and falling rain. Vile gases and liquid solutions which have been held by winter's frosts, are now let loose by the warm sunshine, and escape into the air. Perhaps the farmer's well, spring, or other source of water supply is in the mid-current of some such foul stream, or the unsavory flood may leak into the basement and inundate the cellar, thus defiling and infecting the whole house and its contents, and perhaps contaminating the air, food, and water of the family for weeks and even months to come. The members of the household sicken with fever, are crippled with rheumatism, are subject to neuralgia, early become infected with tuberculosis, and suffer from chronic nasal catarrh, bronchitis, asthma, and other chronic pulmonary disorders. Such families are always needing medical attention, and wondering what they have done that Providence should afflict them with so much sickness. Like the great State of Pennsylvania, they have a foul watershed; their environment is disease-breeding, the virulence being highest in the spring and autumn, when the great quantity and rapid decay of organic mat-

ter favor infectious germ growth and activity.

To avoid these semiannual visitations of fevers and other infectious disorders, the home environment should be kept clean. No unsightly heaps of kitchen garbage or any other filth should be deposited around the home. To keep the water supply clean, the well or spring should be protected from the possibility of surface inflow from a defective location and faulty top finish. Should the well or spring be below the house or barnyard and the drainage from these unsavory localities be toward the source of water supply, then the foul flood from these sources should be directed by dyke and ditch so it will flow around, not into, the well. In digging a well it should be remembered that it should be sunk in a clean surface soil located above all sources of contamination. The well should be deep, and is safest if the water is found in the rock. Then keep the surface in the proximity of the water supply scrupulously clean. Do not let the ground around the family fountain be the place for farm stock to assemble daily to quench their thirst and brush away flies.

When spring time comes, the children are anxious to get out-of-doors to play, and some thought should be given to the yard in which they are to play. Not every place is a safe playground for the little folks; most surely not the yard used in common by the poultry, pigs, and other domestic animals, the ground of which is saturated and defiled with their excrement. The mud-pie making may have disastrous results when the mud used is moistened with sewerage water and the soil is a compound of all forms of excrement and other filth. The writer remembers well the case of a family of three children, who all came down at once with typhoid fever. They

had evidently contracted the disease from playing in the mud of an open sewer ditch which drained several tenement blocks above, in which were cases of this disorder. The fact that none of the grown-up members of the family took the disorder indicated plainly that the infection came from the hands soiled by the mud-pie making, and afterward put more or less in the mouth.

Worm infection, much more common in children than in adults, is also due to swallowing dirt infected with animal and human excrement containing the ova of these parasites. Children are unfortunately prone to put their fingers and everything which they handle into their mouths, no matter how foul the objects may be. The baby has its so-called "comforter," which is always unclean, and put in the mouth as soon as it is through taking its meals. Dropped on the floor, it gathers up dirt on its moist surface, and is then licked clean by the little one, and the process is repeated time after time both indoors and out; hence the importance of having a clean playground for the children.

Since the United States began to take under its protection other nations, tongues, and people, and to have possessions in the tropical regions, another intestinal worm has been introduced into this country. It is commonly called the hookworm, infecting the small intestines, and is said to cause one-third of the deaths in Porto Rico, and also to be spreading over the Southern States very rapidly since the war with Spain. Even in the North and West the disease is not unknown. The ova are most commonly taken into the body on the hands, foul with soil mixed with human excrement from patients suffering with this disorder, or by absorption through the skin of the feet or other

portions of the body from walking barefoot in infected soil. The irritation known as ground itch is an evidence of the infection. The disease is most common in children, women, and laborers who work in the ground and who run barefoot.

All these and many other facts which could be given show how many serious disorders may be contracted from infected soil, especially where the home yard is contaminated by foul matter. As the season of the year approaches when the children must play out-of-doors, it is needful in the interest of the family health and sanitation that the yard be cleaned for their special use; also that clean clay be furnished them for mud-pie making and other modeling. It should also be seen to that the water they use is clean. A well-kept lawn should be set apart for their special benefit, with a clean sand-pile for them to play on, and this should be sprinkled with clean water. Teach them to keep their fingers out of their mouths, and never to lick off any dirt from anything to cleanse it. Also instruct them to avoid walking barefoot in foul water or any dirty mud, as that of the barnyard or stables.

In malarial regions and also where yellow fever is likely to appear in hot weather, all sources of mosquito breeding should be removed. These insect larvæ do not develop in swiftly running water. They are found in stagnant pools and on the marshy margins of all streams where the current is slow and they are sheltered from natural enemies, as tadpoles, minnows and other small fish, and water-beetles and devil's darning-needle larvæ. They also breed in rain-water barrels, unclean eaves-troughs, old tin cans, or anything else which will hold stagnant water. The tramping of cattle on the banks of

a running stream may convert it into a mosquito culture farm and the family suffer annually from malaria, or the more deadly yellow fever infection may cut short the lives of many of its members in a few days.

These infectious disorders can all be stamped out, but it requires that every householder and every land owner clean up and keep clean his own premises, drain his own marshes, and look to the condition of his own water supply and the health environment of the home. It will no longer do for the parent to say that children, like potatoes, thrive and grow in dirt, and it is good for them. The out-of-door life, fresh air, and sunshine are the elements in which children develop strength and vigor. The unavoidable grim of a clean soil, if removed by a daily evening bath, will do no harm; but contact with foul earth and an out-of-door life amid unclean surroundings is always disease-predisposing. The yard and the basement unclean mean that the family must be taking in foul matter all the time and can not find a sanitary environment either outside or inside the home. Unfortunately, while the average parent feels under obligation to earn the wherewithal to house, clothe, and feed his family, he usually consigns to Providence the responsibility for the family health. When sickness comes, he wonders why a loving Father should thus afflict his helpless children, never once blaming himself for the infectious disease which might have been avoided by proper home hygiene and sanitation. Truly, what is needed to safeguard the homes of the nations from disease and make them safe places for the children to grow up in is an enlightened sanitary conscience which will lead the parents to feel that they are responsible for the family's health.

How the Body Resists Disease

V

BY WILLIAM S. SADLER, M. D.

What Is Immunity? It is a well-known fact that certain persons, although repeatedly exposed to certain diseases, never contract them. It is equally well known that when a person has had yellow fever, smallpox, and certain other diseases, he is not likely ever again to suffer from these infections. This is due to what doctors call *immunity*. Briefly stated, the theory of immunity is as follows:—

It is supposed that the cells of the body have certain abilities to combine with the poisons of disease. This ability of the cell to unite with poison might be represented to the mind by saying that each cell had a number of little arms. These arms are probably, in conditions of health, devoted to the work of taking up food to nourish the cell. In disease these little arms have power to reach out and take hold of poison. These arms are called *receptors*, and one of the theories of contagious diseases and other infections is that the poisons circulating in the blood are united to these little "receptors" of the cells. Under the influence of the disease, the cells are stimulated to make large numbers of extra receptors, and it is thought that receptors may even be thrown out from the cell and circulate in the blood as the antitoxic bodies previously mentioned.

In hereditary immunity it is supposed that the individual is born with these receptors for some particular disease either absent, or else all satisfied previously to birth. In acquired immunity, these receptors of the cell are supposed to be all satisfied when an individual has the disease once; say, for instance, yellow fever, so that yellow fever poisons

that may enter the blood in the future are not able to attach themselves to any of the body cells. And this, then, would confer *life immunity*. In the case of some diseases, such as diphtheria and others, it would seem that the receptors do not remain long satisfied, and so, after a short lapse of time, a few months or years, the individual can have the disease again.

Immunity is sometimes spoken of as "natural" and "artificial"—natural immunity referring to the process of saturating the cells of the body by means of natural reaction to the disease when once contracted; whereas artificial immunity refers to such instances as vaccination against smallpox, and diphtheria antitoxin. In the latter case, the horse has diphtheria, and develops large numbers of antitoxin bodies, which are thrown out into the blood, and then this blood is found to be effective in destroying diphtheria poisons when introduced into the blood of a person suffering from diphtheria. In the other case, the cow has smallpox, and develops a milder form of disease called cowpox; then the immunity developed by the cow against the disease (and many of the immune bodies are found circulating in the blood of the animal) is administered to man by means of vaccination, and in this way the patient gets the benefit of the cow's immunity; and hence it is termed *acquired immunity*.

It is not yet altogether known just how this immunity is conferred, but the foregoing is representative of the latest theories advanced by the scientific workers who are searching along these lines.

THE CHILDREN'S COOKING CLASS

CONDUCTED BY LENNA FRANCES COOPER

DEAR CHILDREN OF THE GOOD HEALTH FAMILY:—

How glad we all are that spring is here, with its abundance of flowers, fruits, and vegetables, and "green things a springin' up everywhere." Some of these beautiful things were apparently intended for our mental enjoyment only, but many others were intended as a source of food as well. It is very important that fruits and vegetables should be given a prominent place in our dietary, as they tend to keep the blood in good condition, the digestive tract clear, and the body in good order.

There are many ways of serving these things, but one especially delightful way is in salads; so we shall prepare salads for this month's practice work.

A salad is composed of two parts—the body and a dressing.

The body may be any vegetable, fruit, or some heavier substance, such as eggs, cottage cheese, protose, or other nut preparations.

The dressing may be with or without oil or fat. Those without oil are usually used in fruit salads, while those with oil are more appropriate for the vegetable and heavier salads.

Indeed, the salad is a most delightful and wholesome way of getting the fat which our body needs. Fat is another one of our fuel foods. You will remember that we have had three other classes of fuel foods,—the sugars and the starches,—but the fats are the greatest heat- and energy-producers we have, giving off more than twice as much heat and energy as either of the other fuel foods. Since it is so concentrated, we, of course, need much less in quantity than of the other foods.

Foods fried in hot fat are not wholesome, both because of the excess of fat which they usually contain, and because the hot fat permeates and saturates the tiny particles if it be a starchy substance, thus rendering the starch difficult of digestion, for the fat can not be acted upon until it reaches the intestine. Hence the starch which is surrounded by fat must also wait until it reaches the intestine before it can be digested, whereas it ought to be partially digested in the mouth.

If it be a proteid food, it is toughened by the great heat; for boiling fat is



Steaming the Figs



Mixing the Potato Salad

almost twice as hot as boiling water.

We shall soon begin the study of proteid foods; then we shall understand more about them.

For our practice work let us begin with a very simple salad, namely—

Lettuce Salad.—Cut the leaves apart, look it over carefully, then wash and place in cold water for an hour or so until very crisp. Dry between two clean towels, wrap in one of them, and place on ice until wanted. Serve on individual plates with a little of the following dressing:—

French Salad Dressing.—

1 tablespoon lemon juice
2, 3, or 4 tablespoonfuls (as desired)
olive oil
 $\frac{1}{4}$ teaspoonful salt
A few drops onion juice

To the lemon juice add the salt

and onion juice, then the olive oil. Stir together and serve.

A variation of this dressing is the—

German Potato Salad.—Slice enough cold boiled potatoes to make one quart. Grate one-half of a small onion over them, sprinkle with salt, and pour slowly over all one-fourth cup of pure olive oil, stirring lightly with a fork until each slice glistens with the oil. Then add the juice of one lemon, and stir once more. Set on ice for an hour or so before serving.

Another simple but delicious salad is—

Tomato with Mayonnaise.—Wash the tomatoes, remove the stem end, and peel thinly from the stem end downward, not around, then cut down through the center almost to the other side, making four divisions. Sprinkle with salt and fill in the center with—

Cooked Mayonnaise.—

2 eggs
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup olive oil or butter

Beat the eggs, add the salt, lemon juice, water, and the oil or butter in the order given. Cook in a double boiler or one sauce pan placed within a larger



Cottage Cheese Salad

sauce pan, the larger being filled with boiling water, stirring constantly until it *begins* to thicken or until it sticks to the back of the spoon so you can not well see the spoon through it. Take immediately from the fire, place it in cold water and stir until partially cooled. If by chance it should cook too long and curdle, i. e., become coarse-grained, beat it vigorously with a Dover egg beater. Serve on a lettuce leaf.

Cottage Cheese Salad.—

1 cup cottage cheese

$\frac{1}{2}$ cup cooked mayonnaise

1 cup chopped celery

Drain the cottage cheese in a sack or napkin until quite dry. Serve on individual plates. Place salad in the center of the plate, surrounded with cress or lettuce leaves. Between the cress and the salad place, alternating, four walnut meats and four slices of hard-cooked egg.

Fig and Apple Salad.—

4 apples

1 dozen steamed figs

$\frac{3}{4}$ cup Golden Salad

Dressing

To steam the figs, arrange in a colander and place over a kettle of boiling water. Cover and steam until perfectly tender. Remove from the fire and when cold, cut into small pieces.

Pare, core, and quarter the apples, and cut into small, cube-like pieces.

Mix the apples and figs with the dressing and serve in little glass cups or on individual plates garnished with nasturtium leaves or lettuce.

Golden Salad Dressing.—

2 eggs

$\frac{1}{4}$ cup lemon juice

$\frac{1}{4}$ cup orange, pineapple, or any
light-colored fruit juice

$\frac{1}{3}$ cup sugar

Beat the eggs, add the other ingredients, and cook in a double boiler, stirring constantly. Remove from the fire as soon as slightly thickened and cool as quickly as possible.

With these dressings any number of salads may be made, simply by using different materials for the body.



Tomato with Mayonnaise

ATTENTION is called to the announcement of the Summer School in the School of Health and Household Economics of the Battle Creek Sanitarium. A most excellent opportunity is presented to teachers, students, and others who wish to spend

their summer vacation to obtain a practical knowledge of the things most necessary to health and happiness. Two special courses are offered, which are fully described in our advertising section.



SIMPLE DIET AND MENTAL CLEARNESS

Facts Regarding the Diet and Habits of Famous Brain Workers Prove the Necessity of Simple Living for Great Accomplishments

THAT simplicity in diet is necessary for the highest grade of mental work is a fact which has long been known to brain workers of all classes. When Isaac Newton was completing the wonderful mathematical research which enabled him to establish the law of gravitation, he subsisted, during the last two weeks of a protracted period of the closest application, wholly on bread and water.

Many prominent brain workers in recent times have discovered the necessity of exceeding simplicity in diet as a means of promoting mental activity and endurance. The late King Humbert both practiced and advocated the simple life in diet and abstained wholly from the use of meat, as did also the old Emperor William of Germany, who did not taste meat during the last ten years of his life. The present German emperor, William III, is likewise an advocate of simplicity in diet, and asserts that meat-eating is responsible for a multitude of ills.

When the writer was visiting in Berlin a few years ago, he learned from a gentleman who was intimately acquainted with the Emperor's physician, that the Empress with her children were all spending the summer at a vegetarian hydropathic establishment, and that the Emperor has estab-

lished a small sanitarium in his palace.

The eminent Dr. Hillis, the successor to the famous Beecher as pastor of the Plymouth Church, Brooklyn, in a recent article, strongly advocates the simple life as an aid to mental fertility. We quote the following paragraphs:—

"The physicians tell us that walking is far more healthful than riding, and we need no physician to tell us that it is less expensive. As to health and mental fertility, every scholar and distinguished author knows that if he wants to do really great work he must confine himself to wheaten bread, a glass of milk, and other simple food.

"When the poor boy is making his fortune he does not realize that his strength, his energy, and his happiness are largely due to his plain living. Grown rich, he eats eight or ten courses, with two or three kinds of wine. That is, he eats the courses for a short time—then the courses carry him into the graveyard. The achievements of Wordsworth, the old German Emperor, of Leo XIII, of Gladstone and Tennyson, are the achievements of extreme abstinence in old age. A little fruit, a little cereal and wheaten bread, a glass of milk—these are within the reach of all, even the poorest laborer; anything more is at the peril of

the eater. The express companies mark certain packages 'at the owner's risk.' In life's feast nature stamps the last eight courses of the rich man's dinner with these words: 'At the owner's risk. All responsibility disclaimed.'

"The people in this country who are disturbed by the price of meat and the revelations of the stockyards had better read the story of Belshazzar's feast and ponder the fact that Alexander died of red meat and apoplexy."

Rev. Charles M. Sheldon, of Kansas, eminent as an orator, writer, and a social reformer, in an article contributed a few months ago to the *Independent*, makes the following confessions, which place him clearly on the side of the simple life and the vegetarian dietary:—

"I recall with a feeling of shame the immense amount of work it put on my mother and sisters, the bill of fare we men demanded on our farm for breakfast. We thought we must have, and did have, beefsteak and potatoes, eggs, hot biscuit, coffee, griddle-cakes, molasses, apple-sauce, and very often some kind of pie. Dinner was, in the language of the card table, several better than this, and supper was a resounding echo of breakfast. We had meat three times a day, and thought we could not live without it. It is a marvel to me now that we have any of us lived so long with it.

"There was a man once who, when the dew was on his strawberry vines, and the wren that had her nest in the box elder near his bedroom window had begun her morning thanks, arose and dressed him leisurely and strode out into his little garden at the back of his lot, and without losing any of the wren's melody plucked him a bunch of radishes, cut a liberal supply of heads of tender lettuce, picked a pan of strawberries, and while in the garden took out of the soil several handfuls of young beets with their tops, and also picked a dish of green peas. Going back to the house, he picked over and washed the vegetables and berries, laying the peas and

beets aside to be cooked for dinner. The radishes, lettuce, berries, together with a pitcher of milk and a plate of crackers or bread, went on the table. Breakfast was ready. There had been no banging of stove lids, no frantic stirring of the hot fire on a hot summer morning, no greasy odor of bacon or beefsteak pervading the house, no toilsome and lengthy preparation on the part of a flush-faced 'hired girl' to get ready coffee, steak, and hot biscuit for reluctant stomachs of people who are going to leave half the breakfast on their plates to be wasted or served up again in hash. The time this man used to get his breakfast ready was the time spent by the wren in her morning devotions, but it was enough. I could tell the name of this man and of his wren, but these confessions are already too personal.

"Not only do civilized people eat too much, but they spend twice the time necessary in getting food ready to eat. I do not see why my wife should be expected to spend more than half her lifetime planning meals and getting them on the table, or why another woman called the 'help' should spend three-fourths of her time in washing a multitude of dirty dishes and putting them back on the table to be dirtied again. The vegetable habit simplifies life. It helps us do other things besides get our meals. Ten minutes is time enough to get breakfast. Then we have leisure to eat slowly the little we have. The general American plan is to spend half an hour getting twice as much food on the table as the family needs, and then omit family prayers, and hurry through breakfast in fifteen minutes.

"If the *Independent* prints this article, I foresee trouble for myself. People are going to write to ask what the vegetarian does when he is invited out; when he is one of the victims at a banquet; when apples are two for a quarter in New York; when the frost has taken the peaches in Delaware, and the potato-bug has eaten all the invisible supply in Nebraska. These things do not trouble me. Most of my

friends have enough on their tables besides meat to keep me from starving until I get home. If apples fail, I fall back on prunes. At most banquets there are radishes, celery, and olives. If potatoes are high, I can thrive on rice.

"Meanwhile I have the satisfaction of

unusually good health, and the consciousness every day that, so far as I am concerned, no man need work in an abattoir, and the double satisfaction of the consciousness every day that, so far as I am concerned again, the beef trust can get nothing out of me."

PERNICIOUS TEACHING

Ridiculous Reasoning Advanced as an Excuse for the Use of Condiments and Non-Use of more Healthful but less Stimulating Foods

AN editorial in the *Cooking Club* under the heading, "Why We Do Some Things," explains the use of vinegar and oil with salads as follows:—

"Raw vegetables are easily enough digested by cows and horses, but with difficulty by the human stomach, because they contain that hard, fibrous substance, cellulose. But acids dissolve cellulose, and vinegar is an acid. That is why we take it with salad and cabbage, and doubtless that is why it tastes so well, for the palate is an excellent judge of what is good for the stomach. Oil is added for the very good reason that it protects the lining of the stomach from the action of acid in vinegar."

A little thought ought to show the absurdity of such reasoning. If vinegar will dissolve cellulose in the stomach, it ought to dissolve cellulose outside of the stomach. If vinegar will dissolve lettuce and the various other things which are often served as salad, we should eat our salads in a liquid state rather than in the usual form. While vinegar has a slight effect upon cellulose, this action is only noticeable after long contact of the vinegar, or acetic acid in concentrated form, with the cellulose.

A head of cabbage in a barrel of vinegar would not dissolve in a week. How

much less effect, then, could be expected from a few drops, or a few spoonfuls added to a very considerable mass of cabbage, lettuce, or other raw vegetables? Lemon juice is in every way preferable. The fact that vinegar may affect the stomach as well as the cabbage is recognized, and the suggestion made that oil is added so as to protect the lining membrane of the stomach from the action of the acid of the vinegar.

It is true that vinegar does irritate the mucous membrane of the stomach, which is far more susceptible to its action than is the cellulose of vegetable substances. Certainly the stomach needs protection of some sort, but if the oil will protect the stomach, how much more will it protect the vegetables also?

Such teaching—and the cookery books and cooking magazines are full of it—is certainly ridiculous.

Equally absurd is the answer to the question, "Why do we take pepper, salt, mustard, and spices?" To this the answer is made, "Because they tickle the glands of the stomach and make them work.... They also stir up the liver, and a stirring up of this organ is an important thing for people who live sedentary lives."

Current erroneous practices and medical teaching may be a justification for the

error embodied in the above statement, but certain it is that nothing is more unnecessary in the diet, and few things less called for, than irritating substances to "tickle the glands of the stomach and make them work." If the glands are made to work by irritation, the irritation must be constantly increased more and more in intensity until the poor stomach becomes the seat of inflammation. Then degeneracy of the glands sets in, and the end is total inability to work. The poor stomach becomes bankrupt and no longer makes hydrochloric acid, pepsin, or any other of the useful ferments which a healthy stomach produces.

Thousands of people are going about with worn-out stomachs as the result of the free use of pepper, salt, mustard, and other hot and irritating condiments. It is equally unnecessary and injurious "to stir up the liver." People who live sedentary lives are the last of all persons who should treat their livers in this way. The liver of the sedentary man is more or less crippled because of his lack of exercise. The liver needs oxygen to enable it to do its work. The man who neglects to exercise properly does not take a sufficient amount of air into his lungs, and hence does not properly oxygenate his blood. The liver is starved. It is in the state of

the Israelites who were compelled to make brick without straw. It is not lazy, it is crippled, it is overburdened. What such a liver needs is not stirring up, but help. Some of its burdens should be taken off. It is like heaping additional work upon a tired horse, and then laying on the whip. A horse treated in that way will soon become exhausted and cease to work altogether. This is the way most people treat their livers. When they have attacks of biliousness or of other symptoms attributed to liver inactivity, they goad and punish the poor, overworked organ with increased doses of mustard, pepper or other hot, irritating substances, and if this is not successful, then they call upon the doctor to give them some more potent liver tickler.

The result of this bad treatment is to be seen in the rapid increase of gastric disorders of various sorts, such as cirrhosis followed by abdominal dropsy, inflammation of the gall-bladder, gall-stones, from which according to certain pathologists every tenth person is suffering.

The pernicious philosophy which gives rise to such unwise advice as we have referred to above is responsible for a large share of the chronic ailments from which human beings are suffering, and of which many thousands are dying annually.

THE WHITE MAN'S BANE

The Use of Flesh Foods Worse Than Intemperance in Drink in Hot Climates

MR. SAMUEL P. VERNER, who has spent many years as a pioneer in Africa, in a most able and interesting article, "The White Man's Zone in Africa" (*The World's Work* for November, 1906), asserts that "white men eat too much meat in Africa." By careful and wide observation he has become convinced that "this is a wofully common mistake, worse than intemperance in drink. It is ruinous to the liver, and

is responsible for a host of ills."

This is a shrewd observation by a very level head and sagacious student of men and things. And there is good ground for the conclusion reached by Mr. Verner. Meat generates poisons in the body. Those portions which are undigested, finding lodgment in the colon, furnish food for teeming billions of microbes, which produce most deadly poisons. These toxins, as they are termed, are rapidly absorbed into the blood, and, as Mr. Verner remarks, are especially injurious to the liver, for the reason that the liver has for one of its most important functions the purification of the blood by the destruction

of germs and germ poisons, as well as the elimination of poisons.

What Mr. Verner says of the white people of Africa is equally true of those of America, and of most civilized countries—of the white man everywhere, in fact. The mischievous idea that flesh is essential as an article of diet has taken such deep root in the mind of the average civilized man it seems impossible to uproot it; but the recent observations of Chittenden and Mendel, and the rapidly accumulating facts developed by the laboratory researches of bacteriologists and chemists, have already struck a fatal blow to this time-honored fallacy, and we shall see in the near future a rapid change of opinion among open-minded and intelligent men and women who think it worth while to give thought to this subject.

Flesh foods are not a wholesome dietary in any climate, and least of all in the tropics. Animals were created eaters, not eatables.

THE LAW AGAINST OLEO

Regulation Seems to be More in the Interest of the Dairy Business than of Public Health

THE legislature of the State of New York has created a law prohibiting the sale of oleomargarine, which reads as follows:—

"Any person manufacturing, selling, offering, or exposing for sale any commodity or substance in imitation or semblance of butter, the produce of the dairy, shall be deemed guilty of a violation of the Agricultural Law, *whether he sells such commodity or substance as butter, oleomargarine, or under any other name or designation whatsoever* and irrespective of any representations he may make relative to such commodity or substance."

Several other States have passed similar laws, and the United States has imposed an internal revenue tax of ten cents a pound on oleomargarine colored in imitation of yellow butter.

This legislation is in the interests of the dairy business rather than in the interests of the public health or the public pocket-book. We know of no argument whereby it can be shown that oleomargarine is in any respect less healthful or wholesome than butter, nevertheless we are glad to see this legislation, for while the promoters of this campaign against oleomargarine had no such purpose in mind, the effects of laws prohibiting its manufacture and sale must necessarily, to some degree at least, discourage the great business of raising and slaughtering live animals for food.

The manufacture of 150 pounds of oleomargarine annually requires the death of at least 750,000 cattle, or 4,000,000 sheep, to furnish the required amount of fat; so that the suppression of the sale of oleomargarine will help at least to prevent the killing of many thousands of innocent creatures.

A dead cow will yield about one-fifth or one-sixth her entire weight in fat, whereas the same cow kept alive will produce an equal quantity of fat every year of her life, at least for a considerable term of years, say ten, so the world is the gainer by keeping the cow alive instead of killing her, at least so far as the production of fat is concerned.

Oleomargarine offers one advantage over ordinary butter in that the process by which it is manufactured practically sterilizes it; at least it must contain an infinitely less number of bacteria than does ordinary butter, which is by far the filthiest thing which is placed upon the table in the shape of food, with the possible exception of Limburger or some of the allied varieties of cheese. This characteristic of butter, however, is one which will pass away as butter-makers become more intelligent respecting the bacteriology of food, and as methods of dairying and butter-making are brought into line with the light and knowledge scientific inquiry has in recent times placed at our disposal. Good creamery butter made of fresh milk sterilized is one of the most easily digestible forms of fat.

An Editorial by the Advertising Man

Friends, did you ever stop to consider what the advertising section of a magazine—especially of such a magazine as GOOD HEALTH—really amounts to? No? Then let's take a minute or two right here to think about it.

Sixty years ago our grandfathers, many of them, drove their ox teams through miles of unbroken forest, or, perchance, over dusty plains, to a common trading station, where they spent their time carefully buying and selling. When business was over, they would cheerfully gather up the news and information from the outside world that the settlement had to dispense, and again take up the weary journey homeward.

That day is over. To-day the morning newspaper has the world's latest happenings to relate as you eat your breakfast; a score of magazines furnish information on any one of a hundred subjects that may be of deepest interest to you.

But there is another mission each newspaper and each magazine fulfils; that is, to carry the market of the world, or some especial portion of it, to the readers. Through the advertising section the very show-cases and warerooms, as it were, are brought to the doors of every reader. Thousands of dollars, yes, often hundreds of thousands, are spent by advertisers in making these advertisements tell in the very plainest way what they think the readers want to know. Thus the magazine has become, if you will take it that way, a vast market-place for you to shop in.

But there are different kinds of newspapers, and there are different kinds of magazines. Likewise there is a difference in the general nature of the advertising which different publications print. Many newspapers, for instance, have an established policy of printing any advertisement that is not criminal or so thoroughly ob-

scene as to bar the paper from the mails, providing the advertiser can pay the price asked for the advertisement. Some magazines seem to have a similar policy.

A few—very few—can truthfully announce, "We advertise only what we can conscientiously recommend."

Now for a personal word. You who are not new-comers in the GOOD HEALTH family know that for forty-two years this magazine has been standing for just one thing—*right living*. Moreover, you recognize that its policy has always been just that which is quoted above, "to advertise nothing that we can not conscientiously recommend." For a great many years our *subscribers* have been reaping the benefits of this consistent protective policy. To-day we want to put in a word for the *advertisers*.

We want you, as a member of the GOOD HEALTH family, to read the advertising pages. If you haven't done it before, you will be surprised at some of the discoveries you will make. It is a good habit to form, this reading the advertising section thoroughly. Many people read through the advertisements before they even glance at the contents of the regular reading pages. You owe it to your magazine, too, if you are at all interested in its welfare, to read its advertisements; for we promise our advertisers, virtually, to place their goods or their arguments before you, and this can not be done if you, and you, and you do not read the ads.

This month, as every month, there are a great many very interesting advertisements, all of things which GOOD HEALTH readers should be especially interested in.

That is all for this time. Our advertisers will let us know how much good this little preachment may have done.

THE ADVERTISING MAN.



QUESTION BOX

[Every reader of *GOOD HEALTH* is entitled to the privileges of the Question Box. All letters should be addressed to Editor Question Box, *GOOD HEALTH*, Battle Creek, Mich. Questions must be confined to matters regarding health and kindred topics. Each letter must be signed with the full name and address. The name and address are required so that when necessary, the letters may be answered directly, as it is frequently impossible to include all letters and their answers in this department, owing to the large number received.—EDITOR.]

10,458. Chronic Disease of the Colon.

—Mrs. B. F. H., Illinois: "Please advise the best diet for chronic disease of the colon."

Ans.—A diet rich in proteid promotes the development of fermentative and putrefactive processes in the colon. Meats of all sorts, including fish and fowl, and cheese should be absolutely discarded from the diet, and eggs should be used very sparingly. It is better not to eat the white of egg at all. The diet should consist principally of fruits and fruit juices, well-dextrinized cereals, vegetables, avoiding the coarser varieties, and especially buttermilk and kumyss. Ordinary milk abounds in germs, but in kumyss and buttermilk the harmful bacteria are replaced by an organism which produces lactic acid. Lactic acid discourages the growth of colon germs. Rice, potatoes, fresh cream, and butter may also be used. All food should be very thoroughly masticated. The greatest care should be taken to keep the colon emptied.

10,472. Cuban Itch.—R. T., Wisconsin:

"Define cause and cure of Cuban itch, the symptoms consisting of blotches under the skin followed by a breaking out, which in turn leaves a black or purple tender spot. The patient is a young girl fifteen years old, using no meat or stimulants of any kind."

Ans.—Cuban itch is an unscientific term which seems to be applied to a variety of conditions, in some cases Cuban itch having turned out to be mild cases of smallpox. Others on investigation have been shown to be parasitic diseases of the skin.

10,478. Dry Nostrils—Fruit Eaten at

Night.—J. R. T., California: 1. What causes dry nostrils and pharynx? My nostrils are so dry as to make it necessary for me to moisten them several times during the day and night. I have running of the nose every morning for about an hour after I have taken my bath. Is this condition peculiar to people in advanced years?"

Ans.—The cause is doubtless chronic nasal catarrh. The application of a little vaseline night and morning should be helpful. A spray of alboline will secure relief if the foregoing measure is not sufficient.

2. "Why is fruit not considered wholesome when eaten at night?"

Ans.—This is a popular error which has no real foundation unless it be the harm resulting from the common habit of eating combinations of cream and fruit or cream and sugar or ice-cream. The harm results from the combination, not from the fruit. The best evening lunch consists of stewed or well-ripened fresh fruit or fruit juice. This food should be eaten by itself, however.

3. "What should I do to cleanse horse hair mittens?"

Ans.—An excellent method of cleansing horse hair mittens is to wash well with soap and then boil for fifteen minutes.

10,479. Neuralgia — Cold Morning Baths—Kidney Trouble and Diet—Effect of Whisky upon the Heart.

—L. W. K., District of Columbia: 1. "What causes neuralgia? Name a remedy."

Ans.—Neuralgia may be caused by mal-

nutrition, impoverishment of the blood, an excess of proteid in the diet leading to retention of proteid wastes, autointoxication through the absorption from the colon of the products of putrefaction. An eminent French physician has stated that pain is the cry of a hungry nerve for better blood. The best way to secure better blood is to live an active outdoor life. Better blood is secured by careful regulation of the dietary, avoiding all irritant and poison-containing foods, thorough mastication of food, and a sufficient amount of exercise daily in the open air to secure moderate perspiration; the cold bath every morning on rising, and an abundance of fresh air during the night secured by opening wide the window of the bedroom or by sleeping outdoors.

2. "Should a person subject to neuralgia take a cold morning bath and begin to sleep out-of-doors as early as the first of April?"

Ans.—Yes; but special precautions should be taken to protect painful parts.

3. "What are the indications of kidney trouble? How much water should a person suffering from kidney trouble drink in a day?"

Ans.—Indications of kidney trouble are puffiness of the lower eyelids, scanty, high-colored urine, or a large amount of colorless urine, chronic headache, hardening of the arteries, discoloration and pigmentation of the skin, and foul stools. Such a person should drink two or three pints of water daily.

4. "Suggest diet and treatment for building up the general health and increasing weight."

Ans.—The diet will depend on the severity of the disease. Every nephritic should consult a competent physician. The diet advised in answer to question No. 10,458 is an excellent prophylactic measure in persons who begin to show symptoms of kidney trouble. The best diet is one consisting of butter, potatoes, corn flakes, honey, or melrose. Such a person should also take a short cold bath on rising every morning, and a short, warm bath at night two or three times a week. Out of each twenty-four hours, spend ten hours in bed. Sleeping outdoors, working outdoors, walking a mile two or three times a day, are all excellent measures.

5. "Some doctors prescribe whisky for the heart. What effect does it have on that organ?"

Ans.—When doctors employ whisky as a

heart stimulant, the prescription is made under the mistaken idea that it is a stimulant. It is a stimulant only in appearance. The editor's experiments have proved absolutely that whisky never strengthens the heart, but always weakens it. It never stimulates, but always depresses. A possible exception is the slight increase of heart activity which occurs during the first few moments, due to irritation from contact of the drug with the mucous membrane of the stomach. The same sort of stimulation will result from the application of mustard or some other irritant to the skin or mucous membrane.

10,481. Mud Baths.—E. Q., New York 1. "The writer of the recent series of articles, 'What the White Race May Learn from the Indian,' in GOOD HEALTH, recommended mud for the scalp. Would mud prepared from soil such as is found in New York be beneficial?"

Ans.—Fine clay would be best for the purpose, such as molders' clay, or, better still, the clay poultice such as may be obtained from any drug store.

2. "Are hot and cold water applied alternately to the scalp injurious or beneficial?"

Ans.—Short hot or cold applications to the scalp are in many cases beneficial and are in no wise harmful.

10,482. Pain in the Breast—Round Shoulders—Poor Circulation.—Mrs. W. J. P., Oregon: 1. "Can you tell me the cause of pain in the region of the left breast of a boy of sixteen. He is very thin, having grown very fast, and he has not been well."

Ans.—The pain is probably due to intercostal neuralgia. Indigestion is a frequent cause of such a pain.

2. "Would the necessity of urinating once and occasionally twice in the night be a sign of kidney trouble?"

Ans.—No.

3. "What is a good exercise to cure round shoulders in a girl of fourteen?"

Ans.—Swimming is one of the best exercises for this purpose. Careful training in a proper sitting and standing position is especially important. An excellent exercise for strengthening the trunk muscles is to raise the head and legs upward as far as possible while lying upon the face.

4. "Recommend treatment to correct poor circulation."

Ans.—If by poor circulation is meant cold hands and feet, the measures most likely to secure relief in the majority of cases are the use of the abdominal supporter, the outdoor life, proper diet, such as is recommended in the answer to 10,458, taking care to avoid the use of such articles of food as meat, tea, coffee, alcohol, pepper, peppersauce, condiments, cheese, and fried foods of all sorts. Vigorously rubbing the feet and hands with very cold water for half a minute two or three times a day is also an excellent measure for improving the circulation of these parts.

10,483. Inactive Liver and the Diet.—Mrs. L. S. T., Minnesota: "Should a person suffering with inactive liver abstain from the free use of foods, and what treatment should be given? What foods should be eaten by such a one to increase flesh?"

Ans.—Such a person should avoid over-eating, but eating too little should also be avoided. A study of the current numbers of *GOOD HEALTH* should enable the average person by calculating the number of calories eaten daily to determine when he has taken the proper amount of food. Other measures for stimulating the activity of the liver are the moist abdominal bandage worn at night, the adoption of the outdoor life, dry friction of the skin with the hand or a soft brush, the short, morning cold bath, and a short warm bath two or three times a week at night. The wet girdle consists of a towel or several thicknesses of cheese-cloth six or eight inches wide and long enough to extend once and a half around the body wrung quite dry out of very cold water and applied about the body, then covered with mackintosh or other impervious covering, and a flannel bandage two or three inches wider. This should be allowed to remain in place overnight, and on its removal in the morning, the trunk should be given a cold friction bath.

10,484. Drowsiness—Remedy for Rheumatism.—K. E. W.: 1. "What is the cause of being very sleepy mornings? I fall asleep while reading the newspaper and remain sleepy until about noon. I am apparently in good health."

Ans.—The cause of drowsiness is probably a deficient blood supply to the brain. This may be due to a congestion of the portal circulation. Remedial measures are the morning cold bath, the use of an abdominal supporter, outdoor exercise, and especially the eating of a very light breakfast.

2. "I have seen a home remedy for rheumatism recommended in the newspapers, composed of extract of dandelion, compound of kargon, and compound of syrup of sarsaparilla. Would you consider this of any value?"

Ans.—No. No amount of such trash can render any possible benefit as a curative measure in either acute or chronic rheumatism. Acute rheumatism is due in some cases at least to infection. Chronic rheumatism is the result of autointoxication through the absorption of poisons from the colon. It is necessary that the colon should be emptied thoroughly every day. This may be accomplished by careful regulation of the diet and if necessary by the use of the enema. Meats and eggs should be avoided for the reason that they promote the putrefactive processes and the growth of germs in the colon.

10,485. Diet in Inflammation of the Bladder, Hemorrhoids, and Kidney Trouble.—T. S., California: "What foods do you recommend for one of sedentary habits for inflammation of the bladder, hemorrhoids, and kidney trouble? What foods should be avoided?"

Ans.—The best diet for these cases is one containing a low portion of proteid. Food should be very thoroughly masticated. Fruits and fruit juices should be used freely, also an abundance of fresh vegetables thoroughly cooked and well chewed to increase the alkalinity of the blood. Care should be taken to avoid all kinds of irritating foods, such as meats, tea, coffee, alcohol, indigestible foodstuffs such as pickles, the hulls of peas, beans and lentils, and corn; also pepper, peppersauce, condiments, and all fried foods.

10,486. Overwork — Backache, etc.—F. E., Illinois: "I am twenty-eight years old, formerly a conductor, but for the past year a mail carrier. I have nervous dyspepsia and nerve exhaustion. I spent some time at the Sanitarium and received benefit. It was there I was advised to secure outdoor work. I am about thirty pounds under weight, and the loads are sometimes very heavy, weighing from fifty to sixty pounds. This makes me fear that the work may injure instead of benefiting me. When the loads are very heavy, I feel very much exhausted. 1. Should I give up this work?"

Ans.—It would seem that you are not quite strong enough for your present work. A lighter occupation would probably be advisable.

2. "I find by examining the records of Death Benefit Associations a large percentage of kidney trouble, Bright's disease, and tuberculosis claims are from mail carriers. Why is this?"

Ans.—This is probably because this occupation is sought by persons not able to engage in the heavier mechanical pursuits. There is nothing unhealthful about the occupation itself.

3. "In the morning on arising I often have the backache. Does this indicate kidney trouble?"

Ans.—Not necessarily, but the condition of the kidneys ought to be investigated. You should consult some competent physician.

4. "What other work would you recommend?"

Ans.—Light outdoor employment would be advisable. Your present occupation would be perfectly satisfactory if provision can be made for carrying the heavier weights.

10,487. Asthma—Sciatica.—J. H., Illinois: 1. "Please state cause of and cure for asthma."

Ans.—Asthma is in the majority of cases due to autointoxication through the absorption of poisons from the colon where they are formed in excessive amount as the result of too long retention of fecal matters in the colon. The treatment has been frequently discussed in these columns. The diet is especially important. See answer to No. 10,458. The chest pack is also beneficial in these cases. It consists of wrapping about the chest a towel or cheese-cloth bandage wrung quite dry out of cold water. The wet bandage is covered by mackintosh or other impervious covering, and the whole carefully covered by flannel, and pinned snugly in place to prevent the evaporation of moisture and subsequent chilling.

2. "What treatment would you recommend for rheumatism of the knee joint? I use neither meat, tea, coffee, or alcoholic drinks."

Ans.—Apply a fomentation to the knee, followed by the application of a heating compress. Massage of the limbs above and below the joint is a valuable means of improving the nutrition of the joint and of preserving the strength of the muscles controlling the affected joint. Applications of electricity would be excellent if they are available. It is probable the cause of this rheumatism is autointoxication due to colon disease which will require the colon treatment outlined above.

3. "Would you recommend milk in my case? I am seventy-two years old."

Ans.—It is quite possible that the milk does not agree. Cream in small amount, or buttermilk, is preferable to ordinary milk in most cases.

10,488. Varicose Veins.—W. S. R., Alberta: "By medical advice I left Scotland and came West, having suffered from nervous prostration. Am feeling better, but am troubled with varicose veins in hands and arms."

Ans.—Varicose veins may be helped by immersing the hands and arms in water at seventy degrees for fifteen minutes three times a day. Avoid overexertion of the arms.

10,489. Falling Hair.—A. G., Wisconsin: 1. "Will you tell me the cause of and cure for falling hair? The scalp is quite free from dandruff, but itches considerably. The hair is quite dry."

Ans.—The cause is doubtless parasitic. It may be due to chronic seborrhea. An excellent remedy is the following:

- 1 part precipitated sulphur,
- 1 part alcohol,
- 5 parts rose water,
- 5 parts distilled water.

Bathing the scalp with cold water, friction of the scalp with the fingers dipped in cold water, the application of a little fine vaseline well rubbed in, are all helpful measures.

10,490. Honey—Meals—"Milk Cure"—Vacuum Cap for Baldness.—N. B. N., Georgia: 1. "Is honey predigested by the bees?"

Ans.—No. The sweet of honey is fruit sugar, and is already digested when gathered by the bee, hence requires no further digestion.

2. "If so, is not honey the most wholesome sweet?"

Ans.—It is a wholesome sweet for persons with whom it agrees. It is preferable to cane-sugar.

3. "Provided a man eat a certain amount of food in twenty-four hours, is it better taken in two, three, or five meals?"

Ans.—Whether one should eat two, three, or five meals a day depends upon the amount and kind of food he eats. Well-cooked rice, stewed fruit or fruit juices when eaten in small quantities, will leave the stomach in an hour or two. If the amount taken is small, the intervals between meals should be brief. In certain cases this plan is advantageous. Some patients may be given four or five

meals daily if the meals consist of easily digested foods in small quantities. During convalescence from serious surgical operations it is often necessary to employ this plan of treatment.

4. "Is it true that an article easy of digestion should not be eaten with one difficult to digest, as the former must remain in the stomach until the latter is digested, and hence ferment?"

Ans.—There is doubtless some truth in this suggestion. Foods which are digested easily, ferment with equal facility. Such food should pass out of the stomach as quickly as possible, so that its digestion may be completed and absorption begun.

5. "How can an article that has been acted upon by the digestive juices of both the mouth and stomach ferment?"

Ans.—Fermentation occurs in the portions of food which have not been properly digested.

6. "Please define calories in such simple language that any one can understand it."

Ans.—A calory is a heat unit. It has also been adopted as a means of estimating the nutritive value of foodstuffs. Ordinary foods are capable of producing in the body practically the same amount of energy which can be obtained from them in the form of heat by burning them. One calory represents the amount of energy required to raise the temperature of four pounds of water one degree Fahrenheit. The number of calories contained in food is obtained by burning the food and measuring the heat produced by means of a calorimeter.

7. "Do you believe in the 'milk cure' of disease? For instance, drinking a glass of milk every thirty minutes during the day to cure a complication of diseases."

Ans.—No. This method rarely succeeds because it is very damaging. Any apparent benefits which may sometimes be obtained are only temporary. Milk disagrees with a very large proportion of chronic invalids. This is due to the fact that milk readily undergoes fermentative and putrefactive processes in the stomach and intestine, thus giving rise to autointoxication.

8. "What is the relative wholesomeness of cotton oil and olive oil?"

Ans.—Olive oil is a natural product which has not been subjected to any chemical treatment.

9. "A horticulturist with thirty years' experience scouts the idea of a special fertilizer for a particular plant. He says: 'Plants,

like animals, are not so much kept in health by a special kind of food as by the proper quantity, and conditions surrounding the individual when food is received, and proper temperature.' He then observes that the beef-fed English laborer is not the physical superior of the Irish or Scot who is fed on potatoes and oatmeal. He says: 'You could usually find one of equal development in each case.' He declares that none but the veriest charlatan will claim that a special food chemically considered is necessary for each class of domestic animals and for each class of domestic plants. How far is he right, and how would this teaching apply to man?"

Ans.—In the main the writer referred to is right. Foods for both animals and plants are best adapted for purposes of nutrition in the form in which they are naturally found.

10. "Some one says that everything not resolvable to a liquid must be rejected from the mouth. Is this so?"

Ans.—There are very few foodstuffs which are actually dissolved in the mouth, but they should be so thoroughly broken up that they are reduced to a pasty or semiliquid consistency. Food should never be swallowed in lumps.

11. "How about the bran of parched corn, pulp of green corn, skins of prunes, etc.? Is not something of the kind necessary for the bowels?"

Ans.—Popcorn is an excellent food; green corn pulp is likewise very wholesome. But the skins of prunes and other foods often remain in the stomach for a long time, and can be in no way beneficial.

12. "What is your opinion of the pleurometer?"

Ans.—We are not familiar with the instrument. It may prove to be of some value.

13. "What do you think of the Vacuum cap for baldness or falling hair?"

Ans.—It is not likely to be curative without other local and proper systematic treatment. Falling hair is due to depression of the general health.

10,491. Sore Finger.—Mrs. D. L. W., Iowa: "Under the nail of the second finger on my left hand is a spot which pains severely when I am exposed to cold. Extreme heat produces the same pain. It is very sensitive to any jar. The spot is next to the base of the nail. The trouble is of seven years' standing. Is it a nerve trouble—vascular or motor? What do you think of scraping the nail over the spot and burning with caustic potash?"

Ans.—It seems evident that the nerves of the finger are involved. The plan suggested might prove beneficial.

10,492. Diet.—X. Y. Z., Massachusetts: "The following is the result of a test breakfast:

"Hydrochloric acid, 70
"Total acidity, 110
"No lactic acid
"No sarcine.

"In this case what kind of food should I eat?"

Ans.—Such a patient may eat all ordinary wholesome foods providing he thoroughly chews them and takes them in moderate quantity.

10,493. Enema—Mitten Friction.—Mrs. M. F., Idaho: 1. "Is the daily enema apt to prove harmful?"

Ans.—Yes, if taken warm or hot. No, if taken at a temperature of 80° or less, Fahrenheit.

2. "Do you advise the ice mitten friction during winter?"

Ans.—Yes, in cases requiring the application of this measure, it is an excellent means of securing tonic effects.

10,494. Anemia—Enema—Adenoids—Menopause—No-coffee.—Mrs. S. B. A., Illinois: 1. "What symptoms indicate an anemic condition?"

Ans.—Symptoms indicating an anemic con-

dition are paleness and pallor of the skin and general weakness, but the only reliable test is examination of the blood. There may be diminution in the blood count or in the coloring matter of the blood, or both. Anemia is always serious and should receive immediate attention.

2. "What treatment would you advise?"

Ans.—Cold baths, the use of the moist abdominal girdle at night, and colon treatment when the stools are foul.

3. "What tube should be used in an enema to cleanse the colon?"

Ans.—A glass or hard rubber tube is best for the purpose.

4. "Do you always advise the removal of adenoids in a child? Is there any danger in leaving them if a child is in good health? At what age are they best removed? If the system is built up, can they not be overcome?"

Ans.—It is generally best to remove adenoids. Doubtless this difficulty is outgrown in the majority of cases, but frequently permanent injury is left behind. The child should have a proper diet as outlined in foregoing answers. He should live outdoors as much as possible, and at night the window of his bedroom should be left open in

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5. "Am forty-four and have some indications of the menopause. Am otherwise well, except occasional attacks of prostration, and am not able to eat. Would Turkish baths be beneficial? I do not perspire."

Ans.—Some benefit might be derived from the Turkish bath or the electric-light bath, but the hot water bath is probably preferable.

6. "Do you advise No-coffee for me?"

Ans.—No-coffee or Noko is a good substitute for tea and coffee. It should be regarded, however, as a substitute only, and not an essential to health.

10,495. Fresh Air.—M. M. W., Michigan: "What is the best method of obtaining fresh air during sleep and yet remaining indoors? Do you know any mechanical appliances for securing it? If so, where obtainable?"

Ans.—The best means of obtaining fresh air during sleep without going outdoors is some mechanical device for introducing fresh air into the sleeping room. An excellent device is the Porte-Air. By addressing the Sanitarium, Battle Creek, Mich., you may secure a booklet and price list of this device. The window tent is also an excellent mechanical device for this purpose.

10,496. Hair.—A. E. P., California: "After cleaning my hair with kerosene four or five times I have terrible headaches in the top of my head and back of the neck. The entire nervous system is affected. Do you think the kerosene has anything to do with my condition? Would electrical treatment help me?"

Ans.—Kerosene produces headache in many persons who are specially sensitive to this substance. The treatment should consist of careful regulation of the diet, the cold morning bath and exercise outdoors. Electrical treatments are likely to give temporary relief, but no permanent benefit can be expected from them.

10,497. Uric Acid Poisoning.—L. F., California: "What treatment would you advise for a young girl who suffers from uric acid poisoning?"

Ans.—A short sweating bath three times a week at night, followed by a cold friction bath on rising in the morning, and an active outdoor life are advisable in such a case. It

is necessary not only to avoid foods which are rich in uric acid, but also to avoid foods which promote fermentative and putrefactive processes in the colon. Such foods are meat, eggs, and cheese. The best plan is to eat an abundance of fruits and fruit juices.

10,499. Weight of Infant—Food for Infant—Fontanelles.—Mrs. J. H. R., Michigan: 1. "What should be the weight of a healthy four-months'-old babe? I feed him Quaker Oats gruel strained. Should this be diluted with cows' milk? He weighs sixteen pounds at thirteen weeks. How much lime water should I give him daily?"

Ans.—Twelve to fourteen pounds is the weight of a healthy four-months'-old baby. Barley water is better than lime water, as the latter often does injury.

2. "Should a child be fed on milk from one cow only?"

Ans.—Mixed milk is better than milk from one cow only.

3. "Should not the Quaker Oats be cooked?"

Ans.—Yes, by all means.

10,500. Skin Trouble.—Mrs. J. B. W., Florida: "A girl of eleven has for seven years been troubled with a breaking out on her hands, face, and body. This started in the feet and legs. Itches intensely. It never entirely disappears. There are no scars, and the trouble does not seem to be contagious."

Ans.—We recommend the use of the following lotion, No. 1, which should be followed by the application of lotion No. 2:

No. 1.

Carbolic acid.....	1 dram
Listerine	1 dram
Rose Water.....	3 ozs.
Alcohol to make.....	6 ozs.

No. 2.

Ichthyol	2 drams
Lime Water.....	$\frac{1}{2}$ oz.
Oil Sweet Almonds.....	$\frac{1}{2}$ oz.
Glycerine	6 drams
Rose Water.....	6 drams

An important factor in these cases is proper regulation of the diet. The outdoor life is essential. When the itching is intense, bathe the parts with very hot water. Keep the bowels thoroughly emptied by the use of a laxative diet and the enema if necessary.



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"**Eating to Live,**" by John Janvier Black, M.D., Member of the College of Physicians of Philadelphia; Member of the Delaware State Medical Society. Philadelphia and London, J. B. Lippincott Co.

A valuable book containing up-to-date information on the subject of health. It is worth reading, and ought to do good. The author gives a very fair account of the experiments conducted by Chittenden, Fletcher, and others in relation to low proteid. A few notable defects are observable, however, which we can not conscientiously pass over. The author seems to be unable or unwilling to take a square stand against certain evils which he himself seems to recognize, and which every thoroughly scientific man must admit to be worthy of unqualified condemnation. For example, he says, "It goes without saying that mankind would be far better off had they never heard of tobacco. The question before us now, granting the utter impossibility of doing away with its use, is the possibility of limiting its consumption to our needs and comforts, and not to our injury and undoing." In another place the author says, "A whiff at a cigarette after a meal will do little harm." Again, "The best rule in life is moderation in all things, and this surely applies to the use of tobacco." He further advises, "If you do smoke cigars, if you do smoke a pipe, if you do smoke cigarettes, if you do chew tobacco, have as much regard for quality as you have for quantity."

Such statements as these, made by one who makes claims upon public confidence as an authority in matters pertaining to diet and nutrition, can not have otherwise than the most detrimental effect. Tobacco is a poison with which no compromise can be made. It is a deadly drug, pernicious and damaging in all doses.

Another point on which we must take issue with our author is in relation to the question of the vegetarian regimen. On page 97, under the heading of "Vegetarianism," we find the following: "It has been pretty well established that man can not

live in health and comfort and enjoy life on a vegetable diet alone. As before stated, it would take a peck of white potatoes a day to give a man sufficient proteids for laborious work. He may get everything from vegetables, but not sufficient for a balanced ration from a reasonable amount of food. Vegetarians are usually fanatics, non-producers, but, as a rule, take care of their health and do not dissipate,—commendable qualities surely; but if they would only live on a scientific, well-balanced ration, they would, as a rule, live longer, be happier and be more useful citizens."

Such talk as this is utterly unscientific and even ridiculous. It has no foundation whatever in any sense or established fact. Such remarks are based only on prejudice and not on scientific observation. When the author says, "It has been pretty well established that man can not live in health and comfort and enjoy life on a vegetable diet alone," he states the very opposite of the truth, for it has been established by the experience of many thousands, including every country and every climate, that man can "live in health and comfort and enjoy life on a vegetable diet alone." Such remarks might have been received with some degree of credence fifty years ago, but at the present time even the opponents of the vegetarian régime, when free from prejudice and possessed of the necessary scientific data for the expression of an opinion, are compelled to admit that human life and energy can be well sustained, and that the highest degree of health, comfort, and enjoyment may be experienced upon a diet absolutely free from flesh foods. Our author certainly could not have read the last edition of Gautier, the world's greatest authority on diet.

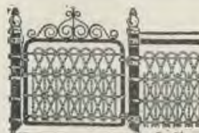
We can only commend this work to the reader with the understanding that while it contains facts of interest which may be studied with profit, there are also erroneous statements which can not be backed by scientific facts, and which are not in harmony with the findings of the latest scientific researches.

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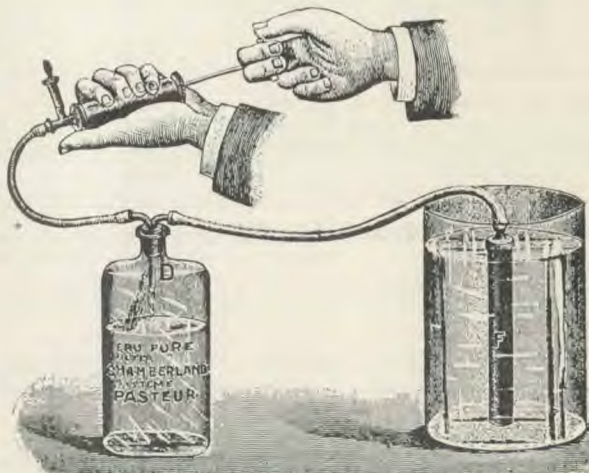
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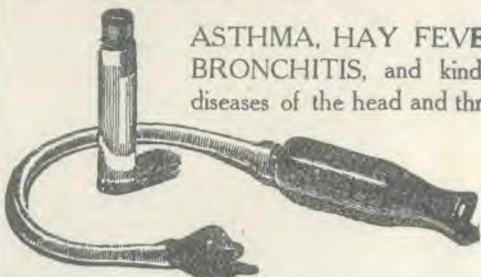
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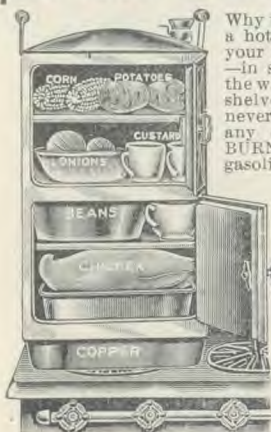
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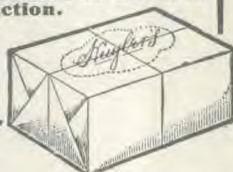
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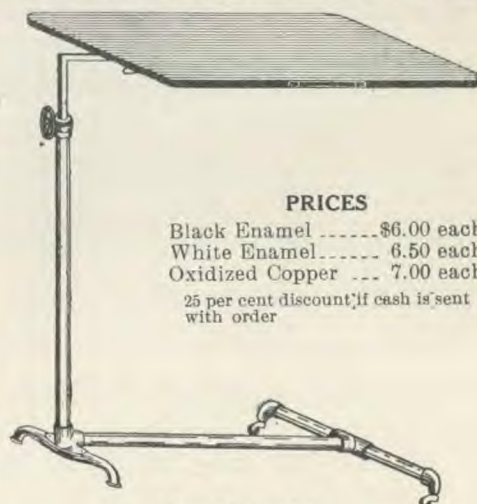


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Applicants received whenever vacancies. The next class will be organized the first of April, 1907. Applications will be received during February, March, and April.

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

BATTLE CREEK SANITARIUM TRAINING-SCHOOL,
Battle Creek, Michigan

CLUBS

Many organizations are now preparing outlines for study for the year 1907-1908. In the preparation of such work, especial attention is called.

Advance Announcement Chautauqua Home Reading Course American Year 1907-08

Beginning with September, 1907, readers are assured a course of extraordinary interest. It combines studies of conditions with a survey of significant historic events and influences in American life.

The Home Reading Faculty for this year includes John Graham Brooks, of Cambridge, Mass.; Katharine Lee Bates, of Wellesley; Horace Spencer Fiske, University of Chicago; Jane Addams Hull House Social Settlement, Chicago; John R. Commons, University of Wisconsin; and others.

Subjects for the American Year are as follows:—

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Topical outlines furnished clubs for the preparation of Year Books.

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SECRETARY BATTLE CREEK SCHOOLS,
Sanitarium, Batttle Creek, Mich.

Corset Slaves



Nine Out of Every Ten

women you meet are just that—*corset slaves*. Not *willing* slaves either, mind you. Not bearing their burdens of headaches, backaches, weak stomach, liver or kidneys uncomplainingly—far from it. For if ever imprecations were hurled at any one thing more than another by the American women, the corset is that thing.

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It used to be "a case of have to." Women who did not wear corsets looked so "simply dreadful" that even the prospect of invalidism would scarcely offer inducement to appear in public corset-less.

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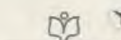
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Don't try to kill the germs in your phone. The Sani-Phone Antiseptic Telephone Disc keeps them out

If you value your health and that of those dear to you, do not allow an unprotected telephone mouthpiece to remain in your home or office. Disease germs of a hundred kinds find lodgment in it.

The new **Sani-Phone Antiseptic Telephone Disc** is the best protection against the ever present danger of infection. As shown in illustration, it is provided with a cylinder at the top which contains a roll of antiseptic tissue or film sufficient to cover the mouthpiece 100 times.

Where sick persons or strangers use the phone, the tissue or film should be pulled down and section torn off *every* time the phone is used. In families, however, one section will keep clean and harmless for a number of days. The original film should thus last a year. Twenty-five cents for a year's health insurance! That's buying it cheaper than you can get it from any other company. And four additional rolls containing 400 sections cost only 25 cents.

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An ounce of prevention is worth many pounds of cure. Ask your stationer or druggist for the Sani-Phone Antiseptic Telephone Disc.

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It fits on the inside of a window, which is opened at top and bottom. Insures a warm room to sleep in. Does away with breathing impure air, which will collect in every room. Can be folded up in daytime and let down at night. Strongly recommended by physicians everywhere. Free booklet on the fresh-air treatment of weak lungs, consumption, and other house diseases, price of tent, etc. Write to-day.

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A filter new in principle, of moderate cost, and endorsed by expert sanitarians wherever known. It purifies the water and is more than a STRAINER. It is positively and continuously GERM-PROOF. It admits of instant and complete renovation. It is made either PRESSURE or NON-PRESSURE, and in different numbers, adapting it to the Home, Office, Schools, Hotels, Hospitals, etc. A Filter of the Highest Grade and Lowest Cost. If interested in the Subject of Pure Water, Write for our Booklet, R. A. It is Free.

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Please say, "I saw the ad. in GOOD HEALTH."

: : Rest, Recuperation and Health : :

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A week or a month vacation spent at the Battle Creek Sanitarium, where health, health training and health living are supreme, is an education both interesting and inspiring to any one who feels the need of rest and recuperation and desires to obtain the highest efficiency of strength and health.

THE RATES ARE MODERATE. Board and room, including baths, services of bath attendants and necessary medical attention, cost less at the Battle Creek Sanitarium than board and room alone at many resort hotels not so elegantly appointed.

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