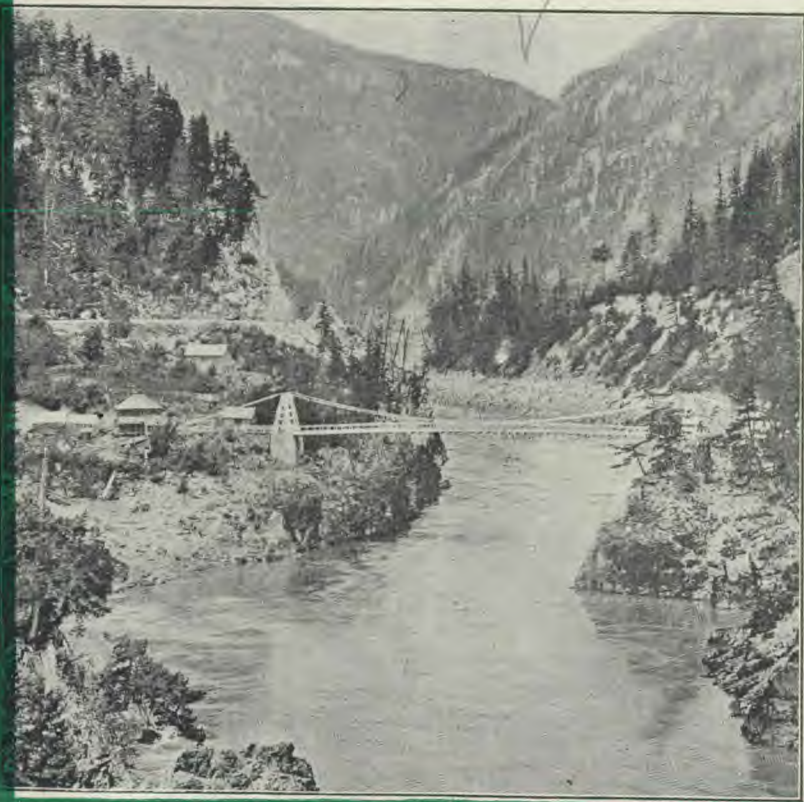


Summer Cook Stove Slavery

LIFE
and
HEALTH

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LIFE AND HEALTH

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"Something better is the law of all true living."

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No. 8

Mosquitoes and Disease

Alfred Shryock, M. D.

THE question of mosquitoes as a causative factor in disease, is one that is absorbing the attention of many investigators along sanitary lines. As early as 1881, the theory was advanced that mosquitoes play an important part in the spread of yellow fever, and Finlay discovered that patients bitten by mosquitoes, imported on ships from yellow fever districts, contracted the disease. Since that time many remarkable discoveries have been made along the same line, and investigation has been deep and searching. Some have taken the position that "yellow fever is produced only and solely by the mosquito." Souchon, in an article on the eradication of yellow fever in Havana, declares his belief in the transmission of yellow fever by mosquitoes, but believes that there is some other means of transmission. Kohnke takes issue with Dr. Souchon, and believes that all quarantines which have been successful in preventing yellow fever, have been so because they prevented the entrance of infected mosquitoes.

It is to be understood that the mosquito plays the part simply of the intermediate host. To complete the

chain necessary for the spread of the disease, we must have (1) the specific microbe causing the disease, (2) the intermediate host (the mosquito, or some other body or medium), and (3) the final host, the human body. It is evident then that if the conditions are unfavorable for either the germ or the first host, the disease will not be spread, but when the conditions are such that the chain is complete, diseases, such as yellow fever and malaria, are easily spread.

Medical journals nowadays contain many reports of cases of malaria which can be traced to mosquitoes. Dr. V. V. Favre reports an interesting experiment. He allowed a brood of mosquitoes to suck the blood of a patient who had numerous malarial parasites in his circulation, and subsequently he caused one of these mosquitoes to bite him. Twelve days later the malarial fever made its appearance. This shows, in his opinion, that the theory of mosquito infection must be accepted; that a single mosquito bite may produce the disease, and that twelve days is the period of incubation of the malarial parasite.

The discovery of the role played by

the mosquito in the transmission of disease has done much to limit the spread of yellow fever and malaria. Gorgas, in a review of the work done by the United States Army along these lines, remarks that "since the discovery of mosquito transmission, the morbidity and mortality of yellow fever have practically disappeared in Havana." Previous to 1901, the average number of deaths per year was four hundred and forty-six. In 1901 there were five, and in 1902 no deaths at all from that disease. This was brought about (1) by measures calculated to destroy the mosquito, and (2) by measures to prevent the mosquitoes from biting those suffering with the disease.

Much attention has of late been given to the matter of the extermination of mosquitoes. A committee appointed to investigate this subject in South Orange, N. J., reports that the use of kerosene oil reduces the production of mosquitoes about fifty per cent, while, by adding the draining of stagnant pools to the work accomplished by the oil, the supply was cut down seventy-five per cent. Woldert, in his investigations in Texas, suggests as the best method of destroying the mosquitoes (1) drainage of stagnant pools to the fullest possible extent. (2) For pools which can not be drained, a mixture of ten gallons of kerosene and one pound of tobacco, spread upon the surface of the water once every two or three weeks and frequently agitated. Still another method of destroying mosquitoes was recently suggested by a resident of New Orleans. His plan is to introduce a fungus disease among the mosquito family, and biologists agree that the plan is feasible. The fungus is closely related to the one which causes the death of flies in the autumn.

A means of personal protection was

recently suggested by a writer in *Health*. His advice is to dissolve a piece of alum the size of a marble in a bowl of water and wet the face, hands, and any exposed part lightly with it.

Summing up: Mosquitoes are largely instrumental in distributing such diseases as malaria, yellow fever, and filariasis, hence their growth should be prevented by means such as drainage of stagnant pools, and the destruction of useless receptacles holding water; tubs and barrels which have been discarded should be destroyed, and rain barrels and cisterns if indispensable, should be stocked with goldfish or covered with a fine netting; cesspools, manure heaps and other breeding places either removed or frequently covered with oil, and yards and grounds in the vicinity of houses put in good order generally. The idea is to remove every possible source of the pests, and if this can not be done completely, we must resort to means such as oil, or oil and tobacco to destroy them or prevent their hatching. Cases of malaria, etc., should be isolated by netting, and all houses in mosquito districts should be protected by netting. Then last, but not least, attention to personal hygiene, so as to keep the system in a state of high resistance. Attention to diet, bathing, and eating only sterile food are highly important. This brief resume gives instruction which, if closely followed, would lead to the complete eradication of the diseases mentioned.

Seattle, Wash.



THE HEALTH DEPARTMENT of the city of Buffalo has indicted a number of the owners of unsanitary tenement houses, and served notices either to conform to the tenement laws or to empty the tenements.

Summer Cook Stove Slavery

WHAT a relief it would be in these heated August days if the housewife could send her family to a hotel or restaurant or to the seashore so she could have a rest! Each member of the family, perhaps, goes off for a few days' vacation, but mother, thoughtful for all the others, and unmindful of self, continues to carry the burdens of the household, but tries to save herself as much as possible during the hotter part of the day. Night finds her exhausted by the heat of the day, augmented by that of the cook-stove. In the morning she awakes only partly refreshed, to begin another day's toil. She has tried to compromise matters by using coal-oil stoves, gasoline stoves, and gas stoves, but it is only a compromise.

If all go off on a vacation together, it is no vacation for mother, as upon her shoulders still fall the burdens of the family. Some may go boating, others gathering flowers, others strolling along the seashore gathering shells, but mother stays in camp to prepare dinner; for there will be a lot of hungry mouths to feed at noon time.

Why Cook the Food?

She sees horses and cattle browsing contentedly in the meadow; she sees barn-yard fowl scratching the earth and securing their food; she sees a squirrel sitting on a limb holding a nut between its fore legs, ready to eat; she sees birds gathering seed and singing gaily. All seem happy, all seem healthy. The question arises in mother's mind, "Why do people have to go to so much more trouble than the animals in preparing food? and would not man be happier to eat his food in a natural state, the same as the animals?" She has heard that there are people who make a practise of living entirely on raw food, be-

lieving it to be the only proper food for man or beast. She has heard arguments both for and against the practise; some saying that raw food was man's original diet, that cooking destroys the life of food, that living cells can only obtain life from living food; that salts are precipitated in cooking foods, which harden the arteries and hasten the advent of old age; others saying that in man's development, his digestive system has become weaker, and that the demands of modern civilized life are such that the nervous energy is all required in other directions, leaving only a small amount of energy for the digestion of food; that for this reason, food should be eaten, not raw, but partly pre-digested.

She has heard of some who adopted the raw food idea with much enthusiasm, and afterward gave it up and returned to their cook-stoves. Not wanting to be a "faddist," she hesitates to take up the raw food idea.

Capricious Summer Appetites

Moreover, it would seem that, during the hot weather, the appetites of her family as well as her own appetite are so fickle that it is necessary to take even more pains than at other times in order to prepare food which will be relished.

She knows from experience that unless little "dainties" are prepared to tempt the appetite, the food will be left almost untouched. And nothing is so repugnant to mother as to have her meals fail to satisfy. And then if the family do not eat their usual allowance, are they not apt to get weak and fall an easy prey to disease?

Nature's Admonition

She has not realized that this capriciousness of the appetite is nature's admonition, that less fuel is needed to

maintain the internal heat of the body during the hot season than when the body has the additional work of warming up the surrounding air; and that when the food supply is reduced to what the system actually demands, the appetite will assert itself. She has not realized, in fact, that she has been putting her family through a stuffing process, which, instead of preventing disease, actually opens the way for disease to enter. She does not know that a cold will readily attack an overfed person, but that it is almost impossible for the person undergoing a moderate fast to contract a cold.

If she could appreciate the truth and beauty of the adage, "Hunger is the best sauce;" if she could grasp the possibility of a craving for plain food—even in summer—provided the temptation to overeat has not been placed before the family in the way of "dainties;" if she could understand that this real hunger is the most certain guarantee of real health, what a change it would make in her views of life! What visions of relief from cook-stove tyranny!

Plain but Attractive

And then it is not necessary that plain food shall be unattractive. A little of that artistic taste so natural to woman, whether reared in the mansion or the cottage, will render a table, even in a humble home, and with the plainest of foods, attractive.

In feeding the sick, the importance of daintiness in the preparation of the tray is almost universally realized. Not so often is it considered in catering to the well.

There are some, of course, who are little affected by the surroundings of a meal. Through vigorous outdoor exercise they have earned an appetite which will relish food eaten out of a basket or in the pantry or however served.

But many can not do this; and it is not necessary to starve them to the place where they will relish food with unattractive surroundings.

By means of appropriate table ware, a few flowers or a potted plant, one or more tastefully garnished dishes, and a properly selected menu,—even of plain foods,—the family, if not previously surfeited by the attempt to keep up a cold weather allowance during hot weather, will take very kindly to the novel meal.

The Cook Stove not Necessary

It is not absolutely necessary to use the cook-stove in order to make the foods attractive.

Elegant and hygienic meals can be prepared without the use of any cooked food whatever, or by the use of uncooked foods, and such foods as can be purchased ready cooked at the stores.

If it is thought too great a departure to adopt an entirely cold menu, one or two warm dishes may be prepared, the menu being completed with cold foods. But most people, during the hot weather, will find properly selected cold foods amply sufficient for all their demands.

List of Uncooked Foods

The list may include fruits, fresh and dried, fresh preferred; vegetables, such as turnip, radish, onion, celery, peas, and perhaps others; nuts (not too many, as they are quite heating), as almonds, cocoanuts, Brazil nuts, walnuts; milk, cream, olive-oil, sugar, remembering that the last three are heavy fuel foods, and should be eaten sparingly.

Prepared Foods

Among prepared foods which may be advantageously used may be mentioned bakers' bread, crackers, "sticks," zwieback, granose, granola, shredded wheat, and a host of other cereal foods and bakery products; protose, nuttolene, and other nut foods, including malted nuts

and bromose; various canned goods, as vegetarian baked beans, tomato, canned fruits, etc.

Preference should be given to the lighter foods, as the nuts and other oily foods are rich in heat-forming material.

Uncooked vegetables are open to the objection that they have probably been raised on ground fertilized by offensive, and possibly disease-producing material. They should be thoroughly washed, and the skins of ground vegetables should be removed.



Progress in Medicine and Allied Sciences

J. R. Leadsworth, B. S., M. D.

So much having been written relative to the danger of infection through milk from diseased animals, a company has been organized in New York that gives promise of furnishing that article as free from suspicion as it seems possible to obtain it. There is an agreement between the milk company and a commission of physicians by which the latter are to receive reports from a chemist, a veterinarian, a bacteriologist, and an examining physician concerning the production and transportation of all milk sold under this name. The most strenuous care is taken that the stabling, feeding, etc., is the most desirable, and no animal is purchased until it has undergone the tuberculin test, and then it is kept in the quarantine barn, and the milk is not used until the veterinarian is satisfied that the cow should join the herd. Every precaution, short of boiling, is taken to disinfect the attendants. The cows are carefully groomed three times daily, and milked only after the most thorough washing—in fact, the most painstaking care is given every detail until the milk is delivered to the customer. In view of the high mortality of bottle-fed babies, we sincerely hope that the promoters of this move will collect reliable data as to the life-saving benefit of this venture, so that milk-producers generally may realize that their laxity has destroyed a thousand times more in-

nocents than the wicked King Herod.

ATTENTION has been called of late to a disease occurring quite frequently, the symptoms of which closely resemble typhoid fever, and it is thought not unlikely that many cases escape observation, owing to the lack of care in diagnosis. The disease has become well recognized in two forms, viz., meat poisoning and sausage poisoning. In the former the meat concerned is derived from cattle suffering from a low form of blood-poison, or intestinal disease, the exact cause of which is not known. The flesh is harmful immediately after slaughter, and one author has pointed out that symptoms may follow the use of well-cooked meat. The indications are that the diseased properties increase with preservation, and it is even thought probable that meat of this kind may infect other originally healthy meat with which it comes in contact. The *American Medical Journal* wisely suggests that “in view of the similarity between meat poisoning and other intestinal disturbances, may it not be that the causative role of diseased meat often escapes attention? Is it not also likely that certain circumscribed outbreaks of typhoid-like nature following picnics, weddings, and other festivities may have been the result of meat poisoning? There is some-

times sharp differences of opinion as to the nature of such outbreaks, and in the future, the possibility of meat poisoning must be considered."

To prove that the dangers of physical exercise have been greatly overestimated, Dr. Meylan, director of the Columbian University Gymnasium, gives the after history of Harvard oarsmen, and finds that more than ninety-seven per cent were in good health, more than thirty-seven per cent have not consulted a physician for over ten years, and more than fifty per cent have not been sick in bed for a week since they left college. We should like to have the vital statistics of the manager of the football team before forming an opinion, inasmuch as rowing is only a small part of physical exercise.

Riverside, Cal.



How to Keep the Baby Well in the Hot Weather

THE following circular has been prepared by Dr. Andrew Cairns, chief medical inspector of the Bureau of Health of Philadelphia, for wholesale distribution:—

Nurse it. Nothing equals mother's milk for a baby food. If you can not nurse the baby, use fresh milk, which in hot weather has been boiled and prepared according to directions. Nurse the baby part of the time if you can not nurse it all the time. Do not give it condensed milk or any prepared babies' food.

Feed or nurse it at regular intervals, not more than once in three hours after it is six weeks old. Don't feed it simply because it cries. Decrease the amount of milk on very hot days. Too much food and too frequent feeding are among the commonest causes of sickness.

Bathe it daily. The glands of the skin carry off nearly as much poisonous matter as the bowels. They both must be kept open in hot weather. Dry the skin well after bathing.

Air it. Outdoor air is necessary. Keep the head shaded from the direct sunlight. In hot weather take the baby out early in the morning before nine o'clock, when it is cool, again late in the afternoon and early evening, but not late at night.

Keep it cool. If it is bundled up too much in summer, it will become overheated. The more nearly naked it is, the better, in extremely hot weather.

Keep it in a quiet place. A baby's nerves are very sensitive. Continued noise sometimes causes sickness.

Give it water. Between feedings give water freely, especially in hot weather. Use only water that has been boiled.

Give no fruit to a baby less than one year old. In summer give no fruit to a baby less than two years old. Fruit kills many babies.

Give no solid food to a baby less than one year old. For the first year of life the food should be all milk. For the second year, chiefly milk.

When the baby has diarrhea, stop all food and give only barley water until the doctor comes.



ANY ONE DESIRING a tract for the information of some tubercular neighbor may receive one entitled "Don't Give Consumption to Others; Don't Let Others Give It to You," by addressing The Charity Organization Society, 105 East Twenty-second St., New York City.



FOURTEEN floating bath-houses will be stationed along East River, New York City, during the hot spell. It is estimated that some six hundred thousand people will patronize them each week.



THE AUSTRIAN GOVERNMENT has made a small appropriation for the support of physicians who desire to make a special study of the best means of combating tuberculosis. They furnish board, laboratory facilities and instructors, and will make use of the facts learned through these investigations in combating the disease.



FROM THE FACT that the use of wood-alcohol has been followed in a number of cases by death or blindness, and even the vapor of wood-alcohol has caused blindness, the American Medical Association at its recent meeting urged that it be placed on the list of poisons, and that "the proper federal and state authorities take the necessary steps to protect life and eyesight from its pernicious influence."



THE MEDICAL MISSIONARY AT WORK

Medical Missionary Work as a Church Work

IN San Francisco we have a dispensary in connection with the church. This dispensary is a church and conference work, and not the work of a few individuals. The conference supports the workers, the church equipped the dispensary, and now the members of the church assist in the work of giving the treatments, visiting, etc.

The conference supports one missionary nurse. But one nurse can not do all that is to be done. The plan was, that as our work grew, and we needed more help, we would bring in and train members of the church who would devote a half day or a day a week to this work. This we have done. When the work of giving treatments became too much for the nurse, several of the sisters were asked to each give one afternoon as assistant. These sisters are now giving quite efficient help. They are being trained right on the ground. It is a most excellent education to them and besides makes it possible for us to carry on a large work. It will take time before they become proficient and experienced, but they are even now doing true missionary work. They come in contact with the patients and get acquainted with them and have opportunities to help them in more ways than the mere physical help they give.

As these sisters become more competent, we expect to have them assist in "home treatments." Each can, as now, give a half day to the work. Persons needing treatment at home, who are not able to get to the dispensary can be referred to these sisters. At present the

missionary nurse has all she can do mornings giving treatments at the homes and visiting. She even now needs assistance. We hope soon to have one set of our sisters assisting in giving treatment in the homes, and another set working in the treatment rooms. We can truly say then that the church is doing medical missionary work.

Another part of our plan is to connect with this work systematic Bible work. Our ministers are seeking to train the church members to give Bible readings. Those members who work in the dispensary have an opportunity to become acquainted with the people, and openings for Bible work will readily be found. Then the Bible workers can follow up the work, in a way we who are giving our whole time to medical work, can not find time to do.

The dispensary was opened a year ago last November. During the time it was being built it was constantly advertised so that when it opened, there were patients waiting to try the treatment. From the beginning, the dispensary paid its running expenses. Being in the church there is no rent to pay, and the conference supporting the workers, the burden to be met by the dispensary is not great. This makes it possible to give treatment at a price within reach of every purse. Those who come, pay according to their ability, anywhere from five cents to fifty cents, and many can not pay anything. In fact, we sometimes have to provide carfare for some to get to the dispensary.

At present we are reaching a class between the very poor and those in good circumstances. There is a large class

of people who can pay fifty cents, but who would feel it beyond their ability to pay regular fees. When necessary (and it is usually necessary for those who come to us), they receive medical examination, medical supervision, office or physician's treatment, and treatment in the bath-room, all for the small sum of twenty-five or fifty cents, or even for nothing. We are having good success in the work, and are making many firm friends. These people all learn something of a better manner of living and caring for their bodies. They all learn to appreciate the value of God's remedies for disease. Most of them are willing to learn, and are grateful for their opportunities.

There is much more that might yet be done which we hope to see brought into our work. The dispensary must be and can be the foundation for all kinds of neighborhood work, such as mothers' meetings, cottage meetings, cooking schools, etc. Members who show themselves adapted in one way or another, can be persuaded to enter different lines of work till the church is truly a medical missionary church, each member doing her own work, and yet all working together as one united whole.

H. E. BRIGHOUSE, M. D.



Experiences in Fiji

THE people are gaining confidence in the rational methods of treatment. For the last month I have given from six to eleven treatments a day. These were mostly in chronic cases. Some are well, and all are progressing nicely. We thank the Lord for this; for it is opening doors for us in different towns and islands. Two of the men treated are from a distant island. Besides treating native patients, I was called to see a Mr. ——. For the little I did for him,

he has sent me a check for five pounds. Just as I was leaving on the steamer, Mr. ——— sent for me to come to see his servant girl, who was sick. Some might say that this does not pay, but I believe the future will demonstrate that it does.

One has to become accustomed to many disappointments in working for the natives. They will often surprise you by undoing all the good of the treatments by suddenly taking some decoction made from some noxious weed. Many, like the whites, have no faith in the doctor who does not give bitter doses. It therefore takes patience to labor on till their confidence is established.

The natives often respond very quickly to our treatments. I remember being called to see a man who was supposed to be dying. The doctors had given him everything they could think of in the way of native medicines of the filthiest kind. And now that he was not getting better, they said he was possessed with a devil, and would soon die. I asked the privilege of doing what I could. To this they all agreed. By a simple hot foot-bath and hot fomentations, he was greatly relieved within an hour, after which he went to sleep. In a short time he was well.

A man on another island was in terrible convulsions. At the last, the case being very obstinate, the friends would call in a new native doctor about every hour. Three were in the house when I entered, and these had all had a turn at the poor unfortunate. Another entered while I sat looking at the poor man, who was racked with great pain. The doctor was chewing some leaves, which he ejected into a cocoanut bowl, and after mixing a little water therewith, the dose, amounting to a half pint, was now ready. Several strong young men compelled the poor victim to swallow the most of it. But all was in vain;

he was growing worse. But after a few simple treatments, he was relieved, dozed off into a partial sleep, and in a short time was fully recovered. If the natives had sent for another of their terrible doctors, I believe he would have died. Poor people! how much they need help!

C. H. PARKER.

Suva Vou, Fiji.



WHILE the foreigners are developing the material interests of China, they are at the same time proving a curse to the people in some other ways. If the Chinese were as ready to accept the gospel as they are to adopt the vices of the foreigners, the evangelization of China would be an easy problem. The number of foreign cigarettes consumed is enormous, and this is especially true in the cities open to foreign trade. Thus there are these outside influences, with which the missionary must battle, as well as the deep-rooted heathen belief and practices of the people.

A. C. SELMON, M. D.

Honan, China.



South Africa

WE have opened up treatment rooms in Maritzburg, where there was an urgent call. There are a great number of people in Natal and Transvaal who understand the principles of healthful living. The Kuhne system has done much to bring this about. But they do not have the light we have on treatments. Brother Armer and his wife, with one lady and one gentleman helper, are there; and although we have to pay as much as twenty pounds a month rent, they are more than paying expenses. Quite a number of wealthy persons and government officials have taken treatment. The last report I received from Brother Armer exceeds all my most sanguine expectations.

We need a doctor a little nearer than Cape Town, because the laws regulating the giving of treatments are very stringent here, and a Cape doctor can not practise in Natal. I hope that a good doctor will soon give his services to this field; for there is a great work to be done in this line. I know our population is small comparatively, but it must be remembered that thousands of people from all over the world flock to Johannesburg, and spend a great deal of time in Natal, which is also a health resort for the weary searchers after gold. Thus we are able to reach a great number of people. I think the Lord might have found cities more largely populated than Jerusalem in which to pour out Pentecostal blessing, but he chose the place where was the most widely representative population—they came from all parts of the world.

H. J. EDMED.

Maritzburg.



H. M. REES and wife, nurses in the sanitarium at Kobe, Japan, have taught some Japanese to give the simple treatments, one of whom is a lady physician. They take hold with much interest. Treatment rooms in charge of these newly trained workers have been opened in another part of the city, for the natives. The sanitarium is well patronized. A number of the patients are missionaries.



DR. V. PAMPAIAN is located in Tiflis, Caucasia. He is anxious to see treatment rooms opened, as there is already a demand for them. Legally he can not obtain permission to practise until he is able to speak the Russian language, and pass examination at St. Petersburg. But while preparing for this, he plans to improve the opportunity to labor for the people while giving them treatments.

ONE medical missionary in Brazil has all that he can do. Mentioning the opportunities for work, Dr. A. L. Gregory writes: "We now have the Portuguese language so we have no trouble in making ourselves understood. I have quite a practise, about equally divided between medical and dental work. Some days people crowd the office so that I have not time to eat dinner till nearly eight o'clock. Many nights I am too tired to study when the day's work is ended."



DR. A. W. GEORGE, who went to Turkey less than a year ago, writes: "My time has been almost altogether absorbed in studying French and working for my certificate. This took much time and waiting, according to the custom of the Turk, who does everything not "to-day," nor "to-morrow" even, but "after to-morrow." I have passed the examination, and last Wednesday received the *Permit d' exercise*, which is good for the entire empire. The people here know as much as people in America know about the use of fomentations, baths, etc., if not more. There seems to be no prejudice against natural agencies in treating disease, but, on the contrary, there seems to be a growing sentiment demanding the use of these things. I realize that the world is more ready for us than we are for it."



DR. J. M. KEICHLINE, who is laboring among the Moslems in Cairo, reports some very interesting experiences. These people call him a better Moslem than they themselves are, because they see in his life a better representation of the principles they teach. He finds abundant opportunity to labor for them. Each day he has some patients who pay for his services; and he could treat many more

gratis, if he had the means to pay for supplies. When people earn only from two and one half to five cents a day, they have very little with which to pay a doctor. He adds: "My prime object is to see these poor, ignorant, superstitious people saved from real, every-day sin, and educated in a simple religion; to help the sick, the discouraged, the publican, the children, the women of ill-fame. And who is my teacher, my guide, my master, in this?—Christ Jesus, the Lord, my Elder Brother, praise God!



A MEDICAL mission of the Swiss Romande Society is established in Northern Transvaal. It exists, of course, for the natives, but white settlers make use of its benefits. During the last year it not only paid all expenses, including missionaries' salaries, but turned in \$5,357 to the society's treasury.

The varied demands upon the missionaries in charge are perplexing. Besides the hospital and dispensary work there are religious services every morning and evening and on Sunday. These services are held in Tonga, English, or French, according to the audience.



IF those who think the woman doctor has missed her calling would but tarry in the clinic and wards of the many mission hospitals for women and children in China, and see for themselves the sad and suffering who come in throngs to this same woman for help, their hearts would be convinced that she has a place to fill in God's work. A wee bit of the story of their work gets told now and then, but most of it is seen alone by the Great Physician, who said, "Inasmuch."

“Suffer Little Children to Come unto Me”

Mrs. E. G. White

As Jesus ministers in the streets of the cities, mothers with their sick and dying little ones in their arms press through the throng, seeking to come within reach of his notice.

Watch these mothers, pale, weary, almost despairing, yet determined and persevering. Bearing their burden of suffering, they seek the Saviour. As they are crowded back by the surging throng, Christ makes his way to them step by step, until he is close by their side. Hope springs up in their hearts. Their tears of gladness fall as they catch his attention, and look into the eyes expressing such pity and love.

Singling out one of the group, the Saviour invites her confidence, saying, “What shall I do for thee?” She sobs out her great want:

“Master, that thou wouldst heal my child.”

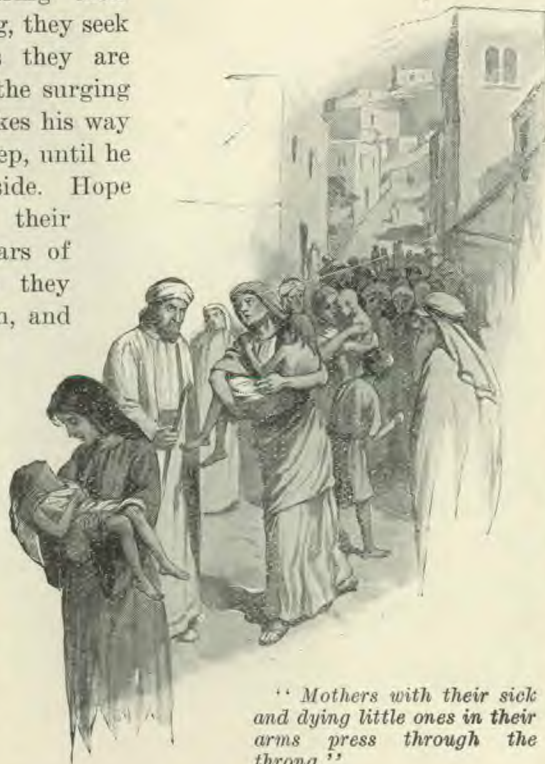
Christ takes the little one from her arms, and disease flees at his touch. The pallor of death is gone; the life-giving current flows through the veins; the muscles receive strength.

Words of comfort and peace are spoken to the mother, and then another case, just as urgent, is presented. Again Christ exercises his life-giving power,

and all give praise and honor to him who doeth wonderful things.

We dwell on the greatness of Christ's life. We speak of the wonderful things that he accomplished, of the miracles that he wrought. But his attention to things accounted small is even higher proof of his greatness and his compassion.

Among the Jews it was customary for children to be brought to some rabbi, that he might lay his hands upon them in blessing; but the Saviour's disciples thought his work too important to be interrupted in this way. When the mothers came desiring him to bless their little ones, the disciples looked on them



“Mothers with their sick and dying little ones in their arms press through the throng.”

with disfavor. They thought these children too young to be benefited by a visit to Jesus, and concluded that he would be displeased at their presence. But the Saviour understood the care and burden of the mothers who were seeking to train their children according to the Word of God. He had heard their prayers. He himself had drawn them into his presence.

One mother with her child had left

her home to find Jesus. On the way she told a neighbor her errand, and the neighbor wanted to have Jesus bless her children. Thus several mothers came together, with their little ones. Some of the children had passed beyond the years of infancy to childhood and youth. When the mothers made known their

his hands upon them, and gave them the blessing for which they came.

The mothers were comforted. They returned to their homes strengthened and blessed by the words of Christ. They were encouraged to take up their burden with new cheerfulness, and to work hopefully for their children.



“What shall I do for thee? She sobs out her great want.”

desire, Jesus heard with sympathy the timid, tearful request. But he waited to see how the disciples would treat them. When he saw the disciples send the mothers away, thinking to do him a favor, he showed them their error, saying, “Suffer the little children to come unto me, and forbid them not; for of such is the kingdom of God.” He took the children in his arms, he laid

Could the after-life of that little group be opened before us, we should see the mothers recalling to the minds of their children the scene of that day, and repeating to them the loving words of the Saviour. We should see, too, how often, in after-years, the memory of these words kept the children from straying from the path cast up for the ransomed of the Lord.

Christ is to-day the same compassionate Saviour as when he walked among men. He is as verily the helper of mothers now as when he gathered the little ones to his arms in Judea. The children of our hearths are as much the purchase of his blood as were the children of long ago.

Jesus knows the burden of every mother's heart. He who had a mother that struggled with poverty and privation, sympathizes with every mother in her labors. He who made a long journey in order to relieve the anxious heart of a Canaanite woman will do as much for the mothers of to-day. He who gave back to the widow of Nain her only son, and in his agony upon the cross remembered his own mother, is touched to-day by the mother's sorrow. In every grief and every need, he will comfort and help.

Let mothers come to Jesus with their perplexities. They will find grace sufficient to aid them in the care of their children. The gates are open for every mother who would lay her burdens at the Saviour's feet. He who said, "Suffer the little children to come unto me, and forbid them not," still invites mothers to bring their little ones to be blessed by him.

In the children who were brought in contact with him, Jesus saw the men and women who should be heirs of his grace and subjects of his kingdom, and some of whom would become martyrs for his sake. He knew that these chil-

dren would listen to him and accept him as their Redeemer far more readily than would grown-up people, many of whom were the worldly wise and hard hearted. In teaching, he came down to their level. He, the Majesty of heaven, answered their questions and simplified his important lessons to meet their childish understanding. He planted in their minds



“Suffer little children to come unto me.”

the seeds of truth, which in after-years would spring up, and bear fruit unto eternal life.

When Jesus told the disciples not to forbid the children to come to him, he was speaking to his followers in all ages, — to officers of the church, ministers, helpers, and all Christians. Jesus is drawing the children, and bids, “Suffer them to come;” as if to say, They will come, if you do not hinder them.

Let not your unchristlike character misrepresent Jesus. Do not keep the little ones away from him by your coldness and harshness. Never give them cause to feel that heaven would not be a pleasant place to them if you were there. Do not speak of religion as something that children can not understand, or act as if they were not expected to accept Christ in their childhood. Do not give them the false impression that



Could the after-life of that little group be opened before us.

the religion of Christ is a religion of gloom, and that in coming to the Saviour they must give up all that makes life joyful.

As the Holy Spirit moves upon the hearts of the children, co-operate with his work. Teach them that the Saviour is calling them, that nothing can give him greater joy than for them to give themselves to him in the bloom and freshness of their years.

The Saviour regards with infinite tenderness the souls whom he has purchased with his blood. They are the

claim of his love. He looks upon them with unutterable longing, his heart is drawn out, not only to the best-trained and the most attractive children, but to those who by inheritance and through neglect have objectionable traits of character. Many parents do not understand how much they are responsible for these traits in their children. They have not

the tenderness and wisdom to deal with the erring ones whom they have made what they are. But Jesus looks upon these children with pity. He traces from cause to effect.

The Christian worker may be Christ's agent in drawing these faulty and erring ones to the Saviour. By wisdom and tact he may bind them to his heart, he may give them courage and hope, and through the grace of Christ may see them transformed in character, so that of them it may be said, "Of such is the kingdom of God."



"I USED to think that friendship meant happiness: I have learned that it means discipline. Seek how we may, we shall never find a friend without faults, imperfections, traits and ways that vex, grieve, annoy us. Strive as we will, we ourselves can never fully fulfil the ideal of us that is in our friend's mind: we inevitably come short of it. Yet let us not give up friendship, though we have found this true."

Sunstroke

THE *Chicago Health Bulletin* for the week ending June 18, gives the following practical notes on sunstroke:—

“There are two forms of sunstroke. The mildest is that known as heat exhaustion. This manifests itself in the case of persons who are overcome by heat without being actually sunstruck. In this form the skin is pale, cold, and clammy, and the pulse feeble. While death sometimes results, the patients under good treatment will usually recover. Persons affected in this way should be removed to a shady spot, and have their heads and chests dashed with cold water. Spirits of ammonia (hartshorn) should be applied to the nostrils, and sometimes it is necessary to administer small quantities of stimulants.

“Heat stroke or insolation is the serious form of this trouble, and the one to be most closely guarded against. In cases of real insolation the face becomes purplish, eyes bloodshot, veins swollen and corded, and the skin dry and burning hot to the touch. It is not always fatal, but many of those whose lives are saved are ever afterward invalids, with brain power more or less impaired. The effect of the sun’s heat seems to be most marked on the brain and spinal marrow. When real insolation occurs, the brain becomes so heated that the human ‘heat center,’ controlling the production of bodily heat, is affected, and the temperature rises from the healthy mark, ninety-eight and one-half degrees, as high as one hundred and ten degrees or over, and often keeps on rising for some time after death. The ‘heat center’ lies at the back of the head, and should be protected from the direct rays of the sun.

“Insolation is so dangerous that a physician should be called as soon as

possible. While waiting the doctor’s arrival, much good can be done, and life often saved by applications of ice to the head and spinal column. It is best broken in small pieces and placed in cloth or rubber bags, but when these are not to be had, ice can be placed directly about the head and neck.

“Workmen and others exposed to the direct rays of the sun should have their heads well protected, and should wear woolen next to the skin. A very useful precaution is a pad of cotton batting or flannel sewed along the back of the undergarment, so as to cover and protect the spine. . . . As long as perspiration is free, people can stand a high degree of heat, as the evaporation of the moisture on the body tends to cool it. But in ‘muggy’ weather the excess of humidity in the atmosphere checks this evaporation. Then when the temperature exceeds or even nearly approaches the normal bodily heat of ninety-eight and one-half degrees, there is trouble.

“People should be careful not to expose themselves unnecessarily in hot weather of any kind, but when the conditions are such as here named, they should be extraordinarily careful. It is well to bear in mind the old rules: Keep cool as to temper, and your body will not get so hot; avoid all alcoholic drinks; eat less than usual and more simply; walk on the shady side of the street; avoid overexertion; let the air circulate freely about the head, either by frequent removal of the hat or by wearing a perforated head covering.

“Insolation is more far reaching and dangerous in its effects than most people know of; therefore a doctor should be called at once to any one with the symptoms above described as indicating heat stroke or true insolation.”



HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

Summer Salads

At this season of the year, when the system demands an abundance of water to supply its needs, the green foods which nature provides are largely composed of that fluid.

The salad is, to my mind, the prince of the menu, and although the dinner is perfect in every other detail, it is incomplete if the salad is not good.

Vegetables and leaves for use as salads need to be the freshest, crispest, and most tender; they should be carefully sorted, all bruised and tough leaves being discarded.

For the mixing of the salad I have found nothing superior to the salad knife and fork of boxwood. The bowl in which the salad is to be mixed should be roomy. It is always best not to season a salad until just a few minutes before it is required for the table. Many salads deteriorate by standing.

For the dressing of nearly all salads, both an oil and an acid element are considered essential. Pure olive-oil is well suited for this purpose, and for the acid nothing is better than lemon-juice.

The most palatable salads can be made of fruits, and crisp and easily digestible vegetables, *without mustard, pepper, or vinegar*. These three condiments really hide the fine flavors which the Creator has put into the vegetables, fruits, and leaves.

M. H. TUXFORD.



Baked Banana Salad

A variety of salads can be prepared from this very common fruit. Peel the banana, roll

lightly in sugar, place in a granite baking pan, and bake in a moderate oven for twenty minutes. Serve with a sour fruit juice thickened to the consistency of cream by adding a little corn flour.

Pineapple Salad

Carefully stir together one part of pineapple and eight parts of sweet salad dressing. Serve on a garnish of lettuce leaves. Canned sliced pineapple or fresh pineapple can be used. When canned pineapple is used, care should be taken to drain the juice thoroughly from the fruit.

Apple and Pineapple Salad

Prepare as for pineapple salad, using one half of finely cut, tart apples; as fast as they are cut, they should be added to the salad dressing, to keep them from becoming dark. Apples should never be chopped, as this discolors them.

Tarragon Fruit Salad

Add about one teaspoonful of chopped fresh tarragon, to one-half cup of the lemon dressing, and serve it over cherries, strawberries, currants, raspberries, ripe tomatoes, bananas, or oranges.

Tarragon is, of all flavors, the most delicate.

With the tomato salad, the water in the lemon dressing should be omitted, and more sugar and a little salt used.

Mint, in the proportion of one teaspoonful to the cup of dressing, is second to none but tarragon over the same fruits. It is especially nice with oranges.

Cucumber and Tomato Salad

Place sliced crisp cucumbers irregularly on a leaf of lettuce. On these lay slices of ripe red tomatoes, and serve with plenty of lemon-juice. The delicate green of the cucumber over the lettuce of another shade, with the red tomato, is a pretty combination. If yellow tomatoes are obtainable, they will add to the effect.

Cauliflower Salad

Take a head of cauliflower and boil in a piece of cheese-cloth. Remove from the cloth,

drain, sprinkle over it two tablespoonfuls of lemon-juice, and stand aside to cool. At serving time break the head apart into flowerets, arrange them neatly on a dish, sprinkle over a little chopped parsley, mint, or tarragon, cover with French dressing, and serve.

French Bean and Celery Salad

This is one of the universal favorites among summer salads. Cut tender celery into quarter-inch pieces, in the proportion of one-half cup of celery to one-half cup of lemon-juice and one-half cup of water, and let it stand in the lemon dressing for an hour or more. Serve on a leaf of lettuce over young French beans which have been cooked in salted water.

Salad in Surprise

Carefully cut a slice from the top of a well ripened tomato, remove part of the inner portion, and fill with any salad; replace the slice of tomato, and serve with a garnish of cut lemon.

Lettuce Salad

Take the yolks of three hard-boiled eggs, salt to taste, and rub them through a colander; make a paste by adding a dessertspoonful of olive-oil, mix thoroughly, and then dilute by adding gradually half a teacupful of lemon-juice, and half a teacupful of water. Pour over the lettuce. This is sufficient dressing for a moderate sized dish.

Lettuce Lemon Salad

This consists of a dish of crisp lettuce leaves, and a generous portion of dressing made by stirring together, until the sugar is dissolved, equal quantities of lemon-juice, sugar, and water.

Mint Lemon Salad

This is the same as the above, with a few leaves of shredded fresh mint scattered among the lettuce leaves, or put into the dressing five or ten minutes before serving. Lemon points, or slices of lemon, may be used for garnishing any of the salads.

Salad Dressings

Sweet Salad Dressing

RUB two tablespoonfuls of olive-oil or butter smooth with two thirds of a cup of water, and two tablespoonfuls of sugar, a quarter teaspoonful of salt, and one dessertspoonful of corn flour. Let this boil up for a moment or two over a fire, then add two tablespoonfuls of lemon-juice. When cold, pour over the salads.

When a yellow color is desired, have the beaten yolk of an egg in a bowl, and just as the dressing is removed from the fire, pour it over the egg, a little at a time, stirring well at first. When the egg is used, a little less water and more lemon-juice may be required.

This dressing is especially palatable on finely sliced apples, apples and celery, apples and very ripe bananas, strawberries and bananas, and on pineapple and oranges. If the dressing is put on as soon as the fruit is sliced, the fruit will not turn dark.

By using a scant cup of strained tomatoes stewed in place of the water in the above dressing, another palatable as well as very pretty dressing is made.

Orange Dressing

Take three-fourths cup of orange-juice, one-fourth cup lemon-juice, three tablespoonfuls of sugar, and the thin rind of part of one orange. Stir all together until the sugar is dissolved; remove the rind, and the dressing is ready for use.

French Dressing

Put a half teaspoonful of salt into a bowl with six tablespoonfuls of best olive-oil. Rub until the salt is dissolved, then add one tablespoonful of lemon-juice. Beat well for a moment, and it is ready for use. This dressing is much better if used at once.

Lemon Dressing

Take one cup of water, one tablespoonful of corn flour, and the juice of one lemon. Sweeten to taste. Boil for a few minutes, and allow it to get cold before using.



Guarding the Thoughts

MRS. M. H. TUXFORD

OUR thoughts make us. They are the silent builders who work day and night on the walls of the temple of character which each one of us is rearing. What our ordinary thoughts are, that we become. As a man "thinketh in his heart, so is he." If his thoughts are white, a white life grows up. If he thinks vain, empty thoughts, the life will be vain and empty. If his imaginations and mental recreations are stained and unworthy, a life stained and unworthy will be the outcome.

So we see how important it is that we guard the thoughts. They need guarding too, and it is no easy task. Thoughts, fancies, feelings, and imaginations flow through our minds like a river. Some people think it is no matter what they think so long as they do not let wrong thoughts take form in expression. Indulgence in impure fancies is not sinful, they think, if the fancy leads to no evil acts. But this is not true. Wrong thoughts are sins, even though they find no outward expression in act.

Of course it is not so bad to merely think evil, as it would be to speak or do it. An unkind thought may not hurt the person it concerns as it would do if uttered in sharp, cutting words; but it is a sin against God and against love, though it remains only a thought hidden in the heart, and leaves the hurt in our own life. It is most important, therefore, that we keep a most sedulous watch over the thoughts as they rise in our minds.

Where Sin Begins

It is well to know where sin begins. Temptation is not sin. Jesus was tempted in all points like as we are, yet without sin. Evil thoughts came to the door of his heart and clamored for admittance. If he had opened to them,

welcoming them, he would have sinned. But he refused to let them in, and kept his heart pure and clean through all his three and thirty years of human life in this world.

What We Should Seek to Do

That is what we should seek to do. We can not live without being tempted, but we may resist temptation. We can not keep evil thoughts from buzzing about our ears, but we can keep them from coming into our hearts to nest and home there. We can refuse to keep any book or paper which contains words that would start evil thoughts in our minds. A godly minister in his old age told how, when he was a boy, a schoolfellow took a book from his pocket and showed him an improper picture. He looked at it only an instant, but it left a stain on his memory which plagued him through all his years.

"To Replace Is to Conquer"

One way to keep out bad thoughts is to keep the mind and heart filled with good thoughts. Napoleon used to say, "To replace is to conquer." The house left garnished and empty was soon occupied again by evil spirits which had once been cast out, who brought back with them sevenfold more evil spirits. The house when emptied of demons ought to have been filled at once with good angels. If we would expel wrong thoughts and keep them out, we must fill our minds with pure and good thoughts. Dr. Chalmers once preached a great sermon on "The expulsive power of a new affection." Love the good if you would shut out the evil. Let the Holy Spirit rule in your heart if you would destroy the rule of Satan there.



"Nothing gives so much dignity of mien as the consciousness, 'I am what I pretend to be. About me there is no make-believe.'"

To Can Vegetables

[A correspondent asks certain questions about the canning of peas. Her inquiries have led to the following brief article.]

ANY housewife who will follow carefully the instructions given, understanding the air contaminations, may can corn, peas, and beans better than those purchased, as the materials in all probability will be in a better condition to start with.

To be successful in canning, the cans must have either glass or metal tops without porcelain lining. The rubbers must be in good condition, the cans must be clean, and the vegetables must be picked perfectly fresh.

Corn should be pressed or cut from the cob and packed at once into the jars. Adjust the rubbers, stand the jars in any ordinary wash-boiler, or copper (in which a wooden rack has been made to fit about three or four inches from the bottom of the copper); now lay the covers on the jars carelessly, but do not fasten them. Surround the jars half way up with cold water, put the lid on the boiler, bring to the boiling-point, and boil continuously for two hours. Lift one jar at a time, and fasten on the lid without removing it. Wipe the jars, and when cool, put them in a dark, cool place.

Peas are canned in the same way, with the exception that each jar must be filled with cold water. Corn, being compact, does not require this.

French or string beans require cooking only one hour after they reach the boiling-point, but the jar manipulation is exactly the same. The lids must not be lifted and put on the table, and then afterward fitted on the jars, or the flying dust will fasten itself upon them, and frequently contaminate the vegetables.

It makes very little difference whether

or not the vegetables shrink; there is sufficient hot air in the can to sterilize all materials. Never need a can of vegetables be spoiled if the foregoing rules are followed.

In this way all the summer vegetables may be put up for winter use. Those vegetables which have skins must have the skins carefully removed to assure success.

M. H. TUXFORD.



WHAT is popularly termed "indigestion" is rarely a disease in any sense of the word, but merely the natural result of errors in diet. In many instances it must be confessed that the complaint, if so it must be called, results from error, not in the quality of the food taken, but in the quantity. Eating is an agreeable process for most people, and under the influence of a very small temptation, or through undue variety furnishing a source of provocation to the palate, a considerable proportion of nutritious material above what is required by the system is apt to be swallowed.—*Sir Henry Thompson.*

"IN the interest of physical culture too little importance is attached to the minor poisons,—the light wines, beer, tea and coffee, spices, the uric acid of meats, etc." "One of the commonest and greatest mistakes lies in supposing that these milder offenders are really healthy invigorators and aids to digestion."—*The Aristocracy of Health.*

"LIKE blight or rust, a poison habit of some kind or kinds appears to have attached itself to the entire human race. . . . Indeed, somewhere on earth, almost every poison known to botanist or mineralogist is habitually taken in some form or other, for one excuse or another, by mankind."

QUESTIONS AND ANSWERS

Conducted by George A. Hare, M. S., M. D., Takoma Park, Washington, D. C.

[THIS department is designed to be a "Bureau of Information" on topics pertaining to health. To that end we invite questions from all our readers. Please give name and address. These will not be published if the writer prefers otherwise; but we can not pay any attention to unsigned communications.]

6. Sweating Feet.— Please give a remedy for sweating feet.

Ans.— Bathe the feet night and morning in cold water, thoroughly remove all perspiration, rub with alcohol, and dry them. Then dust the feet all over with boric acid. Change stockings every day. If necessary wear canvas shoes. Don't wear rubbers.

7. Remedy for Obesity.— I am too stout, but I eat hardly anything; so little, in fact, that I am weak. Can you suggest a remedy?

Ans.— Obesity is the result of disease. It has received much scientific attention in recent years, and many methods of reduction have been devised. Many of these methods are quite practical, and have demonstrated that nearly all cases of simple obesity can be successfully reduced. So many cases, however, are complicated with more or less disease of some of the vital organs, that its reduction should always be under the direction of a skilful physician.

In a general way we will say that starvation within safe limits is a good method, but many a person might starve to death with but little reduction in weight. Taking less food and less fluid than the system demands are both essential; particularly should oily foods, starches, and sugars be largely eliminated from the diet: dry toast, eggs, beans, peas, green vegetables, such as cabbage, lettuce, spinach, and parsnips, and acid fruits may be used. Take as small an amount of food as will keep up the strength—no more. A little dry food thoroughly masticated will often satisfy the appetite. Chewing the peel of an orange will lessen the desire for food and relieve much of the discomfort of a restricted diet.

A restricted diet should be supplemented by increasing the breaking down of the fat already stored up; for which exercise, cold bathing, and heavy massage are useful.

Send us a full description of your case, and we will help you in adapting such methods as may be suitable to your needs.

8. Chapped Hands.— Please give a remedy for chapped hands.

Ans.— Chapped hands are due to the fact that the skin becomes dry, and dirt is permitted to accumulate in the superficial layers of the skin, which increases its dryness, lessens its vitality, and causes it to crack. The first essential, therefore, is to keep the hands thoroughly clean all the time. Use good soap and water often. Fine toilet soap is not essential; a good laundry soap will answer the purpose. Immediately after drying the hands on a towel, apply the following lotion:—

tr. Benzoin Compound2 dr.
Alcohol4 "
Glycerine3 "
Water to make4 oz.

Mix. (To mix nicely, add the ingredients in the order named, shaking the bottle after each is added.) This lotion is especially useful for persons whose skin is dry and chaps easily. It is perfectly harmless, and may be used on the hands and face as freely as needed.

9. Woolen Underwear.— I have been advised to wear woolen undergarments during the entire year, because they are more absorbent of moisture; but I find that when I use woolen, I am constantly in a clammy condition, which is anything but agreeable. Why is this, if woolen absorbs moisture?

Ans.— It is the nature of vegetable fiber to absorb matter into itself, while it is the nature of animal fiber to throw matter out. Woolen fabrics do not absorb moisture as well as either cotton or linen. Woolen clothing retains in contact with the skin both the moisture and heat of the body, and for both these reasons is not a good clothing to wear next

to the skin in summer. And because it prevents the escape of moisture, it is not a good clothing to wear next to the skin in winter. Linen is a preferable underwear for both summer and winter. But in the winter season, woolen should be worn over it. The clammy condition of the skin you mention, renders you much more liable to take cold.

10. Distilled Water.—Is it true that distilled water is inferior to the ordinary drinking water because it is deprived of its salts?

Ans.—There are no salts in pure drinking water. There seems to be an opinion quite prevalent that drinking water contains valuable ingredients besides the water. Pure drinking water is simply pure water, and water only, and the purest and best water is distilled water. Distilled water can be used in larger quantities than water that is less pure.

11. Impure Ice.—Is it true that the ice supply of our large cities is often from impure sources, so that it is unsafe to add the ice directly to the drinking water?

Ans.—Some cities still use natural ice, ice that is cut from the surface of ponds or streams which is often of questionable purity. Artificial ice is usually made from much purer water, and is therefore preferable to natural ice. Pure ice depends wholly upon the purity of the water from which it is made. It is therefore well to learn the source from which the ice is derived, before adding it directly to food or drink. Freezing does not kill germs, and therefore does not purify water.

12. Poison Oak — Prevention and Cure.—1. Is poison oak the same as poison ivy? 2. Can you suggest an application which will prevent one from being poisoned when he comes near the plant? 3. Will you kindly give me a remedy for poison oak—one which will cure? I have tried so many that I have about concluded there is neither relief, prevention, nor cure. 4. Is there any truth in the statement that chewing the leaves is a prevention?

Ans.—1. There are several species of this plant, which is so annoying to many persons, and mars the pleasure of their summer outings. The most familiar varieties are *Rhus Toxicodendron*, or poison oak, and *Rhus Radicans*, or poison ivy. Both are found almost everywhere in the United States. The poisonous principle of this plant is toxicodendric acid, found abundantly in the green leaves. Different persons vary greatly in their susceptibility to the poison of this plant. Some

seem to be immune to the poison, while others are so sensitive to it that touching the plant, or even coming in the vicinity of it will set up such a violent inflammation of the skin as to resemble erysipelas. The reason of this wide difference in susceptibility is not well understood.

2. The best preventive which we have ever used is strong vinegar. Immediately after exposure to poison oak or ivy, bathe the surface freely with strong vinegar, repeating it once an hour if symptoms of poison show themselves. In nearly every case we have been able to neutralize the effect of this poison with two or three applications.

3. In cases where the symptoms of poison are already fully developed, the pain and swelling may be controlled by hot fomentations, often repeated, the parts being kept constantly covered with moist compresses. In severe cases the following ointment will afford grateful relief:—

Zinc Oxide	3 dr.
Tincture Benzoin Compound. 1 "	
Carbolic Acid	15 drops
Petrolatum (Vaseline)	2 oz.

Mix. Have the above ointment put up by a competent druggist, and apply freely to the inflamed surface as often as needed, and keep it covered with absorbent cotton.

4. We have never proved the statement, but see no reason why gradually accustoming the system to the poison by chewing the leaves might not render one less susceptible. We would not recommend this method.

13. Summer Underwear.—Which in your opinion is the best material for summer underwear—linen or cotton?

Ans.—Linen. See also answer to question No. 9.

14. Chewing Gum.—Do you favor the chewing of gum after meals in cases where, through habit or haste, the meal has been swallowed too quickly?

Ans.—Yes, if a meal of necessity has been swallowed without mastication, the chewing of gum for a short time will stimulate digestion. We do not like to advocate the chewing of gum, because it is neither a nice habit nor a necessary one. A far better plan is to chew the food instead of the gum. We can heartily recommend all our readers to economize their time, improve their health, and lengthen their life by taking their meals more deliberately, and chewing their food much more thoroughly than is ordinarily done.



MUCH of the unpleasant experience of hot weather can be obviated by the exercise of a little good judgment. Use a summer diet; instead of rich foods, fat and flesh foods, use a diet largely of fruits and grains; in place of tea and coffee and cocoa use fruit juices and watermelons. Drink abundantly; this will enable you to perspire freely. Let up on your nerve tension. Less work and no worry. Sleep abundantly. If too hot to sleep well in the first part of the night, sleep late in the morning. "The early bird catches the worm" is a good business maxim, but, "The early worm gets caught" is a better health maxim for those who don't get sleep enough.

Lastly, keep good natured, and don't talk about the hot weather. Make life pass so pleasantly, and take such an interest in the things around you, that you will not have time to think of the heat.

G. A. H.



The Fly

If there is one thing which will cause a normal stomach to shudder, it is the house-fly. Some stomachs are like a hair-trigger, and all that is needed to set them off is the sight of a fly in the food. The appetite palls, the plate is pushed back, and with one excuse or another our friend hurriedly leaves the table. A bee will not have that effect. We may find a bee in the honey, and we realize that there is a natural connection between the bee and the honey.

The honey has all been in the bee's stomach at one time, and it is none the worse for it. The fact that it has also served as a bath tub for the bee does not seem to signify. But a fly in the food! Our very nature revolts. There seems to be an implanted instinct which rebels against any contamination from the fly.

And yet it is not because we are unfamiliar with the fly. Why should there be this antipathy? Is it the result of education, or is it inborn? It seems to me to be inborn. It is fortunate for us that if we swallow a fly, even if it be unconsciously, it will come back pretty quickly; for there is nothing under the sun more dangerous than the house-fly. Born of filth, living on excrement, it seeks the first opportunity to plant its germ- and filth-laden feet on the food we are preparing to eat!



Some patient has had typhoid fever. The excretions may be left for a short time where flies have access to them. They are quite sure afterward to deposit this germ- and disease-bearing filth on somebody's food. It has long been a mystery how people living a quarter of a mile or a mile or more from a pest-house could contract smallpox when they had not in any apparent way come in contact with the disease. This mysteriousness of the disease made it all the more dreaded. But if one thinks of the natural habit of the fly, how it will light on a sore place, especially if

the sore is discharging, and can hardly be driven off; how afterward when driven off, it may find its way into a kitchen or pantry or dining-room quite a distance off, it is no longer a mystery how the disease may be transmitted. Typhoid fever is sometimes taken into a family where the water and milk supply is above suspicion, and it is not at all unreasonable to suspect the fly as the source of the trouble.

It is not only the feet of the fly which are a menace; but when a fly eats food containing infectious germs, these germs may pass through the fly's intestinal canal, still alive, and be deposited where they will do irreparable damage.

Our antipathy to the fly is no mere sentiment. It is an instinct of self-preservation planted there by an all-wise Creator.



To lessen the fly evil we may use screens, but this is not altogether effective; we may use poison, but this is often dangerous; we may use "tanglefoot" or other sticky fly paper, but the contemplation of a fly-laden paper is anything but pleasing. We should use one or more of these methods to keep the flies out of the house, but above all things we should never leave anything around on which flies can feed. There should be no swill barrel, or outhouse with vault, or cesspool, or other nuisance to attract flies.



Vacations

RUSSEL SAGE says vacations are a useless luxury. He has never had a vacation. He likes work better than anything on earth. When he was young, he never thought of asking for a vacation, because he was so anxious to master the business in the shortest possible time that taking a vacation

would have seemed like a useless waste of time. To him nothing in this world is so valuable as time, money not excepted.

He has seen no ill result from men working year after year without a vacation. On the other hand, he has seen men return from their vacation trips with such inroads made on their health and pocketbook that the rest of the year scarcely availed to rectify the matter.

He believes that it is an injustice to the employer to require him to pay the salary of a man off on a vacation. It deprives the employer of the man's services when he can not well be spared.



We believe that in some things Mr. Sage is right. If a man is being paid what he is earning, it is not justice to compel his employer to pay him for two weeks' work when he is earning nothing. The truth is, however, in many cases, the employee earns in the fifty weeks all he is paid in the fifty-two.

It is true that some people do not need vacations. Russel Sage evidently does not. He probably had a rugged constitution, and a bent which found its delight in his chosen work. Others are constituted differently. It is not every one who can see so much beauty in the almighty dollar that he can keep up a steady pursuit of it for fifty-two weeks in the year. They may enjoy their work. They may love it; but there comes a time when the interest seems to flag, when there seems to be a demand for an entire change,—a change of surroundings, of climate, of people, an entire change in the work of the brain cells, so that they may be stimulated by new sights, new sounds, new odors, and evolve new thoughts.

I know Mr. Sage and his fellows do not need this, and I know it must be annoying to those who, as employers,

have to continue salaries during vacation. And perhaps with many it is simply a matter of habit, or perhaps of being "in style." Others go out of town on vacation, and they must. With not a few, I am willing to grant that not only are they not benefited by vacation, but they are the worse for having had it. Granting all this, I yet believe there are those whose physical condition demands periodical recuperation. True, one day in seven most people have for a day of rest; yet this does not always suffice.



The writer has lived too long around a sanitarium not to know that thousands of people are benefited every year by vacation,—people who are on the border line of nervous prostration or other insidious but implacable foe, and who return to their work ready for another year's hard grind. These breathing spells often enable people to keep up for years who without them would speedily go under.

Sometimes the advantages of a sanitarium are needed, with the general instruction which one gets at such a place, as to how to continue the benefits of the sanitarium life when he gets home. Often a simple life in the country, by a lake, in the forest, is all that one needs.

Too often the vacation is spent in such a way as to justify Mr. Sage's opinion that it does more harm than good. Too often whisky and cigars and other excesses are indulged to even a greater extent than in the city. Where a company or a club—whether boating, wheeling, or "auto"—go out together, the temptation to "have a good time," and thereby waste both money and vitality, is strong.

Sometimes one of the men who enjoys this side of life happens accidentally to run onto one of our interior sanitariums

away from the city. He looks around first for the bar-room. Disappointed, he looks for a billiard room, a bowling alley. He sees an occasional sign, "Gentlemen will please not smoke on these grounds." He gives a disgusted "Humph!" (or something more expressive but not printable). "Too dry a place for me!" and he is gone on the next stage. Such people, of course, get no real good from a vacation. It is simply a carousing spell, from which they must recover when they return to their work.



Semi-Centennial Anniversary of Sanatorium Work

ON the second of July, 1904, was celebrated the semi-centennial anniversary of the founding of Brehmer's Sanatorium for the treatment of consumptives, located at Goerbersdorf, Silesia, the first institution of the kind. It was founded under adverse circumstances, for the Prussian government, probably on account of his pronounced democratic tendencies, declined to permit Brehmer to build. But later, through the intervention of two influential friends, he succeeded in making a small beginning. The institution, originally founded by Brehmer, has made a steady growth, and is now capable of accommodating five hundred guests. It is divided into three sections, for the care of the wealthy, the middle classes, and the poor.

Hermann Brehmer is described as a man of energy, who knew how to inspire his patients with implicit confidence. In 1889, when he died, there were but three sanatoriums for tuberculosis in Germany. Now there are hundreds. In this country there are already over a hundred such institutions in operation.

From this small beginning fifty years

ago, a work has been started which will rob tuberculosis of all its terrors. The people are gradually learning that it is important to begin the treatment of tuberculosis in its early stages. Every patient going to one of these institutions lessens the danger of the community from which he has been taken; and if the disease has so far progressed that a cure is impossible in his case, he will, while at the sanatorium, have so learned to care for his sputum that he will no longer be a menace to others when he returns home.

Institutions are rapidly springing up for the care of the very poor, so that soon there will be no need for any one with tuberculosis to suffer for want of attention.

Probably not all who contract the disease will be enabled to undergo sanatorium treatment, but the lessons of practical cleanliness there taught will do much to enlighten those who do not come directly under sanatorium influence.

It is said that in Mr. Brehmer's own town, contrary to what might be expected from the presence of such a large number of consumptives in their midst, the mortality from tuberculosis has been reduced to one third of what it formerly was, owing probably to the knowledge of hygiene which the inhabitants have picked up on account of the proximity of the sanatoria.



Think for Yourself

If some one looking a little scrawnier or paler than yourself comes to you advising you to leave off this or that food or to adopt this or that article of diet, ask him to show his credentials! Demand of him that he first demonstrate in himself the advisability of the change before recommending it to you.

(Come to think of it, isn't it a striking example of the blindness of enthusiasm to which people may sometimes be led, when a person will go to a healthier person and ask him to adopt health reform?)

On the other hand you may perhaps meet some one (for there are such) who is eighty, ninety, or one hundred years of age, who has used tobacco and whisky all his life, and who attributes his ripe old age to the fact that he has always indulged in these things. You rightfully answer him that there are thousands of people who use these stimulants who die in the prime of life, and that there are many more who use them realizing that they are hurting them, and who would gladly give them up if they could. You are certain that he is mistaken when he attributes his length of life to the use of these things.

The only thing his old age proves, is that the use of alcohol and tobacco are not in all cases necessarily antagonistic to long life.

A vegetarian of great age sometimes attributes his continued good health to the fact that he is a vegetarian. It proves nothing, except that vegetarianism is not inconsistent with long life.



"By Their Fruits Ye Shall Know Them"

THIS applies to principles,— especially health principles,— as well as to men. "The proof of the pudding is in the eating;" and the proof of any system of physical training is not in the scientific arguments which it can muster in its support, but in its *results*.

If you see among the devotees of a certain system of physical training, a large proportion of pale, emaciated people, comparing rather unfavorably with people who make no pretension to

living properly you may *know* that something is wrong in the system they are following. I care not whether you find these people in a sanitarium or in a printing-office. If a considerable proportion of them look enough worse than the people who use tobacco, whisky, and pork, and who indulge other excesses, to excite comment, something is sufficiently wrong, either in the diet, or in the exercise, or in some other particulars to more than counterbalance the good which should result from leaving off tobacco, whisky, etc., or else we must believe that the tobacco and whisky are a benefit.

I do not believe that tobacco and whisky are a benefit; they are a curse: yet there are moderate users of these drugs who do not seem to be injured by them so much as some people are apparently injured who are conscientiously following what they believe to be health reform.



As I have said before, I have nothing against health reform. I most heartily believe in it. But any method of living which does not result in producing a more rugged, better appearing, more efficient type of manhood and womanhood is not worthy of the name.

Many well meaning but misinformed people have injured the cause of health reform by thinking it consists in a lot of rules to be implicitly and blindly followed. Health reform is no such thing. Health reform is the adoption of such habits of diet, exercise, bathing, recreation, and sleep as careful study and experiment show to be best adapted to individual needs.

Health reform does not mean license. When you learn that a certain food or a certain practise is injurious to you, it is an inexcusable sin against your own body to continue it. Neither does it mean asceticism. Our bodies were not

constructed so that those things which are most harmful would furnish the greatest present gratification. It is only as we have been abnormally developed that we take pleasure in harmful indulgence. Many of our tastes, such as the taste for tobacco, for flesh-meats, etc., have to be acquired. They are not natural to the child. The adoption of healthful habits of diet will sooner or later develop a relish for that which is healthful and a distaste for the unhealthful.



The Patent Medicine "Ad" in the Newspapers

IN order to learn the extent to which the newspapers are made use of to push the patent medicine business, the writer took up a country paper containing eight pages, or about seven hundred inches of matter. Of this three hundred and fifty-six inches, or more than half, was advertising matter. There were one hundred and seven ads, of which thirty-nine, or about one third, were of patent medicines. In space there was eighty-six and one-half inches devoted to patent medicines, nearly one fourth of the advertising space, or more than one tenth of the entire paper. This paper is probably no better and no worse than the average country newspaper. It is carrying what is usually considered legitimate advertising.

One of the meanest things in regard to many of these advertisements is they are written up like a news item, and placed in the news columns. Here are some of the interesting headings of patent medicine advertisements found in this one paper: "Triumphs of Modern Surgery," "Sued by His Doctor," "Thrown from a Wagon," "Worst of all Experiences."

Here are some of the claims made by these fellows: "There is nothing equal

to — for sprains and bruises.” “ — is guaranteed to be superior to all other preparations for the cure of coughs, colds, and consumption.” “Cleansing and healing cure for catarrh. Contains no injurious drug. Gives relief at once.” “ — will cure the worst kind of rheumatism. Your money back if it fails to give relief.”

Most of the remedies are for headache, liver and stomach trouble, coughs and colds, kidney and bladder trouble, or catarrh.

The paper contains advertisements of several remedies for each of these disorders, each remedy claiming to be superior to all the others! How much are their claims worth?

Do some of these remedies cure headache as they claim? — Certainly. Do other remedies promptly break up a cold? — Assuredly. Do other remedies remove the rheumatism as if by magic? — No doubt. And so would a dose of morphine, if large enough. These remedies simply destroy the danger signal which nature has hung out to warn that something is wrong, and that it is time for the body to have a general house cleaning. Instead of removing the disturbing element which caused the symptom, one by taking these drugs masks nature's friendly warning. It would be about as sensible for a ship owner whose boat is approaching a sunken rock to have the light-house light put out.



Looking over one of the Washington city dailies, I find that the patent medicine advertisements are not so thick as in the country newspapers, but there are more of such advertisements as the following: “Dr. —, Specialist, in chronic and special diseases of men and women.”

“Ladies. Dr. —'s Compound.”

“Blood Poison Permanently Cured.”

“Men and Women use —, etc.”

I sincerely hope none of my readers have anything which will ever make them interested in such advertisements. If you have, let me warn you that if you consult these men or use their remedies, you will rue the day.



A Pathetic Appeal

THE following verse has been sent to us in the hope that through its perusal some might be incited to pray for the writer.

The editor knows that through a long siege of affliction and hardship the writer of this verse has remained patient, hopeful, and resigned.

The wings of my faith are weary,—
I fly when I fain would soar;
O Heavenly Father, hear me,
And quicken my faith once more.

I know 'tis the gift of Heaven
To helpless children of clay,
And therefore I come as bidden,
And ask thee to help me pray.

The glory, ay, and the power
Are thine, both in heaven and earth;
I ask thee, in this dark hour,
Lord, give to my faith new birth.

Not faith for the pardon only
Of sins, for which Jesus died;
But healing, swift and most certain,
For ills of “the temple”'s side.

Thou knowest, dear Lord, the weakness,
The suffering, yes, and the dread
Of fastly approaching blindness—
O God, let my faith be fed!

I pray for complete submission
To that which is best for me,
But, knowing thy love, dear Saviour,
Believe thou wilt set me free.

Yes, gloriously free from sickness,
From weariness, blindness, pain;
Give faith that shall never waver
Till thou dost come back again.

H. A. STEINHAUER.

*1 Cor. 3: 16.



THE “PHILADELPHIA SABBATH ASSOCIATION” has manifested a spirit reminding us of the Pharisees who con-

demned the disciples for plucking grain on the Sabbath to allay their hunger. On June 26, when the street thermometers registered ninety-seven, the drivers of ice wagons were arrested for selling ice on Sunday. The mother with a babe depending on bottle milk, and having only a small refrigerator, might not be able to secure sufficient ice Saturday to keep until Monday, and might thereby endanger the life of the child. But selling ice on Sunday is immoral, and must be stopped!



NATHAN STRAUS, in 1892, began the distribution, among the poor of New York City, of Pasteurized milk for infants, with the result that each year has witnessed a steady decrease in the infant mortality. This year he has engaged a number of physicians to work in connection with the milk depots, furnishing free advice to mothers regarding the preparation of milk and the feeding of infants.

Though his name indicates that he is possibly not Christian in belief, the question arises if this is not a far better representation of Christ's method of working than that shown by the association that would prevent people from securing ice on a hot day because that day happens to be Sunday!



THE BOARD OF HEALTH of New York City has been investigating the relation of certain typhoid fever cases to the use of raw oysters. The *Journal of the American Medical Association* says: "The details of this report are not likely to be a source of comfort or good feeling to New Yorkers who have been accustomed to eat raw oysters without any consideration of the source from which they came."

The oysters not only are subject to

contamination in their original beds; but when they are dug up, they are kept for a few days near the mouths of small streams where the water is fresh or brackish, the result being that the change in the amount of salt in the water causes the oyster to "fatten," that is, to swell up by absorbing more water. These streams, receiving the sewage from small towns on their banks, offer an excellent opportunity for the oysters to be contaminated by means of the typhoid germ, which is capable of living inside of the oyster for a number of days.



Dietetic Don'ts

Don't let some one else think for you.

Don't imagine that a food is healthful because it is tasteless.

Don't be too ready to take advice. God gave you some brains to use for yourself.

Don't harbor the thought that a food is necessarily injurious because it tastes good.

Don't be a martyr to some theory unless you are in a hurry for your epitaph.

Don't forget that when you are under weight and are still losing, something is wrong.

Don't get the idea that, because some acquaintance of yours thrives on a certain diet, it must necessarily be the best diet for you.

Don't let your pride keep you following some fad when your better judgment tells you that you are not doing well on it.

Don't think that because you are a little odd in your diet, you are a health reformer. Every diet crank is not necessarily a reformer.

Literary Notices

“THE ARISTOCRACY OF HEALTH.”
By Mary Foote Henderson. The Colton
Co., Washington, D. C., Publishers,
1904. Cloth, 766 pages. Price \$1.50 net.

This work is a timely and forceful arraignment of our poison habits, including the use of tobacco, alcohol, and other harmful stimulants.

The author says, “In the interest of physical culture, too little importance is attached to the minor poisons,—the light wines, beer, tea, coffee, spices, the uric acid of meats, etc.” “One of the greatest mistakes lies in the supposition that these milder offenders are really healthy invigorators and aids to digestion.”

In her preface, she says: “My study of physical culture began with the problem of tobacco, the so-called solace of mankind, and this led to the study of alcohol, opium, tea, coffee, and the favorite poisons generally. I was anxious to know how they differ in upsetting physiological law and order. The study of these agents for artificial happiness led to a realizing sense of their connection with the almost universal lack of sound health and happiness on the part of mankind.”

Quotations from well-known authorities are frequently made. Every page is replete with just the information needed by health and temperance workers,—facts, figures, and quotations which will give them greater efficiency in their work. It is an excellent work to present to a person who is becoming entangled in one or more of the poison habits, as it is written in an entertaining style, and the arguments are convincing. We hope that in the interest of health and temperance, the work will have a large circulation.

“FOOD AND COOKERY FOR THE SICK AND CONVALESCENT.” By Fannie Merrett Farmer, Boston. Little, Brown, & Company, 1904. Cloth, 289 pages. Illustrated.

The principal of Miss Farmers' School of Cookery, who is also author of other cook-books, has, in this work, placed before the world a book that will be highly appreciated, especially by nurses and those who have to prepare food for the sick.

While intended primarily as a guide in the preparation of food for the sick, it contains information of much value to every one who is interested in the subject of food and nutrition. Tables showing the nutritive value and digestibility of foods are given, with a description of the various classes of foods, their uses, advantages, and disadvantages. Under Milk, for instance, are considered: Its Value as a Food, Composition, How Contaminated, How to Keep Pure, Dangers of Contaminated Milk, Skim Milk, Buttermilk, Whey, Koumiss, Kefir, and Matzoon, Ways of Preserving Milk, Adulteration, Effects of Cooking, Digestibility, Milk in the Sick-room, Nine Advantages of Milk as a Food, Nine Disadvantages, Adapting for the Sick.

Each class of food is taken up in the same thorough manner. Recipes are given for the preparation of dishes adapted to the needs of the sick.

More than fifty pages are taken up with dietaries for special diseases, of which thirty pages are devoted to diabetes. Inasmuch as the diet ordinarily furnished diabetics, always becomes monotonous, the variety afforded in this chapter will be welcomed by sufferers from this disease. Other conditions for which special directions are given

are: constipation, diarrhoea, sour stomach, ulcer of stomach, dilated stomach, rheumatism, Bright's disease, typhoid fever, and consumption; also directions for increasing or decreasing body weight.

While we do not agree with the author in her favorable opinion of alcohol, tea, coffee, and meats, and while we feel confident that these can, with advantage, be largely dispensed with in the sick-room, we can recommend the book as containing many valuable suggestions not only for the sick-room, but also for those who are well.

Two indexes are provided,—one a general index and one an index of recipes,—which will greatly facilitate ready reference.

Price, \$1.50 net. By mail, \$1.65.

“PHYSICAL EDUCATION BY MUSCULAR EXERCISE.” By Luther Halsey Gulick, M. D., Director of Physical Training in the Public Schools of Greater New York, and President of the American Education Society. P. Blakiston's Sons & Co., Philadelphia. 1904. Cloth, 67 pages. Illustrated.

This little work is a reprint from Vol. VII of Cohn's System of Physiological Therapeutics published by Blakiston. We naturally took up the examination of this work with the expectation of finding it a well-written scientific presentation of the subject, as the Doctor has been eminently qualified for the performance of this task by his long and successful career as a physical culture leader; and we were not disappointed. The book is well worth a perusal and study by every person interested in physical culture methods, whether he be physician, physical di-

rector, or layman; and if those who are not interested in physical culture could be induced to read it, they would probably have their interest aroused.

In the first part of the book he gives a brief but lucid discussion of the physiology of exercise. In the latter part of the book he compares the German, Swedish, English, and other systems of exercise, showing their advantages and disadvantages. He explains how and why certain forms of exercise are more injurious than beneficial, and in language that can be understood by any reader.

He does not agree, by any means, with some of the authorities on physical culture. Here is an example: “It has been customary to measure the various parts with great exactness, and then to attempt to prescribe exercises that shall meet the specific needs of each part as shown by its deviation from the average of the species. Theoretic reasoning as well as experience shows that such work is utterly useless. What is needed in normal cases is to supply normal conditions of food, rest, exercise, sleep, and the like. That which is a perfectly symmetrical body for one person will not be so for another.”

This is sound sense, which many learned doctors have not yet developed. The idea of establishing “averages” or “normals,” either for muscular strength or development, or for digestive power, with the purpose of bringing patients to these standards is based on a wrong conception. One might as well establish red hair and blue eyes as the normal colors, and five feet and eight inches as the normal height, and attempt to bring his patients to it. Each patient has his own normal, which is as much different from the normal of every other patient as is the contour of his face.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

AIM: to assist in the physical, mental, and moral uplift of humanity through the individual and the home

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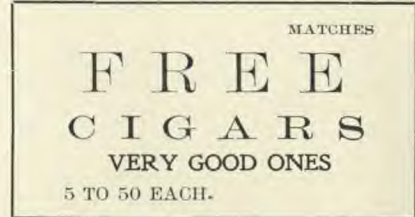
EXCHANGES, please notice that the *Pacific Health Journal* has been transferred to Washington, D. C., and the name changed to LIFE AND HEALTH. Exchanges formerly sent to *Pacific Health Journal*, or G. H. Heald, M. D., Healdsburg, or St. Helena, or Oakland, Cal., or to Mrs. M. C. Wilcox, Oakland, Cal., should be addressed, LIFE AND HEALTH, 222 North Capitol St., Washington, D. C.

CORRECTION.—On page 490 of the July issue, the third line from the bottom, the word "also" should read "less." As it reads, one might imagine that the editor was attempting to be facetious. It was just one of those inevitable (always accidental, of course) "typographical errors" which sometimes creep in to raise the hair of the editor and the proof-reader.

THE *Sanitarian*, one of the oldest, if not the oldest, of American periodicals devoted to the interests of sanitary science (having been established by Dr. A. N. Bell in 1872), has been merged into the *Popular Science Monthly*, beginning with the July number. Dr. Bell, now in his eighty-fourth year, has

well earned a rest by his untiring efforts in the cause of public hygiene.

A MAGAZINE published solely in the interests (?) of the smoker and tobacco-nist gives some advice to the tobacco-nist as to how to advertise. One suggestion is to put up a show-card like this:—



This is consistent. The policy is perfectly in keeping with the tobacco business. I do not know why it is any worse for a man to put up deceptive advertisements than it is to sell to young men that which will rob them of their health and manhood.

"IN all the universe of God, there are no two souls alike. There are no two with the same work to do. There are no two whose talents are rivals, or whose gifts conflict or interfere. How this thought ought to put an end at once to all the envy of life,—grieving at another's good!"

"THERE can be no happy life without strenuous, unremitting work in it,—work which occupies mind, body, heart, and soul."

"THE richest experiences of life never come to those who try to win them selfishly."

"THE most reckless spendthrift in the world is the one who squanders time."

Directory of Sanitariums

THESE are all institutions for the rational treatment of disease. Surgical cases are also received. Some of the sanitariums in this list are the oldest and most thoroughly equipped in this country.

The publishers will be glad to be notified promptly of any corrections, so that this Directory may be kept up to date.

Please note that the list is alphabetically arranged by State and city.

- ARIZONA:** Phoenix, 525 Central Ave., Arizona Sanitarium, Supt., E. C. Bond, M. D.
- ARKANSAS:** Little Rock, 1623 Broadway, Little Rock Sanitarium, W. C. Green.
- CALIFORNIA:** Eureka, Cor. Third and J Sts., Eureka Branch Sanitarium, Supt., C. F. Dail, M. D.
- Los Angeles, 317 West Third St., Los Angeles Sanitarium.
- Pasadena, Arcade Block, Pasadena Sanitarium.
- San Diego, 1117 C St., San Diego Branch Sanitarium, Supt., T. S. Whitelock, M. D.
- San Francisco, 1436 Market St., San Francisco Branch Sanitarium, Supt., H. E. Brighthouse, M. D.
- Sanitarium, Napa County, St. Helena Sanitarium, Supt., T. J. Evans, M. D.
- COLORADO:** Boulder, Colorado Sanitarium, Supt., H. F. Rand, M. D.
- DISTRICT OF COLUMBIA:** (Temporary Address) Washington, 222 North Capitol St., Washington (D. C.) Sanitarium, G. A. Hare, M. D.
- ILLINOIS:** Chicago, 28 Thirty-third Place, Chicago Sanitarium, Supt., David Paulson, M. D.
- Moline, 1213 Fifteenth St., the Tri-City Sanitarium, Supt., S. P. S. Edwards, M. D.
- Peoria, 203 Third Ave., Peoria Sanitarium, Supt. J. C. Froom, M. D.
- IOWA:** Des Moines, 603 East Twelfth St., Iowa Sanitarium, Supt., J. E. Colloran, M. D.
- MASSACHUSETTS:** Melrose (near Boston), New England Sanitarium, Supt., C. C. Nicola, M. D.
- MICHIGAN:** Battle Creek, Battle Creek Sanitarium, Supt., J. H. Kellogg, M. D.
- Detroit, 54 Farrar St., Detroit Sanitarium, Supt., H. B. Farnsworth, M. D.
- Jackson, 106 First St., Jackson Sanitarium, Supt., A. J. Harris.
- MISSOURI:** St. Louis, Fifty-fifth St., and Cabanne Ave., St. Louis Sanitarium, Supt., Howard Truex, M. D.
- NEBRASKA:** College View (near Lincoln), Nebraska Sanitarium, Supt., W. A. George, M. D.
- NEW YORK:** Buffalo, 922 Niagara St., Buffalo Sanitarium, Supt., A. R. Saterlee, M. D.
- OREGON:** Mt. Tabor (near Portland), West Ave., Portland Sanitarium, Supt., W. R. Simmons, M. D.
- PENNSYLVANIA:** Philadelphia, 1809 Wallace St., Philadelphia Sanitarium, Supt., A. J. Read, M. D.
- TENNESSEE:** Graysville, Southern Sanitarium, Supt., M. M. Martinson, M. D.
- Nashville, 447 North Cherry St., Nashville Colored Sanitarium, Supt., Lottie C. Isbell, M. D.
- TEXAS:** Keene, Keene Sanitarium, Supt., P. F. Haskell, M. D.
- UTAH:** Salt Lake City, 122½ Main St., Salt Lake City Branch Sanitarium, Supt., W. L. Gardiner, M. D.
- WASHINGTON:** Seattle, 612 Third Ave., Seattle Sanitarium, Supt., A. Q. Shryock, M. D.
- Spokane, Spokane Sanitarium, Supt., Silas Yarnell, M. D.
- Tacoma, 1016 Tacoma Ave., Tacoma Sanitarium, T. J. Allen, M. D.
- Whatcom, 1016 Elk St., Whatcom Sanitarium, Supt., Alfred Shryock, M. D.
- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., H. B. Farnsworth, M. D.

Treatment Rooms

UNDER the head of Treatment Rooms are given institutions which, though not so completely appointed as sanitariums, are prepared to administer the ordinary water treatments, electric-light baths, massage, etc. These are under competent trained attendants.

- CALIFORNIA:** Sacramento, 719½ K St., Sacramento Branch St. Helena Sanitarium.
- Riverside, Hotel Glenwood, J. R. Leadsworth, B. S., M. D., manager.
- COLORADO:** Colorado Springs, 320 Tejon St. Denver, 1543 Glenarm St.
- INDIANA:** Fort Wayne, 136 Washington Blvd.
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