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## JOURNAL of the OUTDOOR LIFE of Saranac Lake, N. Y.

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<i>Dangers of Overexercise</i>	Vincent Y. Bowditch, M. D. Visiting Physician to Massachusetts State Sanatorium and Physician in charge of Sharon Sanatorium.
<i>Hints and Helps</i>	Charles L. Minor, M. D. Director in National Association for the Study and Prevention of Tuberculosis.
<i>Change of Climate</i>	Frederick I. Knight, M. D. Consulting Physician to Massachusetts General Hospital.
<i>The Patient's Duty</i>	S. A. Knopf, M. D. Visiting Physician to Riverside Sanatorium, New York City.
<i>The Danger Time in Tuberculosis</i>	Robert H. Babcock, M. D. Professor of the Diseases of the Heart and Lungs, Northwestern University, Chicago.
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<i>Denver as a Resort for Pulmonary Patients</i>	S. G. Bonney, M. D. Dean of Medical Department and Professor of Medicine, Denver and Gross College of Medicine, Denver University, Colorado.
<i>Causes of Tuberculosis</i>	C. O. Probst, M. D. Professor of Hygiene and Diseases of the Chest, Starling Medical College, Columbus, Ohio.
<i>New Jersey's Three Climates</i>	Irwin H. Hartee, M. D. (Lakewood, N. J.)
<i>Value of Rest at Outset of Pulmonary Tuberculosis</i>	Hugh M. Kinghorn, M. D. (Saranac Lake, N. Y.)

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*Journal of the Outdoor Life*

*Saranac Lake, N. Y.*

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- 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.

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

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Washington, D. C., April, 1905

No. 4

## *Hygiene Among the Israelites*

*Mrs. E. G. White*

IN the teaching that God gave to Israel the preservation of health received careful attention. The people who had come from slavery with the uncleanly and unhealthful habits which it engenders were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught, and sanitary laws enforced.

### *Prevention of Disease*

Not only in their religious service, but in all the affairs of daily life, was observed the distinction between clean and unclean. All who came in contact with contagious or contaminating diseases were isolated from the encampment, and they were not permitted to return without thorough cleansing of both the person and the clothing.

In the case of one afflicted with a contaminating disease the direction was given:—

"Every bed, whereon he lieth . . . is unclean: and everything whereon he sitteth, shall be unclean. And whosoever toucheth his bed shall wash his clothes, and bathe himself in water, and be unclean until the even. And he that sitteth on anything whereon he sat . . . shall wash his clothes, and bathe himself in water, and be unclean until the even.

And he that toucheth the flesh of him . . . shall wash his clothes, and bathe himself in water, and be unclean until the even. . . . And whosoever toucheth anything that was under him shall be unclean until the even: and he that beareth any of those things shall wash his clothes, and bathe himself in water, and be unclean until the even. And whomsoever he toucheth . . . and hath not rinsed his hands in water, he shall wash his clothes, and bathe himself in water, and be unclean until the even. And the vessel of earth, that he toucheth . . . shall be broken: and every vessel of wood shall be rinsed in water." Lev. 15:4-12.

The law concerning leprosy is also an illustration of the thoroughness with which these regulations were to be enforced:—

"All the days wherein the plague shall be in him [the leper] he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be.

"The garment also that the plague of leprosy is in, whether it be a woolen garment or a linen garment; whether it be in the warp, or woof; of linen, or of woolen; whether in a skin, or in any-

thing made of skin; . . . the priest shall look upon the plague. . . . If the plague be spread in the garment, either in the warp, or in the woof, or in a skin, or in any work that is made of skin; the plague is a fretting leprosy; it is unclean. He shall therefore burn that garment, whether warp or woof, in woolen or in linen, or anything of skin, wherein the plague is: for it is a fretting leprosy; it shall be burnt in the fire." Lev. 13:46-52.

So, too, if a house gave evidence of conditions that rendered it unsafe for habitation, it was destroyed. The priest was to "break down the house, the stones of it, and the timber thereof, and all the mortar of the house, and he shall carry them forth out of the city into an unclean place. Moreover he that goeth into the house all the while that it is shut up shall be unclean until the even. And he that lieth in the house shall wash his clothes; and he that eateth in the house shall wash his clothes." Lev. 14:15-47.

#### *Cleanliness*

The necessity of personal cleanliness was taught in the most impressive manner. Before gathering at Mount Sinai to listen to the proclamation of the law by the voice of God, the people were required to wash both their persons and their clothing. This direction was enforced on pain of death. No impurity was to be tolerated in the presence of God.

During the sojourn in the wilderness the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in close houses. But the strictest regard to cleanliness was required both within and without their tents. No refuse was allowed to remain within or about the encampment. The Lord declared to them:—

"Ye shall be holy unto me: for I the Lord am holy, and have severed you from other people, that you should be mine." Lev. 20:26.

"The Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy." Deut. 23:14.

#### *Diet*

The distinction between clean and unclean was made in all matters of diet:—

"I am the Lord your God, which have separated you from other people. Ye shall therefore put difference between clean beasts and unclean, and between unclean fowls and clean: and ye shall not make your souls abominable by beast or by fowl, or by any manner of living thing . . . which I have separated from you as unclean." Lev. 20:24, 25.

Many articles of food eaten freely by the heathen about them were forbidden to the Israelites. It was no arbitrary distinction that was made. The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. It unfits the user for communion with God, unfits him for high and holy service.

#### *Advantages and Regulations*

In the promised land, the discipline begun in the wilderness was continued under circumstances favorable to the formation of right habits. The people were not crowded together in cities, but each family had its own landed possession, insuring to all the health-giving blessings of a natural, unperverted life.

Concerning the cruel, licentious practices of the Canaanites, who were dispossessed by Israel, the Lord said:—

"Ye shall not walk in the manners of the nations, which I cast out before you;

for they committed all these things, and therefore I abhorred them." Lev. 20: 23.

"Neither shalt thou bring an abomination into thine house, lest thou be a cursed thing like it." Deut. 7: 26.

In all the affairs of their daily life the Israelites were taught the lesson set forth in later times by the Holy Spirit through the apostle Paul:—

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3: 16, 17.

#### *Rejoicing*

"A merry [rejoicing] heart doeth good like a medicine." Prov. 17: 22. Gratitude, rejoicing, benevolence, trust in God's love and care,—these are health's greatest safeguard. To the Israelites they were to be the very keynote of life.

The journey made three times a year to the annual feasts at Jerusalem, the week's sojourn in booths during the feast of tabernacles, were opportunities for outdoor recreation and social life. These feasts were occasions of rejoicing, made sweeter and more tender by the hospitable welcome that was given to the stranger, the Levite, and the poor.

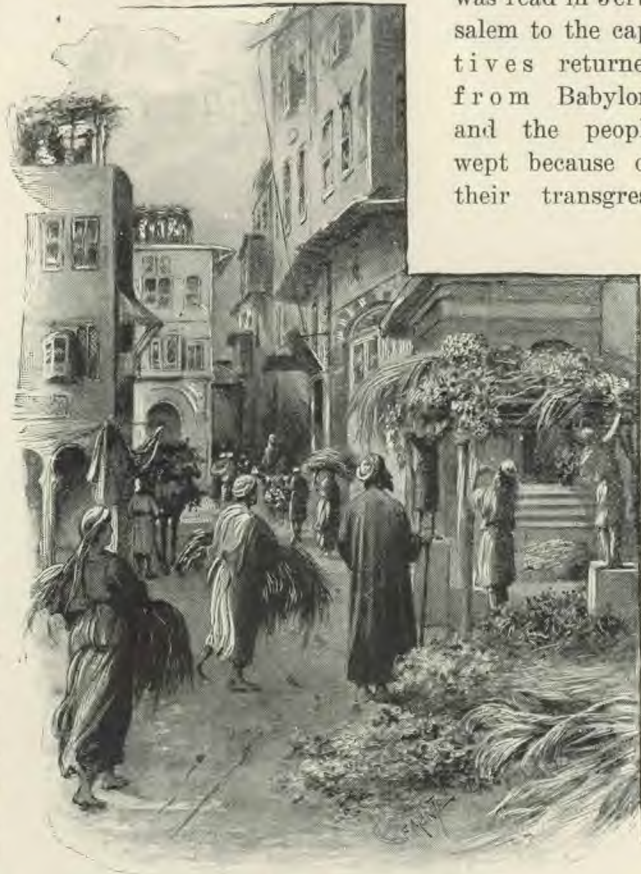
"Ye shall rejoice," the Lord said, "in all that ye put your hands unto, ye and your households, wherein the Lord thy

God hath blessed thee." Deut. 12: 7.

"Rejoice in every good thing which the Lord thy God hath given unto thee and unto thine house, thou, and the Levite, and the stranger that is among you." Deut. 26: 11.

So in later years when the law of God

was read in Jerusalem to the captives returned from Babylon, and the people wept because of their transgres-



*The people made themselves booths*

sions, the gracious words were spoken:—

"Mourn not, nor weep. . . . Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength."

And it was published and proclaimed "in all their cities, and in Jerusalem, saying, Go forth unto the mount, and fetch olive branches, and pine branches,





## *Health by Hard Work*

It is not my intention to attempt a sketch of Mr. Roosevelt's life, but merely to study his method of attaining perfect physical health.

He was "an average boy as to mental attainments, and considerable under the average in bodily strength. Whatever successes he has achieved seem to have come more from an inherent will that would not brook defeat in any line than from peculiar advantages gratuitously bestowed upon him."

At the age of eighteen, he entered Harvard, "slender of figure and pale of face;" but he did not hesitate to join in any of the sports of his fellows so long as they were respectable. As he says of himself:—

"I was a slender, sickly boy. I had made my health what it was. I determined to be strong and well, and did everything to make myself so." "By the time I entered Harvard, I was able to take my part in whatever sports I liked. I wrestled and sparred and ran a great deal during my four years in Cambridge, and though I never came out first, I got more good out of the experience than those who did, because I immensely enjoyed it, and never injured myself." Previous to this he had developed a love for hunting, and realized that the wild life incident to the chase was an excellent means to build up a rugged constitution. "I belong," he says, "as much to the country as to the city. I owe all my vigor to the country."

Bill Sewell, his old guide has this to say of him: "He was a pale, rather delicate young man of about eighteen, but the toughest boy physically and the greatest mentally I had ever met." "He took the greatest interest in the woods, and never complained of being tired,

although I knew many a time that he was hardly able to drag himself home after a long tramp." "Physically a weakling in his boyhood, he has acquired by spartan training a body like spring steel."

At his graduation from Harvard, at the age of twenty-two, he took a trip to Europe, and tramped through Germany, climbing some of the higher Alps. Most wealthy young men would have preferred a more luxurious method of traveling; but Mr. Roosevelt was there for his health as well as for study and pleasure.

As a result of the cares following the death of his wife and his mother, his physical condition was such that he felt the need of making a special effort to build up a sound constitution. So, leaving for a time his active public life in the East, he established a home near the headwaters of the Missouri, and engaged in cattle raising and hunting.

Here he made a home, and for years after he had again entered political life, he returned here occasionally, living the wild frontier life that helped to develop "those lungs that had suffered somewhat in the labor of study and the living in cities." "In the branding season," we are told, "there was scarcely any rest, night or day, for the riding was hard, and almost incessant. But Mr. Roosevelt seemed to thrive on the open air and the exercise, and always returned from his trips to his ranches greatly improved in health, and with added zest for the activities of the more populous East."

Mr. Roosevelt did not make a great financial success out of his ranches. "But he won something that can not be measured in money. For he gave himself, at the early period when time was

at his command, the precise form of development that has proved so valuable in his later life, and that will arm him to the end."

The following quotation from the preface of Mr. Roosevelt's "Wilderness Hunter" gives his opinion of the wild life as a means of health:—

"The chase is among the best of all national pastimes: it cultivates that vigorous manliness for the lack of which in a nation, as in an individual, the possession of no other qualities can possibly atone."

If he means to say that the chase is the only way by which "that vigorous manliness" can be cultivated, there is opportunity to differ with him. The border life develops, sometimes, other characteristics besides self-reliance and courage which are far from desirable.

On the other hand, there are many notable instances of the development of manliness apart from the chase or border life. Not everybody will agree with Mr. Roosevelt that one must be a perfect fighter in order to be a perfect man.

Is the "strenuous life" an aid to health, or is it the opposite?—That depends upon what is meant by the strenuous life. If it implies the concentration of all one's *available* time, strength, and mental activity to some useful purpose, it is decidedly a benefit. Systematic, hard work, properly planned, and faithfully executed, can be only a benefit. But nervous, ill-timed effort, combined with worry and neglect of exercise, sleep, and proper time for meals—this miscalled "strenuous life" is what kills people, and drives them into insane asylums, or makes nervous wrecks of them.

The strenuous man may be compared to a powerful engine which does its work easily and with scarcely any noise. The so-called "strenuous life" which

ends in prostration, may be compared to the forty-horsepower engine attempting to do work which really requires a sixty-horsepower engine to run. It puffs, makes a great noise, comes to a standstill for repairs, starts again, and so on; but never works easily.

One should realize that his first requisite is health, and all his plans should be laid with that end in view.

Mr. Roosevelt, energetic as he was, was content to allow others to win the Harvard games. He was in the games for his health, and took care never to injure himself. It might be better for many if they would follow a similar plan in the struggle for wealth, or position, or other object in life. Whatever the line of endeavor, let health be first.

What is the profit to a man who amasses a fortune, and thereby loses his health? With shattered nerves, and broken-down digestive organs, attempting to keep the old machine going by means of stimulants, hypnotics, nerve tonics, etc., what pleasure can he get out of his accumulated wealth?



### Roosevelt on Work

WHEN the weather is good for crops, it is also good for weeds.



WE must all either wear out or rust out, every one of us. My choice is to wear out.



THERE has never yet been a man in our history who led a life of ease whose name was worth remembering.



I BELIEVE in holidays. I believe in play, and I believe in playing hard while you play, but don't make a business of it.

# *An Informal Talk on Dietetics*

*F. E. Caldwell, M. D.*

You have doubtless noticed that hens have no teeth, and also that they swallow their food whole, together with various other things, such as stones and bits of gravel. This desire for gravel with the food is intended as nature's expedient for a lack of teeth. Man's teeth are in his mouth, and not in his stomach.

This indicates that swallowing food whole is contrary to nature. Yet a large majority of men and women swallow their food so rapidly that it is quite impossible for them to chew it as they ought, and, as a result, a heavy burden is unnecessarily thrown upon the organs of digestion. Dyspepsia in some form, and sometimes various other kinds of disease, are sure to follow sooner or later.

Perhaps rapid eating has caused the loss of health of more people than any other form of abuse.

Have you noticed the kind of teeth furnished the lower animals that naturally prey upon their fellow creatures? They have no molar teeth such as are furnished grass-eating animals; hence they can not grind food, but only tear and bruise it, then swallow it in large masses.

It requires no wise man to conclude that nature has intended that these animals should live on flesh food. Quite different are the teeth of ruminating animals, which are vegetable eaters. Molars are furnished these, and by a peculiar arrangement of the joints a lateral grinding movement is permitted the lower jaw.

So uniform has this peculiarity of arrangement been found, that naturalists

have no hesitancy whatever, upon being shown the teeth of an unknown animal, in deciding what class of food is natural to it.

Man has not only the molars peculiar to the herb eater, but he has his peculiar lateral motion of the jaw, which is never found in flesh eaters. These peculiarities would seem to indicate that nature intended man to be a vegetarian.

Grains, nuts, and vegetables, properly prepared, can furnish a dietary that is tasteful, nutritious, and healthful.

It has been supposed by some that flesh food is necessary to give strength and endurance, but tests of endurance made during the last few years, have shown that a dietary entirely free from flesh food is superior; particularly has this been seen where the races have extended over several days.

The experiences of the Japanese soldiers in Manchuria during the past year have been an object-lesson to the world. It was formerly supposed that soldiers without flesh to eat were not only unable to endure the hardships and long marches so often required of them on the battle-field, but that spirit and energy to fight well would be lacking.

Nearly half a million Japanese soldiers, who live practically upon simple vegetarian diet, have shown courage and endurance scarcely equaled in modern warfare.

One result has been to cause other leading governments of the world to study anew the subject of food for armies, that the amount of flesh food furnished in their soldiers' rations may be reduced.

It is interesting to note the striking

similarity between these facts and the conclusions of those who have studied the dietary which our Creator appointed for the first pair — the ideal man and woman — in Eden. God said to Adam and Eve, "Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food."

In the degeneracy of our race since the fall, God's ideal man has been almost lost to view; but it is our delightful privilege to co-operate with God in his effort to re-establish his ideal in the earth. It is needless to state that this can not be accomplished while living contrary to the laws of nature.

In the eleventh chapter of Isaiah we are given a glimpse of life among God's ideal men, as they will live upon the

earth made new. Here it is declared of God's creatures: "They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of Jehovah, as the waters cover the sea."

From this we may be sure that the soul-destroying practise of flesh eating will cease on the part of all who shall reach the earth made new.

How important, then, that those who are seeking fitness for companionship with God throughout eternity, shall yield obedience to all his laws, physical as well as spiritual.

Rational men ought to look past selfish indulgence, and under the surface of things, forming, or, if necessary, reforming, their habits in harmony with the will of God found harmoniously recorded in both revelation and nature.



## *Care of the Sleeping Room*

*O. C. Godsmark, M. D.*

ALTOGETHER too little attention is paid, as a usual thing, to the sanitary conditions of our sleeping rooms. During the night, while the entire body is relaxed and in a dormant condition, the millions of minute pores all through the skin are pouring out from the body large amounts of impurities and waste matter that have been accumulating during the active hours of the previous day.

Every movement, every pulsation, every thought, results in the breaking down of tissue, and that broken-down tissue must be carried away and disposed of; in other words, the system must be cleaned out, and the machinery made ready for another day's work. During the sleeping hours, while the muscles and brain are at rest, these impurities are being thrown off by skin

and lungs, and will soon render the sleeping room air foul, if there is insufficient ventilation.

If you have never been a believer in fresh air for sleeping rooms, go out when you arise, and take a brisk walk in the fresh morning air, leaving the sleeping room doors and windows closed, just as you had them during the night, then return to these same closed apartments and note how foul and close the air smells, indicating that it is laden with impurities; then ask yourself the question, "Is it any wonder that I get up every morning with a bad taste in my mouth, and feel more tired than when I retired the night before?"

When one stops to consider that from one fourth to one third of our time is spent in the sleeping room, and that

right here in these very rooms is where we expect to get our rest, rebuild and replace our broken-down tissues, and that here is where we prepare our bodies for the labors and duties of another day, we can see the necessity of having these apartments as light and airy and healthful as it is possible to make them. Too often the sleeping room is some small apartment, off to one side where but little sunlight ever reaches. The sleeping room should be one of the most desirable and attractive rooms of the house. It should be so situated that it may be thoroughly sunned and aired every day. The bedding should, not less than twice each week, be hung out where it can be thoroughly impregnated with the direct rays of the sun.

Are you nervous? Is it hard for you to get to sleep? Is your sleep unrefreshing? If so, have the bedding hung out on the line so the wind can blow through it, and the warm rays of the sun can penetrate its meshes. Have the bed

made up warm and dry after the room is thoroughly aired, and see how much better and more refreshing your sleep will be. Try it. It will be worth more than medicine to your tired and exhausted nerves. It is one of Heaven's own remedies, and the blessing of Heaven will attend its continued application.

It is an old saying that "where the sun does not enter, the doctor must." This statement we know to be true. So often do we see in our crowded cities people suffering with maladies of almost every kind, and when we see the dark homes where they live, and realize the impurities of the air they constantly breathe, we sometimes wonder that they live as long as they do.

Fresh air, pure water, and plenty of sunshine will go a long way toward recovery of health for any one who has lost that blessing, and will go just as far to keep the one in health who still possesses that inestimable gift.

*Mission Ridge, Chattanooga, Tenn.*



## How Disease Is Transmitted

SOME trifling thing which might easily have been prevented is often the means of transmitting a dangerous disease.

The following incidents, copied from *The Teachers' Sanitary Bulletin* of Michigan, will show how proper precautionary measures might have prevented loss of life:—

### *Cats as Conveyers of Disease*

A farmer's two children, suffering from diphtheria, had a favorite cat, which was with them much of the time for the first week of their illness. On the fifth or sixth day of their sickness I was asked to see the six-year-old daughter of their next neighbor, who lived about one-fourth mile from them.

I found her with a well-marked case of diphtheria. They stated positively that there had been no communication between the two houses, as the little girl had had an attack of diphtheria when she was about two years old, and, being their only child, they had avoided every case of sore throat since then.

On my visit next day I found the girl fondling the boys' cat, and learned that, when well, the children were constant playmates, and that the cat was as much at home at one house as the other.

The next day the cat seemed sick, and died that night. I made a post-mortem examination, and, judging from

the condition of the mouth and throat (which were lined with false membranes), decided that the cat died of diphtheria, and had been the means of spreading the disease from the boys to the girl.

Three other cats on the first farm died, with all the throat symptoms of diphtheria.

The preceding statement that pets, particularly cats, can carry the contagion of certain diseases is further illustrated by a letter received a few days ago from a health officer of one of the south side counties where smallpox is prevailing at this time, saying that a case of smallpox had developed in a family where it was absolutely certain there had been no exposure or contact with the outside world, and he attributed the contagion to a pet cat. Not a member of the family had been away from the farm or home, and no one had called, white or colored, for two or three weeks, due to the fact that smallpox was in the neighborhood, and the family were alarmed, so they kept aloof from the outside world, and held no communication with it whatsoever.

They had a pet cat, which was known to frequently visit a neighbor's several miles away, where there was a case of smallpox. This cat was a great pet of the little girl of the family, the only one that really fondled and handled it. In two weeks after one of the visits of this cat to the infected house, the little girl developed smallpox.

The moral is, when there is a case of infectious or contagious disease in the neighborhood, such as scarlet fever, diphtheria, whooping-cough, smallpox, chicken-pox, and the like, keep your domestic animals, such as dogs and cats, at home.

#### *Vitality of Smallpox Germs*

The following, from the *Indianapolis Sun*, shows that the smallpox germ, unless destroyed by disinfection, maintains its virulence for many years:—

“Statement of Dr. J. N. Hurty, Secretary of the Indiana State Board of Health, concerning the death of Miss Minnie Peterson, 39, of Scipio, who died of the disease last Monday.

“‘An investigation discloses the fact that thirty-nine years ago the girl's father died of the same disease. His old clothes were packed in a chest, which had been preserved. Two weeks before the death of Miss Peterson she opened this old chest, not knowing what it contained. It was stowed away in an attic room, where it had remained almost half a century; yet it contained the deadly germs which were destined to cause Miss Peterson's death.’”

#### *The Need for Proper Disinfection*

We have now from Ohio an account of a case where the clothing, toys, etc., of a child, dead of diphtheria, were carefully packed away in a chest. Some fifteen years after, the mother died, and the chest was opened by her relatives; the contents were handled freely, and the result was an attack of diphtheria in this family, though no cases had been seen in that village for some time. In such instances all clothing, toys, etc., should be destroyed, unless of great value, then nothing should be packed away before the most complete disinfection has been accomplished. We have known of a similar instance of the clothing and toys as well as the cradle used by a child that died of scarlet fever, acting, after nearly thirty years, as the means of conveying this disease to a later generation. So many instances have been brought to our notice while acting as medical inspector for the State

Board of Health, where the toys, books, and clothing have been the agents of distributing disease, that we feel we can not be too urgent in the demand for the burning of everything so infected, unless for some important reason such articles must be preserved, when the most careful disinfection must be had, and also long exposure to the air. Even in the latter case a buffalo blanket, which had

been constantly exposed to the elements for several months, was the only agent to which to attribute the renewal of disease, as did occur in a locality where, on a visit of friends to a home which had been the scene of a smallpox epidemic, a buffalo-robe was employed as a cover. This robe was deemed to be perfectly safe because it had been exposed to the air and rain for some time.



## Sore Throat Precautions

ALL cases of diphtheria should be thoroughly quarantined, and the *patient not allowed to mingle with the well for at least three weeks after all symptoms of the disease have passed. None who have been exposed should mingle with the unexposed for at least ten days.* This may seem to some a hardship, but if they are ever called upon to stand beside the bed of their child dying with diphtheria contracted from some neighbor's child who was thoughtlessly allowed, when slightly sick with sore throat, to go to school or play with other children, they will fully appreciate the justice of this rule.

All cases of sore throat should be looked upon with suspicion, and the utmost care taken of them. While all cases are not diphtheria, many that are apparently simple and do not give much inconvenience are, and they may give to another the disease in its worst forms. The patient should be isolated as much as possible from the family, and kept in a room from which has been removed everything not necessary to the patient's comfort.

All discharges from the patient, of whatever kind, should be disinfected by being thoroughly mixed with some strong

disinfecting fluid. A five-per-cent solution of carbolic acid is good. All cloths used about the nose or mouth should be burned at once, and all spoons or dishes allowed to stand in boiling water before being taken to the kitchen. All remaining food should be burned, and nothing from the room thrown out.

The patient should be washed frequently with some antiseptic solution, and nourishing food should be given. If taken early, there is no doubt that the antitoxin will, in most cases, cure the disease, and no fear need be entertained of bad results from it. After recovery the patient should use for a few weeks an antiseptic mouth wash.

*The duty of the physician and health officer is not ended with the recovery of the patient.* Everything that has been in any way exposed must be thoroughly disinfected by them, and not left to the family. To do this, five pounds of sulphur should be burned for every thousand cubic feet of space, or ten ounces of formalin be evaporated for the same space. All apertures must be stopped, and the rooms closed for sixteen hours, at least.—*N. K. Foster, M. D., Health Officer, California.*



# THE MEDICAL MISSIONARY AT WORK

## *Shang-tsai Hsien Dispensary, Honan, China*

*H. W. Miller, M. D.*

EVER since we began work in this new station, the larger portion of those calling upon us have been sick persons desiring help. At first it was very inconvenient to treat them, all our supplies being packed, so we asked them to return in a month, when we would have a room prepared in which to treat them. But urgent calls would come, and we feared that delay would mean serious results. We opened our supplies, and gave these cases treatment, with the result that nearly every case was made an urgent one by the patient; and if he thought his sickness was not of sufficient importance, he would tell how many miles he had come. The Chinese are experts in an argument. They can bring much evidence to bear on a point.

By the middle of November we found it necessary to devote every afternoon entirely to treating and examining the sick. We are called *Muh-si*, which means "minister of the gospel." But the sick come to us, just the same as if we went by the name *Di-fu*, which means "doctor."

The people have learned that we see the sick only in the afternoon, which gives us the forenoon for study. The dispensary and street chapel are side by side, in the front building of our compound. Our evangelist spends his entire time in the street chapel, conducting meetings. In the forenoon he meets all the visitors, and invites them to return in the afternoon. Just before seeing the patients, we hold a general meeting in

the chapel, in which we present Christ as the great Healer and Redeemer of the world. After this we see the sick, one at a time, and the evangelist teaches the remainder, who wait their turn in the chapel. In this way we are trying to give every visitor to our mission something to take home with him besides medicine.

A large number of the sick coming to us are incurable, as the disease has met no resistance, but only encouragement from the methods used by the natives. Especially is this true of diseases of the eye, many coming to us with opaque cornea. But we have a large number of cases that yield to treatment, especially malaria, scabies, ulcers, anemia, and dysentery. Patients are also brought to us in the acute stages of the diseases, so that we are able to prevent many bad results, especially blindness.

We have also encroached on the dentist's ground,—and with no objection from the dentist, either,—and are extracting teeth. Very few days pass that a case of *ia-teng*—toothache—does not come, desiring a remedy; and nearly all submit to having the unfortunate member withdrawn. But the Chinese as a race have good teeth. I have not yet pulled a tooth for a man under thirty years of age, except a few baby teeth. Even men and women fifty and sixty years of age have very little trouble with their teeth, except the opium-smokers, who lose their teeth much sooner. The Chinese take no care of their teeth. It is most repugnant to see their teeth covered with tartar and decayed food.



Perhaps a very good reason for there being so few decayed teeth is because the Chinese eat very little candy, sweetmeats, pastry, and meat. In this city and surrounding country, three or four large swine and as many goats furnish the meat supply for ten thousand people.



### *Samoa*

ACCOMPANYING Christ's commission, "Go ye into all the world, and preach the gospel," is the beautiful promise, "Lo, I am with you alway, even unto the end of the world." Wherever the Lord places us, this is our field to labor for him, and it is part of his great world, whether at home or in a foreign land; and how cheering is the promise, "I am with you alway"! With this precious thought, need we be discouraged, when we encounter trials or hardships by the way? Trials are only God's workmanship to better fit us for his service, and happy is that individual who willingly and cheerfully submits to the refining process of the Master Workman. He will come out as gold tried in the fire.

The medical missionary has as wide a scope for work as any other laborer. His experiences with the sick are many and varied. While relieving physical pain, he has an opportunity to teach a better way of living and how to care for the body to keep it in health, besides ministering the bread of life to the hungry soul. Thus a threefold work is being done; and not until every man is rewarded according to his work, will we know how much has been accomplished through our labors.

It was a source of great encouragement to me while nursing a patient, the wife of a Wesleyan minister, on the island of Savaii, to find how truly anxious she

was to learn the better way to live. Like Manoah, her most important question was, "How shall we order the child, and how shall we do unto him?" She felt that no sacrifice in the way of giving up tea, condiments, etc., was too great on her part if they interfered with the health of the newborn.

She asked many questions, and was eager to learn all she could regarding the proper care and clothing of her infant. That she was anxious to learn, and that the suggestions and hints given were appreciated, was evident, for she carried out as well as she could what she saw was right. Both she and her husband are very anxious for the welfare of their little one, as all parents are, and they thanked me heartily when they learned that there is a right and a wrong way of combining foods. We trust that when they visit us here at our sanitarium, help in this line will be given them in introducing our health foods. Meat is very seldom used on their table, for the reason that only tinned meat comes to them, and they think it is harmful.

Our medical branch of the work here in Samoa may not be as flourishing as we would desire, yet we are glad of the opportunity we have of reaching the hearts of a few. We are full of courage, and enjoy our work. We know the Lord blesses our good intentions, even though the work seems small.

S. MARETA YOUNG.



### *Karmatar, India*

MEDICAL missionaries are needed. The other day I went with Mr. Hansen, the nurse, to see a sick man in a village not far away. After giving him treatment we went out to look about the place. A crowd of people were around us, begging Mr. Hansen to go to see sick friends.

He treated six men that morning, besides telling many others what to do for themselves. What a pity to see humanity suffering from almost incurable diseases, which at one time might easily have been checked with simple treatment.

At present a leper, with sore feet, is sitting in our compound. He bruised his feet while walking, and was not able to care for the affected parts, as his fingers are all twisted and withered with leprosy. Worms had eaten into the ball of his foot until the flesh just back of the toes was entirely eaten away, leaving a cavity almost to the ankle joint. With a little turpentine we destroyed the worms that caused him so much agony. For two days the man would not eat, as he is a "fakir," and those of his caste never eat anything except it is prepared by one of their own caste. At last, hunger overcame caste, and he ate as if nearly famished.

May the Lord help us to reach all such — and there are millions of them in India — with the message of salvation.

W. O. JAMES.



### *Halifax, Nova Scotia*

WE are getting through this severe winter in good shape. *La grippe* had a hold on us for a short time, but we succeeded in shaking it off. The natives speak of this winter as the most severe for many years. These conditions make it difficult to carry the work forward. I believe there is some progress being made. We have a fairly good interest in hand. We are conducting health lectures weekly, and a number are benefiting by the instruction. The people move much more slowly here than in the States, in spiritual matters at least, and thus our progress is slow. We are of good courage.

J. GREER HANNA.

### *Medical Missions in North Africa*

THE ever-growing importance of medical missions is referred to in the opening pages of the yearly report of the North African Mission. At the present time that mission has only three male doctors and one lady doctor, while there are eleven stations to be occupied. In Algeria, French laws prevent work being done by any except those holding French diplomas, but in Egypt the facilities for medical assistance are numerous. Consequently, Morocco, Tunisia, and Tripoli are the fields occupied. There are three hospitals and dispensaries in Morocco, a *quasi-hospital*, or *hospice*, in Tunisia, and a dispensary in Tripoli. The work at the Tulloch Memorial Hospital, Tangier, is the oldest medical work of the mission. During the year, 3,370 attendances were registered, and two hundred in-patients treated. At Fez, the largest city, the northern capital and seat of the government, a spirit of conviction rarely seen among Moslems was very noticeable. Many opportunities for faithful gospel preaching occurred. To Tripoli patients came from far and wide, and the missionaries are now recognized as friends. Open-air preaching and tract distribution are out of the question, except in quite a few places. "Discussion" meetings have, however, been successful for the end in view, and have, through God's blessing, led to some souls seeking Christ.—*Missionary Review of the World*.



### *Siamese Medical Beliefs*

"DR. STURGE, medical missionary in Siam, gives an interesting account of the Siamese theory and practise of medicine. All nature, according to the Siamese, is made up of four elements; namely, fire, earth, wind, and water.

The human body is supposed to be composed of the same elements, which they divide into classes, visible and invisible. To the former belongs everything that can be seen, as the bones, flesh, blood, etc.; to the latter the wind and the fire. The body is composed of twenty kinds of earth, twelve kinds of water, six kinds of wind, and four kinds of fire. The varieties of wind are as follows: the first kind passes from the head to the feet, and the second variety from the feet to the head; the third variety resides about the diaphragm, and the fourth circulates in the arteries forming the pulse; the fifth enters the lungs, and the sixth resides in the intestines. The four kinds of fire are, first, that which gives the body its natural temperature; the second, that which causes a higher temperature, as after exercise or in fevers; the third variety causes digestion, and the fourth causes old age. The Siamese divide the body into thirty-two parts, as the skin, heart, lungs, etc. The body is subject to ninety-six diseases, due to the disarrangement of the earth, wind, fire, and water. Thus, if there is an undue proportion of fire, we have one of the fevers. Dropsies are caused by too great a proportion of water, and wind causes all manner of complaints. Nine out of ten of the natives, when asked what is the matter with them, answer, 'Wind.'



### *Mission Notes*

MENTIONING the opportunity for medical missionary work in the island fields, our missionary in Fiji writes: "The nurse is having all the work he can do for the natives, whites, and Indians. God is giving him favor with all classes. He tries to help the people spiritually as well as physically. During five months his income from treatments

was eighty pounds eleven shillings. He gave during this time one hundred and forty-two free treatments. Almost one third of his treatments were free."



THE medical missionary finds opportunities on every hand in England. W. C. Sisley reports the medical work making progress there. Caterham Sanitarium has a good patronage. The patients at Leicester are also increasing. The friends in Ireland are looking for a favorable location for a sanitarium there.



DR. S. A. LOCKWOOD writes from Kobe, Japan: "During the first eighteen days of this year our office work has amounted to one hundred and fifty dollars, and the next two weeks promise to be just as busy. Slowly but steadily we are adding to our list from among our patients those who consider us their family physician."



"THE Christlike nature of medical missionary work, the opportunities which it affords for the practical manifestation of the spirit of the gospel, the doors, otherwise closed, which it opens in pioneering a way for the entrance of the truth,—these are features of this department of work which can not fail, if intelligently apprehended, to commend the cause to the hearty sympathy and support of the friends of missions."



"AMONG the natives of the South Pacific islands, 'cutting' is the universal remedy for every ailment. If pain in the head is felt, then an incision, or perhaps two, is made over the part 'to let the pain out; if diarrhea is the complaint, then cuts are made over the abdomen; if rheumatism, deep incisions are made over the part affected; if fever, various parts of the body are cut."



# HEALTHFUL COOKERY

## AND HOUSEHOLD SUGGESTIONS

### *The Furnishing and Care of a Bedroom*

*Mrs. M. H. Tuxford*

THE bedroom ought to be the prettiest and one of the most cheerful rooms in the house; it need not be the largest nor the best, nor even the most expensively furnished, but it ought to be the coziest.

Pretty things are now so cheap that a dainty bedroom is within the reach of almost anybody who can afford to furnish a house at all.

To begin with, let it be as cheerful as a bright paper and paint can make it. A square of carpet of Brussels is cheapest, with the surrounding floor stained or painted. I have in mind a pretty carpet square of dull art greens, and a hearth-rug of cherry color and deep ivory. The bedstead should be painted an art green, and the bedspread should be of art green linen with a bordering of ivory-colored lace, the night-dress bag and bed hangings matching the bedstead, and tied up with cherry-colored ribbons.

The draperies to the windows should be equally quaint and pretty, merely a straight half width of pale green art linen run on a thin rod, and allowed to hang down. This serves as a valance; then from beneath it on either side fall curtains of the same, edged with lace to match the bedspread, and so short that they reach only to the inside sill. The

toilet cover to the dressing-table should be the same.

The bedroom suite should be of art green; but if home made, then draped to match the rest. Toilet ware of plain maroon would be exceedingly quaint. In one corner of the room have a dainty table of art green, suitable for writing or work.

A little book shelf of choice literature hanging on the wall is very helpful and necessary. Last, but not least, have one or two cozy chairs, wicker ones will do, upholstered in the art green tapestry, and one straight-backed chair to use at the table.

This ideal room will prove a restful one for the tired mother or loved one, and her eyes will have repose when they wander around the room.

#### *Care of the Room*

Begin with the idea of raising as little dust as possible. Open your windows, and take up your rug or rugs, and shake them well out of doors, then roll them up and lay aside. Wipe off with a slightly damp cloth the chairs, tables, and all small furniture, and remove from the room. Shake the curtains, wipe the picture-frames and all cornices. If you have to use a broom, it is a good plan to have some bran or sawdust mixed

with salt, sprinkled over the carpet, if your square is too large to remove out of doors. Some newspaper torn into small pieces, slightly moistened, is excellent to sweep a carpet with. Use a damp cloth to go over the polished or painted part of the floor.

If the carpet is dull or stained or spotted, wipe with a flannel dipped in ammonia and warm water.

Be very particular about the hygiene of your washstand; see that the pitcher and water carafe are cleaned out at least twice a week. All loose things lying around should be picked up and put into their places.



### *The Value of Lemons*

Most people know that for cleaning brass trays, ornaments, etc., nothing is better than lemon-juice; but this is only one of the many ways in which this fruit may be used.

Half a teaspoonful of juice squeezed into a glass of lukewarm water with which you wash your teeth gives a delightful feeling of cleanliness to the mouth. Rinse it afterward with water.

Any peel not needed for immediate use should be slowly dried in the oven, and stored in a tin for flavoring. A little of this dried peel cooked in an apple pie, or with apple sauce, gives the fruit a delicious flavor.

Just a squeeze of lemon-juice added to sauces, soups, gravies, or stews, after cooking, brings out the flavor wonderfully, and is a great improvement.

For a cough a baked lemon is an excellent remedy. Put it into a moderate oven, and let it remain till soft. Mix together an equal quantity of honey and the juice of the baked lemon, and take a teaspoonful, which should be warm when the cough is troublesome.

If you want your hair to look soft and glossy after washing, use lemon instead of soap. You may either rub the lemon itself on the head or squeeze the juice from it. First dampen the head all over with warm water, then rub the lemon well into the roots of the hair, and rinse thoroughly in warm water. Boil a pint of bran in a gallon of water, for the actual washing, strain, and add a little borax in the rinsing water.

A lemon bath is a luxury. For this, two or three lemons are sliced into the bath water half an hour before it is required. The sense of freshness and cleanliness it gives, and the suppleness and smoothness it imparts to the skin, are not soon to be forgotten.

Lemons rubbed on the hands remove stains, and help to keep them soft and white. It is good for the face, too, if mixed with an equal quantity of rose or elder flower water.

M. H. TUXFORD.



### *The Kitchen Sink*

MORE mysterious ailments are caused by a neglected sink than some might suppose. The woodwork may be scoured until as white as snow, the porcelain may be spotless, but what about the pipe which is hidden from view? How many times have small pieces of food been washed down it; greasy water, half-cold, poured down? Even water which has been used for cleaning out a room is thoughtlessly disposed of in the same way — water containing bits of fluff, matches, etc., unless the room has been previously and carefully swept. A tiny piece of string or a match lodged in a crevice of the pipe will catch other particles until quite a large accumulation will be collected. Hair is the most harmful of all. A tiny wisp will catch on any roughness

of the pipe, and will form a trap for anything falling upon it.

When washing dishes, clean each plate of every particle of food before putting it into the water; and when the dish washing is finished, pour the water through a strainer, which you should keep in the sink. This will prevent any risk. About twice a week take a pail of boiling water, in which some common washing soda and some ammonia is dissolved, and pour down the sink. More boiling water may be used if required. Never pour milk down the drain, as this causes the pipe to become sour.—*Home Physician.*



WINDOWS IN DAMP WEATHER.—When it is necessary to clean windows in damp weather, use a little methylated spirits, (wood-alcohol), and you will polish the windows in half the time, as the spirit evaporates, and dries the superfluous moisture as it goes.

To soften kid boots, which have been hardened by getting very wet, clean them at once, and rub them with castor-oil.

SPRINKLE salt over the coal in your bin in liberal quantities; and it will make it burn more evenly and prevent "clinkers."

PLUNGE your bread-knife into hot water before attempting to cut warm bread or cake.

No one should ever attempt to wash dishes without two pans—one for the washing proper, and one for rinsing.

A TABLESPOONFUL of salt in a kerosene lamp will prevent that disagreeable odor which sometimes pervades a room in spite of the utmost cleanliness.

TO CLEAN WHITE STRAW HATS.—Get three cents' worth of salts of sorrel, and mix it with just sufficient cold water to dissolve it; dip a sponge

in the liquid, and rub all over the hat, inside and out. When dry, clean it off with a little warm water, and you will find the hat looking like new.

A TIN cup filled with vinegar and placed on the back of the kitchen stove will keep the odor of the cooking from filling the house. When some of the liquid boils over on the stove, sprinkle salt over it, and all disagreeable smell is removed.—*Clippings from Mrs. M. H. Tuxford's forthcoming Cook Book.*



### *Shiftless Housekeeping*

A YOUNG woman, the collector of rents for a large firm, said that the amount of shiftless housekeeping among even well-to-do families was a constant surprise to her. Slovenly wrappers, uncombed hair, rundown shoes, met her in high- as well as low-priced tenements. Women who "do their own work" are especially hard on the houses, she declares, and if they have children, the building is sure to degenerate.

The carelessness of women who perform their housework springs, this woman has determined, more from absolute lack of training in housework before marriage than from any other thing. Her experience leads her to believe that in most cases mechanics who drink to excess and are away from home evenings have slatternly wives, who do not know how to cook a decent meal.

"I would make it a crime," she says, "for any girl to marry without knowledge of plain, wholesome, economical cooking and of general housework, for the lack of this knowledge leads to much immorality on the part of husbands, and makes the landlord unwilling to do anything to the house while such a woman lives in it."—*Good Housekeeping.*

# 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.]

**65. Dyspepsia with Constant Hunger.**—Mrs. F. T., Minn.: "My husband seems to have stomach trouble, and yet he is hungry all the time. He has taken medicine enough to drown him, and it does not do him any good. When taken sick, he weighed two hundred and forty pounds; to-day, only one hundred and thirty. He has been a hard-working man, and has always been a hearty eater. He has pain in his left side, is weak and trembling, and can not do anything. Thinks he may have tapeworm."

*Ans.*—He may have tapeworm, or he may have more serious trouble. If tapeworm, it can be determined, and removed in a very few days. This can be done only by using medicine that is poisonous enough to make the worm very sick, so it will let go its hold. We can not recommend home treatment for tapeworm. Such treatment should be given under the direction of a physician.

In a general way, we advise that the drug habit be stopped. Wash the bowels out thoroughly once a day with a hot enema. Use hot fomentations to the left side for a half-hour twice a day, and hot and cold to the stomach and liver twice a day for a half-hour. Feed him every four hours on such foods as malted milk, malted nuts, dry toast and cream, fruit juice, poached egg, or a whipped egg in hot milk, or raw egg. We advise a thorough examination by a skilful physician.

**66. Head Symptoms — Falling Hair.**—Mrs. E. C., Vt.: "Two years ago I had measles and pneumonia. My head was badly affected, so I could not remember; had roaring in ears, and a feeling of constriction across my head, as if a tight band was drawn around my ears. Five months ago my hair all came out. A growth of very fine hair was started on top of my head. My head sweats on the least excitement. What can I do?"

*Ans.*—You need a thorough course of tonic treatment to build up your general health.

For home treatment we would recommend you to take at least two hours each day in enjoyable outdoor exercise. For treatment we would recommend hot and cold applications to the spine, followed by friction, twice a week, using a coarse towel or coarse mitten wet in cold water; also a salt glow twice a week.

Massage the scalp, using a little vaseline, once a day, with the tips of the fingers very gently but firmly moving the scalp on the underlying skull. Bathe the scalp in cold water on alternate days. After a few weeks' treatment, report the result.

**67. Hair Tonic.**—G. E. H., Minn.: "Can you publish in LIFE AND HEALTH a tonic to stop the hair from falling, and to promote a new growth?"

*Ans.*—The hair stops growing or falls out from one or more definite causes, usually some parasitic disease of the scalp or of the hair follicles, or a badly nourished condition of the scalp. In the majority of cases simple tonic treatment of the scalp is sufficient. Add two tablespoonfuls of salt to a pint of water. Dip the tip of the fingers in this, and massage the scalp thoroughly once a day for a week. Then use it three times a week for one or two months; on the alternate days massage the scalp with vaseline; use a small amount of vaseline, and work it well into the scalp. It is not desirable to get it into the hair. The hair and scalp should be washed with warm water, using a good toilet soap, once a week. The hair should be thoroughly dried after washing. A healthy scalp is the only guaranty against baldness.

**68. Eczema.**—J. C., N. Y.: "What is the cause of eczema?"

*Ans.*—The causes are very numerous,—bad foods, bad habits of eating or working, any-

thing that will cause gastric or intestinal indigestion. Pork is a particularly bad article for those who suffer from the disease. Gout and disease of the kidneys may cause it; or it may be caused by anything that irritates the skin, as acids and alkalies, or a dry skin, or by occupations that irritate the skin, as that of laundress, baker, mason, etc. Improve the general health. Protect the skin from irritation, and apply the treatment given under question No. 62 in March issue of LIFE AND HEALTH.

**69. Effect of Cornet Playing — the Keeley Cure.**—A. B., Ariz.: "1. Is cornet playing injurious to the health of the lungs? 2. Is the Keeley cure for tobacco harmful to the health?"

*Ans.*—1. Not necessarily so. Cornet playing may be made a healthful exercise to the lungs; but as ordinarily played, it may, and often does, cause injury to the lungs because more force is used than the lungs can withstand, especially before they are carefully trained to it.

2. Yes, decidedly, and so is the tobacco. The Keeley cure, as ordinarily given, consists essentially in the hypodermic administration of powerful drugs, such as strychnin and atropia, the active principle of belladonna, and a large number of others. The tobacco habit can be cured at a properly conducted sanitarium without the use of any injurious drugs.

**70. Kissing.**—J. L., Mo.: "Can consumption be contracted by kissing a person suffering from the disease?"

*Ans.*—Yes. Consumption, tonsillitis, *la grippe*, and many other diseases may be, and often are, contracted in this manner. Kissing a consumptive, or a person suffering with any other disease, should be discountenanced as a dangerous, and therefore irrational, salutation. Kissing of so-called healthy adults is, from a sanitary standpoint, bad enough, and is often fraught with danger, but the pernicious practise of kissing children by any person who chooses to exercise such an unwarranted privilege should be severely condemned. Often an innocent child is made the victim of some fatal disease by a thoughtless kiss. Every physician of broad experience has seen victims of this barbarous practise.

**71. Bad Cough — Poor Circulation — Pterygium.**—Mrs. M. W., Mich.: "1. I have had a bad cough for six or seven years; am afraid

it is turning to consumption; sputum is frothy. What do you think is the matter? 2. My circulation is very poor; have cold feet and limbs nearly all the time; my legs and feet swell a little. I have indigestion, and belch gas a great deal, and am very nervous; can walk a good deal, and do light work well. What would you advise? 3. I also suffer from pterygium. Can it be taken off by any home treatment? 4. Would oil of peppermint made in a weak tea be injurious? Our drinking water does not taste good."

*Ans.*—1. You may have tuberculosis.

2. We advise you to go at once to a competent physician and have a thorough examination, including a microscopic examination of the sputum and a careful examination of the urine. Your case is too critical to give advice without a very thorough examination.

3. No. The only cure is to have it removed by an operation; the operation is a very simple one, and involves almost no danger.

4. If used in minute quantities, simply enough to impart a flavor, it would not be harmful in your case. The bad taste of your drinking water may be due to impurities which help to cause your disorders. You should have it analyzed.

**72. Prevention of Lung Diseases — Consumptive's Breath.**—F. C. R., Ohio: "1. I work in a shop where there is a great deal of dust. What exercise would you recommend to strengthen the lungs to make them proof against catarrh, consumption, and pneumonia? 2. Can a well person get consumption by breathing a consumptive's breath?"

*Ans.*—1. Consumption and pneumonia are two diseases, the cure of which, above all others, depends on the vital resistance of the patient. Exercise alone will not render any one proof against these diseases. Vital resistance depends on an abundant supply of pure air, day and night; a sufficient amount of wholesome, nutritious food prepared in a palatable form, served in an attractive manner, and properly eaten. Tea, coffee, tobacco, and alcohol in every form must be discontinued. Flesh foods should be replaced with foods of better quality. Enjoyable outdoor exercise should be taken, at least two hours a day,—walking, horseback riding, skating, climbing hills, cutting wood, or any general exercise, vigorous but not violent,—with eight hours of refreshing sleep. In addition to these physical factors the mental conditions must in many cases be transformed. Despondency,

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### *Fletcherizing Food*

MR. FLETCHER believes that thorough mastication enables one, on a smaller allowance of food, to live healthier, happier, and better. Professor Chittenden seems to have demonstrated that the same improvement in health may be obtained by diminishing the food supply to what the body actually needs, without the necessity of "Fletcherizing" the food.

It does not follow from this, however, that Fletcherizing, or thorough mastication, is a useless or unnecessary procedure.

In the experimental work reported by Professor Chittenden\*, the men were under constant control; so that it was possible to know at any time just how much nutritive material was entering the body, and how it was being utilized. In this way it was possible to establish rations very close to what seemed to be each person's actual needs.

One who has no laboratory can not do this, and the attempt to reduce the quantity of food to the minimum requirement of the body might be overdone to the permanent impairment of the health.

Right here seems to be the advantage of Mr. Fletcher's system. Masticating his food very thoroughly, he eats all that his appetite calls for. The returns from the laboratory show that he uses approximately the same amounts of the different food substances that Professor

Chittenden's investigations seem to show to be sufficient to sustain health.

His appetite under this plan of careful mastication seems to be an unerring guide as to the quantity and quality of food required by him.

From an overfed man of over two hundred pounds, he, by this means, reduced his weight to within the normal, and that without denying his appetite in the least.

But Mr. Fletcher's plan is just as valuable for the thin man as for the fat man. The thin man often overeats, the surplus food so deranging his digestive apparatus that a large part of the food decomposes, and does more harm than good. By careful mastication a smaller quantity is eaten, *and satisfies all craving*; it is better digested, and the weight increases.

It is probable that many who are unable to estimate accurately the amount of the various food substances required by them, will find the adoption of Mr. Fletcher's plan of slow eating, an economical proceeding both from a health and from a money standpoint.



### *Germs and Disease*

WHY certain health publications persist in the statement that germs do not cause disease is a mystery to the writer. That micro-organisms are the sole cause of disease, or that they can produce disease without the co-operation of other causes, is not claimed; but that they constitute one cause, and an important cause, of disease has been too clearly

\* "Physiological Economy in Nutrition" by R. H. Chittenden. See March LIFE AND HEALTH.

demonstrated to admit of successful denial.

Many germs produce poisons, as a result of their growth,—some of them so potent that strychnin and morphin might be considered harmless in comparison. These poisons are produced in very small amounts it is true, but sufficient to cause disastrous results if it gets into the system.

Sometimes an entire party is poisoned as a result of eating ice-cream. What has happened?—A certain kind of germ has grown in the mixture, and produced the poison known as tyrotoxon.

The editor of a prominent health magazine, in trying to show that germs do not cause disease, says: “But supposing a similar meal eaten by the same man a few weeks later, when as a result of much abuse the stomach has become less sensitive and the vitality lower, what will be likely to happen then?—Well, probably the stomach, after a few protests, a little nausea, headache, dizziness, and so on, will give in, and allow the undigested and fermenting mass to stay. Presently, however the stuff gets into the intestines: and by this [time] it has become so acrid and poisonous that the intestines refuse to entertain it.”

Now, why does this mass ferment and get “acrid and poisonous”?—Because of the action of germs.

Housewives know that food from which germs are excluded will not ferment. They also know that germ-infested food is unfit for food. Housekeepers know this. Editors ought to know it, or not write.

What germs do in food outside of the body, they do in food inside of the body. I am not saying that one can not do much to lessen this germ action. I am not saying that one can not keep the

body in such a state of perfection that the germs will not readily gain a foothold. I am saying that the men who ignore the germ as a cause of disease are looking at the subject from only one standpoint.

Our readers who are familiar with poison-oak or poison-ivy know that they are plants which produce a poisonous substance, very irritating and injurious to some persons. It matters not whether they have eaten too much or not eaten enough, or whether they have or have not obeyed certain health laws. When susceptible persons come in contact with the poisonous plant, they are poisoned.

Germs are minute plants, some producing no poison, others producing one or more poisons of varying intensity. Disease is often the effect of one or more of these poisons in the system.



### *No Stimulant Needed*

WE wonder sometimes if the antitoxin fad is not being a little overdone. We must recognize the value of diphtheria antitoxin. There are others of probable advantage; but we almost hold our breath when we hear of an antitoxin for “that tired feeling.” It is not a joke, but a scientific paper in a responsible German medical journal. The experimenter produced the toxin by exhausting a guinea-pig. He tied a string to the little fellow’s hind leg, and by frightening the creature, caused it to attempt to escape. He then drew it back by means of the string, and repeated the process, until the animal died from sheer exhaustion. The serum of this animal was found to be very poisonous. It was injected into a horse in gradually increasing doses, somewhat after the manner of preparing diphtheria antitoxin. Finally serum was drawn from the

horse, which was found to greatly increase muscular power, reduce exhaustion, etc.

Some medical papers are looking forward with expectation of good results from this new serum, as an efficient and harmless substitute for alcoholic stimulants, as a means of enabling overworked employees to keep at their tasks, and in other ways as a "fixer" and "vitalizer."

We shall want to see it thoroughly demonstrated before we believe that any artificial stimulation will take the place of right living. We as a people are now living too fast,—burning the candle at both ends,—and what we need, many times, is not more whip, but more rest; not more strenuous living, but more rational living.



### *Displacement of Stomach*

DR. H. W. LINCOLN, of Brooklyn, N. Y., a specialist in diseases of the stomach, has been using a solution of fluorescein in the stomach, in order to increase the illuminating power of a small electric-light bulb swallowed by the patient.

In this way he is enabled to map out accurately the outlines of the stomach. As a result of illuminating a considerable number of stomachs, some where digestive disturbance was present, and some where it was absent, he concludes:—

1. That we do not need to artificially support the abdomen in which are fallen organs as frequently as was supposed.

2. That a gastropotosis [displaced stomach] is not *per se* to be taken too seriously.

3. That we need not always have neurasthenia when we have gastropotosis.

4. That the stomach lies much lower

in the healthy individual, male as well as female, than has usually been described.

Examinations and reports of "dilated and prolapsed stomach" have often done service to persuade patients to take a long and expensive course of treatment.

The writer has in mind a case where a young lady had been at one institution, and had measurably improved. The doctors, before she left, pronounced her stomach in position. Passing near another institution, motives of curiosity caused her to go there for a week's stay and an examination. She was told there that her stomach was dilated and prolapsed; that she had an unsymmetrical form, etc., and that it would take ten weeks of treatment to get her into good condition.

Though she would not admit it, the mental effect of this unwise diagnosis and prognosis was afterward quite apparent in her physical condition. The old proverb says, "You might as well kill a person as to scare him to death."

The writer has quite often seen, on the part of a physician, what seemed an exaggeration of the gravity of the patient's condition when beginning treatment, and an exaggeration, at the time of completing the treatment, of the amount of the patient's improvement.

He attributes this to a wrong mental habit of the physician—a habit of seeing every new case as worse than it really is, and of seeing greater improvement in the patient than the facts justify—rather than to a conscious attempt to deceive. The doctors are all good fellows, and mean well for their patients. And no doubt it is a real benefit to the patient mentally (and physically) to be assured after a carefully conducted examination by one who has his unbounded faith, that he is "five hundred per cent better."

### *Food and Salvation*

LEST a recent editorial article may be misunderstood, we desire to state that while LIFE AND HEALTH does not accept the view that man may eat himself into heaven, it does not take the opposite view, that one's eternal interest has no relation whatever to what he eats. Either of these views is extreme. On the one hand, eating right does not make a man righteous; on the other, a man can not recklessly and persistently eat certain articles of food without greatly imperiling his soul's interest.

Rather than to write at length on this topic I quote a few statements which most of the readers of LIFE AND HEALTH will recognize, or at least will recognize the source:—

"If we could realize that the habits we form in this life will affect our eternal interests, that our eternal destiny depends upon strictly temperate habits, we would work to the point of strict temperance in eating and drinking."

"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through firm denial of appetite and passion. Abstemiousness in diet, and control of all the passions, will preserve the intellect, and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common."

"Indulgent parents do not teach their children self-denial. The very food they place before their children is such as to irritate the tender coats of the stomach. This excitement is communicated to the brain through the nerves, and the result is that the animal passions are aroused, and control the moral powers. Reason is thus made a servant

to the lower qualities of the mind. Anything which is taken into the stomach and converted into blood, becomes a part of the being. Children should not be allowed to eat gross articles of food, such as pork, sausage, spices, rich cake and pastry; for by so doing their blood becomes fevered, the nervous system unduly excited, and the morals are in danger of being affected. It is impossible for any one to live intemperately in regard to diet, and yet retain a large degree of patience. Our Heavenly Father sent the light of health reform to guard against the evils resulting from a debased appetite, that those who love purity and holiness may use with discretion the good things he has provided for them, and by exercising temperance in their daily lives, may be sanctified through the truth."



### *Sugar as Food*

THREE fourths of all the food used by the body is utilized by the body as sugar. This can not build muscle, or nerve, or other tissue, but is used as wood is in a furnace, to furnish energy. This energy is manifested in warmth and in mental and muscular activity. Certain sugars enter the blood current unchanged. Such are grape-sugar (dextrose) and fruit-sugar (levulose). If these sugars are eaten in a concentrated form, they may be absorbed much more rapidly than the body can take care of them, and tax the kidneys in the effort to throw them off.

Fortunately, they are usually supplied in nature in dilute form. Maltose or malt sugar is turned to grape-sugar, partly in the intestinal canal, and partly after it passes through the intestinal wall. It also may be absorbed too rapidly, and cause trouble. But nature, unaided, never furnishes maltose in a

concentrated state. In fact, maltose, we may say, is not furnished to us for food by nature; but starch has been furnished, and we have been supplied with ferments in the saliva and pancreatic juice for the special purpose of changing starch into maltose. When starch is eaten, the transformation is so gradual that the blood current is not likely to be inundated at once.

Cane-sugar, which occurs in nature more plentifully than any other sugar perhaps (unless it be grape- and fruit-sugars), is not absorbed by the intestinal walls until it is first changed, by a special intestinal ferment, into fruit-sugar and grape-sugar; so it is not so likely to be thrown into the blood current faster than it can be taken care of. It has a disadvantage, however; namely, that it must remain in the intestine for a longer time than the sugars already mentioned, and so, if used in large quantity, it is liable to fermentation.

With rare exceptions, sugar is not furnished in nature in a concentrated form (dates, raisins, and honey are exceptions), and when eaten in quantity and in concentration, it is apt to breed trouble, no matter what kind of sugar is used.

On the other hand, a moderate quantity of sugar of any kind, eaten under proper conditions, will not injure a healthy person.



### *After Forty*

THE American Constitution needs revision. Had Dr. Osler been a member of the constitutional convention, it never would have been permitted to appear in its present crude condition. We have had some twenty-five presidents and *every one of them beyond the dead line of senility!*

Even Mr. Roosevelt, the youngest ever

inaugurated, is several years past his period of usefulness. Unquestionably, according to Dr. Osler, all these men would have served their country far more ably and rationally had they served before their fortieth year.

For this reason it is in order to propose an amendment to the constitution that no person be eligible to the office of president who has passed his thirty-fifth year.

Our constitutional mongers were undoubtedly unaware of the inferiority of men over forty, or they would have provided that responsible positions in the government be filled by young men instead of by old men!

But, perhaps, Dr. Osler regrets by this time that he made any such remarks. It seemed rather an unfortunate farewell speech.



### *Distilled Water*

PERHAPS it might not be amiss to have a bill introduced into Congress compelling farmers and others owning animals to provide distilled water for them. We are informed that water that is not distilled is not fit to drink. If distilled water is the only kind of water fit for man to drink, it is certainly the only kind of water fit for animals to drink; for if the minerals in ordinary drinking water are injurious to man, they are also injurious to animals.

What a frightful tragedy is being enacted over the entire earth in the slow killing of the animate creation by means of undistilled water! If Cornaro and many other centenarians had only known of the virtues of distilled water, who can say but they might have prolonged their lives to two hundred years? Drink distilled water, and prolong your life. Perhaps the mineral of ordinary water

is hardening your arteries, and preparing you for an untimely grave.

Many persons, if they were going to take anything distilled, would prefer to have it come from Kentucky, and not have too much water mixed with it.

The writer thinks he can get along very well without any distilled products.

Where a water-supply is bad, either because of a large percentage of mineral matter or because of contamination with organic matter, it is unfit for use. Then it may be necessary to buy bottled water for domestic use. When it comes to a choice between good spring water and distilled water, the writer would be inclined to choose the former.



### *Right Habits for Children*

PUTTING a lead-pencil to the mouth is a useless practise, and not devoid of danger. Having formed the habit of moistening the lead with the lips or tongue, before writing, one does it auto-

matically, whether the pencil be one's own or a picked up or borrowed pencil which may have been in the mouth of half a dozen other persons, one or more of whom may harbor some dangerous germ. Many carry in their mouths pneumonia germs, capable of infecting a susceptible person. The germs of diphtheria sometimes remain in the throat for weeks after recovery from the disease.

Especially should school children be taught the danger and uselessness of the practise, and corrected whenever they are observed moistening the pencil point. The habit, once formed, is difficult to break.

While it is not necessary to carry the warfare against germs to the point of discarding table linen, as advised by some, it is certainly a "safe and sane" procedure to keep a pencil out of the mouth, and thus avoid the possibility of contamination from some other mouth.



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worry, or mental depression must be replaced by cheerful mental habits. If to these be added a well-developed spiritual life with its buoyant hope and life-giving inspiration, all of which are within the reach of every person, one may live a life practically immune to consumption, pneumonia, and nearly all other germ diseases.

2. The breath in ordinary quiet respiration does not contain the germs of consumption or any other disease, but the slightest cough or forced respiration may throw out infectious material. See answer to question on kissing in this number.

**73. Change of Altitude — Stomach and Liver Trouble.**—C. C., Wash.: "1. Would a change from a low to a high altitude cause

head noises or deafness after a few years? I lived for fifty years in Ohio, at an altitude of 900 feet; have lived fifteen months in Washington, at an altitude of 1,600 feet. 2. I have had stomach and liver trouble for a long time."

*Ans.*—The difference in altitude between Washington and Ohio is not sufficient to account for your deafness. You are doubtless suffering from catarrh of the stomach, and catarrh of the middle ear which has resulted in partial deafness and roaring of the ears. Both conditions may be curable. You should consult a competent specialist regarding your ears, as there is little you can do for them by home treatment.

2. For stomach trouble, see question No. 64.

## News Notes

AT a recent meeting of the Philadelphia Milk Exchange, resolutions were passed urging that no milk be purchased or sold unless it conform to certain requirements. The cows should be healthy, as should also the dairyman and his family. There should be thorough cleanliness of all milking and shipping utensils, filling rooms, packing-boxes, and delivery wagons; milking pails should have a covered top.

AFTER March 16, importers bringing into the United States foods wrongly labeled will be dealt with to the full extent of the law. A temporary exception is made of sardines packed in oil wrongfully labeled olive-oil. The law has been in force since July, but time has been allowed so as not to bring hardship upon importers.

THE Massachusetts State Board of Health has been so active in its prosecution of violators of the pure food law that the dealers in the Faneuil Hall Market, Boston, have adopted a resolution that they will not knowingly sell any article of food containing any preservative or foreign substance intended to improve the condition or appearance of the same, and that they will notify all manufacturers with whom they deal that they will not receive any such goods.

A WASHINGTON correspondent, commenting recently on the failure of the Senate to pass a pure food bill, said: "The opposition which it is encountering shows in a striking manner to what extent the United States Senate affords a lodgment for the influence of a lobby of whisky rectifiers, proprietors of patent medicines, manufacturers of adulterated foods and beverages, and promoters of profitable drug trade frauds. . . . The chief opponents of the bill are certain senators representing States which have a considerable number of firms that the proposed legislation would affect unfavorably."

AGITATION for the modification of the milk ordinances, so as to permit of the feeding of milch cows on "wet malt," still continues, and threatens to be carried into the city council, notwithstanding the fact that the recent Milk Producers' convention unanimously indorsed the subjoined statement of the commissioner, read to the convention, February 10; —

"Dairy chemists agree that milk from cows fed on 'wet malt,' brewery grains, and slops, etc., while it may contain the normal amount of butter fat, is deficient in solids, not fat — the proteids, etc., which are essential nutritive constituents of whole and wholesome milk.

"Such material affects the health and vitality of the animal fed upon it, and makes it more susceptible to disease. Out of 61,030 milch cows inspected last year by the Department Dairy Inspectors, every case of sickness — from anthrax, tuberculosis, and actinomycesis, or 'lumpy jaw,' to the milder affections — was found in herds fed upon 'wet malt.' No case of illness was found in herds which were not so fed." — *State of Chicago's Health*.

IN the village of Lawrence, N. Y., an outbreak of typhoid fever in which thirty-one cases were investigated "with more than usual care, partly because of the fact that public statements had recently been made by apparently competent authorities to the effect that oysters can not transmit disease," more than two thirds of the cases were found to be due, directly or indirectly, to shellfish taken from water polluted with sewage.

Dr. Soper, in his report says: "It is said that at least two hundred times as many oysters were shipped away as were eaten in your vicinity [Lawrence, the location of the polluted oyster-beds]. If this is so, it is possible that thousands of cases of typhoid fever may have been caused among the people who ate these oysters."

"The eating of polluted oysters is so common an occurrence, and the autumnal incidence of typhoid is so coincident with it, as to make it the duty of your board of health to take cognizance of the possible connection between the two for all time in the future."

### Communicable Diseases

DISCARDED trolley-cars are to be used as shelters in a settlement for poor consumptives near Hoboken, N. J.

LABOR organizations are undertaking the establishment in various parts of the country of farms for the care of their tuberculous members.

AN antimalarial campaign has been inaugurated in the Madras Presidency, India: (1)

efforts will be made to exterminate the mosquitoes; (2) malarial patients will be treated with quinin; (3) marshy lands will be drained. This work will be carried forward as fast as the necessary funds can be raised.

OWING to the failure of quarantine to prevent smallpox, and the safety conferred by proper vaccination, there is a movement in some quarters to do away with quarantine in smallpox, and to enforce compulsory vaccination. It is thought that with the abolition of quarantine for smallpox, it will be less difficult to enforce universal vaccination.

It has been demonstrated in New York that it is possible to do much for the relief of consumption in the tenements, without the necessity of patients' going to some sanatorium, provided the disease be taken in the early stages. The patients visit the hospital for examination and treatment, and their diet and the ventilation of their dwellings is supervised.

DR. F. T. LORD has concluded from recent experiments that when flies have fed on tubercle sputum, the fly specks may contain tubercle germs which still retain their virulence, or disease-producing power, at the end of two weeks. This means that tubercular discharges of all kinds should be kept from flies by being received in a disinfecting solution. It means also that flies should never be allowed to reach our kitchens and dining-rooms. Proper screens will prevent this.

Two investigators have made a series of experiments to determine whether there is actual danger in the use of the common communion cup. After a cup had been used by persons known to be tuberculous, it was found that the rim was capable of conveying tubercular affection to animals, even after it had been rubbed off with a clean cloth. The wine also was found to have been infected; so that the precaution of wiping off the glass frequently, and of turning the glass to a new place for each new participant is of no avail to prevent contamination.

#### Miscellaneous

In the vicinity of Boston, Mass., cremation is growing in favor. In 1904 there were 180 cremations at Mount Auburn Cemetery against 153 in 1903.

THE school board of Norfolk, Va., has secured the services of eleven physicians to deliver a series of lectures on hygiene, to supplement the usual school course.

THE Department of Pathology and Bacteriology of the University of Chicago will begin an educational campaign in the high schools, to interest the pupils in the study of infection from air, water, and milk.

IN Chicago, New York, and Baltimore a vigorous effort is being made to abate the spitting nuisance. Arrests and fines will help people to remember not to defile sidewalks, floors of public rooms, street-cars, etc.

It has been discovered that music will greatly lessen the flow of blood in case of hemorrhage. An army physician recently noticed that when a wounded soldier was taken within easy hearing of music, the bleeding was much diminished.

A BILL has been introduced into the Indiana State Legislature making it unlawful to sell or offer for sale any proprietary medicine unless the correct formula is printed on each package. The fine for violation of this law ranges from five dollars to one thousand dollars.

A FRENCH medical journal states that diet consisting largely of pork will make a man pessimistic; a continued diet of beef will make one energetic; mutton long continued will produce melancholy. Apples, we are told, are good for brain workers, but potatoes will make one dull and inactive. So?

THE Legislature of Vermont has passed a bill requiring teachers or principals of schools to test the sight and hearing of all pupils during the month of September, each year, and to report in writing to parents any defects in hearing and vision, and also to report the same to the superintendent of education.

THE *Lancet* says that flannelette is so inflammable that "its days should be numbered." It is said that "the death-rate roll of children who have been injured by its ignition is appalling. It catches fire and burns as easily as alcohol." "One coroner states that last year he held no less than *seventy-three* inquests on children burned to death, a large proportion of the deaths being due to the igniting of flannelette."



THE Society of Sanitary and Moral Prophylaxis, comprised of eminent clergymen, physicians, and others, has been founded in New York, with the purpose of combating the social evil, and of diminishing the prevalence of the frightful contagious diseases connected therewith. They will work on educational lines, teaching that an upright life is honorable, physiologically possible, and perfectly healthful, and that the diseases caused by illicit indulgence are far reaching and disastrous in their consequences.

A FRENCH commission, whose purpose is to oppose the spread of intemperance in France, begins with the proposition that alcoholism is a symptom, and not a disease. The disease itself, so these men believe, is the degeneracy resulting from poverty and bad sanitary conditions, poor ventilation, overcrowding, poor nutrition, etc. They say that if these causes are removed, there will not be the craving for alcohol. So their crusade will be directed toward the improvement of the sanitary and social conditions among the submerged classes.

In a recent meeting of the New York county branch of the New York State Medical Association several physicians referred to the dan-

ger of drinking too much water, especially in weakness of the heart or disease of the kidneys. Dr. Beverly Robinson believed it proper to give large quantities of water in continual fevers, because it lessens the discomfort of the patient, and does not injure the heart. In acute inflammation of the kidneys he believed free use of water to be harmful, but in chronic kidney disease he believed the free use of water might be beneficial rather than otherwise.

A NEW YORK millionaire has given one million dollars for the erection of model tenement-houses in that city. He expects that this investment will yield an income of four per cent. The income is to be devoted to the building of similar houses. The intention is to have the houses fireproof, thoroughly sanitary, well lighted, and well ventilated, and to rent them for a reasonable rental. This is practical philanthropy.

As suggested by *American Medicine*, "there are vast possibilities for good in bettering the quarters of the less favored people in our cities. The benefit is not for them alone, but affects the whole city by diminishing the force of disease."



### *Narcotics*

For the man with nasal or throat trouble, tobacco is a decidedly noxious weed. It is not only an active local irritant when either smoked or chewed, but if used at all freely, it is almost certain to provoke more or less gastric catarrh, which will impair digestion and nutrition, and favor the continuance of any catarrhal process situated in the upper portions of the digestive or air tracts. — *Grayson, "Diseases of the Nose, Throat, and Ear."*



### *Do You?*

It is always wretched weather, accord-

ing to us. The weather is like the government, always in the wrong. In summer, we say it is stifling; in winter, it is killing; in spring and autumn, we find fault with it for being neither one thing nor the other, and wish it would make up its mind. If it is fine, we say the country is being ruined for want of rain; if it does rain, we pray for fine weather. If December passes without snow, we indignantly demand to know what has become of our old-fashioned winters, and talk as if we had been cheated out of something we bought and paid for; and when it does snow, our language is a disgrace to a Christian nation. We shall never be content until each man makes his own weather, and keeps it himself.—*Jerome.*

# 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*

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### *Hints for the Schoolroom*

PUPILS should never be seated facing the light. The light should, if possible, come from the left and behind.

Dark corners, necessitating the straining of the eyes, should be avoided.

Do not require a pupil to read from a blackboard when he is in such a position that the light reflected from the board dazzles his eyes and makes it difficult for him to read.

Pupils who are notably near-sighted should be located in such a part of the room that they may get the best service from their eyes. Such pupils should be advised to secure properly fitted glasses.

Never permit pupils to sit with cramped chest and curved spine. "As the twig's bent the tree is inclined."

It is said that ninety per cent of all spinal curvature not caused by actual

disease, is the result of faulty position at school.



### *Don'ts for the Complexion*

DON'T eat rich, highly spiced food if you value your complexion. It makes the skin spotty.

Don't live in badly ventilated rooms. This also destroys the complexion, because it makes the blood impure.

Don't eat much meat and few vegetables if you value the freshness of your face. Let it be the other way about.

Don't think that a good complexion is really attained by anything but the possession of a healthy skin and good blood.

Don't neglect constipation. It is one of the commonest causes of a bad complexion; it makes the skin yellow, and is responsible for many skin eruptions.  
— *Clipped.*

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