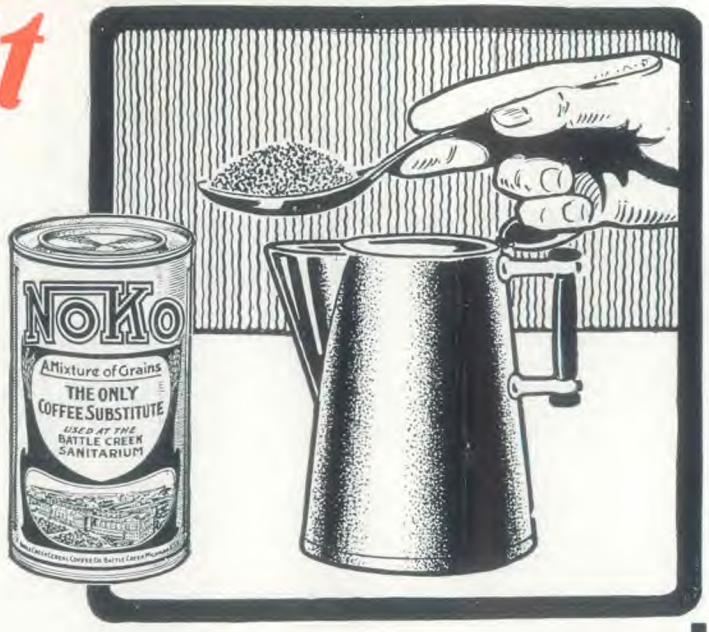
GOOD HEALTH

◇ EDITED BY J. H. KELLOGG M.D. ◇

TEMPERANCE NUMBER

How to Quit the Coffee Habit



Take a coffee pot
Put in two heaping teaspoonfuls of Noko for every cup of beverage required.
Boil for twenty minutes
Serve with cream or milk
Drink this with each meal
Continue its use for 30 days
And if at the end of the thirty days you desire to go back to coffee---
We'll refund every cent you spent on Noko
Noko has the appearance, taste and aroma of real coffee without its harmful effects
It aids digestion and quiets the nerves
Coffee causes headaches, **poisons** the nerves, causes indigestion and sleeplessness
Why not decide to-day to start on the road to permanent, abiding health
Order a canister (air-tight) from your grocer. It costs 25 cents.

NOKO

The REAL Substitute for Coffee

is the ONLY substitute for coffee used at the Battle Creek Sanitarium. It is the result of thirty years of experiment by Battle Creek Sanitarium Diet Specialists. Imitators have copied the EARLY formulas of these specialists and sent them out as "Battle Creek" products. These early experiments were discarded years ago. Noko is the 1907 product. If you'll give us an opportunity to convince you, we'll send FREE the "Thirty-Day Book for Tea and Coffee Drinkers." Mention your grocer's name.

THE BATTLE CREEK CEREAL COFFEE CO., BATTLE CREEK, MICHIGAN

We Want to Double the Circulation of Good Health This Year. Will You Help Us Do It?

All we ask you to do is to cut out the six coupons below and enclose one of them in each of the next half dozen letters you write. Write your name at the bottom of the slip in the space marked XX, and for every slip that is returned to us with an order, we will extend your subscription to Good Health six months, send the magazine that length of time to some one else, or send you twenty-five cents in cash, just as you prefer.

Tear out this page and cut out the coupons to-day, so you will not overlook using them

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BATTLE CREEK, MICHIGAN

I am reading Good Health, the health magazine edited by Dr. J. H. Kellogg, of the Battle Creek Sanitarium. It teaches so many sensible things, such as healing without drugs, correct diet, exercise, fresh air and bathing, that I know you would like it. It costs only a dollar a year. Don't you want to take it? If you do, please use the blank on the other side of this when you send in your order.

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Entered at the Postoffice at Battle Creek, Mich., as second-class matter, by the Good Health Publishing Co.

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and principles of the Battle Creek Sanitarium

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VEGETARIAN RESTAURANT, 121 Schillito Place, Cincinnati, O.
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VEGETARIAN CAFE, 259 South Hill St., Los Angeles, Cal.
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VEGETARIAN CAFE, 214 Union St., Seattle, Wash.
VEGETARIAN CAFE, S. 170 Howard St., Spokane, Wash.
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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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PURE FOOD STORE, 2129 Farnum St., Omaha, Nebr.
BATTLE CREEK SANITARIUM HEALTH FOOD DEPOT, Chas. S. Quail, 565 Main St., Springfield, Mass.
HEALTH FOOD STORE, J. H. Whitmore, 118 Miami Ave., Detroit, Mich.
BOSTON HEALTH FOOD STORE, W. F. Childs, Room 316, 100 Boylston St., Boston, Mass.
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BATTLE CREEK SANITARIUM HEALTH FOOD STORE, 556 W. 63rd St., Chicago. S. Coombs, Proprietor

Between Ourselves

A Chat with the Editors and Managers of GOOD HEALTH

Do you consider Good Health worth $1.00 a year independent of any premium or similar inducements?

This question, with nine others, was submitted last month to five hundred of our readers. At the time this is being written only a comparatively small number of the replies have come in, and more are arriving on every mail, but we are gratified to observe that in almost every instance thus far, the reply to this question is in the affirmative. A few—to be exact, three—have replied, No. One says, "As a business proposition, some articles alone are worth one dollar to me." Another prints the word "YES" in large bold letters in the space provided for the answer to this question. Several have replied, *"Most certainly."* One says, "Yes, I tell my customers that the knowledge obtained from GOOD HEALTH is worth more than $100 a year to me."

We hope that every one to whom we have sent the postal card asking this and the other nine questions, will reply and give us his candid opinion on each point. The information that is gained will help us materially in determining the future policy of GOOD HEALTH in several respects.

One thing is certain from the replies we have received thus far, and that is that the readers of GOOD HEALTH believe it is worth the price printed on the cover, namely, one dollar per year.

We are glad to know this. It coincides with our own convictions, and it strengthens us in the purpose we had already formed of placing GOOD HEALTH before the people strictly upon its merits, and eliminating all premium and clubbing offers and like inducements. We know the time has come for us to do this. We believe our subscribers will heartily support us in the movement.

There is just this much about it, that when a magazine extends all sorts of premium and combination offers to its subscribers, the chances are ten to one that the paper itself is actually sold for less than it costs to print it. But, you will ask, if this is true, how can the publishers afford to make such offers? The answer is, Advertising. Premium and clubbing offers help to build circulation. The larger the circulation, the higher the advertising rate that can be charged. Vast sums ars spent by many publishers in circulation work. The advertising end of the business has to pay this expense.

What follows? Our newspapers and magazines become filled with fraudulent advertising material of every description; newspapers with patent medicine humbuggery and get-rich-quick swindling schemes; the magazines with fake investment advertising and divers other lines just as doubtful.

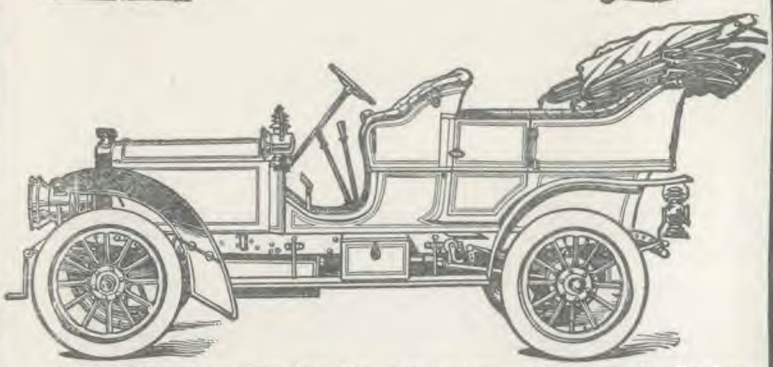
GOOD HEALTH has never had this source of revenue to draw upon and never will have. Its advertising field is exclusive. Last month our advertising department "turned down" eight pages of cash advertising submitted by our New York and Chicago representatives as being undesirable, although the same material is being published in dozens of other magazines. It is worthy of note that one piece of "copy" which we rejected last month is appearing continually in most of the leading magazines of the country.

It is therefore only our zeal for the GOOD HEALTH movement and our desire to see GOOD HEALTH and its principles brought before the attention of a constantly widening circle that has permitted us to employ every consistent means to increase the magazine's circulation. We have succeeded in this purpose. Within the past year the circulation has more than doubled.

But the time has now come to discontinue this premium evil, and we are going to do so. In place of offering premiums and clubbing inducements, we are going to enlist the sympathies and cooperation of our readers. There are those who say that the value they receive from each number of GOOD HEALTH is worth more than the entire subscription price. We will permit these friends to work out the difference by interesting others in the magazine. There are many ways of doing this: perhaps the most simple way of all is pointed out this month in this issue. Read the suggestions on the pink pages just inside the front cover.

SO THEN, WITH THIS SEPTEMBER NUMBER WE WILL BEGIN TO EXCLUDE ALL PREMIUMS AND CLUBBING INDUCEMENTS, PLACING GOOD HEALTH STRICTLY UPON ITS MERITS AS A MAGAZINE.

HAYNES



Model T, 50 h.-p. Touring Car, 4 Cylinders. Haynes Roller Pinion and Sprocket-Shaft Drive. Seats 7. Price, $3,500. This is the same chassis that proved so reliable in the Vanderbilt Cup Race.

Why the Haynes is First

The HAYNES factory was the first automobile factory to be built in America (1893).

The HAYNES was the first to adopt low tension make-and-break ignition (1895).

The HAYNES was the first to use nickel steel and aluminum alloy in a car.

The HAYNES was first to adopt side entrance bodies and large wheels.

The HAYNES *is* first to adopt the roller pinion and bevelled sprocket direct drive, making possible the combination of shaft drive and high power.

The HAYNES is first to establish a reputation for *reliability.* It is "The Car the Repairman seldom sees."

HAYNES AUTOMOBILE CO., Oldest Automobile Manufacturers in America. Members A. L. A. M.
Factory, KOKOMO, IND.

HAYNES

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. 105 CHICAGO, ILL.

Dress Comfort IN Hot Weather

In the summer months, when the mercury registers between 90 and 100 degrees Fahrenheit, the woman's greatest need, whether it be in the kitchen, the drawing-room, on the street or in camp, is healthful dress. And the health-dress must first of all be *comfortable.*

All will agree that the first requisite for comfort, especially in the summer time, is a substitute for the corset. What stifling hot things they are, anyway,— these deforming shapes of cloth and steel! What woman will contradict that the corset is one of the greatest evils she has to deal with?

Physiologists and all authorities are agreed that the corset is a potent force for evil as regards the physical condition of womankind. No human being can withstand its deforming influences. The forms that are displayed in the store windows and on counters to typify the acme of perfection in corset shapes, are, to any one having an eye for true beauty, malformations of the most hideous nature.

¶ For years the Dress Department of the Battle Creek Sanitarium has been working upon the problem of providing a perfect substitute for the corset—something that would satisfy every demand, from the standpoint of serviceability and beauty as well as from comfort and health. In the GOOD HEALTH WAIST this object has been attained. The garment gives thorough satisfaction in every respect to those that are seeking a combination of these good qualities. One of its chief advantages is that IT IS THOROUGHLY ADJUSTABLE.

In spite of the great advances in the cost of labor and materials for waists and corsets, we have succeeded not only in avoiding an increase in the retail prices, but by careful study and calculation have actually been able to put out an improved garment at the same price.

The Improved GOOD HEALTH WAIST

has the indorsement of the physicians of the Battle Creek Sanitarium, as well as of scores of other authorities on health matters. So confident are we in its merits that we sell the garment with this guarantee:

IF THE WAIST DOES NOT FIT OR DOES NOT SATISFY IN EVERY PARTICULAR, SEND IT BACK TO US, AND WE WILL REFUND YOUR MONEY BY RETURN MAIL

SEND FOR OUR WAIST CIRCULAR WITH DIRECTIONS FOR ORDERING

Address

GOOD HEALTH, - - Battle Creek, Mich.

19 College Hall

MARVELOUS BOOK SALE

20 Beautiful Volumes *40 Complete Biographies*

American Heroes and Patriots

By J. S. C. Abbott, General Wilson, Fitzhugh Lee, Captain Mahan, J. T. Headley, Professor Sumner, Jared Sparks, and other famous writers

In these days of money-mania and public mistrust, when so many "great" men have fallen from their pedestals and stand revealed in their true colors, it is refreshing to turn back through the pages of American history and read again the simple, honest lives of our early heroes and patriots—men who laid the foundations of this republic. The lesson we learn from these lives should never be forgotten. Their undaunted courage, strict devotion to duty, and lofty patriotism represent our highest ideals—all that is good and true and lasting in the republic today. No more shining examples of heroic self-sacrifice can be found in the history of any nation. These names are indissolubly linked with the establishment of free government on this continent.

As Deathless as Plutarch's Lives

The Makers of American History contains the biographies of forty great Americans. It is the only work of its kind that covers the entire field and is of distinguished authorship. It is designed for popular reading, being written in an easy, narrative style, more like historical fiction than the usual dry and technical biography. Each life is a complete story in itself, although the entire work presents a panoramic picture of American history from Columbus down through the Civil War. For an hour's pleasant reading or for systematic study no finer books can be had at any price. They contain all that the average man needs to know of his country's history. In perusing them one is greatly entertained and at the same time brought into close contact with all of our great national characters, whose lives and deeds illumine history. These books are as deathless as Plutarch's Lives. They are perennial founts of inspiration whose streams never dry up or become tainted.

75 cents a Volume. Former Price, $2.00

This wonderfully interesting and instructive library consists of twenty large, handsome volumes printed on fine paper, durably bound in cloth buckram, and well illustrated. The volumes average about 500 pages and are sold by subscription at $2 each, or $40 for the complete set. We now offer a limited number of sets for only $15.50, payable 50 cents down and $1 a month. That this is unquestionably the greatest book bargain ever offered in this country an examination of the work will show. We therefore offer to send you a set on approval, at our expense. Note carefully the accompanying coupon. We pay express charges both ways. Can you afford to miss this opportunity? These books will be the best friends you ever had.

A few of the sets are bound in beautiful half leather, regular price $4 a vol. We offer them at 95 cents; terms 50 cents down and $1 a month.

GH 8-07

The University Society, 78 Fifth Avenue New York.

CUT OUT THIS COUPON

G H
8 '07

The University Society, New York

You may send me, prepaid, for examination, the "Makers of American History," in 20 Vols. If satisfactory, I will pay you 50c on acceptance and $1 a month thereafter for 15 months. Otherwise I will notify you and hold the books subject to your order.

Name.....

Address.....

If you wish half leather binding, change 15 to 19 mos

The Battle Creek Schools

A Great Missionary System

Back-to-Nature Idea

An Education without Money

Conducted in Connection with the Famous Battle Creek Sanitarium

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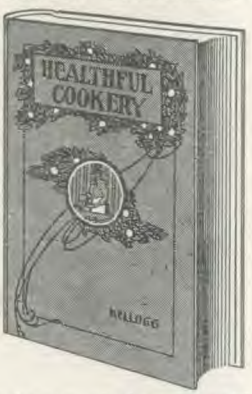

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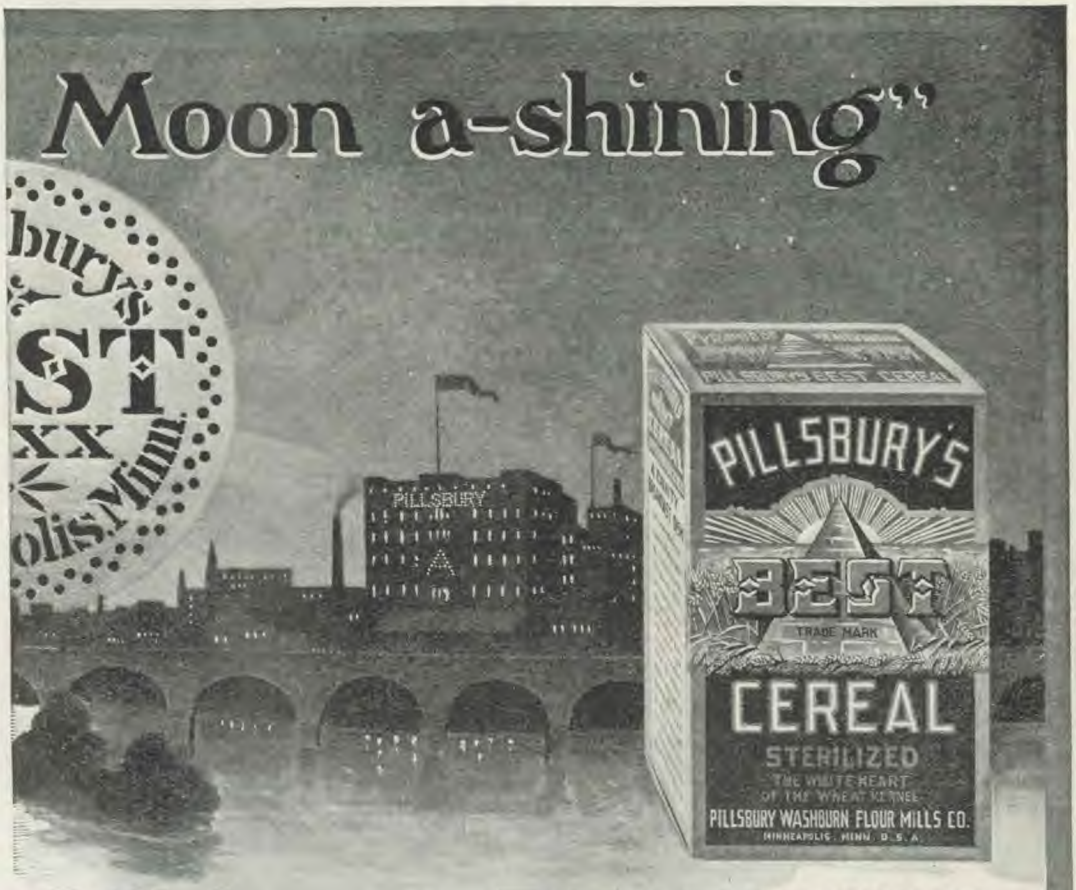

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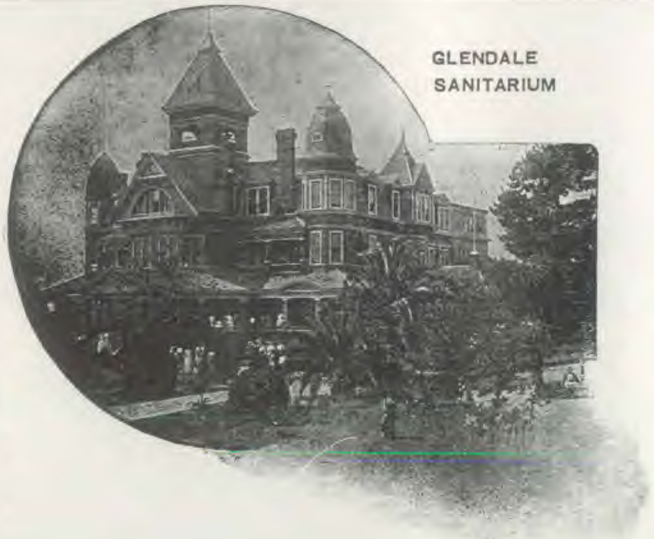

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The cool, fresh air whence health and vigor spring."

—*George Arnold.*

GOOD HEALTH

HOME-HEALTH MAGAZINE

Vol. XLII SEPTEMBER, 1907 No. 9

Can We Live Twice as Well and Twice as Long?

BY DAVID PAULSON, M. D.

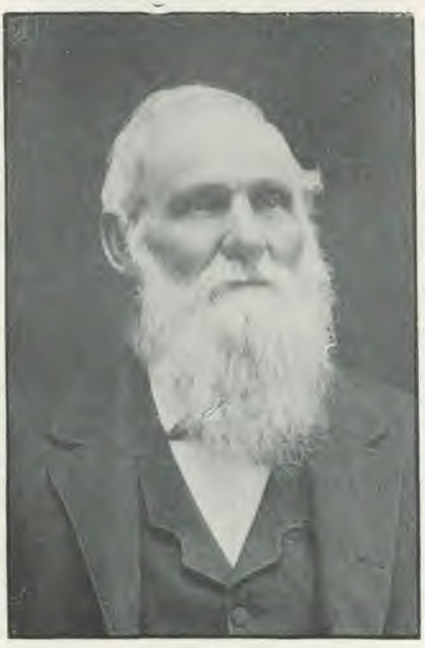
Hinsdale (Ill.) Sanitarium

WHETHER we shall live a long life with enough health thrown in to make it seem comfortable, depends far more upon our own actions than is generally supposed. Within certain limitations each man is the driver of his own physical machine. He can drive over rough roads and cripple it, or he can drive it in such a sensible and sane way that it will last a reasonable length of time.

A Man 107 Years Old Who Looked but Sixty, and Was Able to Mount a Horse without Aid

Dr. D. K. Pearlanthropist whose so substantially fifty gling colleges, gave oration to our saniworkers. He stood with an eye as keen with apparently the a youth, although he years of age. He acphysical condition has not dug his and fork, and that a strictly temperate

A few years ago I met Captain Diaone hundred and arteries were soft, older than a man of to mount a horse He firmly believes



Captain Diamond

son, the wealthy phimillions have helped of America's strugthe Fourth of July tarium guests and as erect as a soldier, as an eagle's, and mental activities of is over eighty-seven counts for his superb from the fact that he grave with his knife he has always lived life.

when in California, mond, who was then seven years old. His and he looked no sixty, and was able without assistance. his satisfactory old

age is a legitimate harvest resulting from the sowing of strictly temperate habits from earliest youth.

Weston, the noted long-distance walker of a generation ago, last year walked the ninety-six miles from Philadelphia to New York and beat the famous world's record that he made in 1863 of twenty-three hours and forty minutes. He is a magnificent example of what a long life of strict temperate living and regular exercise can accomplish.

One reason why more young people are not inspired to sow for such an after-life is the fact that in almost every community there is some tough old sinner who has inherited such a stock of health and vitality from his temperate parents that he can violate almost every physical law, can drink liquor and smoke tobacco nearly all his waking hours, and yet not be killed off. He comes the devil's stumbling-block to thousands of young men, who think they will be equally fortunate, only to find out too late how terrible has been their deception.

"They do not have any after life."

Rockefeller's son will probably inherit more money than he can possibly spend, yet that does not relieve the rest of us who did not have millionaire parents, from the necessity of being economical. But this lesson regarding health habits has as yet been learned by only the few, and as a consequence the same degenerative diseases that swept from the earth the grand old nations of antiquity, are increasing by leaps and bounds, and are preying like canker sores upon the men and women all about us.

The principal physical sins of those nations were wine and immorality. In addition to these evils we have a variety of other race-destroying habits.

A Line of Cigarettes Reaching around the World Twice and Lapping over Six Thousand Miles

No Greek or Roman ever saw a cigarette, and the thing was not used in this country until in 1876, the year of the Philadelphia Centennial. *Last year the number of cigarettes smoked in the United States, had they been laid end to end, would have formed a line reaching around the world twice and from New York to San Francisco and back again.*

The boy who smokes cigarettes puts sand into his own eyes. In the battle

of life he is as much handicapped as a man would be who hangs bricks around his neck on entering a swimming race.

David Starr Jordan says that the boy who smokes cigarettes is like a wormy apple,—he drops off before the harvest time. Such boys do not make a failure in after-life, because they do not have any after-life.

The poor cigarette slave can fill no place of usefulness in this world, and unless he is saved from his habit and thoroughly repents, there will be no place for him in the next world.

Why Call China "Opium-Enslaved" when We Use Twice as Much?

We have all felt sorry for opium-enslaved China; last year *China consumed twenty-seven grains of opium for every man, woman and child in the kingdom, while we used FIFTY grains for every inhabitant.* Let us feel sorry for ourselves. We have been sending missionaries to China, and many more ought to be sent, but unless we face square about, and that speedily, missionaries will soon need to be sent to us.

The *Chicago Tribune* estimates that there are a million morphine and cocaine slaves in this country. For the welfare of our country let us sincerely hope that this estimate is grossly exaggerated.

Dr. Crothers, one of America's eminent physicians, has estimated that ten per cent of American medical men are themselves addicted to opium or other habit-producing drugs.

We used last year a little more than twenty gallons of liquor for every man, woman, and child in the land, and for every one of us who used none, there was another man who was cursed with our share, which would make forty gallons, or an ordinary bathtubful.

Think of draining that amount of liquor through the human system in three hundred and sixty-five days! And then ask yourself whether you really believe in the truthfulness of those startling words, "Whatsoever a man soweth, that shall he also reap."

Let us thank God that the sentiment to close the saloons is sweeping over some portions of our lands like wildfire. Let us take courage, and sincerely hope that we are not doomed to witness some disheartening reaction.

Meanwhile, let us not forget that last year there was more alcohol used in the form of patent medicines than was used in all other alcoholic liquors put together, except beer. THIS ALCOHOL WAS LARGELY DRUNK BY THE WOMEN OF OUR LAND.

School Statistics Prove that the Sins of the Parents Are Indeed Visited Upon the Children

With our fathers getting the vast amount of liquor just mentioned from the saloon and our mothers getting their portion from the drugstore, is it any won-

der that one-third of Chicago's school children have been found by official investigation to be suffering from some form of nervous disorder? Is it surprising that two-thirds of New York's school children, by a similar investigation, were found to be in need of a physician's care?

Unfortunately alcohol has not been the only demoralizing substance that has been put into patent medicines. Opium, cocaine, and acetanilid have each wrought havoc with the physical health of the nation.

The pure food law has compelled a correct statement to be made on the label of these so-called remedies. A magnificent work of education is being carried on, and it is to be hoped that the American people are beginning to learn that healing can not be handed out in bottles; that true and permanent health can be secured only by coming into harmony with nature's laws and by a thoroughgoing and persevering application of nature's remedies.

We have permitted thousands of poor consumptives to die who might have lived, during the past twenty years that we have spent in useless experimentation, trying to find something that could be poured out of a bottle which would cure tuberculosis.

We have finally discovered that merely to move the patient out into his own dooryard and let him breathe heaven's pure air day and night, comes nearer being a panacea for tuberculosis than any alcoholic compound that was ever produced from a patent medicine factory.

Each year a large number of lean, lank, blear-eyed, anemic-looking boys from the slums of our large cities join the United States Navy. They are furnished regular meals, are given thoroughgoing physical exercise, swimming, and an outdoor life, and in a few months' time are transformed into stocky, deep-chested, substantial-looking athletes.

When the schools of America furnish to our boys who are pursuing the arts of peace the same opportunity that the government now gives the boys who are being fitted to kill others, then we shall have less hankering after alcohol and other abnormal stimulants.

When cooking comes to be regarded on an equal basis with the fine arts, when it shall be considered a disgrace for a young woman to graduate without knowing how to be able to cook food that shall nourish the body instead of irritating it and setting up morbid conditions, then there will be more vacant places in the saloons. *The modern cook comes very nearly being in league with both the saloon keeper and the undertaker,* for she certainly makes business for both.

The intemperance question will never be solved by merely picking away a few of its leaves: we must lay the ax at the root of its various causes.

THE RURAL SCHOOLHOUSE

Model Building at Cornell Suggests very Practical and Useful Improvements

THE opening of the new school year brings to mind the fact that while in cities much progress has been made in sanitary improvement of buildings for school purposes, in rural districts there is rarely a change from the old type of building in use fifty years ago. One educator wisely remarked that "it is quite useless to talk about the reorganization of the school curriculum without talking, at the same time, about the reorganization of the building in which the work is to be done."

Recognizing that good facilities are needed for good work, the New York State College of Agriculture at Cornell University has erected a small rural schoolhouse on its grounds, to serve as a suggestion in schoolhouse architecture and to contain a real rural school as a part of its nature-study department.

Of this building the *Nature Study Review* says:

"The prevailing rural schoolhouse is a building in which pupils sit to study books. It ought to have a room in which pupils do personal work with both hands and mind. The essential feature of this new schoolhouse, therefore, is a work-room. This room occupies one-third of the floor space. Perhaps it would be better if it occupied two-thirds of the floor space. If the building is large enough, however, the two kinds of work could change places in this schoolhouse.

"It has been the purpose to make the main part of the building about the size of the average rural schoolhouse, and then to add the work room as a wing or projection. Such a room could be added to existing schoolbuildings; or, in districts in which the building is now too large, one part of the room could be partitioned off as a work-room.

"It is the purpose, also, to make this building artistic, attractive, and home-like to children, sanitary, comfortable, and durable. The cement-plaster exterior is handsomer and warmer than wood, and on expanded metal lath it is

Courtesy of N. Y. State College of Agriculture at Cornell University

durable. The interior of this building is very attractive.

"The picture shows the building just as completed, before the grading of the grounds. School-gardens and playgrounds are being provided at one side.

"The cost has been as follows: Contract price for building complete, including heater in cellar, blackboards, and two outhouses with metal drawers, $1,800; tinting of walls, $25; curtains, $16.56; furniture and supplies, $141.75; total, $1,983.31. In rural districts, the construction might be completed at less cost. The average valuation of rural school buildings and sites in New York State in 1905 was $1,833.63.

"The building is designed for twenty-five pupils in the main room. The folding doors and windows in the partition enable one teacher to manage both rooms. The openings between schoolroom and work-room are fitted with glazed swing sash and folding doors, so that the rooms may be used either singly or together, as desired. The work-room has a bay window facing the south and fitted with shelves for plants. Slate blackboards of standard school heights fill the spaces about the rooms between doors and windows. The building is heated by hot air; vent flues of adequate size are also provided, so that the rooms are thoroughly heated and ventilated.

"On the front of the building, and adding materially to its picturesque appearance, is a roomy veranda with simple square posts, from which entrance is made directly into the combined vestibule and coat-room, and from this again by two doors into the schoolroom."

SENSIBLE CLOTHES FOR SCHOOL WEAR

Timely and Practical Advice Regarding Healthful and Serviceable Apparel for the Children during the School Year

BY DINAH STURGIS

SENSIBLE as an adjective applied to clothes for any purpose, often seems to be in danger of falling into a desuetude that is by no means innocuous.

Perusal of the fashion magazines, even of the fashion departments of the journals designed especially for the home, and tours of the dry-goods shops in any center, are calculated to make the beholder feel that women have gone clothes mad. A good many have, but there are many left who are yet sane. Others still are only on the border of clothes insanity, and may be rescued by judicious help.

At this season of the year the fall and winter wardrobes for school are under consideration in so many homes, perhaps the most tangible point to argue from is this very matter of school clothes.

It is useless to scorn fashions as such. There will always be fashions. The thing to do is to make the fashions sensible. Everybody who will, can help to do this. To-day there are so many different styles there are bound to be some good ones. As a matter of fact, there are a great many good ones. But they are in danger of being overlooked in the stress of the ever-hurriedly changing mass of fashions.

If children for whom sensible clothes are desired, were instructed in private somewhere, they might be dressed like

Fig. A. Two-piece suit of brown cheviot. For girls from twelve to eighteen years. To be worn with either separate shirtwaist or guimpe waist matching the skirt.

monks of the middle ages for all the cut of their garb would matter. But such isolation is happily out of the question, since it would be bad for civilization, however good in some cases it might be for the children.

Most American children go to school where there are numbers of other children. They must all be dressed sufficiently like one another, so they shall not look eccentric. Otherwise they are singled out for observation and comment, which makes them self-conscious and unhappy. It is not good for children to be self-conscious and unhappy. It is very bad for them to be dressed in *a la mode* clothes if the mode is an unhealthful one, or an ugly one, or an unduly costly one.

Children's clothes should follow the dominant style of the season enough to prevent the child being conspicuous. But the garments should be so made that they protect the body adequately, are comfortable to carry about, and reasonably durable.

The wardrobe requirements of children of the same age vary with family position, and differ in the same social stratum according to latitude and longitude. The banker's children and the mechanic's children do not wear the same clothes. The college president's children in Manitoba do not dress like the college president's children in Los Angeles. It is a delightful sign of the times that the banker's children are clothed very simply indeed. It is not the children of the very rich who set the bad examples in wearing apparel. It is the children of the uncultivated climbers who have not climbed far enough to see over the wall of bad taste with which they are so often encompassed.

The unparalleled development of the ready-to-wear industries in this country floods our shops with garments of every description to clothe one from the skin outward. And mail-order advertising has reached such magnitude that those who do not see the inside of a shop month in and month out, may nonetheless have every urban opportunity to buy put into their hands without effort. One advantage of this keen competition on the part of manufacturers and merchants is that mothers may reduce their sewing to the lowest terms. One disadvantage is that Americans of all ages are coming to look like people dressed by institutions, as much alike as peas in a pod. There are other advantages and disadvantages. These must be weighed by the individual according to her needs and assets in time and money. There are women all over America who should never make another garment as long as they live. There are many more women to whom the family sewing-room would be a positive panacea for some of the ills due their present condition of social parasitism.

Whether Joan and Julia shall wear custom-made or ready-made clothes must be determined by each house mother for herself. In most cases a combination of both is the more successful settlement of the problem. More underwear should be bought ready made. The woven union suits are healthful, comfortable, and reasonable in price. They are much more easily washed than muslin underwear, and do not need ironing. If properly washed, they are very durable.

Children who spend their school hours in city buildings evenly heated to summer temperature are too warm in the clothing required for comfort in ill-heated country schoolhouses. Children carried to school in motor cars and who

Fig. B. Guimpe dress for girls six to twelve years. Unlined dress joined by belt. Model in Panama trimmed with soutache. Suitable for any light-weight dress goods in wool, silk or cotton.

take their only walks abroad upon sidewalks as dry in January as in June, need to be dressed differently from children who plod for miles in the snow. Kid shoes and fur coats answer for driving, but the fur coats are too warm to walk in, and the kid shoes must be exchanged for waterproofed footgear when the asphalt gives place to backwoods roads.

It is a growing custom, recommended by physicians, to regulate the clothing worn throughout the day by the temperature of the rooms one lives in and not by that out-of-doors. The clothing added when one goes out-of-doors is by the same token adjusted to the conditions there. Nothing is too warm for a driving coat in winter. But many coats are much too warm to walk in. Clothing should be so selected and so fashioned that the body is evenly protected. A warm coat and a muffler do not make up for bare wrists, and legs unprotected from boot-tops to above the knees save with one thickness of stocking. It is of no use to give a child an umbrella and cover the feet with low-cut rubbers, while the thin-top boots and stockings are exposed to the rain or snow. These seem much too obvious facts to speak of, but look at the next school procession, and count the children whose clothing seems to have been blown on by a whirlwind, and then decorated by a blind man.

With a union undergarment next the skin, a good winter outfit for school consists further of a washable underwaist that supports the stockings, drawers, and one petticoat, a dress that has the skirt and waist joined, and a coat that reaches below the hips, plus a hat that turns either up or down, and is very light in weight. A rain coat that completely covers the clothing, and waterproof gaiters are needed for stormy weather.

In place of muslin drawers in cold weather, the worsted tights bought ready to wear, or home-made flannel "knickers," are best for children who are much out-of-doors in cold places.

The majority of well-dressed younger girls in city schools wear wash dresses the year round. The firms making ten-cent patterns provide a variety of models for these dresses which are devel-

oped in linens, ginghams, chambreys, percales, etc. Children of the best families wear the very simplest styles in these little dresses. A favorite fashion has three box plaits back and front. There is no other finish at the bottom than a hem, and none about the neckbands and wristbands unless it be a line of featherstitching. The dress is in one piece and is worn with a belt of the dress goods or of kid held in place by little straps on the frock. The belt is almost as big round as the dress itself. Children who wear dresses of any other than a wash fabric have frocks made semi-low at the neck and short-sleeved; these are worn over washable guimpes. A long-sleeved wool dress can not be kept nice long unless covered with a long-sleeved pinafore. If the pinafores are long-sleeved, they are as much trouble to launder as the wash dress.

Girls of eight, ten, and upward are wearing dresses like Figure B. This is an altogether excellent model. That it happens to be stylish does not in the least detract from its virtues. For the coming season it will be made of panamas, cashmeres, and any other of the lighter-weight suitings. Another spring it will be an admirable model for colored wash goods. The skirt and waist are joined by the wide belt, which is an easy fit. The waist is a trifle shorter at the back than in front, producing an upward tilt to the belt that is becoming to the girlish figure. The short sleeves are on the much-worn kimono order, and extremely simple to make. They consist of one straight strip sewed into an armhole much larger than normal. These big armholes are the most comfortable ever designed, and are seen now in dresses of all descriptions for all ages. The loose sleeve is optional. If desired, it may be omitted. In some cases it is cut in one with the waist, and allowed to droop where it will from the shoulder. It is more economical of material, however, to make the sleeve separate and seam it into place. Soutache braid is the trimming on the frock illustrated, which is made in a blue striped panama. The trimming could be wholly omitted, finishing the sleeves and neck simply with a piping, or flat-shaped strap of the material; or wide braid in a single row might be substituted. Such a dress as this pleases the girl who wears it, is as easily made as something designed soon after the flood (so often the mistaken idea of sense in dressmaking), and is both comfortable to wear and in perfect taste.

The guimpe may be home-made or ready-made, but is best made of wash goods, and separate, of course, from the dress. No lining is needed in the dress or guimpe, the long-sleeved and high-necked underwear providing warmth for cold weather. White lawns, muslins, and linens are oftenest used for guimpes, but really very attractive ones may be made from colored shirtings if they are worn with colored dresses that harmonize in color.

The every-day school suit for older girls is usually composed of a shirt-waist of one material, and a two-piece suit of another and heavier fabric. The separate and contrasting shirt-waist is not and never can be artistic when worn with the coat off. But it is useful and economical and comfortable. It is so very well liked by so very many people its vogue is likely to obtain for a long time to come.

The fashion of shirt-waists fastening in the back is giving way to sensible front-closing waists. Many of the new skirts are also made to fasten directly in the front or at one side of the front.

This makes it possible to eliminate one of the evils of the shirt-waist. When made separate it is always parting company with the skirt. The tendency is for each girl wearer to tighten up both shirt-waist and dress skirt at the belt, hoping to keep them together. With the skirt that fastens in front, an easy way out of this temptation is to lap the skirt band over the belt of the shirt-waist, and baste them together. This is but two minutes' work. The basting is hidden by the outer belt or girdle, and bands may be as loose then as comfort and health dictate.

Fig. C. Shirt-waist of plaid wool, and skirt of blue serge. Both waist and skirt close in front. They are joined under the belt so that the waist can not separate from the skirt however loose the belt. For girls from twelve to eighteen years.

The shirt-waist and skirt in Figure C are thus joined. The skirt is of serge, to be worn with a matching jacket similar in effect to that shown in Figure A. The skirt closes invisibly with small hooks and loops under the left one of the two front plaits. The skirt is unlined, and there are two rows of fastenings where the lap occurs, to prevent yawning, just as there is or should always be when the placket is in the center back. This skirt is plaited to give fulness at the bottom, and when of lightweight material, the plaits at the sides may run quite to the belt. When the material is heavier, it is a good idea to have the plaits begin below the hips, using the shaped strap as illustrated from the belt down to where the plaits start. This is also a good skirt model for linens for another summer. To make the plaits easy to iron, run a line of machine stitching on the extreme edge of each plait. This is hardly visible, and does not prevent the plaits opening gracefully as the wearer walks. When ironing, it is only necessary to fold each plait on the line of stitching to make sure that the plaits will all be ironed in their right places.

For the coming season the shirt-waist to wear with a serge or other wool suiting skirt may be of soft wool or taffeta, or of wash goods. Plaid silk looks well while it lasts, but the plaid wool waistings wear better. The best every-day waists are made very plainly, with a plaited frill down each side or one side of the front for the only trimming. Separate linen collars are now

worn instead of stocks built onto the waists; the wash collars are preferable because they insure tidiness. The nicest girl does not look nice in a waist that has a soiled collar, and no collar will stay clean long when worn every day. Built-in linings can not remain clean in an every-day waist, either. Exquisite cleanliness is a modern as well as an ancient virtue, and girls ought to be taught how to have their clothes as fastidiously clean inside as outside. If the shirt-waist is not of the washable sort, it should be worn over a high-necked lining waist that is separate, and washable. Or a separate muslin lining may be made to reach from the neck to half the length of the waist, and then tacked into place. This is easily removed when soiled. Many of the best dressmakers now make these half linings of muslin, edge them with Val. or torchon, and tack them into the most elegant silk-lined bodices. By snipping a few basting stitches, out they come for the laundry, to go in again as fresh as a clean pocket handkerchief.

A general utility coat that deserves its popularity this season with misses of all ages, is that illustrated in Fig A.. Another style in this same type has a seam running to the shoulder on each side, both back and front. The garment illustrated suits the slender figure and young girls better, while the coat with the side seams described is preferable for older and more developed figures.

Another sort of plaited skirt is illustrated with Coat A. The horizontal bands of the material are much used for trimming, and add but little to the labor of making. Plaited skirts and self-trimming bands are advisable only for the lighter-weight suitings. When the fabric is heavy, a plain gored skirt, flared to give fulness at the bottom, is better. It is economy to buy good fabrics for these untrimmed or but slightly trimmed suits. The better grades of serges, of light-weight cheviots, and the well-finished worsted suitings are the best choice.

Almost any material in these days of ingenious "faking" looks well at the start. But clothes designed for every-day hard wear will not look well long unless the material is of good quality. Wool suits that are good to start with may be kept in nice condition season in and season out. It pays to have a professional tailor press them now and then. Before giving them to him to press, beat them lightly all over with a rattan beater, and brush thoroughly with a good clothes brush, never with a whisk broom.

A little pride is an excellent thing in girls, and some of that little belongs by good rights to the wardrobe. Teach the girls decent pride in sensible clothes, and as women they will not be tempted to join the clothes-crazy hordes.

"IN fallow fields the goldenrod
And purple asters beck and nod.
The milkweed launches fairy boats;
In tangled silver the cobweb floats.
Pervasive odors of ripening vine
Fill the air like a luscious wine.
The gentian on the browning waste;
With coral chains is the alder laced.
With blackbirds gather, and wheel, and fly
The swallows twitter a low 'Good-by!'"

SIMPLE LIFE BIOGRAPHIES

III

Ina Coolbrith

BY GEORGE WHARTON JAMES

ONE of the sweetest and at the same time queenliest women it has ever been my good fortune to know, is Ina Coolbrith the poet. She came, with her parents to California when she was quite a little girl, in the early days of the gold excitement. She was a thoughtful and gifted child, and it was not remarkable that when she fled the home nest, she soon became the laurel-crowned queen of the brilliant coterie of California writers that started and so successfully made the old *Overland Monthly*. She and Bret Hart and Charles Warren Stoddard wrote so regularly for the *Overland*, and they were so often seen together, that they were soon dubbed "The Golden Gate Trinity."

A few weeks ago, in speaking with the writer, Edmund Clarence Stedman, the greatest of America's poet-critics, said that "Miss Coolbrith's work has always been so pure and true and free from sensationalism that she ranks very high among American poets." Praise from Mr. Stedman is praise indeed, and it reveals the truth as far as Miss Coolbrith's work is concerned. It is a temptation to one who has the great gift of song to write something that will compel the attention of the world. If this be the aim of the poet, he will perhaps accomplish it, but at what a cost. He loses the pure, simple "trueness" of his gift in seeking to do something startling. Miss Coolbrith has never done this. She has preferred to be known but to a few, yet be true to the inward voice rather than reach out after fame by doing something that her own soul could not approve of.

Courtesy National Magazine

Ina Donna Coolbrith

Her life has been a tender, sweet, but very sad poem. I can refer only to some of the things that have made her life so beautiful.

Just as she was rising into fame and needed all her time and energy to cultivate her noble talents and gifts, a dear sister died, leaving two helpless children, a boy and a girl. What should

care for them? There was no one save Miss Coolbrith, unless they went to an orphan's home. With open heart and hands she took the helpless little ones into her life. How was she to support them? Literature might feed one, but it would not provide for three, in those days, and especially as Miss Coolbrith felt they must have a real home where they could be properly and carefully reared. A house was purchased, with

Courtesy National Magazine *O'Vernenil, Photo*

Where Miss Coolbrith was taken while others watched her house burn

a heavy mortgage hanging over it, a nurse engaged, and to pay the bills, Miss Coolbrith took a position in a city library as librarian. For years this noble hearted and devoted woman gave herself, morning and evening, to the bringing up of her orphan nephew and niece, and during the day engaged in uncongenial work that she might earn the wherewithal to keep the home together.

Unselfishness is always noble, even in those who live on a low plane of life, and who have no ambitions for themselves; but to those few who have been touched with the divine fire of genius, to those who have had the doors of heaven opened to them, to those who have seen and still see visions, and who feel within themselves the power to rule by virtue of God-given faculties of mind and soul,—what must it mean to such as these to cast all hopes, all ambitions, all aspirations aside, to hold in check the burning fire within, and to tie one's self down to a routine of daily labor that wearies the mind and soul, as well as exhausts the body? Life is full of such glorious tragedies of noble self-sacrifices for the good of others.

Another exhibition of her noble self-sacrifice was manifested in another case. When Joaquin Miller, the poet of the Sierras, went to Europe to gain the great name and fame his native land had not yet accorded to him, he left behind him a romance and a tragedy. In his Indian life he had married an

Indian wife whom he dearly loved, and who bore him a daughter. During one of his periodical visits to civilization a hostile tribe attacked his people, slew a number, and captured his wife and child. He was not aware of their capture, but was informed they were dead. His search for their bodies was in vain, and he came to San Francisco with this great sorrow at his heart, for his dusky bride was very dear to him, and the little Callishasta had won her way far, far into his heart.

Courtesy National Magazine

Miss Coolbrith in the bread line at San Francisco shortly after the disaster

Many months after he had gone to Europe a friend discovered that the wife and daughter were alive and kept in captivity by the tribe that had made the attack. He followed them and finally succeeded in rescuing Mrs. Miller and the baby. The wife refused to go to San Francisco and returned to her own people, where soon afterward she died, though it was deemed best, both by her and the friends, that the child should go there and be brought up in civilization. Who should undertake the task? Miller had few friends, for he had been in San Francisco very little, but Miss Coolbrith was one of them. She was appealed to, and without hesitation took the motherless, and, for the time being, fatherless, little one into her capacious heart and brought it up. She refused to allow the news to be sent to Joaquin lest it should call him home. She wished him to continue his work, as his presence could not help the child at all, and Europe was developing him in a way that he needed.

When the earthquake and fire of last April destroyed so much of San Francisco, Miss Coolbrith was one of the sufferers. She was sick in bed at the time, almost helpless, and with no one but her faithful friend and attendant, Miss Josie Zeller, to keep her, yet when the fire swept down upon the house in which she lay, and they were compelled to flee, she did not think of her priceless letters from Browning, Tennyson, Whittier, Longfellow, Stedman, and hosts of other friends, nor her accumulation of historical matter of a lifetime, from which she was writing a history of California, nor of the volume of new poems she had nearly ready for the press, nor the paintings by the great artist, Keith. No, she did not think of any of these things. She had two little Japanese sparrows, pets, and two cats, one a beautiful Angora, Mona, and the other only a common stray cat that had found a home with the tender-hearted woman, and these four living creatures occupied all her attention. Knowing they could not carry the cage containing the birds, she thought it would be more merciful to chloroform them than to have them suffer all the agonies of being burned to death, and so, with her priceless treasures about to be destroyed, and with her own life in peril, she stopped long enough to get the drug and put the poor little bird pets out of the reach of the fire, and then, with eyes blinded by tears at what she had had to do, Miss Coolbrith and her friend left the home that an hour later was in ashes.

Tender, gentle-hearted woman! Who shall say that the kindness and thoughtfulness of that act is not recorded by the angel above in the Book of Life.

The true spirituality of Miss Coolbrith is well shown in her poems. Here is one that should be learned by heart by those who selfishly seek their own good to the injury of others:

"O soul! however sweet
The goal to which I hasten with swift feet—
If, first within my grasp,
I reach, and joy to clasp,
And find there one whose body I must make
A footstool for that sake,
Though ever and forevermore denied,
Grant me to turn aside!

"O howsoever dear
The love I long for, seek, and find a-near—
So near, so dear, the bliss
Sweetest of all that is,
If I must win by treachery or art
Or wrong one other heart,
Though it should bring me death, my soul, that day,
Grant me to turn away.

Her love of nature is a passion, and some of the sweetest and purest melodies are spiritual interpretations of every-day things. When she wrote her exquisite "Meadow Larks," the great artist, William Keith, wrote to her somewhat as follows, in his characteristic style: "It's just glorious. I read it yesterday to the admiring Mrs. K. and my sister (a daughter of troubles and tribulations). When I had finished, 'the melting tear stood in her e'e,' and of course K. [himself] was rampant, full of tears and gaspings and groanings which could not be uttered." Here are the last two stanzas of this beautiful poem:

"Sweet, sweet, sweet! who prates of care and pain?

Courtesy National Magazine *G. Wharton James, Photo*

View of San Francisco before the disastrous earthquake and fire of 1906. Taken from Miss Coolbrith's library window

Who says that life is sorrowful? O life
so glad, so fleet!
Ah, he who lives the noblest life finds life the
noblest gain,
The tears of pain a tender rain to make
its waters sweet.

"Sweet, sweet, sweet! O happy world that is!
Dear heart, I hear across the fields my
mateling pipe and call,
Sweet, sweet, sweet! O world so full of bliss,
For life is love, the world is love, and love
is over all!"

Another of her poems has always been an inspiration to me. The last stanza says:

"Then sing in the hedgerow green, O thrush,
O skylark, sing in the blue,
Sing loud, sing clear, that the King may
hear,
And my soul shall sing with you!"

Another of the verses in this song contains one of the sweetest and most perfect images in English song:

"And the love my heart would speak,
I will fold in the lily's rim,
That the lips of the blossom, more pure and
meek,
May offer it up to Him!"

The lily, emblem of purity and prayer. How appropriate and how perfect the thought. The heart that prays must be pure and meek as the pure blossom of the spotless lily.

And now, in a most humble lodging overlooking the Golden Gate, the poet lives. A few friends helped her with funds to tide over her immediate necessities; but to start afresh when everything, absolutely everything, has been swept away in such an all-devouring fire as was that of San Francisco, requires more than "a little help from a few friends." She is getting along in years, is far from well, and incapable of any steady employment. What, then, is she to do? When I realized her sad condition, I determined that, with the help of God, the Father of us all, I would seek to help her bear her burden. I have assumed the responsibility of building her a home, where, at least free from the care of wondering where her next month's rent is to come from, she can live out the remainder of her life. Can such a life, with its ambitions and longings unsatisfied, end without fulfilment? I do not think so for one moment. She answers my question for herself in her own beautiful poem, "Fulfilment":

"Somewhere the seed must spring,
The song be sung;
Somewhere, green boughs among,
The birds must sing,
Must brood and build;
Somewhere the heart be wooed,
Somewhere, far out of pain,
Hope, fair and strong, again
Rise from the tomb.
Somewhere, for God is good,
Life's blossoms unfulfilled,
Must spring from dust and gloom
To perfect bloom."

But I am not content to let her wait for the "somewhere," when we who are "here" can do something to make life pleasanter for her here. There is $3,500 or thereabouts to be raised. Many of the authors of the United States have sent me autographed copies of their books to sell for the benefit of the Home Fund, and I am working constantly to add to it, so that the money will be on hand to enable us to begin to build at once. Miss Coolbrith should be installed in her new home before the winter comes. And I believe the readers of GOOD HEALTH will help me by contributing their mite to this Home Fund. May I not make an individual and personal appeal to all who read these words, and who at any time have been helped by words of mine, written or spoken, to

send at least ten cents, either in silver or stamps, to me, 1098 N. Raymond Ave., Pasadena, Cal. If every reader of GOOD HEALTH would send but this small sum, which the poorest would scarcely miss, a great help would be given to the Fund. There are two other ways in which help can be given. Miss Coolbrith's book of poems has just been republished. Send $1.50 for a copy, or $2.50 for one in which she has written a few lines of her autograph, or send for an autographed book or photograph of any author you are most fond of, and if I have it, I will let you know whether I can send it and at what cost.

It is easy to give to those who do not need it, but how much greater the joy and reward of giving to those who are most worthy, for they are God's needy ones. "Inasmuch as ye did it unto the least of these, my brethren, ye did it unto Me."

George Wharton James

The Transformation of Elise

BY E. MILDRED TIFFANY

GOOD-BY, daughter."

"Good-by, mother. I hope your friend will come."

Elise raised herself languidly on one arm and watched her mother pass out the gate, then she sank back in the hammock with a sigh of weariness and *ennui*. She was mildly interested in her mother's coming guest, and fell to speculating idly about her probable appearance as she swung lazily to and fro.

Mrs. Graham was the president of the Woman's Club of her town, and had invited an old friend to visit her and lecture before the club on Physical Culture.

Elise had not seen Miss Douglas, her mother's friend, since she was a mere child, and naturally now, at eighteen, remembered nothing of her. She was just picturing a tall black-haired lady when—

"Hello, Elise," broke in upon her meditations.

Elise sat up, all animation at the sound of that voice.

A youth of about twenty, accompanied by a girl about Elise's age, stood at the gate. They wore tennis suits and carried rackets.

"Come and have a game with us. We are going to the courts," said the boy engagingly.

"Yes, do come, Elise," added her friend Agnes.

But at the mention of so strenuous a thing as tennis, Elise shrank back.

"I don't feel like playing," she said, "and besides, mother has gone to the depot to meet a friend and I must be here when they return."

"Oh, it's no use, Elise, to urge you to do anything," said Agnes good-naturedly.

"Sorry, Elise," said Guy, and the two passed on.

Elise looked hurt, her lips trembled, and her blue eyes filled with tears. Then she took herself to task. She had refused to play tennis. What could they do but pass on? What a shame it was she couldn't be well and strong like Agnes and enjoy tennis!

As she was pitying herself from the depths of her heart for her frail condi-

tion, the gate creaked and Elise saw her mother and her guest approaching. She rose from the hammock and stood at the top of the steps ready to greet them.

The lady with her mother was tall and black-haired, as Elise had pictured, but much handsomer. She had a fine erect form, a bright color in her cheeks, and sparkling black eyes.

Miss Douglas gave Elise a keen glance as she approached, and thought how much prettier the sight of a young girl in a white gown would be if the girl in question had rosy cheeks instead of the pallid complexion of Elise, and stood erect instead of with drooping shoulders.

Elise greeted her mother's guest prettily, but without animation, her habitual manner being tinged with lassitude.

"Why mother," said Elise, following her into her bedroom after Miss Douglas had been escorted to the guest chamber, "I thought Miss Douglas was about your age."

"So she is, dearie."

Elise paused; she did not wish to hurt her mother's feelings.

"She looks very young," she ventured.

"Yes, that is part of her stock in trade as an exponent of physical culture," answered Mrs. Graham frankly.

Elise thought to herself that it would be well, then, if all women were exponents of physical culture.

"You know, dearie," said Mrs. Graham, "I was married at seventeen and you were born a year later, so I am only thirty-six now, and Marian is three years younger."

"Thirty-three, mother! Why, she doesn't look a day over twenty-five."

"Yes, I know. It's remarkable how she has preserved her youthful looks," agreed Mrs. Graham, without any trace of envy. She herself was fat and frankly middle-aged.

In the week that followed, Elise grew to admire Miss Douglas for her mental and moral as well as physical qualities. And Miss Douglas began to take an interest in Elise aside from the fact that she was her friend's daughter. For Mrs. Graham had poured into her sympathetic ears her fears and anxieties regarding Elise's delicate constitution.

"O, Marian," she exclaimed, "what should I do if my daughter, my only child, should be taken from me?"

"I suppose," answered Miss Douglas, "you have doctored in vain?"

"Oh, we have been doctoring Elise ever since she came into womanhood. She is so sick of medicine she won't take any more. She says it doesn't do her any good anyway, and in truth, it doesn't seem to."

It was at the breakfast table a few mornings following this talk that Miss Douglas, after watching Elise nibble at a piece of toast and end by drinking a cup of coffee, said, "Elise, dear, wouldn't you like to be well and strong?"

"Why, Miss Douglas, what a question! Of course I should."

"Well, you know, dear, every one doesn't want to be. There are some women who think invalidism nice and interesting, and health and strength vulgar."

"Well, I try to bear it patiently, but it's no fun to miss all the good times and not be able to enjoy things with the other young folks," returned Elise, thinking ruefully of the party given the night before which she had not been able to attend, and of the picnic she had gone to with Guy and paid the penalty for by remaining next day in bed.

"If you really and truly want to get well and can trust me, and mother will let you go—if you'll come home and stay with me the rest of the summer,

I'll guarantee to make a new girl out of you."

"Oh, Miss Douglas, I should love to go home with you. Mother, may I?"

Mrs. Graham looked perturbed.

"But Marian, dear," she objected, "Elise isn't strong enough for physical culture."

Miss Douglas laughed gayly. "Oh, I shan't put her to doing any physical culture stunts until she is quite strong enough for them."

Then soberly, "Can't you trust me, Madge?"

"Yes, Marian, I can, and if you can help Elise, you may take her with my blessing if you succeed."

So it was settled. A few days later her young friends gathered at the station to bid Elise good-by. Her usually colorless cheeks had a tinge of pink from the excitement, and her soft brown hair was blown about her face in curly tendrils. Guy Borden thought she had never looked so pretty, and said feelingly, "Awful sorry to have you go, Elise—we'll miss you this summer."

"But she never takes part in our merrymaking," objected Agnes, who stood near; "we'd miss her almost as much if she were home."

"Well, I'll take part when I get back, for I'm going off to get well," said Elise, with hope and confidence that her new régime was to work wonders. But when she got in the train and her head ached and throbbed and she felt so nervous she could hardly keep from going into hysterics, she wondered despondently if she would ever again know what health meant. And when they arrived at their destination,—a little village nestling at the foot of low hills,—she was too ill to notice the beauty of her surroundings as they drove to a pretty cottage set in the middle of a big garden at the edge of the village.

But Miss Douglas proved an efficient nurse. She put Elise into a hot bath at once and then in bed, and after sipping a glass of hot milk, Elise fell asleep.

In the morning she awoke refreshed, and dressing, joined Miss Douglas in the garden.

"I eat only two meals a day, Elise," explained her hostess, "and I noticed at home you seemed to have very little appetite for breakfast, so you'll probably not mind waiting until half past ten, which is the hour my first meal is served. But as you are used to something, we'll have a drink of milk," and Miss Douglas led the way to the cellar, where each drank a glass of the cool, sweet, delicious beverage.

Then Elise must see the garden, and by the time she had done it full justice, breakfast was served on a little round table on the veranda behind a large flowering rose-bush. For the first course they had strawberries and cream; for the next, soft-boiled eggs and graham gems. Elise missed coffee, but was too polite to mention it and accepted the chocolate that was offered her instead.

They had hardly finished breakfast when a woman came up the walk, who, Miss Douglas explained, was a seamstress. Elise looked astonished when informed that the seamstress had come to make things for her.

"But I have plenty of clothes," she objected.

"Yes, but not of the right kind," answered Miss Douglas pleasantly.

So Elise looked on curiously while her new garments were being fashioned. At the end of the week she had a dainty, soft, white empire dress to wear mornings; another somewhat similar, but more of the princess style, for afternoon

or evening; a short denim skirt and two blouse waists; a pair of bloomers, and fitted underwaists to take the place of corsets.

"Things feel so funny and loose," complained Elise when she first donned her new clothes.

"That's because you are used to those miserable tight corsets," said Miss Douglas, throwing a pair viciously into a drawer as she spoke. "These clothes will give you a chance to breathe."

The second night (after Elise had retired) Miss Douglas came into her room and threw open all the three windows, which were made to swing on hinges like shutters. Elise mildly protested against the entrance of so much night air, but Miss Douglas said authoritatively, though in a laughing voice, "Now Elise, I am the doctor and you are the patient, and the patient mustn't question the doctor's orders."

"May I have another pillow?" meekly inquired Elise.

"Why do you want another pillow?" asked Miss Douglas in astonishment.

"Why, I'm used to sleeping on two," said Elise. "And this one is too flat and low."

"That accounts for your round shoulders. No, my dear, it doesn't seem hospitable to refuse a guest anything for which she asks, but I can't let you have another pillow."

Then Miss Douglas showed her how to lie properly and how to relax all her muscles and breathe deeply, and in a short time Elise was drowsily sinking into slumber.

The next morning Miss Douglas came in before Elise was up, bringing with her two Turkish towels, and requested her patient to take a cold-water sponge bath directly on getting out of bed. Elise shivered, but promised to obey.

"Then call me as soon as you are in your dressing gown," said Miss Douglas. A few minutes later she returned in response to Elise's call and led her charge out onto a veranda, where five minutes were spent in breathing exercises.

When they went out in the garden later (Miss Douglas seemed to live in her garden, Elise observed), a place about a quarter of a mile distant was pointed out to her, and Elise was requested to walk there and back every morning, resting ten minutes on the way. This short walk and breathing exercises were all that was required of her in the way of physical culture exercises the first week. The next week light dumbbells were gotten out, and together in bloomers and blouse, teacher and pupil took ten-minute exercises in the garden, forenoon and afternoon.

Later Elise learned a set of physical culture exercises for special development, to be taken in her bedroom at night just before retiring.

The days were passed variously. Miss Douglas was indeed a busy woman with her classes and instruction. But Elise soon made the acquaintance of the young people of the village and did not lack for company. There was rowing on the river, and when she grew strong enough, tennis. Then the garden was so beautiful Elise spent much of her time in it; when she felt able, helping Miss Douglas care for her plants. There were hammocks and lounging chairs in the shady nooks, and it was always a joy to lie in them and read or idly swing and dream.

As the summer passed, a great change took place in Elise. Regular hours, plenty of sleep, systematic bathing, exercise, simple, wholesome food—in short, a rational method of living was begin-

ning to have its effect. She said little in her letters home, simply that she was better and enjoying herself, for she and Miss Douglas had entered into a conspiracy to surprise her mother.

As the summer waned, Mrs. Graham began to long for Elise, and Miss Douglas was planning a lecture tour, so both things taken together made it imperative for Elise to return.

"But I could stay here forever," said Elise on the last morning of her visit as she looked regretfully around the garden.

"But you are going to make a garden of your own at home, you know."

"Yes, now that I've once tasted the delights of gardening, I shall indulge forever after."

"And you're not going back to your old ways of living, Elise? Back to corsets and coffee and no exercise and carelessness about fresh air? And you'll not give up cold-water baths?"

"Give up my morning bath—my most cherished possession? Never." Then reproachfully, "Do you think all your work with me and your teaching have been in vain, dear Miss Douglas?"

"No, Elise dear, I don't," and Miss Douglas bent and kissed her pupil affectionately.

Without giving any one warning, Miss Douglas and Elise arrived at the latter's home one afternoon early in September. Mrs. Graham was not in, and Elise stood anxiously at the front door watching for her. A familiar figure turned the corner. Elise flew down to the gate and was soon folded in her mother's arms.

After the first rapture of greeting was over, Mrs. Graham held her daughter off at arm's length and exclaimed, "Why, Elise, can it be you? Is it possible? Why, what a miracle Marian has wrought!"

And indeed it was a different Elise from the one who had left home three months before. She stood erect now, with her chest up; her eyes sparkled with health and spirits; the color glowed in her cheeks, and pallor was replaced by a healthy tan, indicating much outdoor life. She was no longer thin, but plump and round—almost fat, her mother said teasingly.

The next day Mrs. Graham was given some insight into the method that had worked such a wondrous change in her beloved daughter. Elise was up early and a great splashing was heard in the bathroom as she took her cold-water bath, for she had progressed from the sponge to the dip. Then came ten minutes of exercising which left her rosy and glowing. At breakfast she declined coffee and confined herself to a cereal. After breakfast came a vigorous game of tennis with Miss Douglas. Then a walk to the postoffice after lunch. So overflowing with energy now was Elise that she could not be kept still, though at Miss Douglas' insistence she lay down for a short time in the middle of the day, utterly relaxing if she did not sleep.

"Oh, mother," said Elise enthusiastically, "when you've never had any life or energy and suddenly find an inexhaustible supply, it makes you just want to fly."

The second evening after her return a throng of young people assembled to celebrate her home coming, and Elise was showered with congratulations on her improved appearance. But the congratulation that pleased her most was from Guy.

"By Jove, Elise," he exclaimed with eyes full of admiration, "I always thought you pretty, but now you are a regular beauty. I think I'll propose three cheers for physical culture for working such a

transformation as it has in you. Now you'll play tennis with me?"

"Yes, Guy, I'll play tennis with you now, forever and a day."

"Do you mean it, Elise, *forever?*"

"Oh, I was only using the cant phrase," said Elise in confusion, "but—but—"

Well, as this has only to do with the transformation of Elise, we'll let her answer pass.

DeQUINCEY THE ENGLISH OPIUM-EATER

The Melancholy Story of a Remarkable Intellect Enslaved by Irresistible Passion for a Narcotic Drug

BY WILLIAM E. A. AXON, LL.D., F.R.S.L.

IT is curious and melancholy to think of a subtle and penetrating intellect like that of Thomas de Quincey becoming enslaved by the physical passion for a narcotic drug. There is no more moral blame to be attached to the use of opium than to the use of alcohol, though as the one is a common and the other an uncommon form of indulgence, some of those who have the least right to be so, are effusively pharisaical in their blame. Inebriety has various forms, and the wine-bibber has no claims to sit in judgment on the opium-eater.

De Quincey was a native of Manchester, where he was born in 1785, and suffered as a youth from the unhealthful arrangements of the Manchester Grammar School while preparing for Oxford University. As his mother and other guardians took no notice of his remonstrances, he ran away from the school. He thus threw away the probability—nay the certainty—of gaining a scholarship which would have opened for him a career at Oxford, where his extraordinary talents and his precocious scholarship would have secured his success in life. All this he threw away by his rash act. For a time he wandered in Wales on an allowance of a guinea a week from his relations. Later he endured great privations in London while negotiating with money-lenders for advances to be repaid when he came of age and entered upon his patrimony. There can be no doubt that in this way he ruined his digestion, nor would his "craving for wine" be otherwise than detrimental. Almost accidental circumstances led to a reconciliation with his relations, and he entered Worcester College, Oxford. In 1804, on a visit to London from the University, he made his first acquaintance with opium. He was suffering from rheumatic pains in the head, and on the twenty-first day of this torture he met a college acquaintance who advised him to try the tincture of opium as a remedy. Thus he entered upon his experiences of the pleasures and pains of opium, and his account of them is now one of the classic books of the English language.

In the "Confessions of an English Opium-Eater" we can follow the effects of the drug, its witchery, its increasing power, its increasing demands, its gift of wonderful pleasures followed by still more dreadful pains. As is the nature of narcotics, it created an imperious appetite, which demanded more and more. De Quincey's consumption of laudanum rose to fabulous heights. Yet in the

midst of this slavery the tender humanitarian feeling found expression. After his opium draught he would wander on Saturday night to the markets frequented by the poor, to whom he was always sympathetic. "Generally speaking," he says, "the impression left upon my mind was that the poor are practically more philosophic than the rich; that they show a more ready and cheerful submission to what they consider as irremedial evils or irreparable losses. Whenever I saw occasion, or could do it without appearing to be intrusive, I joined their parties and gave my opinion upon the matter in discussion, which, if not always judicious, was always received indulgently." Yet sometimes the opium led to reveries that lasted from sunset to sunrise, as when from his open window at Everton he watched the "many-languaged town of Liverpool," and "the multitudinous sea," through the long night until the dawning of the day. He found in opium an assuagement, an anodyne of physical pain, and beyond that an endowment of golden dreams and mystic imaginings. But these pleasures have to be paid for, and that in more ways than one. The loss of self-control, the weakening of the will, is one of the penalties. De Quincey again threw away his university chances; the first part of his examination was a brilliant success, but instead of facing the examiners for the remainder, he left Oxford, never to return. This paralysis of the will, this inability to deal with practical problems, followed him through life. His pecuniary affairs were a tangle which he never set straight; he was capable of offering a bank-note as security for the loan of a small silver coin.

For years he contributed to magazines, drawing the pay for each page as it was written, and unable in his straits to wait even for the completion of the article. On the other hand, the sale of the "Confessions" went on for some thirty years without the author knowing whether the copyright belonged to him or to another. In those long years of work, although an affectionate husband and father, he often lived alone and away from his family. Always bearing the unmistakable mark of the scholar and gentleman, his dress was odd and careless; his comings and goings unaccountable. He made many efforts to break the opium spell. He reduced the amount of his consumption; he had taken as much as eight thousand and twelve thousand drops of laudanum in a day; he reduced it to a thousand, and, of course, with beneficial results. For a time he abstained entirely, but again came under the spell, and for more than half a century was an opium-eater. It did not destroy his intellectual powers, for his writings are among the treasures of English literature; it did not kill him, for he was seventy-six when he died. But it disorganized his whole life, filled it with anxieties, with needless troubles, with sordid and unnecessary struggles. It prevented him from accomplishing some one work for which his great intellect so well fitted him. He says: "For nearly two years I believe that I read nothing, and studied nothing. Analytic studies and continuous studies are not to be pursued by fits and starts, or fragmentary efforts. All these were become insupportable to me; I shrank from them with a sense of powerless and infantile feebleness that gave me an anguish the greater from remembering the time when I grappled with them to my hourly delight; and for this further reason, because I had devoted the labor of my whole life, had dedicated my intel-

lect, blossoms and fruits, to the slow and elaborate toil of constructing one single work, to which I had presumed to give the title of an unfinished work of Spinosa's; viz., 'De Emendatione Humani Intellectus.' This remains unwritten, as also the 'Prolegomena to Political Economy.'"

De Quincey's writings are magnificent fragments, but the *magnum opus,* the body of philosophical and economical doctrine, remained unwritten. "The opium eater," says De Quincey, "loses none of his moral sensibilities or aspirations; he wishes and longs as earnestly as ever to realize what he believes possible and feels to be exacted by duty; but his intellectual apprehension of what is possible infinitely outruns his power, not of execution only, but even of proposing or willing. He lies under a world's weight of incubus and nightmare; he lies in sight of all that he would fain perform, just as a man forcibly confined to his bed by the mortal languor of paralysis, who is compelled to witness injury or outrage offered to some object of his tenderest love — would lay down his life if he might but rise and walk; but he is as powerless as an infant, and can not so much as make an effort to move."

This, and not the ghostly terrors of dreams by day and night, is the real tragedy of the opium-eater's life. I yield to none in admiration of Thomas de Quincey; his learning, his critical insight, his mastery of "impassioned prose," his weird humor, his sympathy for the poor and suffering; but this admiration does not hinder me from seeing the baneful results of opium on his life. More than most men he might claim that the drug was an anodyne for the physical ills from which he suffered, and yet he paid for his opium pleasures by years of sordid cares and trivial anxieties, and by that most painful of all punishments for a man of sensitive conscience and great mental powers, the inability to make the intellect respond to the call of duty. The keen desire to fulfil a mission and the anguish of being unable to break the chains that hinder and prevent the accomplishment of that mission—these combined to the frustration of his hopes and aims.

Such is the lesson of De Quincey's life. Even genius can not avoid the penalty of error, and the pleasant reveries of the opium-eater have their inevitable sequel in dark visions—

"With dreadful faces thronged and fiery arms,"

and still worse in the haunting sense of a duty unfulfilled and a mission that has failed.

"How happy is he born and taught,
That serveth not another's will;
Whose armor is his honest thought,
And simple truth his utmost skill;
Whose passions not his masters are,
Whose soul is still prepared for death,
Untied unto the worldly care
Of public fame, or private breath!"

—*Sir Henry Wotten.*

INROADS OF THE LIQUOR TRAFFIC

The Iniquitous Trade Begins to Insinuate Itself into the Grocery and Provision Business—a Growing Danger to the Home

BY G. C. TENNEY

THE statistics of the liquor traffic are so vast in numerals that the sight of the figures palls on our senses. They exceed the capacity of the mind to grasp or comprehend. Their colossal proportions so overtower the figures used to express the volume of every other business as to make the work of procuring the necessities of life, and the pursuit of those arts which minister to the uplifting of humanity, look feeble and contemptible. We shall not attempt to deal with them here.

But vast as is this evil, there are features of this thrice-cursed business that ought still to appeal to the heart of every true man and woman. Are we to surrender the field to this dragon that is devouring our manhood, and that is already fastening its fangs upon our womanhood? Is there no remedy within our reach? or must we submissively lie down with the determination to protect our own persons as well as we can, and leave all those about us to their fate? That is practically what we are doing. And, taking advantage of our quiescence, the giant evil is deliberately walking over our prostrate forms, invading our homes, ruining our public affairs, laughing at our feeble protests, and growing fat and arrogant under our legal protection and sanction.

A prominent worker in one of the noblest of temperance organizations, one which for several decades has stood for the defense of the home and native land, told me that that organization was paralyzed by the awful situation with which it is confronted at the present time. Notwithstanding the brave fight that has been waged by that courageous and indefatigable organization in our own country and in all the world, the awful spectacle presented by their great foe, the liquor traffic, at the present time appalled their strongest hearts, and so weakened their faith that at times it almost put a quietus upon their efforts.

The liquor traffic no longer confines itself to saloons and places maintained ostensibly for the sale of intoxicating drinks; it has taken a principal place in the manufacture of patent or proprietary medicines that are advertised in all journals, extolled on the bill-boards, painted on barns and fences the world over, so that the names and preposterous claims of these vile and deadly nostrums stare us in the face wherever we may turn our eyes. These mixtures have for the most part a cheap grade of alcohol as their base, and the drugs with which this poison is more or less impregnated are calculated to excite the thirst for alcoholic stimulation which is supplied for the time being by the so-called medicines. In the use of bottle after bottle of these concoctions a trap is laid for the victims, into which they are falling to-day by hundreds and thousands.

Nor is this the worst phase of the evil that threatens our very existence with an aspect more terrible than any that has ever before frowned upon us. The trade in intoxicating liquors has insinuated itself into our grocery and provision supply so that grocers supply intoxicants to the families of their customers along with the necessaries of life,

and through this channel they find their way into the very vitals of our society, —the table and sideboards of our homes. Here they do a work far more deadly than they were doing at the public bars.

It has been shown by experience many times repeated that womankind is more susceptible to temptation in the direction of stimulants than are the men. All we have to do in order to prove this is to remove from before woman the barriers which modesty has erected for her protection, and she is more helpless than the "sterner sex." No woman who respects herself will go up to a bar tended by a man and openly order and take intoxicating drinks. That would be a low-down thing to do, and would at once stamp her name with shame. But place the temptation in the seclusion of her own home, where she is mistress, where no human eye can criticize or see the thing that is done, and that barrier is removed. Women are subject to spells of weakness, to pain and to lassitude, when it is very easy to imagine that just a little something in the way of stimulation would be of great assistance in bridging over the difficulty. The experiment is tried and seems to be a success. It may be that it is tried on the suggestion of some friend, or possibly of some misguided physician, for there are doctors, even, in this Christian age who have no more conscience, or perhaps it may be no more power of perception, than to deliberately lead a weak, nervous woman into a path that means sure death and destruction, ruin and disgrace to her and her family. Ah, it has been done thousands of times.

The repetition of that experiment is seemingly even a greater success, and thus the web of an incontrollable habit, of an unconquerable thirst is woven about the victim, who does not awaken to the situation until she is a helpless drunkard, a place to which she has come without the knowledge of her husband or her own self.

Nor is woman alone in danger. The husband soon finds out that the stuff is in the house and he can slyly take a taste unobserved to quicken his drooping energies. He falls into the pit, and is soon a *habitué* of the public bar. The "liquid damnation" now comes boldly upon the family table, and the children are easy victims to the destroyer.

Go to any grocer who deals in this awful stuff, and he will hide behind such an excuse as this: "If I do not supply these things, I would lose my customers, because they will go where they can get them." And this has been the liquor-seller's defense from time immemorial: "If I don't do it, some one else will."

It will require the active use of every means within the reach of good people to stem the tide of intemperance, to check this terrible scourge that carries with it such ruthless destruction of life and happiness, of purity and peace, that means ruin and shame for so many thousands and millions of noble men and women. When the moral and economic sense of our legislative bodies shall be sufficiently aroused, when our municipal authorities shall learn to regard the lives, virtues, peace, and happiness of our communities above the sordid lust for revenue, when all classes of society shall come to estimate things according to their true value, and to realize that the hovering of a deadly viper in our bosom does not pay at any price, when virtue is to our public men worth more than vice with a gold dollar in its hand,—then will there be hope. As it is now, our cities are in collusion with death and destruction for the sake of gain. Our city councils are in partnership with the demon that is destroying our homes, and while attempting in some directions to

safeguard our homes and our interests, they are cherishing the most gigantic engine that the author of death ever invented.

What an anomaly is presented to the universe of God! A government set for the protection of virtue and human rights, supporting the various departments,—legislative, judicial, and executive,—with halls of justice, jails, police, detectives, courts, and the whole paraphernalia of good civil government, exerting itself to subdue crime and lawlessness, and yet, harboring, licensing, protecting, and actually sharing the proceeds of the vilest, most destructive, and damnable system of lawlessness and destruction that has ever glutted itself upon human happiness and peace! How the merciful God, whose name is Loving-kindness, Mercy, Truth, and Justice, must regard such a travesty! Shall we ever sufficiently arouse ourselves to take in the situation and lay hands upon this wicked traffic? God only knows. If so, when? and thousands and millions of hearts sad with shame and pain echo, "When, O when?"

Tobacco and Physical Deterioration

DR. SIMS WOODHEAD, Professor of Pathology at Cambridge University, writing on the medical aspect of the smoking question, offers the following valuable testimony:

"During the last few years there has arisen a condition known among doctors as 'adenoids,' a kind of growth occurring at the back of the throat, which has to be removed by surgical interference. Why should this growth be removed? Because it interferes with the breathing. It causes a boy or a girl to breathe less deeply than in health. As a result of this, we find that children affected do not develop properly; they do not grow to their full size. They are pale, they lack energy and intelligence, and altogether it is clear that something is interfering with their proper development.

"Tobacco smoking brings about similar results as do these adenoids—shallow breathing, impaired mental and physical energy, and slow or retarded development—but in a different fashion. Nicotine is classed with drugs that act on certain nerve cells—conine, nicotine, lobeline, cuarine, spartime, gelsemine, and some allies of morphine. All these drugs are classed together as setting up depression and ultimate paralysis of certain nerve cells. They act also by depression or paralysis of the motor nerve endings, and finally, when taken in large quantities, they produce convulsions, which are said to be 'spinal in origin.' Nicotine is the active principle of tobacco, a poisonous drug, that acts especially upon the nerve cells, and, in acting upon these cells, it affects seriously the breathing, the beating of the heart, and certain other functions of our body.

"We have at the base of the brain a number of nerve cells, controlling our respiratory or breathing apparatus. When these cells are very active, we take deep and fairly frequent breaths, to get enough air to feed our bodies and keep all our tissues sweet and pure and healthy. Should we do anything to paralyze these cells, we find that as they become sluggish, our breathing becomes less active. We take shallow breaths, and we breathe slowly. Nicotine, the

active principle of tobacco, paralyzes or interferes with these brain cells, our breathing is interfered with, and the result is that a proper exchange does not go on in our bodies. Our tissues, our brain and their nerve centers are not properly nourished, we get lethargic, and the whole of our physical and mental processes go on more slowly than they do under ordinary conditions. We all know that we have a heart which beats with a certain regularity—as many as sixty to eighty times in a minute. By giving certain drugs, we can alter the rate of action of the heart, this being effected through the action of those drugs upon the nerve cells of which we have been speaking. These cells are distributed in little groups over the body, each little group having its own special work to do. One of them controls the heart's action, 'inhibits' it, it is said, i. e., it puts a brake on the heart, should the heart be beating too quickly, until it beats at its proper rate. Any person who watches a smoker, keeping a finger on his pulse, will find that these nerve cells are first slightly stimulated, the heart slowing down. After a time, however, the nerve cells become depressed, they no longer do their work properly, and are unable to control the heart, which 'runs away,' beating much more rapidly; it then gets tired sooner, and the whole circulation is upset. When a person is smoking tobacco for the first time, a great change occurs in his muscular and vascular system. He becomes pale, then greenish, and the action of the heart is much disordered. The patient breathes quickly and feels very sick, partly, no doubt, as the result of this action on the respiration and on the heart, but partly through the disturbance of the smaller blood-vessels. The young smoker does not get enough air into his lungs, and enough blood is not poured into his capillaries, or small blood-vessels; consequently, as may readily be understood, he does not grow properly, his tissues are not well nourished, and he does not get rid of certain waste products which, left in the body, are very poisonous.

"As people get old, their tissues get more resistant. If I examine my skin, I find that it is coarse and hard, and much more resistant to any injurious agent than is the skin of a young child, which is much more tender, very delicate and easily injured. In just the same way the nervous system of the child is much more delicate than is that of the adult. You *can* poison an adult with tobacco, but not so easily. A man *may* smoke,—I should not advise him to, as I believe it will do him no good, and may do him harm,—but he *may* smoke *with comparative impunity*. In the case of a child, however, when its delicate tissues are acted upon by the poisonous drug nicotine, it will be readily understood that the results may be much more serious. Why should they be so serious? Because the poison is acting upon a tissue which is growing and developing, and stopping or interfering with that development in any way, you are interfering with the growth to which the child might attain, were the conditions to continue favorable. Let me give you an example. If a child be starved in its youth, and does not receive sufficient food until the age of sixteen, say, you may afterward feed it as you will, but it will not become a fully developed man or woman. Interfering with the nutrition of the tissues during the early stages of development, you cause them to lose some of their powers, and they never regain them. Let any poisonous substance act upon the young tissues, and you get exactly the same results. The nutrition is so impaired that they

are never able to make up lost ground; the boy becomes stunted, and the brain receiving less nourishment than it should, the man goes through the world a less effective instrument for good. And that is what we have to aim at,—to become as effective instruments for good as our powers will allow."

THE STRONGHOLDS OF DRINK

Weighty Reasons for the Absolute Prohibition of the Liquor Traffic —a Startling Catalogue of Crime Induced by Drunkenness

BY A. H. H. M'MURTRY, M. D., M.Ch., Belfast
(From the Bible Temperance Educator)

THUS does the verdict of science corroborate the conclusion which common sense draws from ordinary experience,—that alcoholic drink is a bad thing, not in the Manichean sense, as some unjustly affirm that we say, but in the dietetic and physiological sense of being in its nature and action antagonistic and injurious to the tissues and functions of the human body. This is the first of the three great truths which we must teach to the profession, the people, the parliament, the press, the pulpit, and the pew, if ever we are to capture the strongholds of drink. It is the very basis and justification of the anti-drink movement. To deny it or ignore it, and assume, against all reason and experience that alcoholic liquor is a good thing, and yet strive and expect to abolish the sale and use of that good thing, is false, fatuous and futile.

It is more than expedient, therefore, —expedient is, with many, only another word for optional—it is obligatory always and everywhere to abstain from it, for however circumstances may change, no conceivable circumstances can alter the natural incompatibility of alcohol and healthy living tissue, or make it either permissible to injure healthy living tissue by exposing it to the deleterious touch of alcohol, or possible to drink alcoholic liquor without such injury.

That is the first great truth we must teach, and the second is like unto it and arises out of it. Because alcoholic liquor is a bad thing to drink, it follows that to make it and sell it for use as a drink must be a bad and a wrong business, and ought to be prohibited by law. Its fruits bewray it and condemn it. I will not occupy space with any of the hackneyed, though weighty and undeniable, pronouncements to this effect given throughout its history by the most competent and trustworthy witnesses, from Sir Matthew Hale to the last Judge of Assize.

Who is there that does not see the daily proofs or read in the press the daily record of the baneful operation of the liquor traffic? Let me present instead some samples of the fruit which this deadly upas-tree—the liquor traffic —is yielding in an abundant and never-failing crop, not in one season only, but all the year around. And let me ask my readers to think of the brazen effrontery of the man who is not ashamed to stand up in its defense and chatter

abouts its legality and respectability, of the heartless greed of those who can be content to make money out of an occupation that is constantly producing such results, and of the stupidity or inconsistency and guilt of those Christian voters who send men to Parliament to promote our welfare.

FRUITS OF THE LIQUOR TRAFFIC: The following specimens of the "fruits of liquor traffic" were culled from a limited number of British and Irish newspapers during the brief period of one month:—

Two men are found dead in a room after a bout of drinking.

A man dies in a field after a two days' drinking debauch.

A drunken man throws a child over a wall and breaks its jaw; a drunkard drowns himself.

A drunken man attempts murder and commits suicide.

Husband and wife, both drunken, quarrel, and the wife is killed.

A drunken woman calls a man foul names; he knocks her down, and she dies.

A drunken husband beats his drunken wife and throws her into a canal.

A drunken woman cuts her baby's throat, murders her eight-year-old boy, and hangs herself.

A man after drinking heavily for nine weeks, commits suicide; an intemperate doctor is found dead in his house; a drunken man says, "Here goes for a good swim!" jumps into a river and is drowned; two drunken women quarrel, and one is killed.

A man kicks his drunken wife and she dies; a drunken man murders his child by cutting its throat; two men and a woman drink and quarrel, and one of the men has his leg broken.

A number of men are drinking in a beer-house and quarrel, and one of them stabs another to death; a drunken wife confesses to unfaithfulness and is divorced; two drunken men are burnt to death; a man dies from syncope, due to alcoholism.

A woman is charged with drunkenness for the 221st time; husband and wife quarrel, she throws poker at him, and he strangles her to death; a boy, aged seven, is plied with drink by a man and dies next day.

A man, for a bet of a quart of ale, swings down a shaft, falls to the bottom and breaks his neck; a drunken man keeps his home unhappy for ten years, and then leaves his wife; three inquests are held on two women and one man, and the verdict in each case is, "Death from excessive drinking"; a woman goes to bed drunk and suffocates her baby.

A woman is brought raving mad with drink to the police office, and makes three desperate attempts to strangle herself; a drunken cripple violently assaults three persons; a drunken surgeon gets robbed.

A baby, five months old, is poisoned with alcohol from its drunken mother's breast; a drunken man is trampled to death by a drunken woman; a drunken man falls overboard and is drowned; a drunken woman starves her child; a drunken man threatens to shoot his wife and child and tries to stab a policeman; a drunken man cuts his wife's throat; a man, after drinking, jumps overboard and is drowned.

A drunken man shockingly kicks his sick wife; a charwoman dies in a fit caused by alcoholism; a woman dies from pneumonia, "accelerated by drinking"; a drunken landlady cuts her throat, jumps into a canal, and is drowned; a woman dies from alcoholic poisoning with a brandy bottle by her side.

A drunken man kicks his wife all over the body and leaves her insensible; a dozen paupers, after a "day out," return drunk, one falls on the pavement, and dies soon afterwards.

But the list of drink tragedies is interminable. I could go on indefinitely with the ghastly catalogue. And "there is a sea below the sea." Those are the bubbles of rottenness that rise to the surface and to view from the hidden festering mass beneath. There is a domestic world of drink-born sin and suffering, sorrow and shame, of which the policeman wotteth not and the magistrate had no cognizance.

"And ye shall succor men;
'Tis noble to serve,
Help them who can not help again;
Beware from right to swerve."

Butter Germs

THOUSANDS of invalids have discovered for themselves that butter is a source of mischief, and have abandoned its use. The studies of Pawlow, the famous St. Petersburg physiologist, and of French and German bacteriologists, have made plain the reasons for the unpleasant effects so often following the use of butter by certain classes of invalids. Pawlow has shown that butter, as well as all other fats, when taken into the stomach with other foodstuffs, has the effect to lessen the secretion of hydrochloric acid, one of the elements which is absolutely essential for gastric digestion. The more fat taken into the stomach, the less the amount of gastric acid formed.

Cannon, of Harvard, has added to this fact another of almost equal importance. His observations made with the X-ray upon cats in whom the gastric contents had been made visible by means of bismuth, have shown that fats remain longer in the stomach than any other food element, and that the length of time food remains in the stomach under ordinary circumstances depends upon the amount of fat mixed with the gastric contents.

Bacteriologists have shown us that ordinary butter is swarming with germs. A single teaspoonful of milk generally contains from two million to ten million of germs. The number may even be much larger than this. In the removal of cream from the milk, the germs are taken with it, and in the process of churning, the germs are collected with the fat, so in the butter we have the concentration of a large part of the germs contained in the milk from which the butter was derived. So in a pound of butter derived from twenty pints of milk, the number of bacteria must be almost beyond estimate. A brief computation will show that the number of bacteria contained in a pound of butter might easily reach the enormous sum of five or ten billions. Many of these germs are putrefactive organisms and when taken into the intestine find their way into the colon, where the conditions are favorable for their growth and development.

Butter, as ordinarily used, is unquestionably one of the filthiest things that comes upon our table.

Pure, thoroughly sterile butter is without doubt one of the most easily digestible of all forms of fat. Experiments have shown that it is far more digestible than other forms of animal fat and is less likely to encourage intestinal autointoxication, but there can be no doubt that butter as ordinarily made and served upon our tables is absolutely unfit to enter the human stomach. Only a scavenger's stomach is competent to deal with such a veritable Pandora's box as is ordinary butter.

When taken for human food, butter should be freshly and carefully made from well-sterilized cream. The milk should be taken from the cow with the greatest care possible as regards cleanliness, so that contamination from stable dust and litter may be avoided. The milk should be at once sterilized, promptly cooled, and the cream removed either by the separator method or by permitting the milk to stand in water just above the freezing point, and then skimming. The cream should be again boiled for five or ten minutes and then churned with great care, to avoid, as far as possible, exposure to air. The butter should be well washed, and the buttermilk should be worked out as thoroughly as possible. Little or no salt should be added. It should then be placed in an ice-box until used.

Prepared in this way, butter will keep perfectly sweet and wholesome for some days. If sealed up hermetically, it may be kept, in fact, for several weeks, but if the slightest taint is noted, it should be discarded. Butter which is the least bit strong or tainted is as unfit to go into the stomach as soap-grease, rotten meat, or any other kind of decomposing material. It is fit only to be food for scavengers, and this must be said of most butter which is eaten in this country.

The Food and Drink of Japan

BY ARTHUR M. GROWDEN, M. A.

Tea Ceremony

THE entire nation of Japan could live in a princely way upon what wasteful America throws away.

The above statement is made after careful personal observation of the country and people toward whom the eyes of the world are now directed.

If it is true that blood will tell, it is equally true that diet and drink bear a close relationship to success or failure in life.

Japan teaches a great lesson of economy.

The country is very mountainous, hardly twelve per cent being cultivated; a lot is a small farm; yet the people are fed, are healthy, strong, and happy. One never sees a field of ten or twelve acres. The holdings are small, and intensive farming is the rule, with a rapid succession of crops, with all hands, father, mother, son, and daughter, working side by side.

The hoe is the main implement. The blade is about as long as the handle and it is awkward to use.

The grain is harvested and threshed by hand.

They raise wheat, millet, rice, and beans. The best wheat is raised in the south. No country produces more or a better quality of rice. One-half of all the land is used in its production.

Among vegetables we find turnips, pumpkins, radishes, beets, carrots, potatoes, and onions.

Of fruits there are oranges, persimmons, figs, apricots, pears, peaches, plums, loquats, and grapes. In the north they are learning to cultivate the apple.

The people eat from little tables about six inches high—to each person a table. The food is served in bowls. They eat with chop-sticks, eight inches long, by about a quarter of an inch thick, and it takes time and patience to learn their use.

The Japanese are largely vegetarian. Butter and milk are not used. Bread forms no part of the menu.

Rice forms the staple article of food. It is boiled in water, without seasoning, and when cooked, it is a beautiful white,

and dry. To a Japanese taste, seasoning would spoil it.

The most common vegetable is *daikon,* which is pickled and eaten at almost every meal. It is very cheap, and a boon to the hard-working people.

They eat three times a day,—morning, noon, and at sunset.

A noticeable thing during a meal is the perfect quiet, there being no knives, forks, or spoons to rattle.

The people drink largely of *sake,* which is obtained from fermented rice, and contains about twelve per cent of alcohol.

Tea is the beverage that meets uni-

Writing a Letter

Meat was abandoned a thousand years ago. If Russia had done the same, the result of the recent war might have been different; for as a man eateth, so is he in peace or war.

Those who dine at home have perhaps two dishes a meal, broiled fish and soup; or an omelet.

The visitor is always offered something to eat, and the refreshments are usually tea and cake. At each port of call the health officers were thus treated in the Japanese steamer in which the writer traveled.

To our taste, Japanese food seems insipid, no meat, milk, bread, jam, or coffee. To many Westerners this would mean semi-starvation.

Under their diet much exercise is necessary, hence the hard-working coolies are healthier and stronger than those of the upper class.

versal favor. Tea drinking has passed through three stages,—the religious, the fashionable, and the esthetic.

Buddhist priests use the beverage to induce wakefulness to enable them to pursue their devotions at night.

Minamotono Sanetomo, Shogun, 1203, was the Tea Aristocrat. He affirmed that "tea regulates the five viscera, and expels evil spirits."

The second stage was reached in 1330 when the *daimyos* (lords or barons) took a prominent part and sipped the beverage as they reclined on couches spread with skins of wild animals, in luxurious houses whose walls were adorned with gold and silver vessels, and pictures.

Many brands of tea were used, and the guests were engaged in guessing where these came from, the successful

guessers being rewarded by gifts which hung in the room. These gifts were later conferred on the dancing girls.

In 1587, Hideyoshi gave a great tea party, to which all were invited. The party lasted ten days. Sennorikyu simplified all tea ceremonies. A dinner is only a preliminary to tea drinking. The tea used is in powder form, not in leaves, and is something like "pea soup in color and consistency." At a formal tea drinking each action and gesture must be in keeping with rules; and the phraseology, the ringing of the bell, the walk from the house to the garden, and the return must be according to a set code of etiquette.

When first witnessed by a Westerner, the ceremony is novel and interesting; repeated, it becomes wearisome.

CATERING TO THE APPETITE IN ILLNESS

Suggestions and Recipes for an Appetizing, Wholesome Food Service for the Sick-Room

BY MRS. M. A. EMMONS

THE appetite of a person in health is readily satisfied with any suitable food. In times of illness it is often difficult to provide such food as will be relished or can be assimilated and utilized by the system; yet nourishment is at such times of the very greatest importance, and those upon whom falls the privilege of planning the sick one's bill of fare, must study to arouse the appetite both by careful preparation of the foods and by dainty and artistic service. Appetite is influenced by the sight and smell as well as by the taste of foods, and all three of the senses should be appealed to in preparing the meals for an invalid. The arrangement and accessories should be given most careful consideration. Dainty dishes, polished glass and silver, with clean napery, will help much in making the food relishable. Below are given a few simple menus, with recipes, which, with the illustrations accompanying, are offered as suggestions of the many ways in which we may aid the appetite by pleasing service.

Light Luncheon.

Salpicon of Fruit
Currant Nectar
Water Lily Orange
Lettuce Sandwich
Sweet Peas.

Currant Nectar.

Juice of one orange
Juice of one lemon
1 1/3 cups cold water
¼ cup sugar
1/3 cup currant juice, or
any colored fruit juice.

Dinner Tray.

Potato Croquette
Cream Shirred egg
Fruit Nectar
Strawberry Mold
Zwieback—Butter
Asters.

Light Luncheon

Dinner Tray

Liquid Diet

' Study to arouse the appetite both by careful prepa-

Child's Tray

Breakfast Tray

General Tray, or Convalescent's Tray

ration of the foods, and by dainty and artistic service."

Strawberry Mold.

⅞ cup strawberry or other fruit juice
2 tablespoons lemon juice
½ cup sugar
½ cup cooked vegetable gelatine

Gelatin is prepared by cooking ⅛ oz. or ⅛ of a box of Sanitas vegetable gelatin in ½ cup of boiling water until the gelatin dissolves, which will be about ten minutes. Mix ingredients, strain, mold or serve in sherbet glass.

Tray for Fever Patient.

Bean Broth
Fruit Eggnog
Fruit Nectar
Sweet Peas

Bean Broth.

1 cup of beans — 1 quart cold water
⅛ teaspoon salt

Put the beans to soak in the cold water, let simmer until but one cup of liquid remains. Season with cream and butter if desired.

Child's Tray.

Strawberries
Potato Mold—Cream Sauce
Currant Nectar
Wafers—Butter
Pansy Faces.

Potato Mold.

To a nicely baked potato add 1 tablespoon cream, ⅛ teaspoon salt. Beat light with a fork. Mold in any desired shape. Serve with cream sauce.

Breakfast Tray.

Corn Flakes—Cream
Chipped Protose
Beaten Biscuit—Butter
Cereal Coffee
Marguerite Daisies.

Convalescent's Tray.

Cream of Corn Soup
Bean Croquettes
Egg Yolk on Toast
Whole-Wheat Wafers
Yellow Daisies.

Egg Yolk on Toast.

Boil an egg three minutes; the yolk will then be mealy throughout. Place on toast over which has been poured a cream sauce as given in the June number of GOOD HEALTH.

The recipe for bean croquettes will be found in GOOD HEALTH for August. They are easily prepared and most delicious.

Make Exercise Pleasurable

EXERCISE, to be invigorating and renovating, needs to be pleasurable and interesting to the child. This is one reason why the joyous, spontaneous, out-of-door sports of childhood serve a better purpose than ordinary gymnastic drills. An excellent plan, calculated to woo delight in what might otherwise be monotonous exercises for children, is that of giving them, instead of the usual commands, word-pictures of objects in nature which they are to imitate or personify. For example, the imitation of a young tree bowing its head before a tempest, affords free backward and forward body bending. The idea of neck-twisting is prompted by the thought of a sunflower turning its face toward the sun. The personification of slender stalks of corn swaying in the breeze gives side bending; an imitation of a frog swimming in the water gives excellent arm movements, etc. The ingenious mother or teacher weaves the whole into a charming story which the children act out with the same joyous impulse that actuates them in their frolicking play.

Breathing is the child's first gymnastic exercise, and he should be encouraged to exercise it in the very best possible manner. Upon his power to breathe depends his whole vital capacity, and no restriction in the form of tight clothing or improper position should be permitted to interfere with proper expansion of the lungs. It should also be his privilege to breathe pure air at all times, and for a greater or lesser portion of the twenty-four hours (dependent upon the weather) he should get it fresh out-of-doors. Beginning when the child is two or three weeks old, a daily outing should be given him in moderate weather. If it is too cold for an airing out-of-doors, he may be warmly wrapped and given a change of air in a room where the windows are thrown open. With some children it is an advantage to permit them to take their nap out-of-doors when the weather will permit.

Fresh air and sunshine are as important for child-growth as for plant-growth. An eminent French physician

An Outdoor Kindergarten

prescribes three health rules for children:

1. Let them live in the open air.
2. Encourage them to live in the open air.
3. Make them live in the open air.

RECENT careful analytical experiments made by Dr. Wm. C. Dudley, of Vanderbilt University, have demonstrated beyond doubt or question that carbonic oxide is the chief constituent of cigarette smoke, and that its inhalation into the air passages and lungs must of necessity be exceedingly deleterious. In reference to these tests the *American Analyist* says:

"The cigarette smoker's absorption of the carbonic oxide and other gases, causes ceoxieation of the blood, and thereby impairs its power to build up the wasting tissues of the body. The cigarette habit has of late years become very common in this country. Many of our young men, and some of them are neither young nor inexperienced, are literally burning out of themselves the best elements of their manhood by sucking into their systems the poison of physical and mental degeneracy through the filthy cigarette. Cigar smoking and pipe smoking are bad enough and pernicious enough in all conscience, but cigarette smoking is absolutely suicidal."

A PHYSICIAN being asked, "Is food precisely in the form Naure gives it, always best for digestion?" gave this pertinent reply: "If you have a normal stomach, you can take normal foods. If you have a crippled stomach, you may have to have a crutch to lean upon for a while, just as if you had a crippled leg."

"To understand the world is wiser than to condemn it. To study the world is better than to shun it. . . . To make the world better, lovelier, and happier is the noblest work of man or woman."

THE CHILDREN'S COOKING CLASS

CONDUCTED BY LENNA FRANCES COOPER

DEAR CHILDREN OF THE GOOD HEALTH FAMILY:

Bread has rightly been called the staff of life; for it has proved such to humanity in general. Almost every nation that has existed has had some food closely allied to our bread. It is one of the most convenient and wholesome forms of cereal foods. The cereals are one of our chief sources of starch, but they also contain proteid in about the proper proportion. The element which is somewhat lacking is fat. This is easily supplied when we use butter with the bread, thus making an almost perfect food.

Bread may be made from various substances, but wheat is the one most commonly used. It produces a better bread than any other cereal. The kind of bread depends upon the kind of flour from which the bread is made; namely, whole-wheat, white, and graham. The difference between these flours is in the milling. This difference we can better understand by a study of the structure of a grain of wheat. (See illustration.)

Kneading the Bread

If we examine a cross-section of the wheat, we find it composed of the bran or cover, which consists of three layers, and the central portion, or endosperm. The bran and the portion lying next to it contain most of the mineral matter of the grain. This is necessary for the making of bone, blood, and nerve tissue. Next to the bran we find the gluten, mixed with starch. In the very center we find almost nothing but starch.

In the milling of graham flour the whole grain, including the bran, is used. In the making of whole-wheat flour, which seems to be contrary to what its name indicates, the whole of the wheat except the outer layer of the bran, is used. In the white flour the bran is excluded. There are, however, two kinds of white flour,—pastry and bread. The pastry flour is made from winter wheat, containing more starch and less gluten. The bread flour is made from spring wheat, and therefore contains more gluten, which is especially valuable in the making of bread. One of the advantages of whole-wheat and graham flour over wheat flour is a greater amount of mineral matter. The cellulose of the bran is also valuable in many conditions.

Bread is made light in three ways; namely, by fermentation or yeast, by chemicals, and by the incorporation of air. We shall first consider the making of the fermented or yeast bread.

Yeast is a small plant which can be seen only by the aid of the microscope. People have used yeast for many centuries, but it has only been within recent years that the nature of this little plant has been understood. In the olden time yeast was known as leaven. There are two varieties of yeast,—wild and cultivated. Wild yeast we find present almost everywhere. When fruit is left exposed to the air, it soon ferments or decomposes, due to the action of yeast or bacteria. If flour and water are mixed together and left standing for several hours in a warm place, it will soon be full of bubbles or gas, due to the action of wild yeast, which has gotten into it through its exposure to the air. It was probably in some such a way that the ancient leaven was started. There is probably as much difference between the cultivated and the wild yeast as there is between an apple tree and the wild crab-apple tree, from which the apple originated.

These microscopic plants may be improved through cultivation the same as larger plants. Firms which make yeast for the market must grow these plants quite as carefully as the florist grows his flowers. Care must be taken that these plants do not become mixed with other varieties, therefore destroying the culture. In some laboratories where yeast is grown, two separate buildings are kept for this purpose. These are both carefully disinfected, and if it is found that the yeast becomes contaminated in one building, the culture is started anew, and the other building previously disinfected before moving into it. In this way the cultures are kept pure. The purest culture of yeast is probably obtained in the compressed yeast cakes. These can be kept only for a very short time and then in a cool place, which renders it inconvenient for the warmer sections of the country. In this case, of course, the dry yeast cakes must be used, which, when fresh, are perhaps quite as good as the compressed, except that they require a longer time, and should be started in the sponge instead of the stiff dough.

This plant, like bacteria, requires certain conditions for growth,—they are warmth, moisture, and food. Because they require warmth, the materials out of which the bread is made should always be warmed and the dough should always be kept in a warm place. The temperature most favorable is about that of the body, a little less than 100 degrees. There is always considerable moisture in bread and plenty of food for it. The food which it requires is sugar. This it obtains from the wheat, there being some sugar in the flour, and more sugar is also formed from the starch, due to the action of a substance in the wheat which acts when it has moisture and warmth. This substance is known as diastase, and is closely allied to the ptyalin of our saliva; in other words, it digests starch, changing it to sugar, and so sufficient food is supplied to this minute plant.

As the yeast plants feed upon sugar, they break it down into two substances, —alcohol, and a gas known as carbon dioxide, or carbonic acid gas. As the gas is formed, it is held by the gluten, which is a very elastic substance. When the bread is put into the oven, the heat expands the tiny bubbles of gas, causing the bread to rise, or to become much lighter. The alcohol formed, being a volatile product, passes off in the baking.

It is very important that the bread should be thoroughly baked so as to kill the yeast plant; otherwise the plants grow in the stomach, thereby causing fermentation in the alimentary tract. For this reason bread which has been thoroughly toasted is more wholesome for people with delicate stomachs than the plain bread.

For our practice work let us first make a loaf of white bread, as white bread is more easily made than whole-wheat and graham. The making of good bread is a great accomplishment, and one which every little boy and girl should be proud to acquire.

Bread—One Loaf.

1¼ cups of potato water
½ teaspoon of salt
1 teaspoon of sugar
¼ cake compressed yeast dissolved in 2 tablespoons of warm water
4 cups of flour (about).

Lettuce Sandwich

Have all the ingredients lukewarm. Prepare the potato water by boiling two medium-sized potatoes in a pint of water. Mash the potatoes in the water and use. Mix the potato water well with sugar, and dissolve the yeast cake. Stir in the flour with a spoon until as thick as paste. Knead in the rest of the flour on the board. The dough should be stiff enough to spring back when hit a smart blow with the fist. Let rise in a warm place about one and a half hours. Knead down, adding more flour if the dough should be too soft. Let rise again about three-quarters of an hour. Bake at least forty-five minutes. In making whole-wheat or graham bread use one-third whole-wheat or graham flour and two-thirds white. In making corn bread use one-fifth corn-meal and four-fifths wheat flour.

Lettuce Sandwich.

Thinly sliced bread
Butter
Crisp lettuce leaves.
Mayonnaise dressing.

Butter the bread and spread between each two slices cooked mayonnaise dressing and a crisp lettuce leaf. Cut into two pieces and serve.

For cooked mayonnaise dressing see the May number.

Cottage Cheese Sandwich.

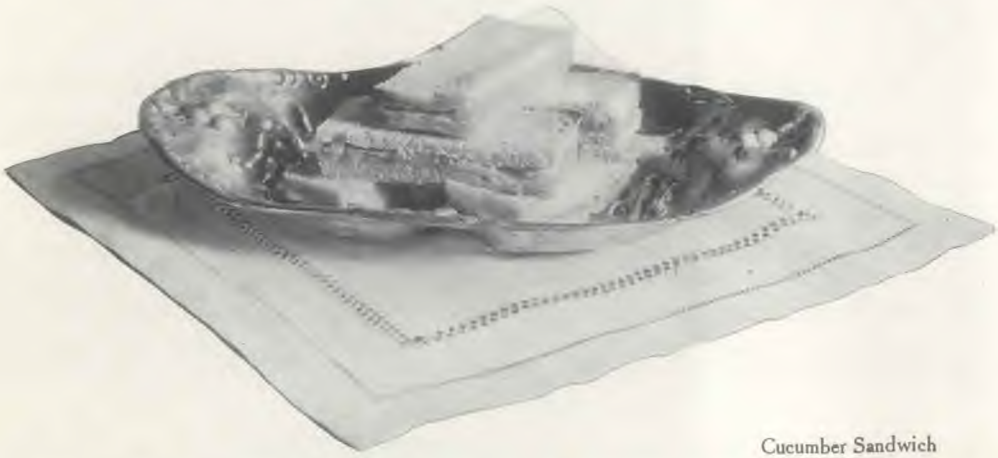
Thinly sliced bread
¾ cup cottage cheese
Butter
3 tablespoons melted butter
1 tablespoon lemon juice

Cottage Cheese Sandwich

Butter the bread. Mix the cottage cheese with melted butter and lemon juice, adding a little salt if desired. Spread this between the buttered bread, thinly sliced. Arrange neatly on the plate for serving.

Cucumber Sandwich.

Pare three or four medium-sized cucumbers. Mix with them one tablespoon of grated onion and sufficient mayonnaise to cover the cucumbers well. Spread



Cucumber Sandwich

this between buttered bread, thinly sliced. This makes a very delicious luncheon sandwich.

Thinly sliced tomatoes may be used instead of cucumbers.

The Walking Club

A WALKING TRIP IN THE CONNECTICUT

The Romance of the Road; Delightful Incidents of a Mid-May Tour in Old New England

BY JEANETTE MARKS, in The Travel Magazine

THE day we started, mid-May though it was, we met several of our dissimilar varieties of American weather, and many widely variegated species of our people, from the college girl, her sleeves short to the elbow, and the college boy, his trousers turned up to the ankle, to the Poles, Finns, Germans, French, and Italians who make the laborers of this most prosperous and fertile valley, equally noted for its onion raising and tobacco cultivation, and famous for its educational institutions. No other river in the world has upon it so many schools for higher learning as the Connecticut: Dartmouth, Northfield, Smith, Amherst, Mt. Holyoke, Trinity College, Wesleyan, Yale. It is a most noble company. But we, for reasons it is not necessary to give here, were unanimous in our indifference to this noble company. Our packs at half-mast under our arms, our sticks and sweaters decorously carried, we hurried through Northampton, hot enough on that day to toast unaided the spider which Jonathan Edwards once dangled before the eyes of his unregenerate flock, and now the seat of warfare less sacred but just as heated.

We were on the way at last, passing along green fields, through quiet towns, and by the side of a noisy stream that plunged into deep pools, that ran softly over shallows catching the light like brown eyes, that brawled over big rocks. There were not, I think, two miles in the entire journey from start to finish when we did not walk by the side of deep or shallow water, when the soft sound of its running was not in our ears. Pleasant to our eyes, these streams were pleasant to our feet, too. It is no slight distinction to have been footsore in many parts of the earth. It is the sign pedal of the born tramp. The brooks, the deep pools, the lakes, the rivers, the sea, where the thirst, the weariness, of foot and body are gratified and long remembered. Having carefully provided ourselves with aseptic drinking cups, carefully wrapped up in our packs, having taken vows to drink nothing but bottled waters and tea or coffee, there was no rill, brook, spring or river into which we did not dip our hands or faces and drink deeply.

From Williamsburg our first destinations were to Goshen and Ashfield. We had planned something over thirteen miles of steady hill climbing for the afternoon's walk. We went up and up. The day was hot; it grew hotter. A farmer's wife with a large piece of cheesecloth tied over her hat and face passed us in a four-wheeled vehicle; a group

of Italian laborers in a carryall, singing and playing on a guitar, passed us. Deep in the woods the veery sang and the woodthrush called, "Come to me, come to me." We plodded on, up and up, the valley dropping behind us slope after slope, the hills brushed with the amber color of the young maples, the soft green of the birches and of the catkin-covered willows, the white of fields strewn with innocents. Inside our packs the Swiss chocolate, with fond memories of its far-distant Alpine home, was turning into hot chocolate and spilling over our aseptic cups. We sat down for a few minutes, and while I scraped off the chocolate which had followed the corner of least resistance in my pack all the way down the inside to a comfortable and dark crevice, where, again true to its highest instincts, it was hardening as rapidly as possible—while I was busy scraping, my friends began a collection of flowers which, considering the earliness of the season and our supposed American dearth of wayside flowers, seemed to me quite remarkable. It included fawn lilies with their beautiful dapple leaves, anemones, yellow, white, purple and crowfoot violets, trillium, bellwort, spring beauties, Dutchman's breeches, shadbush, saxifrage, crinkleroot, innocents, bloodroot, and the American wayfaring tree — the hobble bush with its clusters of blossoms.

We went on freed from chocolate and enriched by flowers. We came to a sawmill on the roadside. By the fence I saw a long-limbed, curly-haired, Saxon-eyed Yankee.

"How far is it to Goshen?" I asked.

He stared at us in amazement.

"To Goshen!" he exclaimed.

"Yes, to Goshen, please," I replied, "and we're going on to Ashfield this afternoon. How far is it?"

"It's more'n four miles to Goshen," he answered, wiping the sweat from his brow.

"Thank you," was said.

"It's nearer five miles than four to Goshen," he called after us.

"Thank you," we called back, without the least feeling of gratitude.

"It's awful hot, it's a good ways to go to Goshen," he shouted.

"Thank you," we replied.

"They're dretful long miles to Goshen," he yelled.

We did not reply.

"Ye haven't gone half way to Goshen," reached us.

At the moment we thought a great deal of that desired, uncertain land, but we said nothing. Goshen was achieved, however, and there a cooler breeze fanned our reddened faces and quickened our spirits. As we left Goshen, still ascending, we overlooked a long river-like lake, and had in the wind that traveled by us not only a prophecy of every coming flower, but of hill summits. Then along the brow of a beautifully wooded hillside we made our way up and down into Ashfield, the summer home of Mr. Charles Eliot Norton, the gathering-place of many a distinguished man and woman, the neighbor town of Bryant's birthplace. But let any one who undertakes such a trip on foot be forewarned of one strange thing about a New England village,—it has a name, but no locality. It is impossible to get into it. You can get along it or get through it, but not into the midst of it. If you go in on a motor car, this warning will be of no use in any case, for in that swift flight you collide with your view before you reach it, you telescope your town before you see it; and of the flower, the wayfarer, and the hobble bush there is no thought. But we were

approaching Ashfield pilgrim-wise. The first sign-post said "Two miles to Ashfield," the second sign-post said "Two miles to Ashfield." We were getting feverish. We struggled along faster and faster. "Two miles to Ashfield!" We had added hobbles and hops to our gaits that are not usually seen in respectable classes of society. Like Alice in Wonderland it seemed that we must run very fast just to manage standing still in one place without slipping back. "Two miles to Ashfield!" And then, suddenly, as if there had been a kaleidoscope on the road, Ashfield.

We traveled through Buckland, the hillside home of Mary Lyon, to Shelburne Falls. We had not a care in the world. Good inns, good food, good roads, and all for $1.85 a day. We had everything we needed; we had everything we wanted; we had hearty appetites, we were contented.

From Shelburne Falls we followed the wild river valley to Greenfield and its broad meadows. We had traveled something over fifty miles already. We were on our way to Old Deerfield, and our minds were filled with incidents savage and romantic.

The Green Inn

I SICKEN of men's company—
The crowded tavern's din,
Where all day long with oath and song
Sit they who entrance win;
So come I out from noise and rout
To rest in God's Green Inn.

Here none may mock an empty purse
Or ragged coat and poor,
But Silence waits within the gates,
And Peace beside the door;
The weary guest is welcomest,
The richest pays no score.

The roof is high and arched and blue,
The floor is spread with pine;
On my four walls the sunlight falls
In golden flecks and fine;
And swift and fleet, on noiseless feet
The Four Winds bring me wine.

Oh, you who in the House of Strife
Quarrel and game and sin,
Come out and see what cheer may be
For starveling souls and thin,
Who come at last from drouth and fast
To sit in God's Green Inn!

—*Theodosia Garrison, in Scribner's.*

Chautauqua School of Health

Alcohol as a Remedy

BY J. H. KELLOGG, M. D.

ALCOHOL, the essential constituent of all fermented and intoxicating-liquors, is an ancient foe of the human race. From the time Noah fell into shame and disgrace through the intoxicating effects of wine, alcohol has never ceased to be an enemy of mankind. Like the arch deceiver himself, alcohol, one of the devil's most efficient agents for destroying the happiness of man, both for the present and the hereafter, gains the confidence of its victims by making great promises which it never fulfils.

Alcohol promises pleasure; but instead of true pleasure, happiness, and contentment, which come from a life of sobriety and uprightness, it gives a mere transient tickle of the palate, a thrill of the nerves, a momentary exhilaration, a transient oblivion, and after it the bitterness of a ruined life, loss of friends, home, and property, a wrecked body, premature death, disgrace, and misery. Alcohol promises comfort, health, strength, vigor,—the result of a wholesome life; alcohol gives simply a temporary benumbing of the sensibilities, certain to be followed by an increase of pain and suffering, and aggravation of all the miseries which it promises to relieve.

The weary man takes a glass of intoxicating liquor for the relief of pain, a weakness of the nerves, a sinking at the stomach, a general discomfort. His misery disappears. He congratulates himself that he has a never-failing remedy, a panacea upon which he may always rely. But he soon finds that his malady, his misery, is aggravated instead of cured. His weak nerves, when the influence of liquor is gone, are weaker than before. He is completely unstrung. More liquor is required to put to sleep his crying nerves and to relieve his discomfort.

Alcohol is in every way a deceiver. It fulfils none of its promises. It relieves hunger because it destroys the appetite and the power to digest food; but it does not nourish the body. It destroys pain by paralyzing the nerves; but it does not remove the cause of the pain. It makes the poor man feel for a brief time that he has boundless wealth; but it leaves him poorer than before. If a man is cold, it gives him a sensation of warmth; but he is actually colder than before. The man who is weak imagines he is strong, while he is actually weaker than before.

The general faith in alcohol as a remedy is unquestionably an evil of stupendous proportions. The wide-spread faith in alcohol as an invaluable remedy in collapse, fainting, and in almost every emergency has led to the almost universally prevalent custom of keeping on hand a supply of brandy, whisky, port wine, and some other form of alcohol, ready for use should occasion seem to demand. The brandy or whisky bottle nearly always finds a place in the conventional traveling bag.

If one is either too hot or too cold, alcohol is supposed to be equally good; if one is weak or exhausted, alcohol is the remedy; if one is overexcited, alcohol is again appealed to. Alcohol is taken as an aid in overcoming drowsiness, and is administered for sleeplessness. It is thought to justify the confidence reposed in it in many cases by apparently relieving the symptom which has been the occasion of its administration, but this appearance of benefit is purely delusive.

It is probably not too much to say that there is no condition under which the use of alcohol is necessary, and it is indeed difficult to conceive of any condition under which its use as a remedy could be in any way beneficial. Alcohol has for generations been regarded as the sovereign remedy in collapse and all conditions of great prostration, such as are found in persons who have been rescued from drowning, or who are suffering from sunstroke, or heatstroke, or collapse following hemorrhage or severe injury. At the same time, however, such eminent medical authorities as Dr. Victor Horsley, of London, and others equally prominent, do not hesitate to express themselves in unequivocal terms against the use of alcohol. Says Dr. Horsley, "Surgeons of former days used alcohol extensively to combat shock; but the old theories of shock have been proved erroneous, and alcohol has consequently become unnecessary. It will be less and less used in the future, and the discredit into which it has fallen is justified."

Fortunately there are always simple remedies at hand which are capable of doing everything which alcohol is supposed to do, but which it does not do. In collapse, for example, the most important thing to be done is to arouse and energize the heart. This can be admirably accomplished by chafing the limbs, spatting the surface vigorously, especially the chest, and rubbing the surface of the body with cold water, employing either the hands or a small cloth dipped in cold water. A towel wrung out of cold water and applied over the heart is an excellent means of energizing this organ when weakened from any cause, as in fainting, the state of collapse which often occurs in fevers and similar conditions.

Sometimes alternate applications of heat and cold are preferable to cold applications alone. A short, very hot application should precede the cold application when the surface of the patient is cold. The cold applications must be of short duration, and accompanied by vigorous rubbing when applied to the surface of the whole body. The surface should be dried and well covered afterward. The cold compress over the heart should be renewed as soon as it becomes appreciably warm. When allowed to become heated, the effect is the opposite to that desired.

Robert Burns' Nurse

To Jessie Lewars Burns wrote on her recovery from a dangerous illness:

"But rarely seen since Nature's birth
The natives of the sky;
Yet still one seraph's left on earth,
For Jessie did not die."

He greeted her with these lines on her first appearance after her illness, saying, with a smile: "I knew you would get better; you have much to do before you die, believe me." And the work she had to do, the work through which her memory lives, was to nurse him in his own last illness, and close his eyes in death. —*Hospital.*

Home Quarantine

BY KATE LINDSAY, M. D.

THE prevention of the spread of infectious diseases by separation of the sick from the uninfected is practiced more or less everywhere except in the homes of the land. Yet in the home is just where isolation would be most effective as a life-saving and disease-preventing measure. If every home were provided with a room fitted up for caring for any member of the family in case of illness, so constructed as to have an outside entrance, and located so that it could be closed up from any direct communication with other rooms in the house, the expenditures of money and loss of time due to illness would be greatly reduced and the death rate notably decreased. The infectious disorders are especially destructive among children. Measles, whooping-cough, scarlet fever, and diphtheria are often fatal during the first five years of life, most of the fatal cases occurring under this age. Whooping-cough and measles are especially deadly from six months to two years. In cases of scarlet fever and diphtheria, the mortality decreases after ten years of age, and these diseases are seldom contracted in a severe form after twenty. The epidemics of children's diseases are most common in the cold seasons of the year. With the shutting up of the homes of the nation, by closing doors and windows and the greater crowding together of the family members within four walls, comes a foul domestic air supply and also closer personal contact, with much less out-of-door exercise. The women and children living most of the time in the unhealthful, shut-in environments, are the greatest sufferers. The schools also begin to open with the advent of September, and the infection of one home by any contagious disease endangers the health of other households. Thus the whooping-cough, measles, scarlet fever, or diphtheria of the isolated farmhouse carried to the district school on the clothing or person of some student, may spread over the entire neighborhood and infect other distant country homes. Epidemics are often more difficult to control and stamp out in the country than in the city where the contagion hospital is handy and the board of health better organized. The absence of the contagion hospital indicates the need for the farmhouse quarantine room, and the more or less imperfect rural board of health system indicates the need of every family having its own sanitary regulations. Many healthy country children of school age have measles, scarlet fever, whooping-cough, or other children's diseases in a mild form. They are in no serious danger of either death or damage to health from these disorders.

YOUNG CHILDREN MOST LIABLE TO INFECTION

But at home are the infant members of the family, not yet of school age, who are liable to infection from their older brothers and sisters and likely to have these diseases in a severe and speedily fatal form, or else their health may be permanently injured and death result a few years later from tuberculosis or some other chronic organic disorder. The writer once had such a case with which to deal. A sturdy youth of eighteen had a mild attact of scarlet fever. He came home and was warned not to mingle with the younger members of the family, which consisted of a pair of eighteen-months'-old twin half

brother and sister. The young man being away from home at the time of their birth and not having seen the children, was very anxious to have them brought to his room, as he arrived late the night before and did not see them, fortunately, at the time of his arrival. The physician called early in the morning to diagnose his case, positively forbidding any communication between the youth and the babies, prescribed the needed treatment of the case, reported it to the health officer, and went on her way. She was satisfied in mind that no member of the family was likely to suffer from the spread of the infection, as the parents had both had the disorder and the little ones were to be sent to their grandparents, half a mile distant, at once. Calling next day to see her patient, you may well imagine her chagrin to find the young man sitting up in bed playing with the innocent little ones. The health officer had tacked up a scarlet-fever sign on the garden gate-post to save the children outside the house from infection. It did not protect the babies in that home. Some wise old lady had diagnosed the young man's disorder as scarlet rash, a mild disorder, which she assured them it was better for them to get through with while young. Four days later the little sister awoke feverish and with sore throat, vomiting, strawberry tongue, and all the symptoms of scarlet fever. Next day the little brother was ill also. The tenth day both children died of malignant scarlet fever. The youth and his thoughtless parents were left at home to meditate on the folly and fatality likely to attend the voluntary exposure of tender infants to contagious, infectious disorders.

THE WISDOM OF PRECAUTION

If a wise system of home sanitary regulations were established by the head of all homes, such sad bereavements would be much lessened in number. When a member of the family would complain of feeling ill and having a sore throat, rash, or any other symptoms of contagious disorder, he could be retired to the quarantine room at once where he could be put to bed and made comfortable until the arrival of a physician. If it should prove some simple disorder and not dangerous to the life of others, no harm is done to any one. Should it prove to be a case of contagion, who can tell the good done to other members of the family and the community? Also, consider the saving even from a money standpoint. It is always cheaper to care for only one case of family illness rather than to have the whole household sick. In most homes now constructed, no provisions have been made for a home quarantine room, therefore a selection must be made of the one most suitable for this purpose, well ventilated and with an outside door, also in communication with some other room where water can be heated and disinfecting done, or the room, if large, may be divided with a curtain or screen; all carpets, heavy curtains, and upholstered furniture, or anything likely to hold infection, should be removed. The bed, a few plain chairs, and cheap rugs, two or three tables, and a number of cheap, bright pictures on the walls, and vases for flowers, with a screen or two, are all that is needed. A closet or wardrobe is handy if it have shelves and drawers, but never should be used to put away soiled clothes or unemptied slop-pails in. Only medicine bottles, clean linen, and the needed sick-room utensils, after a thorough cleansing, should be put in these useful receptacles for stowing away things out of sight.

BEFORE THE DOCTOR COMES

The family needs, for diagnosing illness, a thermometer and carefully cultivated powers of observation. When the temperature is above normal two or three degrees, it may indicate some serious disorder or only a cold, overeating, overexercising, or some trivial disorder, or it may mean the onset of some serious illness. In either case the management is the same until the doctor comes. Undress the patient and put him to bed, stopping all food and giving plenty of pure water to drink. A warm bath is needful and useful in most cases, also an enema to free the bowels. If there is sore throat, a gargle of peroxide of hydrogen and water, one part to four of the water, is good; also hot fomentations. Pain in the bowels is often much relieved by hot applications; sickness of the stomach by free tepid water drinking or a lavage to free the digestive organs from fermenting food. A chill can be relieved by a hot foot bath, hot water drinking, and keeping quiet in bed. A warm bath will often hasten the rash outbreak in eruptive disorders and cool sponging or a cool bath is very soothing in cases of fever. A little care at the onset of any infectious disorder may make the whole course of disease light. When the doctor comes, he will have charge of the case, but there must be some one who has undercharge and who will carry out his orders, also look after the disinfecting of all discharges from the body and see to the cleansing and sterilizing of clothing, bedding, and all utensils used about the sick-room. The discharges from the body, in case of contagious disease, should never be emptied into the water-closet or other closet used by the family. They had best be burned. If they are not burned, disinfect with five-per-cent carbolic acid solution or with chloride of lime, and bury in quicklime.

A BAN ON RUM IN THE SOUTH

To Save the Negro from Bestiality the White Men of the Southern States are Becoming Sober Themselves

THE legislature of Georgia has passed, and Governor Smith has approved, a bill prohibiting the manufacture or sale of intoxicating liquor in the state. Pure alcohol may be sold by druggists on the prescription of a reputable physician, but alcohol as a beverage may not be manufactured, sold, or given away.

Contrary to the general belief, the South is more determinedly opposed to the liquor traffic than any other section of the Union. Though Georgia is one of the first Southern States to adopt a State-wide prohibitory law, in all the Southern States there are county local option laws that restrict the sale of liquor to a limited area. Even in Kentucky, which in the popular conception is overflowing with mint juleps and whisky, the greater part of the state is given over to prohibition.

The South is for prohibition because it has been forced to recognize that given whisky, the negro is made a beast. The white man intoxicated sinks low enough in the bestial scale, but not so low as the negro or the Indian. The white man's veneer of civilization is not so easily peeled by alcohol, as he has been given a degree of immunity through many generations of ale-guzzling, and wine-drinking, and spirit-soaking ancestors. So the South is going in for prohibition. To save the negro it now wisely proposes to be sober itself.—*Milwaukee News.*

EDITORIAL

Low Proteid Diet and Endurance

GREAT public interest has been aroused by Professor Fisher's report of the nutrition experiments conducted by him at New Haven and elsewhere. The special purpose of Professor Fisher's inquiry was to determine the influence of diet upon endurance. His experiments have clearly demonstrated that a low-proteid diet, that is, a dietary excluding flesh meats and other foods which are rich in proteid substances, greatly promotes endurance. We give below a brief abstract of Professor Fisher's report as written by himself, the details having appeared in the *Yale Medical Journal,* published by the scientific department of the University.

"In general, it may be said, that, whatever the explanation, there is strong evidence that a low-proteid non-flesh or nearly non-flesh dietary is conducive to endurance.

"There remain two questions: First, Are the figures a true index of the relative endurance of the groups of men considered, and second, If so, is the difference in endurance thus displayed due to the dietetic causes mentioned or to some other factor?

"The necessity of raising the first question has been pointed out with much emphasis by Caspari, who states that vegetarians are usually so determined to prove the correctness of their principles and to spread their propaganda, that they make a far greater effort in any contest than do their meat-eating rivals.

"He points out that in the foot races in Germany between vegetarians and meat-eaters, some of the latter have dropped out when not really exhausted and given the victory to the former, who have heroically stayed by their guns. It is undoubtedly true that grit counts for much in most contests of endurance, and that it is possible to mistake a superiority in grit for a superiority in muscular endurance.

"The advantage to those who took the latter tests, in having a mark set for them to reach or surpass, is shown in the comparisons between the two groups of abstainers, the sedentary and the athletic. It can scarcely be supposed that the sedentary physicians had actually greater endurance than the athletes. Yet in one of the tests (arm holding) the sedentary men had the higher record.

"This is ascribable to the fact that the sedentary men were tested after the records of the athletes were known. A Battle Creek nurse, possessing great strength and endurance, in deep knee bending at first made only 147, but afterward, under the stimulus of competition, he raised it to 2,400.

"In another case—that of a Yale student—there was no thought of 'vegetarianism'; he had practically dropped meat out of his dietary from reasons of economy, and was much surprised after his test was over to hear the suggestion that his endurance might be due to this abstemiousness. . . . Special pains were taken to stimulate the flesh-eaters to the utmost. This stimulation was brought about in the case of Yale students by utilizing their college pride. They felt that their tests would go on record as tests of Yale athletes, and the 'Yale spirit' appeared to

be as great a stimulus as any 'vegetarian' spirit could possibly be.

"An effort was made to bring individuals representing the two diets in direct competition, although this was possible in only two cases. In one case a Yale long-distance runner and a Yale professor who had adopted the Chittenden diet met in competition in the arm contest. The athlete was a high-proteid flesh-eater. In the course of a few minutes his arms began to tremble, and at the end of eight minutes and fifty-four seconds they had gradually fallen, against his will and much to his mortification.

"The arms of his antagonist had not yet begun to tremble or even to give much pain in the deltoid, and he continued holding them out for thirty-seven minutes. In another case a physician from New Haven, who accompanied me on one of the trips to Battle Creek, was pitted against a physician of the Sanitarium. The New Haven physician was of a more athletic build than his antagonist and in college had been a football player.

"In physique and former training in out-of-door life, in age and every other material respect except diet, he seemed to have the advantage.

"But in diet he was accustomed to eating meat three times a day, whereas his antagonist had abstained from meat for twenty years and was on a low-proteid basis. In order that the flesh-eater might have the greater stimulus he was started on his test one minute later than his opponent. He therefore realized that if he dropped his arms first he was beaten, whereas his opponent, had he dropped his arms first, still had a chance of winning.

"The flesh-eater certainly exercised strong will-power, but at the end of twelve minutes he was unable to hold out longer. His opponent continued to seventeen minutes, and had he made the same effort, would undoubtedly have continued much longer.

"The experiment furnished a severe test of the claims of the flesh-abstainers. Two comparisons were planned — one between flesh-eating athletes and flesh-abstaining sedentary workers. The results would indicate that the users of low-proteid and the non-flesh dietaries have far greater endurance that those who are accustomed to the ordinary American diet."

Experiments of this sort are of great importance from a practical standpoint. Proteid is not only the most expensive of all foodstuffs, but differs from all other foodstuffs in the fact that when taken in excess above the body needs, the surplus, instead of being easily disposed of by a deposit in the form of fat or residual tissue which can be utilized at some subsequent time, is by the body processes converted into poisonous substances which must be dealt with by the liver and eliminated by the kidneys. This extra and unnecessary work interferes with the normal body processes, and fills the body with toxic substances which disturb metabolism and give rise to a great variety of acute and chronic disorders, among which may be mentioned rheumatism, gout, Bright's disease, headache, biliousness, and, as shown by Metchnikoff, that most intractable of all maladies, premature old age.

This question is one in which every person who values health and efficiency should be interested.

FRANCE USES MORE COFFEE

Dr. Fernet Makes Some Pointed Observations Regarding the Use of Tea and Coffee in France

THE *British Medical Journal* quotes Dr. Fernet, an eminent French physician, as authority for the statement that the use of coffee has increased in France to such an extent that it is now common for the people of that country to drink a quart or more of a decoction of coffee daily. The habit is especially common among laboring women, great numbers of whom are received at the hospitals for treatment for "disorders solely attributable to this cause." Dr. Fernet claims that coffee produces

very grave nervous symptoms, even when taken in so-called moderate quantities, particularly mental and nervous irritability, trembling of the hands, palpatation of the heart, excessive flow of urine, loss of sleep, indigestion, deficient appetite, dryness of the mouth with eructations, distension of the stomach, heartburn, constipation, vomiting, flatulence, and numerous other symptoms which finally terminate in complete loss of digestive power.

In certain cases a great variety of symptoms have been observed, including cramps in the legs at night, crawling sensations of the skin, trembling of the tongue and muscles of the face, tingling and itching sensations on the skin.

Coffee is, according to Dr. Fernet, a psychic stimulant; but, while it produces slight temporary excitement, this effect is quickly followed by depression, with diminished mental capacity. The symptoms following the use of coffee are identical with those of neurasthenia or nervous prostration. The heart is weakened by the chronic intoxication. From the habitual use of caffein, changes in the blood-vessels occur, with general arteriosclerosis, chronic Bright's disease, general failure of nutrition, and vital collapse. Emaciation and mental and moral deterioration may occur. Voltaire is referred to as a good illustration of the coffee maniac. Dr. Fernet insists that tea is capable of producing the same evil effects; that even so small an amount as three or four cups daily will in time produce grave consequences. One case is reported in which a girl had symptoms of delirium tremens from chewing tea.

The symptoms mentioned as due to coffee are duplicated in all tea users. Constipation is more common, and mucomembraneous colitis is a frequent effect. The evil effects of tea upon the heart are shown by the palpatation which follows its use.

Drs. Hardy, Potain, Bouchard, and others have noted cases of this sort. It is important that the public should be thoroughly warned respecting the evils which result from the use of tea and coffee. Physicians certainly have not done their duty to the people in this regard. Not infrequently doctors condone the evil practice by saying to their patients when asked respecting the use of tea or coffee, "No, it is not necessary for you to deny yourself of your accustomed beverages, but be careful to get good tea and the best coffee, and do not take your tea of coffee too strong."

LAW AGAINST CIGARETTES

Illinois Passes a Drastic but Righteous Bill Regulating the Use and Sale of Cigarettes

THE legislature of Illinois recently did itself great credit by passing the following bill, which was introduced by Senator Berry, and became a law through the signature of the Governor, June 3, 1907:

A BILL

For an act to regulate the manufacture, use, and sale of cigarettes in the State of Illinois.

SECTION 1. Be it enacted by the People of the State of Illinois, represented in the General Assembly: That every person who shall manufacture, sell, or give away any cigarette containing any substance deleterious to health, including tobacco, shall be punished by fine not exceeding one hundred dollars ($100), or by imprisonment in the county jail for a period not to exceed thirty (30) days.

SECTION 2. Every person under the age of eighteen (18) years, and over the age of seven (7), who shall smoke or use cigarettes, on any public road, street, alley, or park, or other lands used for public purposes, or in any public place of business or amusement, shall be guilty of a misdemeanor and punished for each offense by a fine of not more than ten dollars ($10).

SECTION 3. That every person who shall furnish any cigarettes in any form to any such minor person, or who shall permit

any such person to frequent the premises owned by him for the purpose of indulging in the use of cigarettes in any form, shall be guilty of a misdemeanor and punished by a fine not exceeding fifty dollars ($50) for the first offense, and not exceeding one hundred dollars ($100) for the second and every additional offense, or imprisonment in the county jail for a period not exceeding thirty (30) days for each offense.

THE OIL ENEMA

A Most Valuable Curative Measure in Constipation, Which Should Replace Drugs and Mineral Waters

THOUSANDS of persons are suffering constantly from chronic constipation, vainly seeking relief by the use of various laxative drugs and mineral waters, or by the use of some other of the scores of nostrums the virtues of which are proclaimed in the advertising columns of newspapers and in the patent medicine almanacs.

The use of these drugs, and even the long-continued use of mineral waters, finally results in producing a diseased condition of the whole intestinal tract. The stomach is worn out, the liver is damaged, the intestines become the seat of chronic enteritis, and the last condition of the patient is more miserable than the first. At this stage many have been led to adopt the use of the enema as a means of mechanically emptying this colon. This method is certainly preferable to the continued use of laxatives, but it is also attended by greater or less inconvenience.

In a certain proportion of cases, possibly half or two-thirds the total number of cases of chronic constipation, the difficulty is due to or accompanied by a spasm of the colon, which is not infrequently aggravated by the use either of drugs or the water enema. In these cases, relief may be obtained by the use of the oil enema. The oil should be introduced slowly in quantities of half a pint to one or two pints, at a temperature of 104°. If the bowels do not move within three or four hours after administering the oil, a warm soap and water enema may be administered.

Only pure, fresh vegetable oil should be used.

NATIONAL BUREAU OF HEALTH

Formation of a Committee of 100 to Head Propaganda in Favor of a National Health Department

UNDER the chairmanship of Prof. Irving Fisher, the eminent head of the department of political science in Yale University, a committee on one hundred leading American citizens is earnestly working for the establishment of a national bureau of health. Funds are needed for the purpose of carrying on a propaganda to awaken popular interest in this matter. President Roosevelt has taken a decided interest in the movement and given assurance of national action as soon as a popular demand has been created. Those who are interested in this question and ready to cooperate with the Committee of One Hundred, should address the president, Prof. Irving Fisher, New Haven, Conn., or the secretary, Mr. Champe S. Andrews, 105 East 22d St., New York, N. Y.

The movement is making great progress. The Committee of One Hundred, comprising a large number of men eminent in various walks of life, college presidents, physicians, jurists, scientists, and other persons of influence, is hard at work. An energetic executive committee has been formed, and under the guidance of its enthusiastic and energetic chairman, Professor Fisher, a movement for health betterment is being inaugurated which we believe is destined to accomplish greater results than any similar movement which has been witnessed in modern times. GOOD HEALTH will endeavor to keep its readers posted respecting the progress of this great and beneficent work which promises so much in the saving of human lives.

CORRESPONDENCE SCHOOL OF HEALTH

Correspondents should bear in mind that no questions can be answered in these columns sooner than one month. Questions received in May, for instance, can not be answered sooner than June, and if received late in the month, may have to wait over two issues.

10,564. Headache.—S. G., New York:

1. "What is the cause of tension in back of head and sometimes shoulders? It can hardly be called headache, but is continuous. The patient is forty-nine years of age and is going through the menopause."

Ans.—You are evidently suffering from what is called neurasthenic headache. This condition is probably due to the influence of poisons developed in the alimentary canal.

2. "What diet and general treatment would you prescribe? Circulation is poor and she is fifteen pounds below weight."

Ans.—For a time you should adopt a strict antitoxic diet, including toasted wheat flakes, corn flakes, toasted bread, granose biscuit, baked potato, rice, rice flakes and rice cakes, fruit juices, fruit gelées, honey, malt honey, spinach, buttermilk, yoghurt, or kumyss, and water gruels. You should avoid meats of all kinds, including fish, fowl, and shell-fish. You should also avoid tea and coffee, and the use of animal fats, with the exception of sterilized butter, which may be used in small quantities. Do not drink at meals. Later you may add to the diet such foods as purées of peas, beans, and lentils, malted nuts, cream, fruits, cooked or uncooked, and nuts in various forms, provided they are carefully chewed.

Poor circulation can be improved by exercising in the open air. The exercise should be graduated; *i. e.,* beginning with such movements as will produce only moderate fatigue, and increasing until a considerable amount of work is accomplished each day. You should secure an abundance of fresh air night and day. The cold sponge bath would be helpful, and alternate hot and cold applications to the spine once or twice a day will render great service.

3. "Would you advise medicine in such a case?"

Ans.—With proper regulation of the diet and correct mode of life, medicines will probably not be needed.

10,565. Paralysis.—Mrs. H. W., Texas: "A girl of thirteen is totally paralyzed; was first stricken when five years of age; but for eight months afterward seemed well. The trouble returned, gradually growing worse. She is very restless at night and nervous all the time. Her appetite is ravenous. Please advise."

Ans.—A diagnosis in this case is impossible without personal examination. A competent nerve specialist should be consulted.

10,567. Catarrh.—H. H. B., New York:

1. "In what part of the United States can catarrhal difficulty be entirely relieved or very greatly benefited?"

Ans.—A case is rarely encountered which can not be relieved anywhere with proper general and local treatment, proper regulation of the diet and general habits of life.

10,568. Beer—To Increase the Height — Bathing — Walking — Colds — Skin Trouble.—Mrs. D. B. G., Indian Territory:

1. "Does beer increase flesh?"

Ans.—The use of beer increases the weight, but the gain is not an increase of muscle.

2. "Would you advise it for one who is very thin, yet strong?"

Ans.—By no means.

3. "Will the use of limewater increase a child's height?"

Ans.—No.

4. "What will make children grow taller?"

Ans.—The child should exercise the legs particularly. As much time as possible should be spent in the open air. One of the best exercises is swimming, which combines excellent movements of the arms and legs with the tonic effect of the cold water. It is important that the child should adopt a natural dietary, consisting of fruits, grains, vegetables, and nuts. Avoid meats of all kinds, including fish, fowl, and shell-fish. The child should specially avoid eating between meals, and great pains should be taken to thoroughly masticate every mouthful of food.

5. "Should children be bathed daily, and what is the best bath?"

Ans.—Yes. We recommend tepid baths for young children and the colder bath for the older ones. Extremely cold baths should never be given children. The air bath and the sun bath may be employed when the water bath is not accessible.

6. "Do you recommend much walking for little children?"

Ans.—No. The child should be left free to run about, but it should not be put through any set exercises.

7. "What is the simplest remedy for a cold?"

Ans.—If the cold has been recently taken, the simplest remedy is a warm bath, followed by a rest in bed for a day. Drink an abundance of water, and adopt a fruit diet for a day or two. If the disease has already existed for a day or two, it is not likely that any method of treatment will bring about a speedy cure. Several days, even a week or more, may be required for recovery from a serious cold. The best treatment consists of a warm bath taken at night, followed by a cold bath on rising in the morning. Take an abundance of exercise in the open air, and especially take care to avoid contracting another cold.

8. "Is bad blood the cause of a breaking out behind a child's ears?"

Ans.—Yes. The cause is probably due to the effect of poisons produced by intestinal autointoxication.

9. "Is cream of tartar good in such cases?"

Ans.—Some temporary benefit may be derived from the laxative effect of cream of tartar, but the habitual employment of this agent would doubtless result in injury.

10. "If not, what should I give her?"

Ans.—The child should spend as much time as possible in the open air night and day. A cool or tepid sponge bath should be given every morning. For description of the diet, see answer to 10,564 (2), also read editorial in August GOOD HEALTH.

11. "Which is the better drinking water for children, hard or soft?"

Ans.—Soft water is the better.

10,569. Constipation.—H. W., South Dakota:

1. "A girl of fifteen with inherited chronic constipation has wrinkles under the eyes and dark spots. Her head is always warm, especially in the morning. She is nervous and excited, mental faculties impaired. She is of average size and weight, and has been brought up on a vegetarian diet; has palpitation of the heart after exercising. Is this trouble caused mostly by the liver?"

Ans.—The patient is probably suffering from intestinal autointoxication. Autointoxication is encouraged by meat eating, which carries into the intestinal canal countless harmful bacteria. Retention of the digestive residue in the intestine results in putrefactive processes, cause the production of poisons, and these being absorbed into the system result in certain characteristic symptoms. These poisons, after being absorbed, are carried first to the liver; hence the liver is one of the first organs to show signs of overwork. The liver soon becomes unable to fully protect the body from these poisons, and they are soon carried throughout the entire system in the circulating blood.

2. "Should she have had her menses before this time?"

Ans.—Puberty occurs in different persons at different ages. It ought to be expected at about the age of 15, but may be delayed until the age of 17 or 18.

3. "Please outline general treatment."

Ans.—A general plan of treatment in cases of autointoxication includes general tonic measures, such as cold mitten friction, cold towel rub, wet sheet rub, salt glow, sun baths, electric-light baths, and out-of-door life, especially swimming, walking, running, chopping wood, lawn tennis, and similar outdoor exercises. The diet requires careful consideration. The patient should adopt a strict antiseptic diet, consisting of water gruels, flaked cereals—toasted wheat flakes, granose

biscuit, corn flakes, corn biscuit, rice flakes, rice biscuit; dextrinized cereals — browned rice, crystal wheat, granola, dry toast; malted cereals—granuto, meltose, malted nuts; vegetable broths and soups—peas, beans, lentil, potato, protose, tomato; purées of peas, beans, potatoes, spinach, fruits, and tomatoes; fruit juices and fresh fruits. Sterilized butter in small amount may be added. The patient should avoid raw vegetables, such as cabbage, celery, lettuce, vegetable roast, pastry, ices, drinking at meals, cane-sugar, meats of all sorts, fish, oysters, and shell-fish, tea, coffee, cocoa, chocolate, condiments, except salt in very small amount; never mustard, pepper or vinegar.

10,570. One Meal a Day.—D. E. S., California:

"After ten years' trial my wife is convinced that the one-meal-a-day plan is the best in every respect for hard mental labor and long hours. Is this not so? History says, 'The one-meal-a-day plan was successfully practiced by some eighty millions of people of the healthiest, wealthiest, and most intelligent nations of antiquity for nearly one thousand years.'"

Ans.—No. The total ration for the day is too much for the stomach to deal with at one meal. If a person is living a very quiet life, taking very little exercise, requiring a small amount of food, this food may perhaps be taken at a single meal without injury, if it is desirable so to do. But one who is engaged in active muscular work will find it much better to take food in divided portions. The divisions may be between two meals or three, according to the circumstances and the condition of the digestive organs. If two meals, take one-third the quantity of food at the first meal, and two-thirds at the second meal. The time for meals in such a case should be between 9 and 10 A. M. for the first meal, and between 4 and 5 P. M. for the second meal. If three meals are taken, the proportion should be about one-half at the principal meal, taken in the middle of the day, one-third for the first meal,—breakfast,—and the remaining one-sixth at the evening meal. The evening meal should consist wholly of liquid food, requiring very little work on the part of the digestive organs.

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

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

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

10,571. Coated Tongue — Dandruff.—C. C., China:

1. "I live a temperate, hygienic life; exercise a few minutes in the morning and evening and before each meal; my diet is nuts, fruits, grains, rye bread, butter, cheese, eggs, macaroni, a cup of coffee in the morning and in the middle of the afternoon, but not with meals. Am in good health and strength. In spite of all this I have always had a furred tongue which even a fleshless diet has failed to remove. Why should this be?"

Ans.—Removal of the coat from the tongue is not always easily accomplished even by medication or other treatment of the stomach. In fact, in the great majority of cases the coated tongue is not an indication of the condition of the stomach, but of the blood. The deficiency of the germ-destroying elements in the blood may be traced, it is true, in the great majority of cases to something wrong in the alimentary canal. Probably in most cases, however, the fault is to be found below the stomach rather than in the stomach, and especially in the colon.

2. "Have always had dandruff in my hair and eyebrows. Cabinet baths twice weekly fail to relieve, also have falling hair. What is the best remedy?"

Ans.—An antiseptic lotion of some sort should be used. The following is an excellent prescription:

R Resorcin .....20 grains
Alcohol .....1 ounce.

It is also well to bathe the head morning and night with cold water, rubbing the scalp well with the tips of the fingers.

10,572. Diet—Muscular Rheumatism.—W. H. E., Massachusetts:

1. "Two years ago I was a very free eater of all kinds of meats, when I adopted a diet of malted nuts, and nut and fig bromose with fruits and cereals. Have greatly improved in general health, and am taking on flesh rapidly. What change of diet would you recommend?"

Ans.—You should reduce the amount eaten daily, especially the amount of fat. You may be eating more malted nuts than is wholesome for you. It might be well to eat less of these and more baked potato and other fresh vegetable preparations.

2. "Am fifty-five years of age, weigh two hundred and four pounds. From 6 A .M. until 5 P. M am in and out of a refrigerator, temperature from 36 to 40 degrees. Am very busy all day most of the time on my feet, am having a great deal of pain in lower part of back and joints, especially the knees. Is this muscular rheumatism?"

Ans.—The symptoms you name suggest autointoxication. It might be well for you to add yogurt or buttermilk to your dietary as a means of lessening the production of toxins. The muscular pains will probably be relieved by a warm bath taken three times a week at night. The temperature of the bath should be about 102° to 104°, duration 10 or 15 minutes. While in the bath the head should be cooled by wringing a towel out of cold water and wrapping it about the head and neck, renewing the application at intervals of two or three minutes. Be careful to keep the colon empty, using enemas when necessary.

10,574. Acidity of the Stomach.—D. E. S., California:

"Is there any simple test by which one may determine whether he has too little or too much or just enough acid in the stomach?"

Ans.—If there is no distress in the stomach, it is not likely that there is any serious excess of acidity. Gastric pain or distress due to the formation of too much acid in the stomach is usually experienced two or three hours after eating.

10,575. Catarrh.—Mrs. L. C. McL., Texas:

1. "What can be done for a severe case of catarrh of the nose, the discharge being very offensive? There is no headache or pain."

Ans.—You should consult some good specialist in diseases of the nose and throat.

10,576. Gray Hair.—A subscriber in Ohio asks:

1. "Why should a young man of twenty-three years, in perfect health, with very black hair, become quite gray?"

Ans.—This phenomenon may be a hereditary peculiarity. Metchnikoff, the eminent scientist of the Pasteur Institute of Paris, has shown that loss of color of the hair is due to infection of the hair by macrophages, which carry away the coloring matter. There are various causes for this, most of them depending upon the lowering of the general vital resistance.

2. "Is it caused by some disease of the scalp?"

Ans.—Possibly.

3. "Is there any remedy?"

Ans.—No. There is no remedy except to build up the general health and maintain a healthy condition of the scalp by daily cold bathing of the head, rubbing the scalp with the tips of the fingers, and free exposure to the air.

10,577. Kidney Trouble — Catarrh.—Mrs. J. A. B., Oregon:

1. "My little girl of five has a white sediment in the urine. She is somewhat better since deprived of so many sweets; otherwise healthy. What is the cause and cure?"

Ans.—The white sediment is probably composed of urates. It is impossible from the description to say what it is. The urine should be examined by a competent physician.

2. "Her sister, eight years of age, is unable to breathe through her nose. Her eyes are dull and breath bad; is becoming inattentive at school. Can this be caused by adenoids?"

Ans.—The nostril obstruction is probably due to growths in the nose which should be removed. Consult some good nose specialist at once.

3. "What should be done for her?"

Ans.—It is very likely an operation is necessary.

10,579. Cane-Sugar—Glucose.—A. H. S., Wisconsin:

1. "Should the use of cane-sugar be entirely avoided by every one?"

Ans.—A small amount of cane-sugar probably does no great amount of harm. The free use of it is certainly damaging. It encourages the development of arteriosclerosis, and is recognized as a cause of rickets and decay of the teeth through depriving the system of calcium salts, and it is in other ways injurious through causing disorders of digestion. Brandel, an eminent German chemist, observed in his experiments upon a dog that a solution of cane-sugar having a strength less than six per cent, caused irritation, with reddening of the mucous membrane. A ten-per-cent solution produced a dark-red color with great irritation, and a twenty-per-cent solution gave rise to such distress that the experiment was terminated. According to these observations, three ounces of sugar taken in connection with a full meal would produce a solution in the stomach of sufficient strength to give rise to decided gastric irritation. The sugars to which the stomach is naturally adapted are milk-sugar, or sugar which is normally found in milk, malt-sugar, which is produced by the action of saliva upon the starch, and fruit-sugar or levulose, the sweet element of fruits, also found in honey.

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Fruit-sugar may be produced artificially by the action of vegetable diastase upon starch. Meltose is such a preparation.

2. "Does the cooking of cane-sugar with food render its effect any less harmful?"

Ans.—No.

3. "Is glucose wholesome?"

Ans.—No.

4. "Is it more easily digested than cane-sugar?"

Ans.—No.

5. "What is a substitute for cane-sugar?"

Ans.—Sweet fruits, such as the juice of raisins, and especially meltose—a preparation resulting from the digestion of starch by diastase, by which the starch is converted into sugar naturally adapted to the needs of the body.

10,580. Celery Salt — Dried Fruits — Substitutes for Cane-Sugar.—R. R., Michigan:

1. "What is the composition of commercial celery salt?"

Ans.—We understand celery salt consists of celery seeds ground up fine, with the addition of common salt.

2. Is it more healthful than ordinary salt?"

Ans.—No.

3. Is there any test to determine whether the dried fruits in the market contain sulphuric acid?"

Ans.—Yes. To a decoction of the fruit to be tested add a few drops of a ten-per-cent solution of barium chloride. A white precipitate may result. If this still remains after the addition of two or three drops of strong hydrochloric acid, it is evidence of the presence of sulphates.

4. "Is there any substitute for cane-sugar in preserving or canning fruits?"

Ans.—Fruit can be preserved by canning without the use of cane-sugar. Meltose or other sweet fruits may be added when the fruit is served, or sweet fruit may be cooked with the sour fruit in the canning. Cane-sugar does not neutralize the acid fruits. It simply covers up the acid. It is better to combine acid with sweet fruits, or to avoid acid fruits altogether.

10,581. Greens.—L. E. S., Michigan:

"What is the food value of young milkweed shoots used as greens?"

Ans.—Probably about the same as that of other greens, or about fifteen calories to the ounce when cooked.

10,582. Viavi Treatment.—E. E. S., Ohio:

1. "What is your opinion of the Viavi treatment?"

Ans.—We can not recommend it.

2. "Is the claim true that it is a nerve and tissue food?"

Ans.—No.

3. "Can any sort of food pass into the assimilative process through such application?"

Ans.—No.

10,583. Piping for Wells.—C. L. D., Illinois:

1. "I have a well eighty feet deep, walled with glazed tile twelve inches in diameter. The piping through which the water is pumped is galvanized iron. What effect will this have on the water?"

Ans.—The use of galvanized iron pipe will probably have no effect on the water.

2. "Would you consider it fit for use for drinking and cooking?"

Ans.—Certainly.

3. "If galvanized piping could not be used, what is the best for the purpose?"

Ans.—Ordinary black iron.

4. "For guttering house roof, and lead pipes to conduct water to cistern, is it not preferable to galvanized iron?"

Ans.—Good tin answers just as well.

10,584. Spinach — Onions — Milk.—J. McK., India:

1. "Does spinach, as Cantani claims, contain oxalic acid?"

Ans.—Yes, a little, but the amount is very small, and it has recently been shown that the oxalic acid found in such foods is rendered insoluble in the intestines and so is not absorbed.

2. "Desiring to adhere to a harmless alkaline diet for some time, I should like a list of vegetables and fruits that are free from oxalic acid and that have an alkaline effect on the blood."

Ans.—Foods which tend to alkalineize the blood and other fluids of the body are vegetables, milk, fruits, nuts. Cereals should be used only in moderate quantity, since an excess of this class of foods tends to render the body fluids less alkaline. Animal foods of all kinds tend to render the body fluids less alkaline. Certain of the vegetables, however, contain a considerable percentage of oxalic acid. The following list gives the amount of oxalic acid contained in the foods named:

	Grams per Kilogram
Cocoa	3.52-4.50
Chocolate	0.724-0.90
(A) Black tea	1.34-3.75
Infusion of tea (5 mins.)	2.06
Pepper	3.25
Coffee (infusion)	0.13
Sorrel	2.74-3.63

	Grams per Kilogram
Spinach	1.91-3.17
Stick rhubarb	2.47
Green haricots	0.06-0.21
White haricots	0.31
Beet roots	0.39
(C) Broad Beans	0.280
(C) White bread	0.047-0.130
(C) Crust of bread	0.020-0.130
(C) Crumb of bread	0.270
Brussels Sprouts	0.02
Cauliflowers	0.00
Beans	0.16
Potatoes	0.05
Buckwheat flour	0.17
Rye	0.00
Lentils	0.00
Green peas	0.00
(A) White haricots	0.31
(A) Dwarf peas	0.425
(C) Turnip cabbage	0.311
Green Haricots	0.060-0.284
Chicory	0.10
Endive	0.02
Corn-Salad	0.020
Cress	traces
Lettuce	0.00
Radish	traces
(C) Cucumber	0.251
(A) Asparagus	0.028-0.044
Tomatoes	0.002-0.050
Carrots	0.030
(C) Chervil	0.035
(C) Dried figs	0.270
(C) Cherries	0.025
Currants in bunch	0.13
Prunes	0.12
Plums	0.07
Raspberries	0.06
Oranges	0.03
Lemons	0.03
Cherries	0.025
Strawberries	0.01
Apples	0.01
Grapes	traces
Red wine	0.00
Pears, apricots, peaches, melons	traces
(C) Milk	0.00
(C) Liver	0.006-0.011
(C) Flesh	traces
(C) Sweet bread	0.011-0.250

3. "In what category do you class the onion?"

Ans.—The onion should be classed among the questionable foods.

4. "Does it part easily with its salts during cooking?"

Ans.—Yes.

5. "What quantity of milk is likely to favor acidity in the stomach?"

Ans.—Milk does not encourage the formation of acid in the stomach, but it does tend to render the contents of the intestines acid, and this is an aid to good digestion.

10,585. Proper Proportion of Proteids. —E. V. W., Ohio:

1. "How many eggs per day should one eat to secure the proper amount of proteid for health?"

Ans.—The daily ration of the average individual should contain a calory and a half of proteid for every pound of his weight. That is, the average man weighing 140 pounds net, requires 210 calories of proteid daily. This amount of food is furnished by eight eggs. A loaf of bread, however, will furnish almost this amount of proteid. In fact, one needs to take pains to avoid proteid, for the universal dietetic error is the use of too much of this food element. One can hardly find a place for even one egg a day in his dietary without using too much proteid.

2. "How much per day of the following will answer the same purpose: Beans, peas, lentils, nuts?"

Ans.—Twenty-five ounces of beans, peas, or lentils will furnish this same amount of proteid.

3. "Should one eat less of this class of foods in summer?"

Ans.—The amount of proteid needed is a constant value, changing practically none with the season. The difference in a summer and winter diet should be in the amount of fat and carbohydrate.

LITERARY NOTES

ON A PORTRAIT OF MISS ALCOTT

In all my fancies, when I was a child,
I pictured her a princess, stately made,
Fair-featured, rich, a new Scheherazade,
On whom a kindly fate forever smiled.
The blithesome story-teller that beguiled
The soul of childhood—could her beauty fade,
Her genius wane, her ready pen be stayed
By grief or age? 'Twere heresy most wild
To think these things. Now where I, musing, stand
Her portrait hangs. This unassuming guise
Shows, not a princess, haughty to command,
But one most humble, human, sorrow-wise,
Who seems to live and reach me forth her hand—
A woman, simple, sweet, with tired eyes.

—*Margaret Ashmun, in the New England Magazine for September.*

THE casual observer may think that the opium traffic — smuggling opium, smoking opium, and eating opium—is a minor trade, and indulged in by only a few reckless *habitues* who want to be wafted to other worlds. This is not so. The stamina and the character of the entire Chinese race have already been so sapped by this drug that the resulting demoralization has frightened even the degraded victims of the habit. To-day, China, drugged, debauched, frightened at her own desperate condition, is grappling with the vice that has her by the throat. No such heroic effort at moral reform has ever before been made by a human government. And the Christians who debauched her are looking on, skeptically, questioning China's "sincerity." At Tien-tsin, where the Chinese officials had closed all the opium dens in the native city, Mr. Merwin found the dens in the foreign concessions, licensed for revenue by the foreign consuls, running wide open. In vain the Chinese officials protested that this laxity completely nullified the effect of their own prohibition. The consuls could not see their way clear to give up the revenue. Truly, it is an extraordinary story.

The most conservative official estimate of the opium-smoking population in China is 100,000,000—only 16,000,000 more than the entire population of the United States. Many officials place the list at 150,000,000.—*Success, September.*

History is repeating itself, and even America is becoming a nation of cities. When we began as a nation,—in fact, as late as the beginning of the last century, only four per cent of the population was urban. At the time when the nation's unity was threatened, all but sixteen per cent were still country people; now a third of us live in the city.

But along with this trend there is also a tendency to live beyond the city walls. Those who come and go we call commuters, and they are usually pictured as in a great hurry, carrying several bundles. These make up the great bulk of the crowd that jostles its way morning and evening through our city gates, predominating all other types of travelers, unless perhaps it happens to be a traveler of such an unusual sort as not to be a type at all—like the peasant woman from the Balkans in long boots and a short plaid skirt, or the Hindu maharajah, whose bright costume contrasts with the dullness of his tired eyes as he bestows a benignant, quizzical glance at the unreasonable haste of this restless young nation.—*From Jesse Lynch Williams' "The Gates of the City," in the Midsummer Holiday Century.*

A little girl tells in *Lippincott's* for September how *she* goes to sleep at night:

The paper on my nursery wall
  Shows meadows bright and green;
A narrow, winding road runs on
  The little hills between.
There, crook in hand, roams sad Bo-peep,
Trying so hard to find her sheep!

I wish that she could turn and look
  Around the nursery wall.
She'd find them then, as plain as day,
  Waiting to hear her call!
It's mean she can not understand
Her sheep are there, so near at hand!

At night I lie in bed and think
  How jolly it would be
If she could only turn her head
  As easily as me;
Then, while I'm thinking of Bo-peep,
I generally go fast asleep!

We regret that through an unfortunate oversight the picture used in making up the cover for the August Mother's Number was not credited to the photographers from whom it was secured. This excellent subject, "Weighing the Baby," was a stereograph by Underwood & Underwood, a well-known photographic house of New York.

The Battle Creek Sanitarium Food Company will pay 25c each for photos of children who have been brought up on Sanitarium Infant Food, Sanitas Infant Food, or Malted Nuts. Only one photo of each child is desired. On the back should be written the name and age of the child, the name and address of the parents, and the name of the food used. Address Battle Creek Sanitarium Food Co., Battle Creek, Mich.

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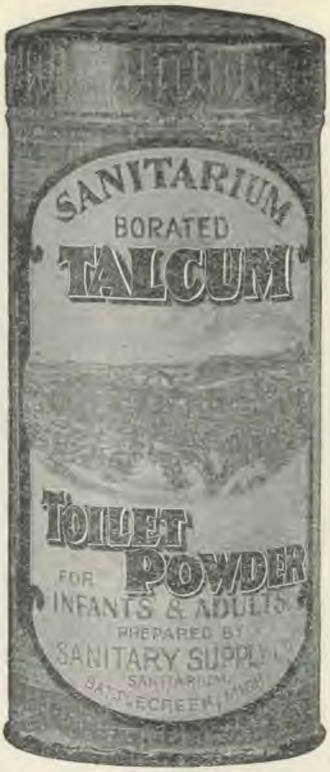

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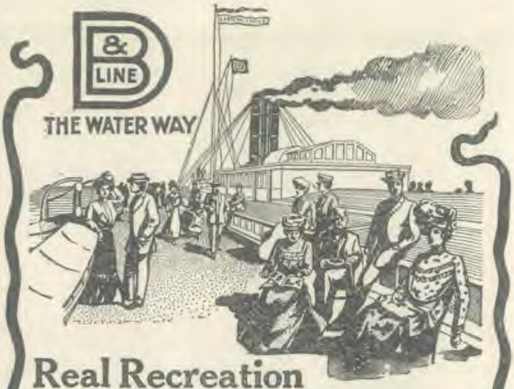

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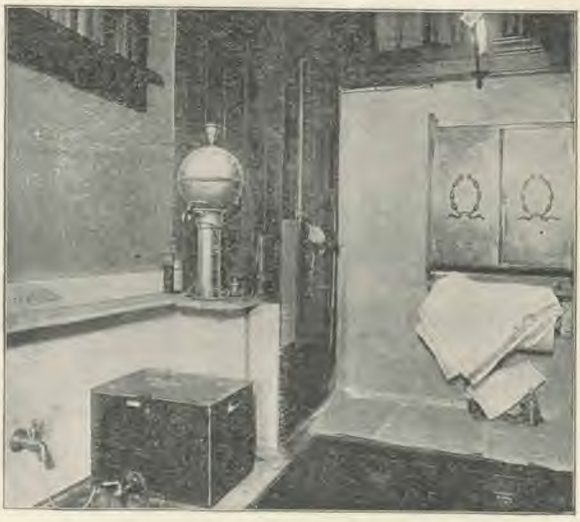

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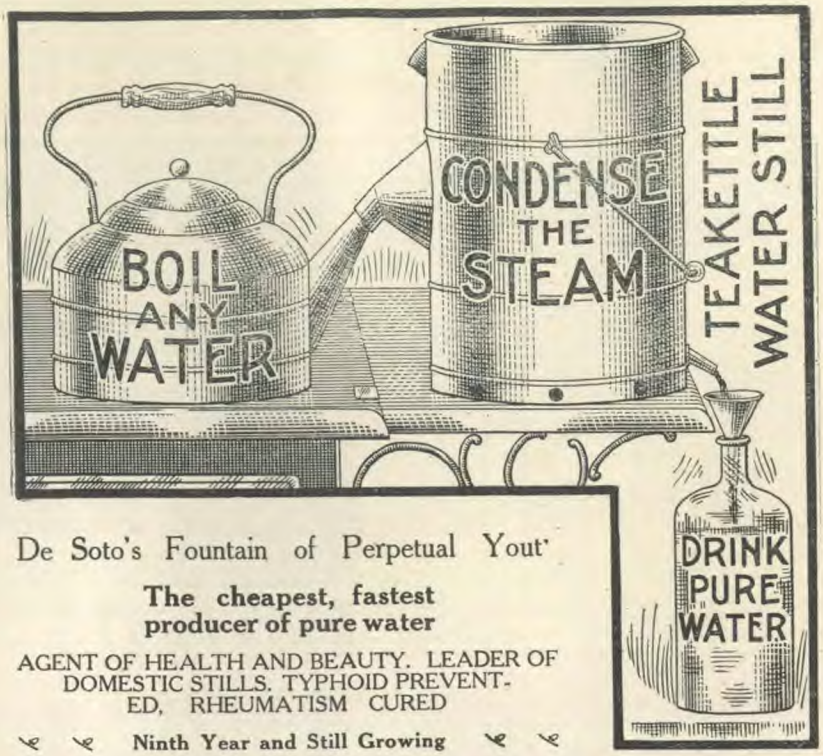

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TEMPERATURES IN HEALTH AND ILLNESS.
"SURE" CURES FOR TUBERCULOSIS.
OCCUPATION AND TUBERCULOSIS.
MILK AS FOOD.

Vol. II, No. 6; July, 1905

RESPIRATORY EXERCISES IN THE PREVENTION AND TREATMENT OF PULMONARY TUBERCULOSIS. (Illustrated). By S. A. Knopf, M. D., Author of the International Prize Essay—"Tuberculosis as a Disease of the Masses."
EDUCATION THE COUNTRY'S HOPE OF STAMPING OUT THE GREAT WHITE PLAGUE. By Edward L. Trudeau, M. D., Saranac Lake, N. Y.
WARDING OFF TUBERCULOSIS.
CO-OPERATION OF THE PUBLIC. By Charles L. Minor, M. D., Asheville, N. C.
CRIMINAL TO HIDE THE TRUTH FROM THE PATIENT. By Wm. Osler, M. D., Professor of Medicine, Johns Hopkins University, Baltimore, 1889-1905; Professor of Medicine, Oxford University, 1905.

Vol. II, No. 10; November, 1905

THE DRAUGHT FETICH. By Norman Bridge, M. D., Los Angeles, Cal.
SLEEPING OUTDOORS.
SOME MISAPPLICATIONS OF CLIMATOTHERAPY. By George H. Kress, M. D.
WINTER WEATHER CONDITIONS IN SOUTHERN CALIFORNIA.

Vol. II, No. 11; December, 1905

WEATHER CONDITIONS IN ASHEVILLE, N. C. By Charles L. Minor, M. D.
WHAT CONSTITUTES A GOOD FEVER THERMOMETER.
THE DAY CAMP FOR TUBERCULOUS PATIENTS. By David Townsend, M. D.

Vol. III, No. 2; March, 1906

OPEN-AIR PAVILIONS OR SLEEPING SHELTERS. By Estes Nichols, M. D.
THE SOUTHWEST AS A RESORT FOR PULMONARY PATIENTS. By E. S. Bullock, B. S., M. D.
SLEEPING OUTDOORS. By Charles Fox Gardiner, M. D., Colorado Springs, Col.
CURIOUS CURES IN CHINA. By Robert C. Beebe, M. D., Supt. Nording Hospital, Nanking, China.

Vol. III, No. 4; May, 1906

TUBERCULOSIS MADE EASY; A SHORT TALK TO LAYMEN. By Charles L. Minor, M. D., Asheville, N. C.
TUBERCULOSIS IN THE WORKSHOP. By H. R. M. Landis, M. D., of Philadelphia.
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