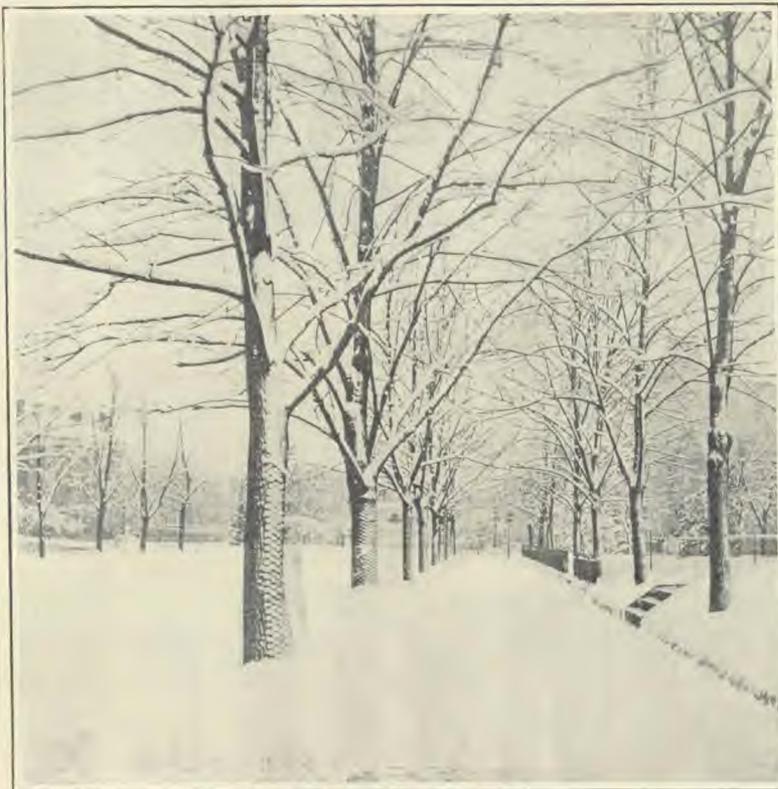


Significance of Pain

LIFE  
*and*  
HEALTH

5c

5c



# *The Washington Sanitarium*

*(Formerly the General Grant Residence, Iowa Circle)*



Beautifully located, fronting on one of the city parks, a spacious avenue on either side. Abundance of Sunlight and Fresh Air. Quiet Surroundings. It is AN IDEAL SPOT FOR A CITY SANITARIUM.

Up-to-date Sanitarium Methods, including SCIENTIFIC HYDROTHERAPY and MASSAGE given by TRAINED NURSES.

ELECTRICITY, including STATIC, GALVANIC, FARADIC, X-RAY, and ELECTRIC-LIGHT BATHS.

The purpose of the Sanitarium is to teach people how to get well and how to live so as to keep well.

A SPLENDID WINTER HOME for persons in delicate health.

No contagious or objectionable cases admitted. Professional ethics maintained. Prices reasonable. For further information, address

## **The Washington Sanitarium**

1 and 2 Iowa Circle

Washington, D. C.

# 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. Second and I Sts., Eureka Branch Sanitarium, Supt., C. F. Dail, M. D.
- Glendale, Los Angeles Co., Glendale Sanitarium, J. A. Burden, Manager.
- Los Angeles, 315 West Third St., Los Angeles Sanitarium.
- Pasadena, Arcade Block, Pasadena Sanitarium.
- Paradise Valley (six miles from San Diego); post-office address, Box 308, National City.
- San Diego, 1117 Fourth St., city office and treatment rooms of Paradise Valley Sanitarium.
- 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.
- Colorado Springs, 320-322½ N. Tejon St., Supt., G. R. B. Myers, M. D.
- DISTRICT OF COLUMBIA:** Washington, 1 and 2 Iowa Circle, Washington (D. C.) Sanitarium, G. A. Hare, M. D.
- ILLINOIS:** Chicago, 28 Thirty-third Place, Chicago Sanitarium, Supt., Frank J. Otis, 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. Emerson Heald, M. D.
- IOWA:** Des Moines, 603 East Twelfth St., Iowa Sanitarium, Supt., J. D. Shively, 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.
- Jackson, 106 First St., Jackson Sanitarium, Supt., A. J. Harris.
- 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.
- OHIO:** Newark, Newark Sanitarium, C. A. Johnson, Manager.
- 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, Cor. Church and Vine Sts., Supt., O. M. Hayward, 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., C. P. Farnsworth, M. D.

## NEW BOOKS FOR THE CHILDREN



### OUR LITTLE FOLKS' BIBLE NATURE

A book of simple, graded lessons on Bible Nature. It is a beginner's book, carefully graded and fully illustrated. "Bible Nature" contains 128 pages; with 13 colored plates, and is beautifully bound in cloth. Price, 40 Cents, postpaid.

### UNCLE BEN'S COBBLESTONES

Is a series of familiar talks about common things, including Salt, Paper, Coal, Bread, Pins and Needles, Air, Water, Fire, Glass, etc. The boys will like it. It contains 221 large pages, and is bound in board style. Price, 75 Cents, postpaid.

## REVIEW AND HERALD PUBLISHING ASSN.,

222 NORTH CAPITOL STREET,

WASHINGTON, D. C.

# CONTENTS FOR FEBRUARY

## GENERAL ARTICLES

The Significance of Pain, <i>F. M. Rossiter, M. D.</i> .....	31
The Girl of Fourteen, <i>Margaret Evans, M. D.</i> .....	33
Letters from a Physician to His Son, No. IV, <i>J. E. Caldwell, M. D.</i> .....	35
How a Girl Cured Herself .....	36
Controlling a Cough without Drugs .....	38

## THE MEDICAL MISSIONARY AT WORK

The Caterham (England) Sanitarium — China — A Word from Portugal ...	40, 41
Healing of the Soul, <i>Mrs. E. G. White</i> .....	42

## HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS

The Mistress of a Household, <i>Mrs. M. H. Tuxford</i> .....	45
Bananas — Waste in Using Pineapples, <i>Mrs. M. H. Tuxford</i> .....	46
How Dwellings Catch Fire — Keeping Olives .....	47

QUESTIONS AND ANSWERS, <i>G. A. Hare, M. S., M. D.</i> .....	48
--	----

EDITORIAL .....	51-56
-----------------	-------

Consumption of Narcotics — Sense and Will-power — Adulteration or Substitution of Patent Medicines — The Japanese Diet — Appropriate Foods for Stomach Disorders — Milk for Adults — Advertisements as Educators — Combinations which Retard Digestion.

NEWS NOTES .....	57-59
------------------	-------

PUBLISHERS' PAGE .....	60
------------------------	----

---

**TERMS:** 50 cents a year; 5 cents a copy. Special rates by the 100 or 1,000 copies.

**POSTAGE IS PREPAID** by the publishers on all subscriptions in the United States, Hawaiian Islands, Philippine Islands, Guam, Porto Rico, Tutuila, Samoa, Canada, and Mexico. To all other countries in the Postal Union the price is 75 cents a year.

**CHANGE OF ADDRESS.**— When a change of address is ordered, both the new and the old address must be given. The notice should be sent one month before the change is to take effect.

**HOW TO REMIT.**— Remittances should be sent by Draft on New York, Express-order, or Money-order, payable to order of REVIEW AND HERALD PUBLISHING ASSOCIATION. Cash should be sent in Registered Letter. Address, REVIEW AND HERALD PUBLISHING ASSOCIATION, 222 North Capitol St., Washington, D. C.

---

**OUR GUARANTEE TO EACH SUBSCRIBER.** We guarantee the reliability of every advertisement inserted in LIFE AND HEALTH. We want every subscriber to feel that he can deal with our advertisers with the fullest confidence of fair treatment.

If, notwithstanding our most thorough investigation of all advertising submitted for publication, an advertisement should be published through which any subscriber is dishonestly dealt with or imposed upon, we request that full particulars be sent us at once so that we may take proper action for the protection of our readers.

The conditions are: 1. That subscribers in writing to advertisers shall say that the advertisement was seen in LIFE AND HEALTH; and 2. That the particulars shall be sent us during the month the magazine is dated which contained the advertisement.



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

Vol. XX

Washington, D. C., February, 1905

No. 2

## *The Significance of Pain*

*Frederick M. Rossiter, M. D.*

PAIN is to the body what the violated conscience is to the soul. It is "nature's kind harbinger of mischief." It is a sign-board of danger, warning us to "flee from the wrath to come." Pain "is a fruit, which, unsuspected, ripens within the flower of the pleasure which concealed it." Only by means of the special senses do we experience either physical pleasure or pain; and every sense that may conduce to our pleasure has an equal penalty attached to its abuse. The person who regards the senses as servants, and treats them wholesomely, will be compensated for his moderation by enjoyment and pleasure; but if he becomes a servant to his senses, all nature's laws are outraged, and his senses will turn upon him and become his tormentors.

However, the dividing line between pain and pleasure is a difficult one to determine; for what would be pleasure to one individual, would be pain to another. There is a law in the action of drugs to the effect that a medicine that will stimulate when given in moderate doses, will paralyze if given to excess. So if any pleasurable sensation is continued to excess, it will become painful;

for the overstimulation of any sense causes either pain or depression.

Pain is not an attempt on the part of nature to relieve itself, as in the case of fever, but it prompts relief. While pain is an evil, it is not an unmixed evil, being in most cases, a penalty for physical transgression. So pain may be, if heeded, a blessing in disguise.

The pain suffered by the human race is a part of the penalty for sin. Pleasure and pain go hand in hand. Over-indulgence in the pleasures of the table, sitting long at the wine-cup and neglecting exercise, squandering the physical forces, are pleasures that yield as fruit the torturing pains of headache, backache, rheumatism, gout, and neuralgia. The glutton must pay for his intemperance by suffering the excruciating protest of an abused stomach. It would, indeed, be a great boon to many a gastronomic sinner if he always had a sensitive stomach; for those who suffer pain after taking food, are less likely to make digressions in eating.

Pains are troublesome, and injurious and evil in their effects upon the patient to the extent that they interfere with his rest, rob him of his sleep, take

away his appetite, exhaust his nervous system, depress all functional activity, and aggravate any local disease.

Pain is a symptom, and not a disease, and may be beneficial, as it prompts one to seek relief at once; for its presence indicates that there is disease. No one symptom of disease so prompts one to obtain relief as does pain.

Pain serves the same purpose to the patient that the danger bells do to the engineer. It may be necessary to stop or reverse.

There is great danger in the absence of pain, for grave changes may take place unnoticed, as is the case in organic diseases of the kidneys, of the liver, of the heart, and other organs. Pain is of great importance to the physician; for it enables him to locate disease, and to determine its nature.

Pain calls for rest. If not regarded, lasting injury may be done. Pain prompts various intuitive measures for relief, such as pressure, pinching, rubbing, putting the finger in the mouth, or the hand to the eye, drawing the knees up, holding the breath; or it may cause crying, which is a great relief, and lessens the pain in many cases. The louder the crying, and the deeper the breathing, the more the mind is distracted from the pain. Pain, when severe, produces a dread of its return, and stimulates one to avoid it in the future.

Pain in the sympathetic nerves or nerve-centers gives rise to sensations of heat, burning, fulness, weight, constriction, oppression, dullness, uneasiness, tenderness, pricking, and stinging.

Pain carried by cranial or spinal nerves is characterized as darting, tearing, lightning, stabbing, gnawing, boring, aching, throbbing, and sharp.

A reflex pain is one that appears in a part of the body remote from the place

of origin. Irritation of the solar plexus behind the stomach may cause headache, pain in the back, between the shoulders, or under the shoulder blade. Pneumonia frequently causes pain in the abdomen of the same side. Pleurisy may produce pain in the region of the stomach. Gall-stones cause pain under the right shoulder blade. Intercostal neuralgia causes pain in the region of the heart, and is usually taken for heart-disease.

Pain is usually referred to the end of the nerve, but in reality it is only felt in the brain; for every part of the body has a location center in the brain, and a certain part of the brain receives all the sensations of pain. In fact, the irritation causing a pain may be entirely confined to the brain, and yet the pain be referred to some part of the body.

It is obvious, therefore, that pains indicate a disharmony in the body; that there is inflammation, or too much blood, or too little blood, or poisons in the blood, or exhaustion, or mechanical obstructions and interferences. In health one has the sensation of well-being, and pains are of rare occurrence, and of a temporary nature.

As there is no pain without a cause, the fundamental principle in the treatment of pain is to remove the cause. There is an alarming tendency in this day, both on the part of the patient and on the part of the physician, to stop the pain by some narcotic or opiate, and not seek for the cause. Pain is an important symptom, and when suddenly dissipated by a drug, the life of the patient may be endangered.

To stop a pain with drugs, and let the matter rest there, is crying "peace and safety" when there is none. Drugs may depress the sensory receiving centers so we are not conscious of pain, but the cause of the pain continues. As

already pointed out, pain calls for relief. But the relief, as a rule, may be temporarily obtained by means of hot applications, cold applications, electricity, or massage, without the necessity of

resorting to drugs. While this temporary relief is secured, the effort should be made to ascertain and remove the cause of the pain.

*North Yakima, Wash.*



## *The Girl of Fourteen*

### *A Talk to Mothers and Daughters*

*Margaret Evans, M. D.*

THE girl just ripening into womanhood, noble-hearted, truthful, and pure, possesses a beauty unrivaled by any other of the Creator's handiwork. The transformation period does not come suddenly,—not in a day, nor a month, nor a year. Little by little she leaves the realm of girlhood to travel the difficult road to womanhood. As a rule, a woman continues to grow and develop until the age of twenty-five years, but the most critical time of all her life is the period of puberty, which is characterized by psychic and physical changes so important as to deserve the most careful attention.

Young girls are often quite reckless regarding the care of their bodies. They do not realize that their whole subsequent lives will be influenced in no small degree by the manner in which they care for their health at puberty. It is considered of such importance among many races of the world that we find special regulations existing among them for the care and management of girls at this transition period. Some of these are grotesque in the extreme. In certain African tribes, the girls are shut up in huts for more than a year, and are not allowed to step on the ground. In Borneo they are placed in dark cells for many months, and are prohibited from associating in any way with the outside

world. In some parts of South America they are sewed up in hammocks, and placed on strict diet. The Hindu girl in India remains for days in a dark room, living on little more than bread and water. These customs are absurd, and are the result of primitive superstition; yet it is interesting to note that they all enjoin simplicity and quietness of life while passing through this critical time.

The girl should be relieved of taxing duties of every description. Work is wholesome, and to get tired is wholesome; but at this period it is best to occupy both mind and body with light, congenial employment. Whatever stimulates the emotions or taxes the nervous system should be avoided. Severe mental application is highly imprudent. The mind should be kept in a calm and undisturbed condition. Many a mother whose rugged rearing has given her a robust frame and a sturdy nervous system, takes infinite pains and pleasure in denying her daughter the very training that made a woman of her. She leads her daughter into pleasures and duties beyond her years. Forcing mature functions through an immature organism is a crime which generally lies in a mixture of ignorance and vanity on the part of parents who wish their children to excel in attainment. A girl will accomplish

much more in the end if she will at this period leave the busy schoolroom, and spend as much time as possible in the open air and in God's beautiful sunshine, and be relieved of severe burdens of every kind. Unusual demands are being made upon the system. Within a year or two, the angular, awkward girl develops into a creature of graceful and symmetrical curves. Her breasts expand, her hips broaden, and she grows tall and slender. The hitherto inactive and incapable generative organs increase in size and take on new activity, and it is this awakening which is making itself felt throughout her whole organism.

There is also at this time an inner awakening of forces which influence her strangely. She does not understand herself, and hence it is difficult for other members of the family to understand her. She experiences vague longings for things romantic and non-practical, and she often becomes sentimental and emotional. She is inclined to form false and visionary ideas of life. Her tastes, which up to this time have been those of her young brothers, from whose general physical form she did not greatly differ, are now considerably changed. The romping, rollicking girl becomes shy, retiring, and self-conscious, and womanly characteristics take possession of her. While as a child she preferred girl companions, she now finds pleasure in talking to the opposite sex. New desires and emotions arise, and she gives up many of her childish ways. She begins to question the "whys and wherefores," and demands reasons for the course laid out for her. While, as a child, she was willing to accept unquestioningly the commands of her parents, she has now reached the years of independent thought, and can be managed only through the power of reason. If of a nervous temperament, though usually

kind and affable, she is now likely to be cross and irritable. Her disposition becomes uneven, and she is subject to spells of depression and despondency.

Around the girl during this time of critical change should be thrown a gentle and protective care, and she should be treated with the considerate kindness and sympathy which her condition demands. Instead of feeling that this new physical function is a hindrance to her happiness, she should be taught that the proper development of all her bodily functions only makes her of greater value to the world. Sex is God-given and ennobling. Upon it depends home and family ties. The strongest devotion, the grandest glory, the purest bonds of relationship are made possible through its influence. The self-respecting girl will hold such noble thoughts in her heart concerning herself that with the awakening of the reproductive system will also come an increased desire to develop into all that is possible of sweetness, grace, beauty, and true loveliness. Her desire will be to grow more modest and womanly. Maidenly modesty and reserve are the only safeguards to this new power and mystery which are beginning to dawn upon her.

Suitable practical employment of mind and body will help to keep the emotional impulses under control. It is not time for her to enter society or entertain gentlemen friends. Her thoughts should be called to other themes. She should become interested in gardening and outside employment. Her mind should be kept healthfully occupied. She should study nature, flowers, birds, trees, insects, clouds, and the causes of natural phenomena. She should begin to select her own wardrobe, design her own dresses, spend her own money, and plan to live within her means. Sentimental and sensational reading should be es-



Light of the world, the Son of God. John the Baptist was not immodest when he told the people that he was the forerunner of the Messiah, of whom the prophets spoke.

I knew one to refuse to undertake a certain missionary work, claiming that he was unable to do it as it should be done; and in his refusal, he lost a blessing. Generally those who have charge of appointments to such positions are better judges of the abilities of the one chosen than he is himself.

Selfish ambition is wrong, being wholly of Satan. By it the devastation and bloodshed of the wars of the ages have been caused. Holy ambition, being born of an earnest love for God and hu-

manity, is right, however prominently it may bring one before the world.

In your last letter you wrote of one of your classmates, who, though he is conscientious, and is regarded as a Christian, is oversensitive about almost everything. I have seen such persons, both men and women, and I at once recognize the class to which he must belong. Indeed, there is a period in the life of many young persons during which they go through just such an experience. One who sympathizes with himself a great deal, and keeps up a lookout for slights and insults, can generally find them. Pride and selfishness combined produce sensitiveness in any one.

Affectionately,

YOUR FATHER.



## *How a Girl Cured Herself*

SUCH is the title of a fascinating story, told by a healthy woman of fifty, of her own struggles with consumption, after she had been given up to die by the doctors. It will be found in "The Natural Cure of Consumption," by C. E. Page, M. D. Fowler and Wells, publishers, New York, 1884.

Dr. Page describes her as being "straight as an arrow, active and merry, looking more like forty than fifty," and then follows a graphic account of her struggles with the dread disease, told in her own language.

In her early womanhood, after a protracted period of nursing some of her relatives, she began to decline rapidly, and was finally given up by the doctors, who refused to attempt anything further for her. The last one said she could not possibly live longer than six weeks; but he was finally persuaded to leave some soothing drops. She had overheard

the conversation, the result being that her woman's "won't" was aroused. She refused to accept the soothing mixture, and determined that if she had only six weeks to live, she would use that time in getting her system free from the medicine she had already taken.

She had seen in an old almanac (not one of the patent medicine kind) a "Sure Cure for Consumption," entirely different from what she had been doing, which appealed so strongly to her judgment that she resolved to try it. Briefly, it consisted in fresh air, exercise, and simple diet.

She insisted that, as she was to have only six weeks in which to live, she should have her own way, and she had it, though with vigorous protest from parents and relatives.

Out into the garden she was taken each day, and laid on the lawn. There, with a trowel she dug away. The first

day she could scarcely turn on her side; but she dug a hole as large as her fist, and then rested. Then she turned over on the other side, and made another hole. She perspired some, her cough loosened, and she began to "raise."

At night windows were left up, notwithstanding the horrified protest of relatives. Dainties were prepared as usual, but refused; for she was resolved to eat nothing until she could relish plain graham bread, and potato without seasoning. That very night she relished a piece of graham bread the size of her two fingers, though, previous to this, she had for some time experienced no desire for food.

Daily she was taken out, and gradually she was able to make larger holes in the lawn. She says: "I found fresh air, flavored with a little exercise, a better 'expectorant' than those I had been taking. I began to feel hopeful—the novelty of the idea—digging for my life! I took a desperate view of it. 'Six weeks to live; I'll die fighting,' I said to myself."

She refused to eat more than one vegetable at a time, lest she might be tempted to overeat, lose her appetite, and thus spoil everything. "I was impressed," she says, "with the idea of 'earning my living' at outdoor work, 'by the sweat of my brow,' and not to eat more than I earned by the exercise."

"I had renounced my coffee and tea; I ate no grease of any kind, nor meat,—bread, fruit, and vegetables only,—no salt or spices, pastry, pie, puddings, nor cake, nor 'sweets' of any sort, except the natural *whole* sweet furnished by nature in the form of vegetables and sweet fruits." [Many physicians would say a consumptive could not be cured on such a diet.]

"After a while," she continues, "I could raise myself up and sit erect, and

dig a little, first on one side, and then on the other; and by the time my six weeks were up, I could dig a pretty good grave for myself if they had wanted to bury me." By this time she could stand alone, and walk a few steps.

The more she did, the more she could do, and the more she could eat; but she took care not to overwork, and special care not to overeat.

Some time later, she sent for the young doctor who had last prescribed for her. He had meantime been away from the place, and was surprised to learn that she was still living. He consented to come, willing to do anything he could to help her or give her ease; and you can imagine his surprise when he saw her, perfectly well!

She had called him in order to tell him how to cure his patients of tuberculosis.

But, sensibly enough, he realized that the cure would not work on the ordinary patient.

Perhaps nearly every one has witnessed cases somewhat similar—a brain not ready to die, full of courage and hope, ready to grasp at a straw, resourceful—refusing to die! The very word that would cause some to sink in despair—"only six weeks to live!"—acts like a tonic, and stirs the brain up for a determined struggle for existence.

It is not so much a question in such cases as to the lung power, but as to the brain power. A determined brain can pull through a pair of damaged lungs.

The method used in this case was not what would be recommended now by lung specialists. The tendency now is to avoid work while the fever is up. The diet chosen by her is quite different from that of many of the sanatoria, where meat is apt to be one of the standbys.





# THE MEDICAL MISSIONARY AT WORK

## *The Caterham (England) Sanitarium*

OUR patronage continues excellent. We are often at our wits' end to know what to do for accommodations for those who come. We are continuing to make various necessary improvements, and, thus far, have been able to meet all our bills promptly. Yes, and besides this we have been able to do considerable charity work, considering the size of our place. We are glad for this. I feel keenly that we must keep the charitable feature in view all the time. While it is right and proper to earn our way, and pay as we go, we must not let the mercenary spirit predominate, nor refuse to deny ourselves in order that we may help those whom the Lord may send to us for assistance. With careful economy and wise planning, I believe that we shall always be able to do some charity work.

Our *Good Health* magazine is continuing to enjoy a wide circulation. We have printed seventy thousand copies of the Christmas number. The prospects are that these will all be sold, and there is likely to be a shortage. This has always been the case with this number in previous years. The demand in every case has exceeded our most sanguine hopes.

We have a nice family of workers, and they are taking hold heartily, and are meeting with success. We have now two classes, with six members in each.

Recently I received a letter from a former patient, from which I will quote a few lines, as I know it will be of

interest. She was with us several weeks last spring and early summer. It shows us that we can not always see the fruit of the seed sowing, and that time is often required for the germination and growth:—

“I often think of your words, and can plainly see the blessing that came of the sore trial. Had it not been for this [the illness], probably I should never have been an inmate of your peaceable home—home in every sense. How many good things I learned there I can not tell you. One thing you will be glad to know—I have tried to follow all the good instruction you gave us from time to time, and have never tasted tea since entering your institution. I try to live as nearly as possible as I did when there.”

This poor woman was much afflicted, and it had all come about through no fault of her own. Her case is practically incurable, although she was much benefited by her stay, and I tried to show her that the Lord would bring her a great blessing out of it, if she would be patient and loyal.

So the Lord has already, during the few months of our labors, given us several souls for our hire.

ALFRED OLSEN, M. D.



## *China*

SEVERAL weeks ago we made a trip to a country village, in company with our Chinese teacher and native woman. Mrs. Selmon and the woman rode in a wheelbarrow; the rest of the party walked. It was noised ahead that we were coming, and the people left their

work, and ran to the roadside to look at us. Some came bringing their sick children, asking us to cure them.

Upon reaching the village, we were soon besieged by the sick—the old and young of both sexes. When it was learned that a woman doctor was there, the sick women came for help, bringing their small children and infants. We had brought with us only a small hand-bag of simple medicines, but we were able to do something for almost every case.

The children had inflamed eyelids and conjunctivitis (inflamed eyes). Many of the people came to be cured of their malaria. There were also many cases of itch, and diseases of the scalp due to lice and dirt, and disorders of the intestinal tract due to the coarse foods. The people were grateful for help, and urged us to come again.

This place has a population of two hundred, which is the average size of the country village in this section. These villages are quite numerous in this fertile farming region, being only from three fourths of a mile to a mile apart. At any one of a hundred or of a thousand of these villages, we could have had the same experience as at the one we visited. The sick abound, and a little simple treatment will help the larger number of them; and in helping them, one wins the way to their hearts, and can tell them the gospel story with greater effect.

A. C. SELMON, M. D.

*Hsiang Cheng Hsien, via Hankow, China.*



### *A Word From Portugal*

A DESIRE for wine is implanted in the children. This, as well as flesh eating, or eating fish fed on the city's sewage, may be one of the contributing causes of cancer, which is very prevalent. The

people do not know the value of the large quantities of nuts raised here, which are very cheap in price.

We have tried to find out the openings for different lines of work. A doctor thoroughly acquainted with the French language, might find this a good place in which to do missionary work; and there is great need if medical nurses.

We ask the prayers of God's people for this needy people, and for his blessing to rest on us in learning the language and working for the people. We are of good courage, and are studying hard.

C. E. RENTFRO.



ONE of the gentlemen nurses from the Friedensau (Germany) Sanitarium, has gone to the city of Jerusalem, to take the place of our medical missionary nurse who died there last summer.



OUR missionary nurse, L. Currow, who is laboring in Fiji, writes:—

“We have many Indian neighbors, with whom we are very friendly, and we propose keeping the outhouses for them as treatment rooms; for we can not hope to do anything for white people if Indians come to our treatment rooms. We have had some good results already in working for them, and I trust there will soon be some literature containing present truth for these very needy souls.

“We have had some good cases and good results recently. The home and lease of land are from a patient, and I have just secured a testimonial from a business man whose wife was under a doctor's care for about fifteen months, but he was unable to help her. With the simplest treatment, in two weeks she made a splendid recovery, for which we bless God. The husband is very grateful.”

# Healing of the Soul

Mrs. E. G. White

MANY of those who came to Christ for help had brought disease upon themselves; yet he did not refuse to heal them. And when virtue from him entered into these souls, they were

Like the leper, this paralytic had lost all hope of recovery. His disease was the result of a sinful life, and his sufferings were embittered by remorse. In vain he had appealed to the Pharisees

and doctors for relief; they pronounced him incurable, they denounced him as a sinner, and declared that he would die under the wrath of God.

The palsied man had sunk into despair when he heard of the works of Jesus. Others, as sinful and helpless as he, had been healed. He was encouraged to believe that he, too, might be cured if he could be carried to the Saviour. His hope failed as he remembered the cause of his malady, yet he could not cast away the blessed possibility of healing.

His great desire was relief from the burden of sin. He longed to see Jesus, and receive the assurance of forgiveness and peace with



*Again and again the bearers of the paralytic tried to push their way through the crowd*

convicted of sin, and not a few were healed of their spiritual disease as well as of their physical maladies.

An illustration of spiritual as well as of physical healing is found in Christ's work for the paralytic at Capernaum

heaven. Then he would be content to live or to die, according to God's will.

There was no time to lose; already his wasted flesh bore the signs of death. He asked his friends to carry him to Jesus; this they gladly undertook to do.

But so dense was the crowd that had assembled in and about the house where the Saviour was, that it was impossible for the sick man and his friends to reach him, or even to come within hearing of his voice.

Jesus was teaching in the home of Peter. According to their custom, his disciples sat close about him, and "there were Pharisees and doctors of the law sitting by, which were come out of every town of Galilee, and Judea, and Jerusalem." Many of these had come as spies, seeking an accusation against Jesus. Outside of these officials thronged the promiscuous multitude, the eager, the reverent, the curious, and the unbelieving. Different nationalities and all grades of society were represented. The Spirit of life brooded over the assembly, but Pharisees and doctors did not discern his presence. They felt no sense of need, and the healing was not for them.

Again and again the bearers tried to push their way through the crowd, but in vain. The sick man looked about him in unutterable anguish. How could he relinquish hope, when the longed-for help was so near?

\* \* \*

The discourse was interrupted. The Saviour looked upon the mournful countenance, and saw the pleading eyes fixed upon him. Well he knew the longing of that burdened soul. It was Christ who had brought conviction to his conscience when he was yet at home. When he repented of his sins, and believed in the power of Jesus to make him whole, the mercy of the Saviour had blessed his heart. Jesus had watched the

first glimmer of faith grow into a conviction that he was the sinner's only helper, and had seen it grow stronger with every effort to come into his presence. It was Christ who had drawn the sufferer to himself.

In words that fell like music on the listener's ear, the Saviour said, "Son, be of good cheer; thy sins be forgiven thee."



*And immediately he took up his bed "and went forth before them all"*

The burden of guilt rolls from the sick man's soul. He can not doubt; Christ's words reveal his power to read the heart. Who can deny his power to forgive sins? Hope takes the place of despair, and joy the place of oppressive gloom. The man's physical pain is gone, and his whole being is transformed. Making no further request, he lay in peaceful silence, too happy for words.

Many were watching with breathless

interest every movement in this strange transaction. Many felt that Christ's words were an invitation to them. Were they not soul-sick because of sin? Were they not anxious to be freed from this burden?

But the Pharisees, fearful of losing their influence with the multitude, said

that the Son of man hath power on earth to forgive sins," he said, turning to the paralytic, "Arise, take up thy bed, and go unto thine house."

Then he who had been borne on a litter to Jesus, rose to his feet with the elasticity and strength of youth. And immediately he "took up the bed, and

went forth before them all; insomuch that they were all amazed, and glorified God, saying, We never saw it on this fashion."

\* \* \*

In the home of the paralytic there was great rejoicing when he returned to his family, carrying with ease the couch upon which he had been slowly borne from their presence but a short time before. They gathered round with tears of joy, scarcely daring to believe their eyes.

The paralytic

found in Christ healing for both the soul and the body. He needed health of soul before he could appreciate health of body. Before the physical maladies could be healed, Christ must bring relief to the mind, and cleanse the soul from sin. This lesson should not be overlooked.



*In the home of the paralytic there was great rejoicing*

in their hearts, He blasphemeth. Who can forgive sins but One, even God?

Fixing his glance upon them, beneath which they cowered and drew back, Jesus said, "Wherefore think ye evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know



# HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

## *The Mistress of the Household*

*Mrs. M. H. Tuxford*

To rule a house well calls for the exercise of the highest qualities,—ability, experience, perseverance, industry, kindness, charity, and last, and by no means the least, good temper.

The duties of a practical mistress are onerous and exacting. Domestic skill can not be acquired without training.

Domestic work is elevating, not degrading. In every other occupation that a girl takes up, time and money are expended on the training. Why leave out housekeeping? Training in this branch of education is just as necessary, since the happiness of the home depends upon the manner in which the lady of the house fulfils her duties.

The mistress of a well-ordered house should have complete knowledge of every part of it. If she understands how work should be done, how clothes should be mended and cared for, how food should be chosen, cooked, and served, and how rooms should be cleaned, the probability is that all parts of the house will receive due attention.

The woman who has had no training in the management of a household has no more right to marry and take up the management of a home than a man has to undertake a business of which he knows nothing. The results are usually just as disastrous. If a servant has to

be brains as well as hands, there is almost sure to be confusion. She very soon discovers whether or not her mistress understands the details of housework. The actual performance of the task may devolve upon the servant, but the mistress ought to be able to see when work is properly done. No help can succeed unless the mistress herself is orderly and methodical in all she does, not only having a place for everything, and everything in its place, but also a time for everything, and everything done in its time; a proper tool for everything that requires a tool; and a division of labor, so that for every duty which has to be performed some one person is responsible.

When household work is systematized, there is not much fear of confusion or neglect. It is the special duty of the mistress to plan the work so that too much does not fall on one person or on any one day. It is impossible to draw out a plan that will suit all requirements; in every household this must vary according to the size of the house, the number of the family, and the means at disposal, but there is a certain universal standard of perfection at which a mistress should ever aim.

*(To be continued)*

### *Bananas*

THE banana, being very nutritious, easily digested, and easily prepared for food, may well take high rank as a food fruit. In the tropics it is a staple article of diet for millions of natives. Year by year its increasing cheapness is making it more a regular article of food in temperate lands.

#### *Bananas Baked*

Skin as many bananas as you require. Dip each one in lemon juice and granulated sugar, then roll in bread crumbs or fine granola. Place side by side in an oiled baking dish. Bake in a hot oven for ten or fifteen minutes. Serve hot.

M. H. T.

A simple and healthful method of preparing bananas for the table is to bake them in their skins. Some can digest bananas in this form who can not use raw bananas.



“WHO bought those bananas? They're not fit to eat.”

Two young men, married, were attending college. They rented apartments in the same house, and, for convenience, had their meals in common, the wives taking a week, turn about, at purchasing and preparing the food.

It was the younger wife who asked the above question. She was used to the nice yellow bananas. Anything showing a hint of blackening the skin, she supposed to be undergoing decay, and unfit for food.

She had not learned that in their native countries bananas are rarely eaten until the skin is darkened and the pulp soft, almost like a custard. She had not learned that a banana, kept until it reaches this condition, is decidedly more delicious than the unripe bananas she,

like many others, was accustomed to eat.

She did not know that the fully ripe banana is not nearly so apt to cause digestive disturbance as the half-ripe ones usually sold in the stores.

The same is true of persimmons. They are not at their best until — to all appearances — they are decayed. One not acquainted with the fruit, on being offered a perfectly ripe persimmon would be likely to think it was rotten. So with bananas. When they are perfectly ripe, they appear as if they were a trifle “spoiled,” and the housewife desiring to set a good table would hesitate to serve them; but people who prefer fine flavor and good health to appearance will choose the ripe bananas.

Very recently one of the most prominent of British medical journals called attention, in its columns, to the fact that people in temperate climates are accustomed to eating bananas before they are fully matured.



### *Waste in Using Pineapple*

MRS. M. H. TUXFORD

NOT every woman who appreciates the pineapple at its full value realizes that she is wasting a goodly portion of the fruit when she throws away the core and peelings. These, chopped fine and cooked to extract the juice, yield a goodly amount of flavor, excellent as a foundation for sauces and jellies.

Again, not every woman who realizes this knows how to care for the juice of the solitary pines she uses throughout the season, since one alone would be insufficient for any of the purposes mentioned; or if more, there may be no incentive to use the usually discarded portions at the time.

Whenever pineapple is used, whether one or a dozen, chop fine the peelings

(which should be first well washed), eyes, and core, and simmer slowly in water enough to cover. When every particle of flavor is extracted, strain it, add sugar to taste, and heat again, sealing in cans exactly as you would fruit. One pineapple core and peeling will fill a pint can with juice of sufficient flavor to serve as a foundation for sauces, or it may be further reduced, making it strong enough for other purposes.

This canned juice, too, may be saved and used when apples are plentiful, when, combined with them, a delightful jelly will be the result. The otherwise discarded portions of three pineapples, in conjunction with a half peck of apples, will provide a daintily flavored jelly, which will be a revelation to the housekeeper who tries it for the first time.

I have personally tried this recipe several times, and found it satisfactory.



### *How Dwellings Catch Fire*

MANY a home has vanished in smoke, says *Good Housekeeping*, because timbers were less than one inch from smoke pipes or flues, walls less than four inches thick proved unresisting, stovepipes came nearer to woodwork than the twelve-inch limit, or the double collar inclosing three inches of air space was not there as a protection.

Furnaces, too, have often caused misfortune — not the furnace, but our neglect to have at least twenty inches of open space between it and the timbers above, or because the metal shield to protect those timbers was not large enough, and extending, as advised by experts, four feet in front. Often, indeed, a fire has exposed the fact that a filling of sand or other solid matter became so heated by pipes or furnace that wood in close proximity ignited.

When the house is repapered, the unsightly hole for the stovepipe is covered up, and again it is but a tiny spark that causes immense damage, setting the paper and then other things on fire. Unprotected gas jets, the lack of a place of safe keeping for the various inflammables the household needs, perhaps their careless use — filling an oil stove at night or when lighted, opening a package containing gasoline at night, reading under a light after applying a hair tonic containing alcohol — all are recorded in the history of many resulting disasters repeated in kind day after day.



### *Keeping Olives*

A GREAT many inquiries have been made in regard to "keeping" olives. Olives are the least perishable of all fruits. Any one may keep them indefinitely by giving attention to the following rules: In cold or cool weather simply keep them weighted down *under* the brine. This is absolutely essential, as they will ferment in a few weeks if allowed to float around on top of the brine, especially if the weather is warm. When spring comes the olives that have not been used should be canned either in glass or tin. The same process that is used in canning any other fruit applies in canning olives, only they should not be cooked so long. They should merely be heated through to the pit, but the tissues should not be broken down. One hundred and ninety degrees — not quite to the boiling point — is about right. Even after fermentation has begun, they may be saved by canning. Canned olives will keep ten years or longer if perfectly sealed. See November number of *LIFE AND HEALTH* for valuable recipes for using olives.— *W. S. Ritchie.*

# QUESTIONS AND ANSWERS

Conducted by George A. Hare, M. S., M. D., Iowa Circle, 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.]

45. Anaemia—Iron in Foods.—J. F., Mass.  
"What foods should a person eat who is pale and needs iron? What food contains a large amount of iron?"

*Ans.*—If there is no other disease present, a person suffering from anaemia needs, first of all, good, wholesome, nicely prepared, appetizing in appearance, and taken in amounts sufficient to supply a little more than the waste of the body. He should spend five or ten hours in the open air. Both sunshine and cold are splendid tonics. Exercise is essential, but must be taken with good judgment, always stopping short of a feeling of exhaustion. Abundant sleep is a necessity; not less than ten hours. Such foods as strawberries, spinach, tomatoes, and apples contain a larger amount of iron than most foods, but should not be relied on for nourishment. Use them with an abundance of nourishing foods, such as rice, zwieback, malted breakfast food, malted nuts, eggs, good bread and butter, pecans and English walnuts, and other similar good foods.

46. Darkness on Standing—Pain in Heart Region—Tooth Wash.—A subscriber: "1. What is the cause of darkness before the eyes on rising from a stooping position? and how should it be treated? 2. Is dull and sharp pains in the region of the heart, and soreness at times in left side, a sign of organic heart-disease? If so, what should be done? 3. Is baking-soda a good wash for the teeth? 4. Is it injurious to the enamel?"

*Ans.*—1. Usually due to weakness of the heart. On suddenly rising from a stooping position, the heart, if weak, does not quickly send the blood to the brain against the influence of gravity, and the lack of blood in the brain causes the blindness and dizziness. Nearly every one experiences something of this on attempting to rise suddenly after being confined to the bed for a week or more.

Use general tonic treatment, systematic physical culture taken with good judgment; an outdoor life, with cheerful, pleasant, light exercise, abundance of rest in bed, eight or ten hours' sleep, good food, electricity given by an intelligent nurse, massage.

2. It may be, but is far more likely to be due to intercostal neuralgia. The only way to determine is by an examination.

3. Would not recommend its use in powder, but if a small quantity is added to the water, there is little objection to its use.

4. No.

47. Sleeplessness.—L. S., Ill.: "Can I do anything to cure sleeplessness? I can not sleep more than two or four hours during the night, and have tried almost everything with no benefit; am growing nervous. I know of no good reason why I should not sleep. Can you help me?"

*Ans.*—Sleeplessness may result from one of many causes. It may be due to worry, to mental activity, to too much or too little blood in the brain, to overwork and exhaustion, drug habit, coffee, tea, tobacco, cold feet, or constipation. Yes, it is curable. Look for the cause, and *remove it*.

If from worry, stop; get a clear conscience and a bright hope—the happiest condition in the world; every one can have it. Read your Bible daily, and believe the promises are for you personally. A consciousness of having a right purpose for the present and a bright hope for the future will bring a peace of mind that will cure many a distressing case of sleeplessness. Don't overwork, worry, or use tea, coffee, tobacco, or other narcotics or drugs. If feet are cold or head hot, balance circulation. Take several hours' enjoyable exercise in the open air, take a cold hand bath in the morning as a tonic, a hot and cold foot-bath in the evening, and a full bath of ninety degrees to ninety-five degrees at bedtime. If

the bowels are inactive, use a cold enema every other morning for a short time.

Some cases where the mind is active and the head congested will find that a light amount of food taken in the evening or near bedtime — a cracker or glass of malted milk, or hot milk, or a little fruit or fruit juice — will call the blood from the brain to the stomach, and induce sleep. This last is not an ideal method, and should be resorted to only in emergencies, but it is far more restful than wakefulness.

**48. Feeding the Baby.**—Mrs. C. L. H., Mich.: "1. How soon should a baby be fed something besides mother's milk? 2. Of what should the food consist? 3. When should it begin to eat fruit?"

*Ans.*—1. Under perfectly normal conditions a baby should have no food but its mother's milk for one year.

2. Little by little starchy food, such as gruels, rice, potato, or bread, may be carefully given.

3. A little mild fruit or fruit juice may be given as early as other food. As a general rule, when nature provides the baby with a set of teeth to chew with, give it something to chew.

**49. Wearing Overshoes.**—A. H., Vt.: "Does the wearing of rubbers or overshoes make one take cold? Is it not better to wear the rubbers than to take the chances of having wet feet?"

*Ans.*—The rubbers or overshoes as commonly worn are a very common cause of taking cold, but if worn properly, they are a protection from danger of taking cold. Being absolutely impervious, they should be worn but the briefest possible time; if worn for a length of time, they cause sweating and tenderness of the feet; and if worn in the house at all, they make the feet tender and very sensitive, so that when taken off, the person is almost certain to take cold. Wear them only when going outdoors, and remove them immediately on entering the house. Change the stockings frequently, and take a hot and cold foot-bath daily. Rubbers worn properly are a great protection.

**50. Chapped Hands.**—J. S. L., Mo.: "My hands chap and bleed. I use glycerin, but they do not get better. I suffer greatly with them. Can you suggest anything that will cure them?"

*Ans.*—Yes, if you will stop using glycerin,

scrub them thoroughly clean with soap and water several times a day, dry them on a towel, and immediately apply the following hand lotion:—

Tr. Benzoin Comp.	2 grams
Alcohol	2 grams
Glycerin	2 ounces
Water	4 ounces

Mix the benzoin, alcohol, and glycerin together, then add the water, and shake.

Wear a pair of gloves night and day for a short time, and your hands will be entirely well, and your trouble will be at an end. Never use glycerin alone on the hands or face. It will dry and crack the skin.

**51. Heart-Disease.**—Mrs. L. C., Conn.: "1. What is the cause of very hard pains near the pit of the stomach, extending upward over the right lung? Feels like a hard cold on the lung. When I walk, it aches very hard, and the pulse gets so weak that I can hardly stand up. 2. My jaw-bone also aches at times as if I were biting on something hard. 3. Does the heart and pulse ever stop beating for a minute? If so, I should think mine does. 4. I have had some cough during the past week."

*Ans.*—1. From your letter we think you are suffering from valvular disease of the heart, or from disease of the right lung. For valvular disease of the heart careful regulation of the habits, very light exercise, good food, abundance of rest and sleep, together with tonic treatment, such as cold hand bath, hot and cold to spine, hot and cold to stomach and liver, salt glow, and massage, will give good results. In your condition one should remain in bed at least ten hours. Should carefully avoid all sudden or violent exercise, sudden shock from cold bath, or any disturbance of the stomach. Anger, excitement, or any violent passion is very dangerous. Valvular disease of the heart can be wonderfully improved, and even bad cases may live many years.

2. Doubtless a reflex neuralgia pain from chest.

3. The heart sometimes skips one or more beats — actually stops beating for a moment.

4. Your cough is from some irritation in the lung, although the heart may be the real cause. We advise you to go to a good physician and have a careful examination. Your case demands it.

**52. Decay of Teeth.**—G. F. P., Ohio.: "Please tell me what causes the teeth to decay when they are not broken in any way, and when they are cleaned every day."

*Ans.*—Bad nutrition, lack of vigorous use, and bacteria. The teeth, like a muscle or any other tissue, are nourished by food and exercise. Good food and exercise are both essential for good teeth. Chewing dry food is the only way to secure strong teeth. As soon as the vitality of the teeth is weakened, they will be attacked more readily by bacteria, which are always present, and will show signs of decay.

53. Glasses for Children.—Mrs. J. C. L., N. C.: “1. Should children under twelve years of age wear glasses if their eyes seem to be weak? 2. Why do so many more children have weak eyes now than twenty years ago?”

*Ans.*—1. Yes. Whenever a child suffers from weakness of the eyes that can be improved by glasses, the defect in refraction should be corrected by a good oculist. A poorly fitted spectacle may be very injurious; a perfectly fitted glass is a great blessing.

2. More days spent in school; more hours spent in close work with the eyes; higher nerve tension in the home; intense personal competition and rivalry, even in child life; less free, leisurely life in the open air, all of which result in a keener sensibility to nervous irritation, so much so that even the irritation of defective vision which used to be overlooked and passed by unnoticed, becomes unbearable. By all means correct defects in children’s eyes.

54. Tobacco for Rheumatism.—What is your opinion about Fleas Bites Causing Rheumatism. I am a Carpenter by trade and am working in the Country and from place and I have noticed that when working where they have plenty of fleas they bite me very bad and soon I am troubled with Rheumatism

I have seen it frequently claimed that mosquito carry yellow fever and malaria fever I have been advised to use tobacco as a preventive as they do not bother those that use it. What will keep fleas off a person.

*Ans.*—It would not be safe to say that fleabites do not cause rheumatism; for rheumatism is probably in most cases caused by the presence of a germ (streptococcus) in the blood. We can not be certain now that these germs are not sometimes introduced into the body by means of fleabites, although there is no definite proof that they are so introduced. It would be interesting to know whether there are others who have noticed that fleabites are followed by an attack of rheumatism.

I have lived where one could take the clothing off over a bath tub, and catch as many as seventy-five fleas, and yet I did not have rheumatism. But then the fleas did not bite me—perhaps because my hide was too thick.

The only sure preventive I know of for fleabites is to go where there are no fleas.

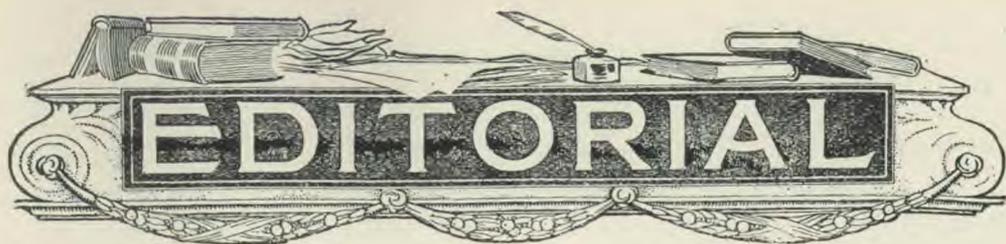
As to whether tobacco will act as a preventive of fleabites, it is reasonable to suppose that the flea has some choice regarding its food, and that it will not accept tobacco-poisoned blood when it can find any other. The flea does not have to make an exploratory incision in order to detect the tobacco flavor; it is everywhere in evidence, on skin and clothing, for the sweat-glands are making a strenuous effort to expel the poison from the system.

As between the poison of tobacco and the poison of rheumatism, many would choose the former as being less painful; but the difficulty is that there is no certainty that tobacco is a preventive, and one might have two poisons in his system instead of one.—Ed.



“THAT the practise of medicine today is not what it should be, is due largely to the position of the laity on this point—their aversion to taking advice instead of medicine. They will consider the question of prevention, in the shape of anti-bilious pills, for example, but not at the expense of their lawful follies.”

CHILD labor means two evils, physical under-development and illiteracy. . . . That children should be sacrificed for the support of adults, no matter how indigent, is a reversal of the law of nature. . . . Child labor is the truest form of race suicide.—From an editorial article in *Journal of the American Medical Association*, Dec. 10, 1904.



### *Consumption of Narcotics*

A PRIVATE letter from J. R. Bradford, of the Philadelphia Sanitarium, calls our attention to the following statement of the Internal Revenue Department in their report of the tobacco industry in Pennsylvania, New York, and New Jersey:—

“In the past year Pennsylvania has manufactured and put on the market 1,827,475,138 cigars, New York 1,411,535,248, and New Jersey 406,061,979.” The doctor adds: “This makes a grand total of 3,645,072,365 cigars, each one of which has a killing capacity of one medium-sized dog. At the minimum price, that of five cents each, there will have been burned up, when this amount is consumed, \$182,253,618.25 — this from three States in the Union. Does it require much of a prophet to foresee the end of this continued increase in the manufacture and consumption of tobacco.”

When to this appalling summary of narcotic poison in cigars alone is added the still more deadly cigarette, opium, cocain, patent medicines, and alcohol, which are all increasing annually more rapidly than our population, need any thoughtful man wonder why railroad accidents, insanity, cancer, and suicide are increasing at an alarming rate? These facts cause every thoughtful man to pause. Reader, we invite you to join us in our work of educating the youth regarding the destructive effects of these pernicious poisons.

G. A. H.

### *Sense and Will-Power*

HERBERT N. CASSON, in an article entitled “Are Your Lungs White or Black?” says some things which seem to prove the opposite of what he is endeavoring to establish. He says:—

“Last year a professor secured the lungs of an Eskimo, a Londoner, and a coal miner. . . . The Eskimo’s lungs are pure white; the Londoner’s lungs are a dirty brown; and the coal miner’s lungs are jet black. The Eskimo had kept his lungs clean, not because he knew more about breathing than the Londoner or the coal miner, but because he lived in a land of snow fields, and spent his time in the open air. It is a curious fact that every Eskimo who is brought to our large cities dies of consumption in a few years.”

On the face of it, this seems to indicate that it is dangerous to have nice white lungs when you come to live in a city. The mortality from tuberculosis among Eskimos in the large cities is one hundred per cent! No other class, so far as we know, reaches so high a figure.

The ordinary brown-lunged or black-lunged individual has probably become more or less immune to the effects of dust; but the white lungs of the Eskimo give way before the “white plague” in a short time.

Clean lungs are excellent, but they may be a disadvantage under certain circumstances. If two persons attempt suicide by taking say ten grains of morphin, one of them, who is a morphin

fiend, will probably survive, while the other will succumb. Natives of tropical countries are slightly affected, if at all, by the malarial fevers which cause some of these regions to be known as "the white man's grave."

Many cases might be given of acquired partial or total immunity caused by a more or less constant contact with the injurious conditions.

The white lungs of the Eskimo do not render him immune to tuberculosis. He is unusually susceptible, and when he lives in an air filled with tubercle bacilli, his lungs, though not so brown as others, are soon dotted with little tubercles.

Mr. Casson well says: "Some of the greatest men in the world have had consumption, but most of them had the sense and the will-power to cure themselves. Napoleon, Goethe, Van Moltke, Emerson, and Cecil Rhodes are five cases of cure."

Sense and will-power will cure almost anything; at least they will cure many cases that have been given up by experienced physicians as absolutely hopeless.

The man with "sense and will-power" (I like that expression) will stand a much better show in the battle against tuberculosis than the man with white lungs. The Eskimos lack the brain quality necessary to combat disease.

The story "How a Young Girl Cured Herself," in this issue, gives a good example of what is meant by "sense and will-power."



### *Adulteration or Substitution of Patent Medicines*

A WASHINGTON evening paper recently contained an editorial article condemning the practise of counterfeiting patent medicines. The writer went on to say that many of the patent med-

icines are fairly good products, based on the prescriptions of some successful physicians; and he considered the counterfeiting of these medicines to be more censurable than the adulteration of food.

Any one who will study the advertising pages of the newspapers, and notice what a large proportion of the revenue of the papers must come from the patent medicine advertisements will readily understand why these periodicals should be friendly to the patent medicine interests.

Adulteration or fraudulent substitution of any kind, whether of medicine or of foods, is deserving of the severest condemnation and punishment; but we can not agree with the *Times* that the adulteration of patent medicines is worse or more censurable than the adulteration of foods.

If adulteration be practised at all, it is far better that it be confined to intoxicating liquors, tobacco, patent medicines, tea, coffee, spices, and other things in themselves more or less harmful, than that the necessary and wholesome food substances be adulterated.

The claim that some patent medicines are made from the prescriptions of certain successful physicians does not alter the fact that they are a power for evil rather than for good.

No reputable physician would pass out his prescription for indiscriminate use by people who do not know what is the real nature of their trouble.

The primary object — we might say, the only object — of the patent medicine man is to create a good market for his product; so it is, with him, a question of skilful advertising, — playing upon the credulity of the masses, — rather than a question of efficiency in his drugs.

Within the past year, the *Ladies' Home Journal* published what they supposed were the ingredients of a certain widely advertised nostrum, based on an analysis made some years ago.

The proprietors of the medicine proved that it contains no such ingredients at the present time, and the *Ladies' Home Journal* was under the necessity of making an apology.

Now there is no reason to question that at the time of the analysis, the medicine contained just what the analysis claimed; but it is easy for the proprietors of these concoctions, when their formulæ are published, to make up an entirely new formula. It may have different characteristics, almost entirely but if the label and shape of bottle are retained, with the same color, and perhaps the same flavoring, it will sell as readily.

In other words, it is the name of the "remedy," rather than the contents of the bottle, that is important.

But why is it, if these things be so, that people use these remedies, and are ready to swear by them, believing them to be possessed of almost miraculous powers of healing? — Suggestion; nothing but suggestion: cures wrought by the skilfully worded advertisements and the expectation of the patient. Reputable physicians, who do not believe in drugs, have like remarkable successes with bread pills and colored water.

The most valuable of the patent medicines are those that are entirely inert, containing nothing but a little flavoring and coloring matter, and relying on the glowing promises of the wrappers for their curative properties.

But the remedies that contain some drug stimulants, to deceive a person into the belief that he is better, and to tempt him to larger and continued use of the drug,—these are the things that should

be suppressed by law, as well as all papers that help to advertise them.



### *The Japanese Diet*

THE following quotation, taken from the *Christian Register*, is said to be from a letter just received from a correspondent in Japan:—

"I have seen many of the sick and wounded on the trains lately. You never saw a healthier-looking lot of sick people. They were fat, and looked as happy as possible, though minus legs and arms and eyes. They are most wonderfully cared for, and do not have fever after their wounds as other people do. Some say it is because they do not eat much meat. It has been learned that they get on better on their own rice diet than on meat rations."

New ideas move slowly against old prejudices. There are people of fair education, and seemingly quite intelligent, who still believe the earth is flat. No argument or demonstration will convince them otherwise.

There are people among the laity and among the medical fraternity who believe that a non-meat diet is wholly inadequate to the needs of man. It is probable that with some this idea is so firmly rooted that no amount of testimony from investigators, and no amount of evidence from peoples who eat no meat, will suffice to dislodge the error. But we see evidences in other quarters that the ice is breaking. Those who are open to conviction are learning from the experiences of the Japanese army what they have failed to learn from the experience of smaller bodies of non-flesh eaters in this country and elsewhere.

One great argument against vegetarianism has been, "The great conquering nations are flesh eaters." This ar-

gument will no longer hold good. It never counted for much to the student of history, who learned that some of the most victorious nations of the past were practically, if not strictly, vegetarian.



### *Appropriate Foods for Stomach Disorders*

I ONCE had the idea that a stomach could be getting better and yet feel worse. I accepted the philosophy that under very bad treatment the stomach may get so bad off that it will no longer give any indication of the mischief that is being wrought by dietetic errors; and that in the dietetic cure of some other disease, as rheumatism, or neuralgia, or headache, the improved regimen which cured the headache, might, as the stomach was partly restored to the normal, cause distress of the stomach. So I used to explain such expressions as, "O doctor, I am glad to report that my rheumatism is better, but I am having a lot of trouble with my stomach, which is unusual with me."

A little philosophizing with the patient usually sufficed to quiet matters, for a time at least, and so the explanation satisfied me until I saw the following statement from Van Valzah:—

"If the diet is correct, the discomfort of which the patient complains will be relieved. There is something radically wrong in a diet which increases the subjective symptoms, and the patient will be the first under the circumstances to protest. When the diet does not diminish or relieve the discomfort of which the patient is conscious, all that can be said is that the diet is doing no harm. The correctness of the diet is in proportion to the relief afforded."

I was inclined to question this state-

ment at first; but the more I studied the matter, and the more I observed, the more firmly was I convinced that when there is distress or uneasiness of the stomach or intestines, the diet is not just what it should be. The fact that the neuralgia or headache has disappeared is evidence that in some ways it is an improvement on the old diet. But a careful and experimental study of the case will usually result in a diet which is not open to the objection that it relieves one trouble by causing another.



### *Milk for Adults*

YOUNG, sucking animals always have in their intestinal secretion a ferment which digests milk-sugar. From the fact that adult animals do not normally have this secretion, it has been argued that milk is fit only for the young. But one investigator has succeeded in inducing the formation of this milk-splitting ferment in old rabbits by feeding them milk for a while.

Pawlow's researches indicate that in many other instances the secretions may be changed to conform to the diet.

This will explain why dogs and cats and other naturally carnivorous animals, may be trained to live fairly well on a vegetarian, or largely vegetarian, diet.

We see here a wonderful provision of nature, enabling animals to exist under varying conditions. We also learn why people often do poorly on an unaccustomed diet, even though it be a diet on which others thrive.

And we understand why it is necessary to make dietetic changes slowly. The secreting organs gradually become *educated*, if we may use the word, to produce a ferment that will act on a certain class of foods, when that food is habitually eaten.

Dr. Densmore may be a little extreme in advising a monotonous diet,—the same few articles day after day and week after week,—but this is preferable to the kaleidoscopic variety furnished by the average modern cook, and stuffed into the average modern stomach.



### *Advertisements as Educators*

NEARLY everybody is willing to be well.

So anxious are many to get well, that they willingly help in the support of druggists and patent medicine men, swallowing concoctions the composition of which they know little, put up as a money-making scheme by men of whose character they know nothing.

Willing are they to do anything but stop some of their health-destroying habits.

Yes, willing, of late, to go through a series of muscular contortions, or to eat *power*, or *chawa bita*, or roasted grain with some other fanciful name.



A popular demand creates a supply. "Necessity is the mother of invention." So health specialists have sprung up like mushrooms after a rain. They are here in response to a demand.

In their turn, they are endeavoring to increase the demand by ingenious and persistent advertising.

Patent medicine men, physical culture men, electric belt men, food factory men, are carrying on a crusade of education, and incidentally enriching the periodical men and themselves.



There is a difference, of course, but in degree, rather than in kind.

The question is not, "What is the scientific truth regarding this product?"

but, "What will start a goodly stream of shekels flowing my way?"

These men are energetic. They do not hesitate to say things favorable to their product, through mere conscientious scruples. They have no time for that.

Probably their blazing advertisements have done some good. Many of them contain good hygienic suggestions so forcibly put that they compel the attention of even the unthinking.



People eat too much, too fast, too sloppy food.

They take too little exercise, too little air, too little sleep.

Many drink excessively of tea and coffee,—or something stronger,—which any observing person can not help seeing is fatal to health.

Even those who would question that a moderate amount of these beverages is harmful can not help realizing that they are injurious in the quantities used,—*if they but stop to consider the matter.*



The persistent advertisements of the cereal coffee manufacturers are accomplishing some good in causing people who would not read an ordinary article on hygiene to lessen the amount of their tea and coffee, or substitute therefor some less harmful bran mixture.

The man who says, "Weakness is a crime," who shows half-tone cuts of "superb manhood" with well-developed biceps and calves, who gets us contests for development of physical strength, leads many persons to appreciate the benefits of physical culture.

Many times, no doubt, these things are carried to extremes; many times they are adopted as fads, and given up when

the novelty has worn off: still they accomplish good. They are educating people into the belief that health depends largely on the individual.

Not everybody is in the health business primarily for the money there is in it.

The writer does not wish to be understood as making light of those who are honestly manufacturing an honest health product. There are such. His reference is to the men who exploit, patent medicine like, some food, taking advantage of the credulity of the public, to amass sudden and enormous wealth.



### *Combinations Which Retard Digestion*

AN investigator in the Harvard medical school has been studying the movements of the stomach and intestines by giving food containing powdered bismuth, and examining by means of the X-ray. The bismuth casts a shadow, and in this way indicates on the screen the location and shape of the food masses.

He used cats for his subjects, and used for foods, various forms of fats, carbohydrates, and proteids, ground up into a mass having the consistency of thick mush. He experimented with these foods separately and in combination to determine the influence of the various foods on the movements of the stomach and intestines.

He found that "in a mixture of fats and proteids the presence of the fat causes the proteid to leave the stomach even more slowly than the proteid itself. Fat mixed with carbohydrates in equal amounts also causes the carbohydrates to pass the pylorus at a rate slower than normal."

This confirms the observation that the

presence of fats in considerable quantity retards stomach digestion.



THE President of the Mississippi Valley Medical Association, in his annual address, on "The Choice and Use of Medical Literature," well says: "If he is really to profit by the precious time spent in reading, the physician must be able to read with discrimination. *In medicine there is no such thing as an authority.* The critical sense must be ever keen and alert. The reader must learn to be a judge."

These words apply with equal force to non-medical readers of medical topics. The admonition, "Prove all things; hold fast that which is good," is sound.



### *Don'ts for the Portly*

DON'T imagine you can preserve a youthful slimness after forty without the exercise of some self-denial, for you can't.

Don't think you can drink beer several times a day and avoid growing stout; you can not.

Don't eat a substantial luncheon, and a heavy dinner in the evening, if you wish to keep looking younger than you really are.

Don't neglect regular exercise each day if you wish to avoid that thing most destructive to the appearance, an accumulation of fat about the hips.

Don't think that a half-hour's saunter is the kind of exercise that will reduce or prevent obesity. The exercise must be brisk and vigorous, not violent and overfatiguing. It should be of a cheerful kind—bicycling, riding, tennis, hockey, swimming. All these interest the mind, and this prevents the body from becoming tired too soon.—*Clipped.*

## News Notes

### Pure Foods

THE health authorities of Pennsylvania have prosecuted three persons for using coal-tar coloring in sirups.

THE Department of Agriculture, Washington, D. C., has decreed that all canned goods containing artificial coloring matter must contain a statement to that effect on the label.

A ST. LOUIS man recently paid one hundred dollars' fine for adding formaldehyd to cream and for diluting cream. Another paid twenty-five dollars for adding formaldehyd to milk. Let the good work go on!

NEW YORK inspectors testify before the courts that more than ten per cent of the milk sold in that city is below the standard established by law. A much larger percentage contains chemicals injurious to health. Punishment by fine having proved ineffective to abate the evil, imprisonment will hereafter be resorted to.

A PHILADELPHIA society organized for the purpose of supplying Pasteurized milk to needy children has nine distributing stations. More than half the milk distributed is furnished free of charge, on a physician's certificate that the child needs the milk, and the parents are not able to pay for it. The funds of the society are raised by voluntary contribution.

*American Medicine* well comments that there is no use legislating concerning the purity of the ice supply as long as blocks of ice are dropped on the sidewalk, and dragged in such a way as to gather the tubercle sputum and other filth on the walk. Why should it not be required that the ice which starts out clean shall be kept clean until it reaches the ice-chest?

THE papers have been reporting deaths as a result of eating cabbage containing certain worms. Two physicians, members of the Illinois State Board of Health, visited the locality where the deaths were said to have occurred, and state that after thorough investigation they are certain that the "cabbage snakes" are a myth, and that no deaths have resulted from any such cause.

DR. VAUGHAN, in a recent address on the use of food preservatives, spoke of the danger of using formalin (formaldehyd), which in minute quantity prevents souring, but does not prevent the growth of the colon bacillus. It removes the danger-signal, but not the danger. The doctor commends the decision of the courts that the presence of dangerous preservatives is illegal, even when not used in poisonous quantities.

NEW YORK is pushing the pure milk campaign. Milk dealers are being fined. One large dairy company whose milk was notoriously bad has been forced out of business. Producers are required to seal their cans with metal seals in order to prevent adulteration by middlemen. Producers of milk who meet certain stringent conditions regarding cleanliness of premises, etc., and healthiness of herd, are furnished with tin-foil caps for their bottled milk, which may be so put on that they can not be tampered with without detection. This guarantees the quality of the milk, and of course makes the milk so labeled more salable.

DR. SAMUEL L. WALTERS, in an address before the American Chemical Society, said that labels have come to mean nothing. So far has the evil extended that it is almost impossible to get certain articles which are true to their names. He says pure olive-oil in this market can be obtained only from dealers of the highest standing. Cottonseed oil usually passes for olive-oil. Low priced vinegar nearly always contains mineral acid. Pure maple sugar is almost unknown. Cocoa is adulterated with starch, ground shells, and sugar. Coffee is badly adulterated. Liquors frequently are adulterated.

THEY have an ingenious way of solving the pure food problem in Italy. The Italian Society of Permanent Chemical Inspection, a private company, analyzes foods for producers who are its patrons, giving an official certification of their purity. Patrons have the privilege of using the company's printed guarantee of purity on their packages, and buyers have the privilege of sending in for analysis (free of charge) packages of this guaranteed product. It is expected that the

guarantee will increase the sale of these articles as against articles not so guaranteed.

If the company remains incorruptible, the plan will in time solve the question of adulteration of foods in Italy; that is, provided buyers have enough interest in the purity of their food products to buy the labeled articles.

WHAT promises to be a valuable aid to the effort to secure pure milk is a paper milk bottle, made of heavy spruce-fiber paper, conical in shape to facilitate nesting. It is dipped in melted paraffin at two hundred and twelve degrees, then baked, so the bottle is perfectly sterile. The paraffin prevents the milk from coming in contact with the paper itself. In actual test at the laboratory there was less leakage with the paper bottles than with glass bottles, the bacteria were fewer in number, and the milk kept one or two days longer. The cost is such that they may be used without increasing the price of milk. By this method, the customer will get his milk in a new sterile bottle, instead of in an old imperfectly cleaned glass bottle. If the experimental laboratory work on this new bottle is confirmed in actual practise, a decided advance will have been made in the matter of supplying customers with clean milk.

#### Communicable Diseases

DR. E. H. HAYWARD has made a series of experiments demonstrating that the discharges of flies which have fed on tubercle sputum contain tubercle bacilli capable of transmitting the disease to animals.

SOME New York physicians suggest that the increase in pneumonia is due to the increased tendency to live in poorly ventilated and overheated sleeping rooms. The greater number of deaths in New York from pneumonia occur in the apartment-house district.

THE New York Throat, Nose, and Lung Hospital has opened a free dispensary for the treatment of patients suffering from lung troubles. Patients will receive advice and medicine, and even food and clothing when necessary. Consumptives will thus be enabled to remain with their families, and even to continue their occupation in many instances.

ACCORDING to the *Journal of the American Medical Association*, there is a growing tendency to attribute acute rheumatism to infec-

tion from the tonsils. A recent death from purulent peritonitis (inflammation of the membrane lining the abdominal cavity) could be traced to no cause other than a pair of inflamed and diseased tonsils.

THE French Yellow Fever Commission, as a result of their investigations in Brazil, report that yellow fever is never transmitted by contact with a patient or his clothing or excretions; that it is transmitted by means of a certain kind of mosquito; that it is never transmitted during the day while the sun is above the horizon. These conclusions are practically the same as have been reached by others.

AS a result of the observation of one hundred and sixteen cases of typhoid fever, Dr. R. M. Harbin concludes that the rational treatment for this condition is a restricted diet or fasting, continued for a period of one to three days, or until the active symptoms are under control. As a rule, he finds that fasting diminishes the systemic poisoning, and as a result the temperature lowers. He considers milk more harmful than solid food, because curds are formed. He believes that with fasting and hydrotherapy almost every danger will be warded off.

THE Franklin County (N. Y.) Medical Society, which numbers among its members many lung specialists who practise in the Adirondacks (a favorite resort for tuberculous patients) has petitioned the State commissioners of education to "consider the advisability of public instruction in the necessary hygiene for the prevention of tuberculosis." Copies of the resolution were transmitted to the State medical societies of New York, the State Department of Health, and the National Association for the Prevention of Tuberculosis. It is thought that the governor-elect will touch on this matter in his first message.

#### Education in Hygiene

NEARLY fifteen thousand physicians of England have signed a petition to have included in the public schools curriculum a course of instruction in hygiene.

THE State of Michigan has wisely provided for the instruction of children in health lines, by furnishing each teacher a monthly bulletin containing practical and timely information



# 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*

G. H. HEALD, M. D. - - *Editor*  
G. A. HARE, M. S., M. D., *Associate Editor*

**Subscription Price, 50 cents per year**  
**To Foreign Countries - - 75 cents**

Published monthly by

*Review and Herald Publishing Association*  
222 North Capitol St., Washington, D. C., U. S. A.

Entered as second-class matter June 24, 1904, at the Post-office at Washington, D. C., under the Act of Congress of March 3, 1879.

THE New England Sanitarium, located at Melrose, Mass., was burned January 1. The fire started at nine o'clock in the evening in the room of a nurse who overturned a lamp.

The women employees fought the fire, while the men assisted or carried the patients out of the building.

It is probable that the sanitarium will be rebuilt, as the location is ideal both as regards healthfulness and beauty of surroundings.

We are glad to learn that there are accommodations in the cottages and surrounding buildings which will enable the sanitarium work to go on while the new building is being erected.



## Our Advertisements

A HEALTH magazine should not carry any advertisement which would be likely to mislead the readers of the magazine as to the true worth of a certain product. Our readers have a right to expect that anything carried in our advertising columns is an honest preparation, and in harmony with the principles we are

teaching. So far as we are able to do so, we expect to see that anything which does not fulfil this specification is kept out of our columns. To this end we reject all advertisements of drugs, patent medicines, tobacco, tea, coffee, liquors. These can not buy our space at any price.

We reject all advertisements that we think make extravagant claims. Some periodicals do not believe in this. They say it is the province of the reader to judge between the false and the genuine.

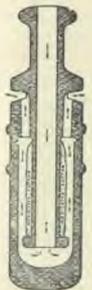
Advertisements of health foods we will accept, provided their claims are within the truth. We will not, for instance, advertise Blank's Cereal as a "food drink" or "able to make red blood," when we know it is not. Other health magazines can do it if they wish. To us it seems like betraying the confidence of our readers for gain. No doubt our indorsement of these foods would be valuable to the manufacturers, and we could add materially to our receipts in this way; but to us it would seem a prostitution of the paper to a very unworthy cause.



## Agents Wanted Everywhere

Ladies and gentlemen, to whom we offer a very desirable and lucrative business. Liberal terms. **Handsome Profits.**

Price, with bottle of solution and circular of instructions, \$1.00. For terms to agents address



**BATTLE CREEK INHALER COMPANY,**  
29 Aldrich St. - Battle Creek, Mich.

**NEW OLIVES** for sale; fine quality, good size, at **70 cts. per gal.** Have 500 gallons of last year's at **40 to 50 cts.** Also **Olive Oil, Oranges, Lemons,** a small amount of extracted **Honey.** Freight on Olives to N. Y. \$1.25 per 100 lbs, *providing* there are 180 lbs. or more. Order early.

**W. S. RITCHIE,**  
Corona, Riverside Co., Cal

## Teachers Should Know

THAT it is not necessary for children to have the usual diseases of childhood.

That these diseases are usually spread at school.

That a "cold," a sore throat, sore eyes, or sudden evidence of indisposition on the part of a child may be the starting-point of a fatal epidemic in the school.

That it is the teacher's moral duty in every such case to see to it that the child does not endanger other children. The child should be sent home with written instruction to the parents to consult a physician.

If the school law does not back you in this, then do it on the strength of your own moral force and personality. Better even lose your position than have on your conscience the sacrifice of a number of little lives.—*Ed.*

THE origin of most disease is fear of fresh air, and no fear of what goes into the mouth.—*Page.*



THE causes of eye-strain in children are found in refractive and muscular irregularities, in the unhygienic and badly illuminated school and study rooms, and in the silly and unreasonable demands made on the brain and nervous system of children by parents and educators. At the very age when the tissues are most yielding and soft, and the whole nervous system is tingling with new and unanalyzed sensation, before experience has had opportunity to teach the value of economy of time and effort, mental and nervous loads are put on our children that could not be borne under the most ideal conditions.—*Dr. Clayborne.*

The standard antiseptic

# LISTERINE

Awarded

**GOLD MEDAL**

Universal Exposition  
Saint Louis  
1904

A non-toxic antiseptic of known and definite power, prepared in a form convenient for immediate use; of ready dilution, slightly, pleasant, and sufficiently powerful for all purposes of asepsis—these are advantages which Listerine embodies.

The success of Listerine is based upon merit, and the best advertisement of Listerine is—Listerine.



## Hygiene



An interesting booklet entitled "Hygiene" may be had upon request.

Lambert Pharmacal Company

St. Louis, U. S. A.



**The Boulder-Colorado Sanitarium** is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the only Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted on the same general health principles as the Battle Creek, (Mich.) Sanitarium.

The buildings are equipped with all modern conveniences, including **Steam Heating, Electric Lights, Elevators, Gymnasium; Baths** of every description, including the **Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form. Classified Dietary, Laboratory of Hygiene** for bacteriological, chemical, and microscopical investigations; **Experienced Physicians and well-trained Nurses** of both sexes. No contagious or offensive diseases are received in the institution. No consumptive patients are received.

Special reduced rates are made to winter patients from November 1 to June 1. Write for catalogue and card of rates.

Address

## Boulder-Colorado Sanitarium

Boulder

Colorado

---

# St. Helena Sanitarium

---



### AN IDEAL WINTER RESORT

The largest and best equipped institution west of the Rocky Mountains following the BATTLE CREEK SANITARIUM system and methods of treatment.

### LOCATED

760 feet above sea-level and overlooking the beautiful Napa Valley, surrounded by lawns, flower gardens, and natural groves of ever-green.

### THE CLIMATE

especially during the winter months is delightful, being sheltered from the cold coast winds by a range of hills, while the fine altitude places it above the winter fogs and frosts of the lower levels; also assuring a pleasant summer temperature.

### EQUIPMENT AND SERVICE

is modern and complete in detail. Buildings are fitted with splendid steam heating apparatus, electric lights and call bells, telephones and elevator.

Complete apparatus and appliance for the treatment of invalids by up-to-date rational and scientific principles in Hydrotherapy, Electro-therapy, including X-Ray; massage, etc.

A full corps of physicians and trained nurses.

Surgery a specialty.

Tubercular cases not received.

Illustrated booklet sent on application.

Address

---

**ST. HELENA SANITARIUM SANITARIUM, CAL.**  
R. R. Station and Express Office, St. Helena