

The Growth of the Sanitarium Idea

LIFE

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Washington, D. C.*

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Nos. 1 and 2 Iowa Circle

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Washington, D. C.

Directory of Sanitariums

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

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

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

- ARIZONA:** Phoenix, 525 Central Ave., Arizona Sanitarium, Supt., E. C. Bond, M. D.
- ARKANSAS:** Little Rock, 1623 Broadway, Little Rock Sanitarium, W. C. Green.
- CALIFORNIA:** Eureka, Cor. Second and I Sts., Eureka Branch Sanitarium, Supt., C. F. Dail, M. D.
- Glendale, Los Angeles Co., Glendale Sanitarium, J. A. Burden, Manager.
- Los Angeles, 315 West Third St., Los Angeles Sanitarium.
- Pasadena, Arcade Block, Pasadena Sanitarium.
- Paradise Valley (six miles from San Diego); post-office address, Box 308, National City.
- San Diego, 1117 Fourth St., city office and treatment rooms of Paradise Valley Sanitarium.
- San Francisco, 1436 Market St., San Francisco Branch Sanitarium, Supt., H. E. Brighthouse, M. D.
- Sanitarium, Napa County, St. Helena Sanitarium, Supt., T. J. Evans, M. D.
- San Jose, Garden City Sanitarium, Supt., Lewis J. Belknap, M. D.
- COLORADO:** Boulder, Colorado Sanitarium, Supt., H. F. Rand, M. D.
- Colorado Springs, 320-322½ N. Tejon St., Supt., G. R. B. Myers, M. D.
- DISTRICT OF COLUMBIA:** Washington, 1 and 2 Iowa Circle, Washington Branch Sanitarium, G. A. Hare, M. D.
- ILLINOIS:** Chicago, 28 Thirty-third Place, Chicago Sanitarium, Supt., Frank J. Otis, M. D.
- Moline, 1213 Fifteenth St., the Tri-City Sanitarium, Supt., S. P. S. Edwards, M. D.
- Peoria, 203 Third Ave., Peoria Sanitarium, Supt., J. Emerson Heald, M. D.
- IOWA:** Des Moines, 603 East Twelfth St., Iowa Sanitarium, Supt., J. Edgar Colloran, M. D.
- MASSACHUSETTS:** Melrose (near Boston), New England Sanitarium, Supt., C. C. Nicola, M. D.
- MICHIGAN:** Battle Creek, Battle Creek Sanitarium, Supt., J. H. Kellogg, M. D.
- Detroit, 54 Farrar St., Detroit Sanitarium.
- Jackson, 106 First St., Jackson Sanitarium, Supt., A. J. Harris.
- NEBRASKA:** College View (near Lincoln), Nebraska Sanitarium, Supt., W. A. George, M. D.
- NEW YORK:** Buffalo, 922 Niagara St., Buffalo Sanitarium, Supt., A. R. Saterlee, M. D.
- OHIO:** Newark, Newark Sanitarium, C. A. Johnson, Manager.
- OREGON:** Mt. Tabor (near Portland), West Ave., Portland Sanitarium, Supt., W. R. Simmons, M. D.
- PENNSYLVANIA:** Philadelphia, 1809 Wallace St., Philadelphia Sanitarium, Supt., A. J. Read, M. D.
- Sanitarium, Supt., M. M. Martinson, M. D.
- TENNESSEE:** Graysville, Southern Sanitarium, Cor. Church and Vine Sts., Supt., O. M. Hayward, M. D.
- TEXAS:** Keene, Keene Sanitarium, Supt., P. F. Haskell, M. D.
- UTAH:** Salt Lake City, 122½ Main St., Salt Lake City Branch Sanitarium, Supt., W. L. Gardiner, M. D.
- WASHINGTON:** Seattle, 612 Third Ave., Seattle Sanitarium, Supt., A. Q. Shryock, M. D.
- Spokane, Spokane Sanitarium, Supt., Silas Yarnell, M. D.
- Tacoma, 1016 Tacoma Ave., Tacoma Sanitarium, T. J. Allen, M. D.
- Whatcom, 1016 Elk St., Whatcom Sanitarium, Supt., Alfred Shryock, M. D.
- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., C. P. Farnsworth, M. D.

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

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No. 6

The Growth of the Sanitarium Idea

OUR readers are all interested in watching the outgrowth of the idea that the betterment of the people, either mentally, morally, physically, or spiritually, can be brought about only by the improvement of the individual, and that this improvement of the individual should begin with or include the physical. The growth of this idea was greatly emphasized by the national organizations of women, such as the National Congress of Mothers, The International Council of Women, and the Daughters of the Revolution, all of which held their national gatherings in the city of Washington during the past few weeks.

The chief final purpose and object of most of these organizations is the betterment of the condition of the people, which can be secured by improving the home and the family; but all realize that every such improvement must begin with the individual. It is the recognition of this fundamental truth that has created such a general interest in every advancement that has been made in the improvement of the personal health, physique, and environment of the individual.

Scientific philanthropy, which transforms the dismal, squalid tenements of our cities from hotbeds of vice and

sickness into sunny, healthful living apartments, begins by supplying each individual with a proper amount of pure air. The Health Departments of municipalities and States have become powerful agents both in preventing and in controlling disease by making it possible for the individual to secure pure water and wholesome food. The family physician is no longer a physician only to the sick, but he occupies a larger place as counselor of the well, and instructor in all matters of personal life — a guardian of the health of each of his patrons.

As a powerful aid in working out the problem of improving the individual, the modern sanitarium has met with popular favor. The development of the modern sanitarium has been largely due to the energetic work of Seventh-day Adventists, who, as a denomination, believe in the religion of good health.

For more than forty years they have been pioneers in the sanitarium work. During this time they have established, and are at present conducting, more than forty sanitariums, not only in this country, but in many other parts of the world.

They established their first sanitarium at Battle Creek, Mich., in 1867, and their next at St. Helena, Cal., a few years

later. Afterward they established sanitariums at Boulder, Colo.; Lincoln, Neb.; Des Moines, Iowa; Melrose, Mass.; and a score of other places. Besides, they have well-organized sanitariums in England, Denmark, Germany, Switzerland, South Africa, and Australia; while in Calcutta, Samoa, and at all their for-

one that not only purifies the soul, but also reforms and strengthens the body. It not only prepares a man for the next world, but makes him a better man for this world. These people believe that teaching men how to live long in this world from a health standpoint should be as closely associated with teaching



eign missions the same principles of health work for the betterment of the individual are carried out in a practical manner.

The purpose of establishing these sanitariums is not to teach the survival of the fittest, but, as expressed by Rev. Anna Shaw, "the fitting of all to survive." The right kind of religion is

how to live for the next world as the right arm is with the body.

The reader would be interested to know that many of the patrons of the sanitariums are sent by physicians from among that large class of persons who can not be restored to health by medicine. The sanitarium, therefore, occupies a field of its own. It maintains

professional ethics, and extends every courtesy to the medical profession. The question is often asked what is done for people at these sanitariums? The most practical way to learn of these interesting sanitarium methods is to "come and see;" for visitors are always welcome. The visitor will find brought together at all these sanitariums such apparatus and methods of treatment as have proved of the greatest value in the treatment of disease and in the restoration of sound health.

Here the patient will find the varied resources of hydrotherapy accurately prescribed and skilfully given by physicians and nurses who have had years of training in these special lines. Besides the ordinary forms of baths these resources include such treatments as salt-gluws, electric baths, packs, Nauheim baths, electric-light baths, Scotch douches, etc. Thermotherapy, or the scientific use of hot and cold applications to special areas of the body for the purpose of controlling the nerve centers, or modifying the vital processes, has greatly enlarged the field of scientific hydrotherapy.

A special feature of the sanitarium is the diet kitchen, which provides such special dietaries as are prescribed for individual cases. The nervous, the tired, or run down, individual, as well as those having definite organic troubles, are each carefully studied, and if possible the causes of ill health determined, and wrong methods of living corrected. Neither patent medicine nor drugs of any sort are relied on and no secret methods are employed.

The latest sanitarium corporation formed by these people is the Washington (D. C.) Sanitarium Association, which was incorporated in 1904 for the purpose of building a sanitarium on the beautiful tract of land, of fifty acres,

which they purchased at Takoma Park. The erection of the main building will be undertaken this year.

To supply the immediate needs of a sanitarium in the city of Washington, and to place the advantages of first-class treatment rooms at the disposal of the large number of local patrons who can not be wholly separated from their business interests, and yet who feel the



need of sanitarium treatment, the beautiful property erected by General Grant, at Nos. 1 and 2 Iowa Circle, was leased and fitted up as a city sanitarium, to be known as the Washington Branch Sanitarium.

Located in the quiet residence portion of the city, surrounded by beautiful lawns, occupying the entire space between Vermont and Rhode Island Avenues, fronting on a beautiful park, it forms a delightful spot for a city sanitarium. It has been transformed into a haven of rest where the weary worker, the nervous thinker, or the suffering invalid may find such resources for reconstruction and restoration as can be secured only at a well-equipped, up-to-date sanitarium.

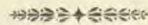
The offices and treatment rooms of the sanitarium are well equipped for giving special lines of treatment, including the

various forms of electricity, such as static, galvanic, faradic, X-ray, etc., together with massage and mechanical movements, vibrations and oscillations.

The sanitarium idea is not one of medicine taking to antidote physical transgressions. It aims rather to bring the individual into closer touch with the resources of health which abound on every



ELECTRIC RADIANT BATH



Healthful Dress for Children

Mrs. E. G. White

How to Dress the Babies

MOTHERS should dress their babies with reference to health. In the preparation of the little one's wardrobe, convenience and comfort should be sought before fashion or a desire to excite admiration. The mother often spends much time in embroidery and fancy work to make the little garments beautiful, doing this unnecessary work at the expense of her own health and that of the child. She bends over sewing that severely taxes eyes and nerves, when she should be enjoying pleasant exercise; and often she does not realize her obligation to cherish her strength, that she may be able to meet the demands that will be made upon her.

These garments which have consumed so much time are often wholly unfit to be placed on the little one, if its health

hand. By its methods of health training along physiological lines it demonstrates that the vital resistance can be so increased that one may live above the plane of ordinary sickness.

It teaches that the principles of health are of divine origin, that the violation of these principles means sickness or disease.

A. H.

is regarded. They are extravagantly long, preventing the free use of the muscles; and in addition, the body is girded with tight bands or waists, which hinder the action of the heart and lungs.

Many mothers think it necessary to compress the bodies of their infants to keep them in shape, as if, without tight bandages, they would be in danger of falling to pieces or becoming deformed. Are lambs and other young animals deformed because nature is left to do her work unhindered?—No; they are delicately and beautifully formed, and need no bands to give them shape. And God has molded the forms of babies also, and supplied them with bones and muscles sufficient for their support and to guard the delicate organs and limbs, before committing them to a mother's care. The infant should be dressed so

that its body will not be the least compressed after taking a full meal. But often its clothing is ingeniously arranged to make it miserably uncomfortable.

Another wrong practise in the dressing of babies, which still prevails in some countries, is the custom of leaving bare the shoulders and arms. The air, coming in direct contact with the arms and circulating about the armpits, chills the sensitive portions of the body, and hinders the circulation of the blood. If the mother's neck and arms were thus exposed, she would shiver with cold; and how can she think that a delicate babe can endure the exposure? Some children may have at birth so strong a constitution that they can endure these exposures and live; but thousands of lives are sacrificed, and in tens of thousands of cases, the foundation is laid for a short invalid life, by bandaging the trunk and loading it with clothing while the shoulders and arms are left naked. The custom can not be too severely censured.

Mothers who thus treat a tender infant can not expect it to be quiet and healthy. The child frets and cries, and the mother, thinking it must be hungry, feeds it; but food only increases its suffering. Tight bands allow it no room to breathe. It screams, struggles, and pants for breath, and yet the mother does not suspect the cause.

The first garments to be worn by the child should be made of fine, soft material, with long sleeves, and little loose bodices, or waists, to support them from the shoulders. Thus warmth, protection, and comfort will be secured, and one of the chief causes of irritation and restlessness will be removed. The baby will have better health, and the mother will not find the care of her child so heavy a tax on her strength and time.

The Dress of Older Children

The waists of growing girls should not be compressed, or the limbs left with but slight protection, at an age when the forces of nature need every advantage to enable them to perfect the physical frame. With this insufficient protection, the girls can not be out of doors much unless the weather is mild. So they are kept in, often in ill-ventilated rooms, for fear of the cold. If they were comfortably clothed, it would benefit them to exercise freely in the open air, summer or winter.

Little boys also are often dressed so as to leave the lower limbs with far less protection than the upper part of the body. The limbs, being remote from the center of circulation, demand greater protection instead of less. They were not made to endure exposure, as was the face.

The arteries that convey the blood to the extremities are large, providing for a sufficient quantity of blood to afford warmth and nutrition. But when the limbs are insufficiently clad, the arteries and veins become contracted. Double labor is thrown upon the heart to force the blood into these chilled extremities. Weakened by too great labor, the heart gradually fails in its efforts. The limbs are never so healthfully warm as other parts of the body, and they soon become habitually cold, and, through lack of nutrition, do not attain their natural development. The blood, chilled away from the extremities, is thrown back upon the brain, the lungs, and other vital organs, and inflammation or congestion is the result.

Mothers who desire their boys and girls to possess the vigor of health, should dress them properly. Turn away from the fashion-plates, and study the human organism. It will require effort to break away from the chains of cus-

tom, and dress and educate the children with reference to health; but the result will amply repay the cost. When the children are properly dressed, they can

go out in the open air, and enjoy health and happiness; and they will secure the physical development that will be a blessing to them to the end of life.



Health Culture

"Teaching the Doctrine of Physical Holiness." —Frances Willard

To live, in the real, the fullest sense, means something more than simply to exist. One may exist, yet never know the keen delight of *really living*. Such a one is powerless to appropriate the good which is essential to true life, peace, and joy; he does not fully realize the bliss of a life in perfect harmony with, and keenly sensitive to, all its surroundings.

By the loss of one of our five senses, we are to that degree dead; for we are out of accord with nature and our true environment, and unable to appropriate the good which is essential to life in its fullest sense.

To illustrate, if the sight is destroyed, one becomes dead to all things that appeal to the mind and heart through the eye. The beauties of art, the delicate tints of the flowers, the gorgeous splendors of the sunset, the star-gemmed heavens, and all the visible beauties of land, sea, and sky are to him as if they were not.

So he who transgresses the law of his physical well-being weakens his power to respond to the voice of God which speaks to his soul through his surroundings. This is one of the avenues through which is conveyed to the mind the knowledge of God, and through which he is proclaiming to every creature, Behold your God!

Even the heathen has heard and understood that voice through what his eyes have beheld in nature, and bowed to worship the Creator. We are called to *see, hear, taste, and feel*,—to *sense* the existence of God and our true relation to him.

"Taste and see that the Lord is good." *See* the evidences of his fatherly love and care on every side. *Hear* the utterances of wisdom from the inspired Word. *Feel*—that perchance we may "feel after him, and find him, though he be not far from every one of us." And thus through the avenue of our five senses he continually speaks to our souls.

For you and me to be able to sense the value of a soul as we should, we must have our senses all more keenly alive, more ready to discern the still small voice, and respond to its call. Therefore the highest possible cultivation of our entire being, our every faculty and sense, is of the greatest importance.

Made in the image of God, who himself could be nothing less than beautiful, man was created perfect in beauty. This beauty having been lost by transgression and ignorance of the laws of nature, it is therefore our divine right and privilege to strive to attain to that beauty which is nothing less than perfection of the physical, mental, moral, and spiri-

tual,—the entire being,—body, soul, and spirit.

How shall we do it?—Just as simply as does the flower that grows and blossoms in its natural element under natural conditions. The Saviour bids us “consider the lilies how they grow.” How do they grow? Do they toil and spin to make themselves beautiful raiment, powder to give luster to their snowy petals, and paint to tint their satiny cheeks?—Ah, no! “They toil not, neither do they spin: and yet I say unto you, that even Solomon in all his glory was not arrayed like one of these.”

What, then, is the secret of their beauty? Consider how they grow. They do not violate the natural laws of their being, as does man, who is the highest of all God’s creatures. They take to themselves, from the earth, the sunlight, and the air, just the elements that are required to give them strength, health, and beauty. But man, the highest order of being of all the Creator’s works, is most out of harmony with the laws of his being. These bodies and brains of ours, which are dependent on the perfect harmony and healthy working of each and every part, are so mistreated and abused by inattention to the natural laws of their existence that to-day it would be almost impossible to find one person who could declare himself in *perfect health*.

Well might we exclaim with the psalmist, “Oh that thy way may be known upon earth, thy *saving health* among all nations.” His way is health. It is not only a means of strength to us that we may be used to save other souls, but it is salvation to us. Indeed, is it not true that a healthy mind in a strong body can grasp, can understand and remember the message of God to the soul better than one that is sick, stupid, and indifferently from suffering even a slight

discomfort? So, then, let us sacredly consider the *culture of our health*. Let us remember we are not our own, but “we are bought with a price.” Let us strive to attain to that *perfection*, that beauty, which has been lost since man departed from God. Let us strive to again possess that beauty, not with paint and the putting on of raiment, which are but the imitation, the substitute, for the real blush of the cheek, the rose of the lip, the luster of the eye, and velvety softness of the skin. Let us live in harmony with the laws of these bodies of ours, so that we shall have the real grace of form and countenance that will glorify our Creator, who prizes us above fine gold. Not half living, not dead while living; not like the eagle which, with broken wing, wearily and painfully drags itself along on the ground, instead of soaring aloft to gaze in the face of the sun. Indeed, the assurance is that our “youth is renewed like the eagle’s.” Youth is fitly compared with the eagle, with his dauntless courage, his high soaring, his superiority over every other bird of the air. Truly it is our Creator’s desires that these attributes shall belong to his children, and these natural attributes of youth are promised to us through obedience to the laws of health, especially in regard to our diet.

I will quote the entire text to close: “He satisfieth thy mouth with good things, so that thy youth is renewed like the eagle’s.”

MRS. ELIZABETH BUSH.



ORDERLY living is the most positive law and foundation of a long and healthy life. We may say it is the true and only medicine.—*Cornaro*.



“A MAN too busy to take care of his health, is like a mechanic too busy to take care of his tools.”

Summer Suggestions

It is interesting to note, in the mortality reports of large cities, the varying mortality from different diseases at different periods of the year. For instance, in the winter months there is a marked increase in the number of deaths from tuberculosis, pneumonia, bronchitis, and other diseases of the lungs and air-passages. In summer the number of deaths from typhoid fever and diarrheal diseases, especially infant diarrhea, are greatly increased. The diseases of the air-passages are usually caused or increased by exposure to severe weather, or to sudden weather changes. The intestinal diseases are caused by micro-organisms in the food. Warm weather affords a better opportunity for the rapid development of these micro-organisms. Milk, on account of the readiness with which it is contaminated, and the rapidity with which germs grow in it, may become one of the most dangerous of foods. More infants die every year from the use of unclean milk than from any other cause.

While it is important that pure milk should be used at all times of the year, it is doubly important in the summer-time, especially if the milk is for an infant. When it is necessary to feed a child milk, the supply should be obtained from a dairy known to be clean, rather than at a corner grocery.

Remember, too, that even with a pure milk supply, there is danger of contamination if there is carelessness in the cleansing of the bottle between feedings. Bottle and nipple should be scalded after each feeding, and the milk should be kept in the ice-chest.



Now is the time to lighten the menu a little. Do not be alarmed if you find

your appetite failing. Take the hint, and eat less. You have probably eaten all you needed (possibly a little more than you needed) during the winter; now you need less fuel to keep you warm. Do not lessen your comfort, health, and efficiency by overfeeding.



Avoid the use of much heavy foods, — fats, roasts, pastries, etc. Do not stuff with candies. All such foods are burned within the body with the production of a large amount of heat. If three meals are eaten, it is well to make one meal of such light fruits as happen to be in the market.



DRINK freely of water in order to cleanse out all impurities that may have gathered through a liberal diet during the winter. No other fluid can take the place of water in the body economy. The products of the soda-fountains, or those worse places, you will let alone, if you have regard for your health.



IN order to preserve good digestion, avoid iced drinks at meal-time. Iced drinks, if taken at all, should be swallowed very slowly, and not at meal-time. In fact, it is usually better to drink very little if any fluid during or shortly after a meal.



THE cool morning bath — a luxury at any time of the year to one who has learned to appreciate it — is almost a necessity in the warm weather. It will tone and invigorate for the entire day, and will prevent much of the lassitude which often accompanies the warm weather. An occasional warm bath in the evening, for the purpose of cleanliness, will also add to the comfort.

Consumption Cured by Roughing It

THE *Washington Star* gives an account of the life of Galen Clark, who, at the age of ninety years, published a book descriptive of the Yosemite Indians.

Half a century ago, Mr. Clark left Massachusetts to seek, not gold, but health; for he was a victim of tuberculosis, supposedly beyond hope of cure.

At that time nothing was known of the open-air method of curing consumption, but Mr. Clark believed that a life close to nature in a genial climate might prolong his life. After reaching California, he made his way into the Sierra Nevada Mountains, where he spent the most of his later life.

He wore a hat when he first went to the mountains, but as his head was becoming bald, he discarded it, and went bareheaded in all kinds of weather. Living in the open air on simple food, having none of the debilitating practises incident to city life, Mr. Clark became robust, and had the satisfaction of having a new crop of hair. It is said

that "when he was eighty years old, his iron-gray mane fell in wavy masses to below his shoulder-blades, and he could ride or walk the trails of Yosemite more easily than most men of half his years."

About this time the commissioners decided to put up guard-rails on the dangerous points of the cliffs, for the protection of visitors; and Galen Clark was the only one of the party whose nerves were steady enough to do the perilous work at the edge of the awful precipices. It is said that while he was doing the necessary work of marking the points at which the stanchions should be set, the others of the party stood back at a safe distance, shivering at the thought that he might make a misstep.

Galen Clark, once a hopeless consumptive, but now in sound health, building trails up the Yosemite at eighty, and publishing a book at ninety, is evidence of what nature will do for victims of the "great white plague" when they follow her ways.



For many years massage has been successfully practised by the blind in Japan. Recently, other nations have appreciated the wisdom of throwing open to the blind this means of livelihood; but thus far, Russia is the only European country in which massage is largely practised by the blind. In St. Petersburg a medical student nearing the time for graduation, lost his eyesight, took up the practise of massage, and taught others, and now massage is an important means of livelihood for the blind in that city.

The blind seem to be very apt pupils;

and when selected with especial reference to their adaptability to this work (neat personal habits, strong hands, soft fingers), they make excellent masseurs, and succeed in making a good living at the work. The course as given in Russia includes two years' study of anatomy and physiology in connection with the practise of massage.

The blind themselves seem to improve physically as a result of the exercise, and perhaps, also, because they have a self-supporting occupation.

Attempts are now being made to train blind masseurs in this country.



THE MEDICAL MISSIONARY AT WORK

What the Chinese Eat, and How They Prepare It

Maude A. Miller, M. D.

THE Chinese method of eating and preparing food is very interesting. And it is done so quickly, and in such a careless way, that many of their American brothers and sisters would not relish it.

In China, as in every other country, there are two great classes of people, the rich and the poor. The rich receive only the best food, while the poor eat what falls from their masters' tables, and any coarse grain or vegetable obtainable.

The rich take breakfast at eight or nine o'clock in the morning. Their breakfast consists of rice porridge, steamed bread made from the very best Chinese flour, and various green vegetables, such as cabbage, onions, radishes, and spinach, depending on the season of the year. At one or two o'clock they dine on rice, cooked perfectly dry, with no salt,—they contend that additional articles spoil the flavor of the rice,—also meat of various kinds, and always wine. They may have other articles of food, but these vary from time to time. For supper, which they have at eight or nine o'clock, they have noodles made from good flour, bread which is shortened with oil, and some form of cake, made of flour, oil, sugar, and fruit, also wine. After the meal is finished, they spend the time smoking opium until twelve o'clock, when they retire, to rise the next day at eight o'clock. This food comprises the daily regimen for a wealthy family.

The poorer class, which includes the millions of China, live very simply. For

breakfast they have steamed bread, made from the flour of cane seed. They also eat the seeds, a very coarse yellow bean, pumpkin, radishes, and red peppers. For dinner they use the same cane flour to make noodles and steam bread. This flour is of a very poor quality. As they use salt in making their bread, they do not have vegetables. And when they have vegetables, they do not have noodles, as the salt spoils the taste of vegetables for a Chinaman. For supper they cook beans in water, making a tea. The Chinese drink nothing but tea of some kind. Much of it is made from harmless herbs, while some is as harmful as any tea. During the hot months a teapot is their constant companion. Besides this tea, they have steamed bread and some red peppers. When supper is finished, they smoke tobacco, as they can not afford opium. This poorer class comprises the working class. They retire at seven or eight o'clock, and rise at four or five.

Besides the daily regimen of the better class, they have fruits,—in their season, as they do not know how to preserve them,—and *doefu*, or bean curd, which is made by grinding beans to a powder, and cooking for some time with ground stone or salt, after which it is fried. Their meat consists of pork, beef, lamb, chicken, duck, and fish. Meat balls is an especially favorite dish. This they prepare by wrapping round balls of meat inside the dough, and then cooking in soup. They also steam rice, sugar, and fruit folded nicely into a triangular shape inside of cane husks, until it looks very nice. They have many varieties of confectionery, which they make in vari-

ous shapes, and paint with different colors; some is in the shape of a hand, with sugar on the inside and flour on the outside; some is shaped like peaches, and is made of chicken and sugar. They also make a stick candy of white sugar, with various colors in the center; but best of all is a malt extract of cane, millet, rice, and barley, much like malt honey.

To prepare their foods, the Chinese use simply a mud stove with two oval-bottom iron pans sitting in holes on top of the stove. At one end the smoke escapes, while at the other is a small opening for putting in cane stalks, which is the common fuel. In these oval pans they cook, steam, and fry everything. They have no ovens for baking.

In steaming bread, water is placed in the bottom of one of these pans. Just above the water the chopsticks are laid across the pan. On these the bread is laid, and steamed for about one hour, when it is done.

Chinese are so poor they can not afford enough fuel to cook their food properly. If their food were cooked as it should be, it would take all one man's earnings for a day, which is only about six cents. Noodles are cooked in three minutes, cabbage in one or two minutes, and other food in proportion. As a result, they are improperly nourished, and always hungry. Their stomachs reach enormous dimensions, owing to the quantity taken, which is two or three bowls of noodles or four or five of rice, as the case may be; the Chinese rarely

eat rice and noodles at the same meal. With them it is quantity, and not quality. When sick, the most serious symptom a Chinaman can have is loss of appetite. If he can only be made to eat the usual amount, his recovery is supposed to be assured.

The poorer class eat meat when they can get it, which is not often. They eat the flesh of pigs, cows, horses, mules, donkeys, goats, dogs, chickens, and fish. When asked if they eat mice and rats, they seem quite indignant to think Americans should think of such a thing;



but many of them really believe that Americans do eat mice and rats. The horses, mules, dogs, and, in fact, all animals, are killed just before they would die a natural death, or when they have passed their usefulness for labor. If an animal should die, they eat it just the same. Living in China tends to make one a vegetarian, even if he were not before. There are also quite a number of vegetarians among the Chinese.

The principal foodstuffs are rice, wheat, barley, millet, some corn, sweet potatoes, carrots, cane, bamboo sprouts,

radishes, onions, cucumbers, water-melons, muskmelons, pumpkins, beans, of which there are several varieties, egg-plant, cherries, apricots, plums, peaches, pears, persimmons, pomegranates, and small oranges, peanuts, English walnuts, and sesame oil.

In seaports and trading stations they are learning to use many foreign foods, particularly bread. They are also learning the use of alcoholic drinks and tobacco, which, together with opium, gives them many bad habits. It is a lamentable fact that while Russia, France, Germany, England, and the United States are all trying to civilize China, they make a mistake by bringing over those things that tend to barbarism. China needs civilization, but she does not need the curse of alcohol and tobacco. Rather let the Christian nations give Christianity, their knowledge and wisdom, their modern inventions and appliances, and make China a land of which every native can justly feel proud.

The accompanying picture is of a Chinese tiffin. Inside the house may be seen a portion of a Chinese stove.



THE *Review and Herald* of May 4 contains the sad news that Dr. Maude Thompson Miller, of the little company of workers in Honan, China, has laid down her life for China's millions. Her prayer was that if she could not live for the work she loved, God would somehow use even her death to roll the burden of China upon hearts in the home field



The Medical Missionary as a Peacemaker

A MEDICAL missionary of the Free Church of Scotland in Central Africa relates the following experience, in which he served as peacemaker, near Lake Nyassa: The Atonga chiefs had

a quarrel about some slaves, and determined to "fight it out." The fight had lasted three days, and many had been killed, and more were severely wounded; still neither party seemed inclined to yield. At last one of the chiefs was badly wounded, and thirty-two armed men were sent off to bring the doctor. "After carefully considering the matter," writes the doctor, "we agreed to go to see the wounded chief, believing it to be a call from God. The bush on every hand seemed crowded with men. Every tree and shrub hid a black, armed warrior. We found the chief lying in a grass hut, surrounded by his men, who supported the disabled limb. . . . The bullet had struck the left arm just above the elbow, and, shattering the bone, had directed its course toward the joint. Before we left, we offered him a room in an empty cottage, where he might reside with a few of his men, and so be constantly under our care. Of course we lectured them on the foolishness of quarreling among themselves, and wounding and killing one another like wild beasts. On the way back, a messenger called us to the opposite camp, and of course we had to go. All the wounded were brought forward, that we might give directions as to what should be done for each. What a sight they presented! arms and legs broken, great ugly gashes, and assagai wounds. It was the most ghastly sight that I ever saw. We were then surrounded by three or four hundred armed men, and had a conference with them for upward of an hour. At last we got them to agree to peace, and immediately sent a messenger to the opposite camp. How thankful we are that thus we were the means of staying this bloody affair! The wounded chief was brought to the station in the evening, and has since been under our care. His case has caused us

great anxiety, but, after a fortnight, we are beginning to be hopeful. In saving his life, we may say we have saved the lives of upward of a hundred people. A chief never dies alone, for in the grave with him are put six or eight wives, some dead and some alive, and over a hundred of his men."



Lady Medical Missionaries Needed

"WHILE a medical missionary in India," writes a physician, "I witnessed among the women cases of heart-rending cruelty and neglect which I dare not describe,—cases in which, had medical aid been within reach at the proper time, humanly speaking, all would have gone well. Husbands have come to us imploring medicine for their wives who were dying of dysentery or fever,—suffering untold agonies, the result, it might be, of some accident, or of the barbarous treatment of a native nurse; a not uncommon request was for some medicine to kill maggots in an open sore, and more than once we have been asked for ointment to heal the broken limb of some inmate of the zenana; and when we told them that in such cases we must see the patient, and that perhaps some operation might be required, or that the broken bones must be set, and the limb put in splints, 'That can not be; it is not our custom,' has been the reply; and the poor woman has been left to linger on in suffering and misery, or die in her agony, simply for want of that help which the lady physician, or in many cases even the trained nurse could have given.

"What has been said of India is true of almost every Oriental country, and indeed of all lands on which the gospel has not shed its Christianizing and humanizing influence. In these 'dark

places of the earth,' woman is debased and neglected, and in the hour of her suffering and weakness, no skilled, loving hand is stretched forth to administer the needed relief; and, as a rule, she will receive no help but from those of her own sex."



What Medical Missionary Work Means

To many, medical work means merely to know how to wring out and apply a fomentation cloth, and to give a massage, or apply electricity. A person may be skilled at any one or all of these, and yet not be a medical missionary. The important thing is to know when to apply these remedies, and the treatment that is indicated in each case. Great harm may be done through ignorance. A thorough knowledge of the human body and the nature of the disease to be treated is necessary in order to determine the treatment required.

A cold shower-bath, while a benefit to one person, may result in injury or death to another, as in Bright's disease, heart-disease, or where there exists a tendency to apoplexy. The fomentation relieves pain in the stomach in ulceration, but may also cause at the same time a severe hemorrhage and death, by creating internal congestion. A little knowledge is dangerous, especially if there is combined with it self-confidence. Frequently the less knowledge possessed, the greater the self-confidence. Such do not feel the need of study. Medical missionaries go forth to heal, not to destroy. To become a medical missionary, therefore, means to gain the needed intelligence and knowledge of the human body, so that when an application is made, there will be no disappointment, but the results looked for will

appear. An intelligent medical missionary is not a bungler, but he exercises intelligent faith in all the treatments he administers. He is a true coworker with God. He recognizes what nature is trying to do, and comes to her aid. Those who are sent forth as medical missionaries need a special education and fitness for their work.

D. H. KRESS, M. D.



Openings in Bonacca, Bay Islands

BESIDES my church and school work, I have had opportunity to render profitable service to those who were sick. I often think how little I could have done had it not been for divine help, to which I give all the glory. I rescued one youth from drowning, working over him some time after the parents had given him up. This was the opening wedge, and now the family is observing the Sabbath, and, I hope, will walk out into the full light as it is revealed to them. Every stroke and movement of the body was accompanied with the silent prayer that God would make my work such that it would glorify my Creator. I have had over twenty patients.

Last Sabbath was a busy day. After service I was called to a home where there were five sick. The house was across the lagoon, and could not be reached except by boat. Two of the patients were taken with convulsions at the same time. In the case of one, convulsions preceded the fever, taking the place of the chill in adults. The other three had high fevers. For three hours we had all that we could do. Again man's helplessness was revealed, and God's strength manifested. In this way we may enter homes that otherwise could not have been entered.

GARFIELD SMALLEY.

With the Wounded Japanese

ONE of our young men for some time located at Wakamatsu, was several months ago called to join the army as nurse, in which capacity he served his time years ago. He was stationed at Nagoya, an important place about half-way between Tokyo and Kobe. The brethren have seen him several times while passing through that place. He is in good health, and of good courage, and is trying to improve the opportunities for letting the light of truth shine. I do not know how long he will have to serve, but probably while the war lasts, perhaps longer, while the wounded are recovering.

F. W. FIELD.



Tiflis, Russia

THE hope of starting medical missionary work as such we are obliged to set aside at present. To obtain permission to practise seems almost impossible. All kinds of missionary work must be done secretly. To convert even a Mohammedan to Christianity, any other than that of the state church, is punishable with months of imprisonment. It takes great wisdom to bring God's message to the attention of the people.

V. PAMPAIAN.



Cape Town, South Africa

ON reaching this place I began my work, and I find plenty to do. I am giving massage, and have charge of the work; I also teach. I have started classes in hydrotherapy, and shall begin classes in other subjects as soon as I have time. There is a good work to be done, I believe, and my prayer daily is for wisdom and strength to do it.

IDA THOMASON.

“LAST year,” writes a helper in charge of a dispensary in India, “in one village twenty persons were baptized under the efforts of the medical mission, and there are others who, though not yet baptized, are steadfast in their faith. In another village in the same district, eighteen of my patients were recently baptized.”



THE Moravians were the first Protestants to send out medical missionaries. Drs. C. F. W. Hoeker and J. Rueffer were sent to Persia early in the eighteenth century. Hans Egede, a Danish missionary, though not a graduate of medicine, acted the part of the good Samaritan during the awful smallpox epidemic which ravaged Greenland in 1733, and thus early demonstrated what might be accomplished by the devoted medical missionary. Scores of lives were saved, and untold suffering relieved by his untiring efforts.



A PHYSICIAN in India, discussing the relation of the medical missionary to the evangelistic work in mission fields, writes thus of the results in one dispensary:—

“No month goes past without reports of some being influenced to decide for Christ, or of having put themselves under Christian instruction. One dresser has made an analysis of such cases, in connection with his branch dispensary for the year, with the following results: Total number of patients who have embraced Christianity, eighty-one; of these seventy-five have been regular in attendance at chapel, and twenty-seven have been examined and found suitable for baptism. Their names are all given, with the congregations they attend.”

THE late Mrs. Isabella Bishop, the well-known traveler, paid the following beautiful tribute to medical missions: “As a traveler, I desire to bear the very strongest testimony that can be borne to the blessing of medical missions wherever they can be carried on as I think they ought to be. They gradually put an end to the barbarities of so-called healing practised by the people themselves. Barbarous and brutal they often are, and ignorant where they are not barbarous. And gradually as Western surgery becomes known, these cruel modes of treatment show a tendency to disappear.”



THE deaths from the plague in India recently were thirty-four thousand in one week. Statistics show that the deaths from bubonic plague alone in that country within a few years reach nearly three million. The Indian government is making every effort to eradicate it, by burning whole sections of towns and segregating the inhabitants. But, owing to the climate and the sanitary conditions of the outlying districts and native sections of the towns, it is difficult to cope with the epidemic, which breaks out continually at fresh points. The deaths are said to be ninety per cent of those infected.



IN the hospitals of Japan one or more Christians are pretty sure to be found among the patients in almost every ward. The visits of missionaries to the hospitals serve to bring these men forward. They often aid in distributing literature, and in explaining to others the Christian teaching. This incidental result of missionary visits to the Japanese hospitals—the strengthening of the faith of Christian soldiers by setting them to work for Christ—is apt to be overlooked.



HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

I've learned, as days have passed me,
Fretting never lifts the load,
And that worry, much or little,
Never smooths an irksome road.
For you know that somehow, always,
Doors are open, ways are made,
When we work and live in patience
Under all the crosses laid.

— *Selected.*



They Say; Who Say? Let Them Say

Mrs. M. H. Tuxford

I WONDER if any of my readers know what it is to be haunted by some particular words or phrases, which they can not easily throw off or dismiss from their minds on account of the great impression made at the time of their utterance.

Such has been my experience since hearing the words (heading this article) quoted by the Rev. J. Ferguson some two years ago at a social meeting in Sydney, Australia, held in honor of one highly esteemed for his love for humanity, and for his labors of love in connection with rescue work in that State.

The speaker told his audience that these words, "They Say; Who Say? Let Them Say," were engraved on some building; but I do not remember its location, though I can safely say it was somewhere in New South Wales.

Oh, that little word "they"! What a mountain of mischief it has done, and is likely to do, till the end of time! It is like a handful of snow, small at the

beginning, but as it is rolled along, it gathers up and takes on all that comes in its way, till at last we see a large snowball. At the start a child could roll the ball, but now it would require men to move it, were it not that the heat of the sun gradually melts it away.

Sad pity that in like manner we can not melt or disperse unkind words, which, once spoken, often have so much added to them that the original speaker would fail to recognize his own words. "They say" she must neglect her home, as she belongs to such and such an organization. These simple words, "they say," sent one of Russia's most promising young men to Siberia. "They say" her children are neglected, and the poor husband never gets a proper meal.

Now if it were only "she" who uttered these words, one might have a chance of catching her in the act, but it would be a long chase to get hold of the guilty "they."

It was once my good fortune to visit

the home, quite unexpectedly, of one whom they had strongly condemned as being good to everybody but those in her own family. What did I find?—A home and a family well looked after, not only in temporal, but in spiritual things.

I shall never forget the love and sympathy that pervaded that home; love to one another, and sympathy from all members of the household in the work that the mother and daughter had undertaken for God, home, and humanity.

Who Say?

They who never do anything to help a weak one to rise above his weakness. They who will not deny themselves in order to help another. They who have shut their ears to the words, "Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me."

They who make a god of self can not possibly understand that when Christ gains entrance into the heart to reign there, self must be overthrown.

Let Them Say!

So say I! If our work and actions are right, what matter what men may say? We shall all be judged finally by righteous judgment when we render an account of the deeds done in the flesh, whether good or evil.

Let them say, even though we know their words to be untruthful. Heaven knows. Let that be our comfort when men speak falsely of us and our labor of love. Listen not to what they say, but to the words of the Master in whose service we are: "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: for . . . ye have done it unto me."



Driving or Leading

WE have our choice. With our children, our pupils, our congregations, our

students, our employees, we must choose our method of stimulating their progress. The "sharp stick" or "rawhide" method is one way. It may work, and it may not. At the best it leaves scars. At the worst it fails to accomplish anything. And it never gets the best work out of any one, to talk only about the mistakes, or the more that ought to be done. The other way is to praise instead of criticize. If a single thing has been well done, speak heartily of it. If more and better work needs to be done to-day, illustrate the manner of it by referring to the admirable way in which something was done yesterday.

M. H. T.



That Spare Bed

I NEVER see a "spare bed" without wanting to hang up the following card:—

NOTICE!

This spare bed is warranted to produce neuralgia, rheumatism, colds, consumption, doctor's bills, death.

The spare bedroom is always as near a mile from the rest of the sleeping rooms as it can possibly be located. In it everything is as stiff and prim as may be; the sheets are slippery, clean, and clammy, and the stiff pillow-cases rustle like shrouds. The mattress is of feathers, a family heirloom, the last earthly resting-place, perhaps, of many a case of measles, whooping-cough, scarlatina, and consumption.

Shake me down on the kitchen floor; let me sleep in the hay loft; stand me up in a corner; anywhere but on the feather mattress upon the spare bed in the spare room.

Did any one pass a winter night in a spare bed such as I have vainly endeavored to describe, without waking up with a start, under the impression that a dead man was pulling at his chilly

nose? We must suffer in silence. That spare bed is lovingly reserved for those whom the family most esteem.

M. H. TUXFORD.



Household Hints

WHEN making sponge-cake, dust the top lightly with powdered sugar just before putting it into the oven.



ODD bits of celery, if washed and dried slowly in the oven, will keep for weeks, and can be used for flavoring soups, gravies, and stews.



APPLE stains on the hands can be removed by rubbing with a little lemon-juice or the inside of the apple peel. Rinse in clear cold water.



WHEN boiling green vegetables, add a bit of sugar to the water. It preserves the color quite as well as bicarbonate of soda would, and is not so injurious.



To obtain a little onion juice for flavoring, cut the onion across, and holding it firmly, draw a sharp-edged spoon across it, holding it so as to catch the juice.



OLD stockings make excellent floor polishers. Split open and sew two together, cutting off the feet if they are much darned. They are also excellent for polishing shoes.



BRIGHT saucepans, before being used on a smoky fire, should be rubbed over on the outside with a little grease. Then after use, if washed in warm soapy water, they will be as bright as ever.

CANDLES burn better and more slowly if they have been stored in a dry place six or seven weeks before using. Soap will go twice as far if it is well dried. It should be cut into small blocks, and then arranged in tiers with spaces between to allow them to dry.

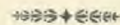


IF you want an oil-stove to burn without giving out an unpleasant odor, clean and refill it every time after using. If you allow dirt and oil to accumulate on it, it is sure to smell unpleasant. Always turn the wick down low before putting it out, and leave it turned down till the stove is again needed. If the wick is turned high, it draws the oil up, which will spread over the outside.



MACARONI or rice, if placed in a colander after cooking, and some cold water poured over it, and left to drain a while, will not stick together in a solid mass as it is otherwise inclined to do. The rice can be put into the oven for a little while afterward to reheat.

M. H. TUXFORD.



WHEN a resolve or a fine glow of feeling is allowed to evaporate without bearing practical fruit, it is worse than a chance lost; it works so as to positively hinder future resolutions and emotions from taking the normal path of discharge.—*Professor James.*



ANY emotion that is not afterward expressed in some active way is abnormal and injurious. The religious life of some people is of this nature, and it is difficult to bring them to see that it is not only futile, but positively mischievous.—*Dr. Mary Lawson Neff.*

QUESTIONS AND ANSWERS

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

[From among the many questions received, it is necessary to select, for answer in these columns, such as are likely to be of general interest. If postage is enclosed with question, a prompt reply will be returned by mail. Be sure to give name and full address.]

83. Mastoiditis.—J. S. C., Mass.: “1. Sometimes when I take cold, my ears ache severely; other times they do not. When the ear aches, my head is very sore and painful back of the ears. What is the cause? 2. And what shall I do for it?”

Ans.—1. Earache is usually caused by taking cold. It may come from catarrh of the throat, or from an acute infection of the throat, or Eustachian tubes. In most cases it is due to an infectious germ.

2. The soreness back of the ears is due to inflammation of the mastoid cells, and is called mastoiditis. It is a very dangerous disease, and sometimes ends fatally in a very few days. Earache in an adult is always a serious disease, and should receive prompt and skilful attention from a good ear specialist. For advice regarding home treatment, see question No. 31 in December LIFE AND HEALTH.

84. Ringing Ears — Cold Feet.—Mrs. E. E. C., Ind.: “I have ringing in my ears, and when I take cold, often have severe pain over the left ear. My throat is dry. I suffer from cold feet nearly all the time. What is the trouble? and what can I do? Since reading LIFE AND HEALTH, I have been chewing my food more, and my stomach is much improved.”

Ans.—You have chronic catarrh of the throat, doubtless of long standing. The catarrh has extended through the Eustachian tube to the middle ear, where it has set up a catarrhal condition known as otitis media. This is usually accompanied by a ringing in the ears, chronic thickening of the eardrum, and partial or complete loss of hearing. Many of these cases can be successfully treated only by a skilful specialist. If taken in reasonable time, the hearing can be saved in nearly every instance.

For home treatment, you should first attend to the general health. The circulation must be balanced. We recommend a daily cold hand

bath, followed with vigorous dry friction, until the surface and extremities are thoroughly warm. Follow with an alcohol and oil rub. Clothe the body properly. Keep the feet warmly clad and dry. An alternate hot and cold foot-bath should be taken every night, followed with vigorous rubbing of the feet. Take plenty of outdoor exercise daily. The food should be nourishing and wholesome, but care should be taken not to take a larger amount of food than the system demands. You should especially avoid a large use of fats and sugars.

Spray the nose and throat once or twice a day, for a month, with the preparations mentioned in question No. 87.

The severe pain in the ear after taking cold is a more serious matter. It is due to an acute inflammation which requires vigorous treatment. See answer in question No. 31 on Earache, which appeared in our December issue.

85. Locomotor Ataxia.—W. R. K., Md.: “What is the best medicine I can take for locomotor ataxia?”

Ans.—We know of no medicine that is of much value in the treatment of locomotor ataxia. A thorough course of treatment at a good sanitarium will arrest the disease and secure partial recovery in some cases, and is the only treatment we would recommend.

86. Catarrh of Stomach — Gas.—Mrs. R. A. K., Mass.: “1. What is the cause of catarrh of the stomach and bowels? 2. What can I do by way of home treatment? 3. Is discharge of mucus from mucous membranes caused by catarrh? 4. What is the cause of gas in the stomach?”

Ans.—1. The cause of catarrh of the stomach and bowels may be due to errors of diet, such as bad cooking, eating indigestible food,

eating between meals, eating an excess of sugar, such as candy and sweets, excessive use of condiments, coffee, drinking ice-water, eating when very tired, eating hastily, despondency, anger, and other bad mental conditions; in fact, anything which will cause indigestion may cause catarrh of the stomach. When one suffers from nasal catarrh, the secretions swallowed during sleep form a very common cause of catarrh of the stomach.

2. The best treatment is prevention. **First** learn how to select good food, how to **cook it** scientifically, and eat it physiologically: eat at least one-half hour, but eat only a small amount. The mental condition has much to do with good digestion, therefore eat socially. Avoid overeating; do not exercise immediately after meals. Two hours after meals take fomentations, or hot and cold applications to the stomach and liver, for about thirty minutes. In chronic cases abdominal percussion, and daily exercises for the development of the abdominal muscles, are very helpful.

3. It often is, but there are many causes.

4. Fermentation; any one of the causes mentioned above may cause fermentation and gas.

87. Chapped Hands — Catarrh.— A. C. W., Mass.: "1. I have suffered some time with chapped hands, ends of fingers crack crosswise and lengthwise in summer. Hands are in the water a great deal. I can find nothing that will cure them. What can I do? 2. My brother, who was a very good singer, has catarrh. His voice is very hoarse. His nose is large, red, and swollen of late. What should he do?"

Ans.— 1. You have a dry catarrh of the skin. Keep the hands out of water if possible, but scrub them very clean with hot water, soap, and a nail-brush three times a day. Immediately after drying on a towel use the lotion and gloves as advised in question No. 50 in February LIFE AND HEALTH.

2. Your brother has nasal and laryngeal catarrh. He should use the voice as little as possible while it is hoarse. Spray the nose and throat twice a day with the following preparations, using a good spray; the DeVilbiss is an excellent one:—

Sol. No. 1. Glyco-Thymoline 2 oz.
Water 2 oz.

Mix and use in atomizer.

Sol. No. 2. Menthol crystals 5 grains
Terebenum 10 drops
Eucalyptol 10 drops
Oil petrolatum 2 ounces

Mix. Use in separate atomizer.

Spray the nose and throat thoroughly with No. 1, then with No. 2, twice a day.

Once or twice a day for a short time use a lozenge composed of red gum, or gum guaiacum, which you can purchase at any drug store.

88. Constipation — Salt-rheum.— Mrs. C. H. S., Wash.: "1. What is good for a case of constipation of long standing? Can you outline any food or home treatment that would be helpful? Have never had a free movement of the bowels, and always used pills or oil. 2. What is the cause of salt-rheum?"

Ans.— 1. Recognize the physiological truth that the bowels should be trained to move as regularly as clockwork at the same hour every day. A persistent effort to establish this regular habit will alone cure many cases. Drink a tumbler of cold water on rising; and add to your diet such foods as figs, prunes, greens, and buttermilk. Take a glass of buttermilk just before or with the meal. Take free outdoor exercise, together with special exercise of the abdominal muscles, with kneading and percussion of the bowels.

2. Salt-rheum is a popular name given to an eruption of the skin properly called eczema. There are scores of causes for this disease—so many that we could not enumerate them here. Briefly, anything that irritates the skin may cause it. Dryness of the skin may cause it, or exposure to the cold and wet, exposure to a dry wind, bad nutrition, derangements of the stomach; the use of pork is particularly bad for this disease. To cure it we would refer you to question No. 62 in March LIFE AND HEALTH.

89. Goiter.— J. J. M., Mich.: "Have had goiter ten years; have very difficult breathing. 1. Can goiter be cured? 2. What is the best treatment?"

Ans.— 1. Many cases can be cured, but not every one.

2. There is no home treatment that will cure goiter. The best treatment is the passing of medicinal substances into the goiter under the influence of an electric current by the process called cataphoresis. We have seen a number of cases cured by this method. In some cases an operation is the only means of satisfactory relief.

90. Diabetes.— J. R. C., N. Y.: "I have been troubled with my kidneys for two years. Have diabetes very badly; am losing in weight, and sleep very poorly. 1. What is the cause? 2. What is the best treatment? 3. Do you recommend flesh diet in such cases?"

Ans.—1. Contrary to the common belief, diabetes is not a disease of the kidneys at all. The disease may be caused by faulty work of the digestive system, particularly that part of the digestive process carried on by the small intestine, also by faulty action of the liver, pancreas, and by the nervous system. All the details of these complex causes are not yet fully understood.

2. The best home treatment is careful regulation of the habits of life. Plenty of exercise in the open air, always stopping short of fatigue. Abundance of sleep, such tonic use of hydrotherapy as will increase the process of oxidation in the tissues, such as cold friction, hot and cold to the stomach and liver, short cold spray, etc.

3. The diet in diabetes is a most essential factor. A meat diet is better than a starch diet. The trouble with a starch diet is that starch, in the process of digestion, is all converted into sugar, and the system can not take care of so much sugar. Meat contains no starch and but little sugar, and overcomes this objection, but it loads the system with such an enormous amount of waste animal products that the kidneys are overworked. This increased tax on the kidneys often aggravates the nervous symptoms. We recommend as better than either a starch diet or a meat diet, a diet composed of gluten in the form of gluten bread or biscuits, gluten mush or gluten sticks, with zwieback, cream, milk, cottage cheese, nuts, especially pecans and English walnuts eaten with dry toast and chewed very thoroughly, eggs, peas, spinach, lettuce, celery, tomatoes, nut foods, kumyss, ripe olives and other similar foods. The value of ripe olives, as an article of diet for diabetes, is not fully appreciated. In many mild cases baked potatoes may be added without harm; and in some severe cases a small amount of meat may be added with advantage. Such a diet excludes starch to a large degree, and avoids loading the system with uric acid and the other injurious products of a highly flesh diet. The potato seems to be the least objectionable form of starch in diabetes.

91. Injury to Head — Paralysis.—Mrs. E. K., N. D.: "A year ago my brother was kicked

in the head, causing blindness of one eye. He has no pain in head, but it seems as if it settled in his knee. He can scarcely walk, and can hardly lift anything. What is the trouble? and what should be done for him?"

Ans.—Your brother is suffering from some serious injury to the brain. The inner table of the skull may have been fractured. You should take him at once to a skilful surgeon, and have his case thoroughly examined.

92. Catarrh and Consumption.—A. E. H., Wash.: "1. Can catarrh of the nose and throat cause stomach trouble or consumption? 2. What can be done to get rid of gas in the stomach and bowels?"

Ans.—1. Yes. In bad cases of catarrh the large amount of offensive secretion swallowed during sleep causes catarrh of the stomach, disorders nutrition, and lowers the vital resistance of every tissue of the body. The lungs being weakened, consumption more readily develops.

2. Prevent its development. See answer to question No. 87. Temporary relief may be obtained by using charcoal tablets with a peppermint lozenge.

93. Lemon Juice Disinfectant.—J. O. D., Maine: "Is lemon a good disinfectant to add to drinking water? Will it kill the germs so one need not boil the water?"

Ans.—Lemon juice is a very agreeable and valuable addition to drinking water. It is also a mild disinfectant. It has decided germicidal action, but not sufficient to render it a safe disinfectant of suspected drinking water. In every case, if water is not known to be absolutely pure, boil it.

94. To Remove Hairs from the Face.—A. M. L., Wash.: "Can you recommend any paste, medicine, or treatment of any sort that will remove ugly black hairs from my face?"

Ans.—We know of no medicine safe to use on the face that will remove hairs. Superfluous hairs can be successfully removed by an electric needle. If done skilfully, this need not leave any scars. The process is a little tedious, but we have seen many cases where the improved appearance was well worth the effort.



Woman's Work

DURING the past few weeks three national organizations of women have brought together, in the city of Washington, a large body of the most talented women of the present time. We present herewith a few of the prominent characters of these organizations of women.

The Mothers' Congress, founded by Mrs. Birney, represents the organized interests of the home from the mother's standpoint. Their national Congress was addressed by President Roosevelt.

Mrs. Sewall, who is also an earnest worker along health lines and an exponent of healthful living.

The writer had the pleasure of meeting many of these earnest workers, and while he was charmed with the enthusiasm and tact which characterized their movements, it is not his purpose so much to eulogize their work as to suggest to the reader the opportunities for organized health work. Although much has been done, the field is comparatively unoccupied,



MRS. DONALD McLEAN
President, Daughters of the
American Revolution

The Daughters of the Revolution is an organization of women, of Revolutionary ancestry, for the purpose of cultivating patriotism and preserving the records and landmarks of Revolutionary times.

The National Council of Women is affiliated with more than twenty national organizations of women, without distinction of race or religion. The International Council was represented by its Honorary President,



MRS. MARY WOOD SMITH
President, National Council of
Women

and the success that attends the work of women in other lines should inspire every health worker to improve the present grand opportunity for blessing humanity by an uplifting movement directed from the broad platform of personal health.

Few have appreciated the importance to which sisterhood organizations have attained, and the ability and force which characterize these forward movements. G. A. H.



MRS. THEODORE M. BIRNEY
Founder and Honorary President
of the Congress of
Mothers

MRS. MAY WRIGHT SEWALL
Honorary President, International
Council of Women



Improve Society by Improving the Individual

THE resolutions adopted by the National Council of Women at the recent session in this city, on Individual Improvement, have sounded the keynote of a great truth. For is it not the improvement of the individual that lies at the very basis of substantial elevation by the people of any great nation? It is indeed the purifying influence operating in the individual that can make most effective the moulding and binding of character into lasting shapes of harmony and grandeur.

A lofty ideal of individual responsibility, and worth, raises the nature of our aspirations as naught else can until the life becomes gilded with a divine beauty of Christian graces. Hence the aptness and value of the following resolutions coming as they do from that grand body of womanhood which stands for greater intellectual freedom and for higher ideals of individual action.

“Believing that the progress of humanity is best furthered by the improvement of the individual, and that the improvement of the individual is dependent upon heredity, environment, and nature, be it —

“*Resolved*, That the perfection of the home, the institution in which heredity is fixed, the first environment of the child formed, and its first nurture received, should be the object, the solicitude, and the endeavor of every man and every woman who loves humanity and would serve it.

“Further believing that what is peculiarly needed to-day to secure true family life is far more of plain living and high thinking on the part of the more privileged, and a deeper sense of responsibility on the part of every citizen, be it further —

“*Resolved*, That in working for these conditions the National Council of Women shall keep in mind that the safety and the stability of the home, of society, and of the state are principally dependent upon the character of their individual members.”

G. A. H.



Alcohol as a Food

SINCE the publication, a few years ago, of Professor Atwater's paper on the food value of alcohol, there has been much interest manifested in the subject, both by the friends of temperance and by those whose interest is of a purely scientific nature. Much has been written on both sides of the question. At the present time, there is little disposition to deny that alcohol is to a certain extent burned in the body with the production of energy. It is, however, generally recognized that, as a food, it is apt to be very expensive to the organism.

In a recent issue of *Medical News*, Prof. R. H. Chittenden, of the Yale Scientific School, says in the conclusion of his paper on the food value of alcohol: —

“It is, I think, quite plain that while alcohol in moderate amounts can be burned in the body, thus serving as food in the sense that it may become a source

of energy, it is quite misleading to attempt a classification, or even comparison of alcohol with carbohydrates and fats, since, unlike the latter, alcohol has a most disturbing effect upon the metabolism of oxidation of the purin compounds of our daily food. Alcohol therefore presents a dangerous side wholly wanting in the carbohydrates and fats. The latter are simply burned up to carbon dioxide and water, or are transformed into glycogen and fat; but alcohol, the more easily oxidized, is at all times liable to obstruct, in some means at least, the oxidative processes of the liver, and probably of other tissues also, thereby throwing into the circulation bodies such as uric acid, and which are inimical to health, a fact which at once tends to draw a distinct line of demarkation between alcohol and the two non-nitrogenous foods, fat and carbohydrate."



Some Effects of a Meat Diet

IN connection with some recent experimental work on the nitrogen requirement of the body, it may be well to recall a series of experiments reported in Bulletin No. 45 of the United States Department of Agriculture.

In 1889 a Russian investigator conducted a number of experiments on healthy persons. Five series are reported, each being divided into two ten-day periods. In two series the subjects were given a mixed diet the first ten days, and a vegetable diet the remaining ten days. In the other three series the vegetarian diet preceded the mixed diet. The result was invariably the same whether the vegetarian diet preceded or followed the mixed diet. On the vegetarian diet, there was a greater amount of nitrogen in the feces and less in the urine, indicating that the nitrogen from vegetable sources is not so well digested

as that from animal sources. Notwithstanding this, there was a larger amount of nitrogen stored up from the vegetable diet than from the mixed diet, indicating that the body handles nitrogenous food from vegetable sources more economically than animal nitrogenous food.

From what we now know regarding the needs of the body for nitrogenous food, we are certain that in this series of experiments, there was a great excess of nitrogenous food given, both in the vegetable and the mixed diets. On the vegetarian diet a larger proportion passed off as waste without entering the blood current. On the mixed diet a much larger proportion was burned up in the body, and was passed out by the kidneys.



As Professor Chittenden says, "There are a great many observations and some facts to warrant the view that the nitrogenous waste products of the body—the products of proteid katabolism—are more or less dangerous to the well-being of the organism." So where there is an excess of nitrogenous matter used, it is much better that it be thrown off through the intestines than that it should be taken into the blood current to be burned up and thrown off by the kidneys.

But where a smaller amount of vegetable nitrogenous food is eaten,—more nearly in accordance with the actual needs of the body,—the intestines handle it more economically, and a smaller proportion of it is thrown off in the feces.



And it may be seriously questioned whether the free use of meat is conducive to a healthy condition of the intestines. The fact that foods containing meat and meat juice make good culture

media for the growth of disease germs has led some to suspect that there might be some connection between meat eating and appendicitis. This suspicion has been strengthened by a paper recently read before the French Academy of Medicine by Dr. Lucas-Championiere, in which he gives meat eating as an important cause of appendicitis. His investigations show that appendicitis is largely confined to countries where meat is eaten on a large scale. Vegetarians he finds to be almost free from it. He gave statistics from various parts of the world, showing that appendicitis increases in proportion to the consumption of meat.



Animal Food as a Conveyer of Tuberculosis

EVIDENCE is accumulating that tuberculosis is sometimes communicated to man through the use of diseased animal food. Tuberculosis has been produced in animals by inoculation with material from tubercular human beings, and the tuberculosis so produced is not distinguishable from the ordinary bovine tuberculosis.

A number of instances have been observed in which tuberculosis clearly resulted from the use of infected animal food. In one case, a child less than two years old, which had, for the greater part of its life, been fed on milk bought from neighboring stores, died with a large abdominal tumor, which proved to be tuberculous. The intestinal glands were diseased, and not the lungs, showing that the disease must have been contracted through the food. Cultures were made from the tumor, which proved to be typical bovine tubercle bacilli, and when injected into a two hundred and eleven pound calf, caused its death in five weeks.

The committee which made the above report, while refraining from making a definite statement regarding the frequency of tubercular inoculation from animals to man, was of the opinion that it is not a rare occurrence.



Quack Advertisements

A BILL was presented to the Washington State Legislature, making it unlawful to advertise any medicines or treatments for the cure of sexual disorders, "lost manhood," etc. At the demand of certain patent medicine interests and nearly all the newspapers, the bill was modified to read "venereal" instead of "sexual," thus making the law inoperative as regards a large class of villainous advertisements which lead unfortunate young men to spend the last dollar they can get hold of in the vain attempt to "restore lost manhood." The newspapers that carry such advertisements are partakers of the spoils and of the guilt.

It is refreshing to pick up a magazine whose advertising pages are not prostituted to the iniquitous work of playing into the hands of these human ghouls for a share of the gain. It is with a feeling of relief that one says, "There is one magazine that can not be bought." Unfortunately, most of the periodicals, including many even of the religious weeklies, can be bought, and have been bought.

If you want to know something in regard to the moral sense (or lack of it) that is back of the periodical you are taking, examine its advertising columns, and the chances are you will find there several of these fake medical advertisements.



WE recently received a letter from a subscriber who had been persuaded to

use a certain nostrum. Her neighbors had been using it, and felt that it was doing them good. This correspondent wanted to know if we were too much bound by a creed to recommend the medicine if we found it to be a good thing.

LIFE AND HEALTH is certainly too much "bound by a creed" to recommend a remedy because somebody thinks it has done him some good, especially when we have no means of knowing what the remedy is composed of, except an analysis which shows it consists of a little cheap sulfuric acid and other acids in water, costing less than a cent a gallon.

The patent medicine business is one of the meanest, most despicable of all plans to "get something for nothing." It plays upon the credulity of people who need help, taking their money, and giving nothing in return. Yes, it does sometimes give an appetite for liquor!

There is probably not a nostrum on the market but has the property of giving temporary relief to the patient.

One would think that any person looking over the dailies, the weeklies, and especially the religious papers, and noting the hundreds of remedies, all warranted to cure, would realize that the whole thing is a big humbug.

All the patent medicine man wants is your money. "A dollar a bottle, six bottles for five dollars." How many poor persons are there who are pinning their faith to these irresponsible advertisements, and giving of their hard-earned money to help enrich men whose business it is to grow fat off the miseries of the sick.

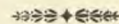
There are many people who have the patent medicine habit. They are constantly dosing. They try one thing, and when that wears out, it is something else. As *Medicine* says, it is simply "refined tippling."

"Do You Want to Live One Hundred Years in Good Health? If So, Read These Testimonials, and Then Use This Drugless Remedy"

such is the heading of a circular just received.

At the small cost of two dollars, you may receive what this circular calls "the greatest cure without the use of drugs ever discovered." The style of the circular, and the name of the author, are strongly suggestive of a system of treatment which, about twenty years ago, was very widely published by a certain Dr. Hall. I should say, rather, that it was widely advertised; for the doctor never imparted his precious secret without receiving four dollars and a promise of secrecy. This life-preserving secret was to the effect that the lower bowel becomes filled with putrid, poisonous matter, which is the unsuspected cause of most of the ills that human flesh is heir to. The cure is to practise thorough flushing of the lower bowel by means of the full enema. If any of our readers, profiting by this suggestion, find their health improved, and feel that they have been benefited to the amount of two dollars, they may send us that amount, and we will extend their subscription four years.

While we do not regard this scheme in the same light as we do patent medicines, we see a danger that many persons, seeing the circular, may send two dollars for some information they already possess. At the best, it can not be said that the man who peddles life-saving knowledge at the rate of two dollars a head is a public benefactor.



ALWAYS rise from the table with an appetite, and you will never sit down without one.—*Wm. Penn.*

Foods

ACCORDING to the Secretary of Agriculture, fifteen per cent of the foods in the United States are adulterated.

THE health officers of New York have just completed an inspection of the creameries on the line of the D. L. & W. R. R., finding them in much better condition than they were one year ago. The health commissioner now proposes to co-operate with the health commissioner of Buffalo and the commissioner of the State Agricultural Department to reach all the dairies of the State. Good! Better milk, fewer baby funerals.

Communicable Diseases

BUBONIC PLAGUE has got a foothold in Austria, it is said, through some workers who unwrapped some goods from Hongkong.

HEREAFTER, in St. Louis, physicians must inform the Commissioner of Health of every new case of tuberculosis. Houses will not be placarded, but in the worst cases an effort will be made to isolate the patient.

THE New York Health Department, expecting an epidemic of measles involving at least twenty thousand cases, has asked for an appropriation of \$4,500,000 to combat the disease. The Board of Estimates has granted \$1,000,000 as a temporary arrangement.

PLAGUE has such a foothold in a certain Chilean town having a population of four thousand, that the public health authorities are unable to cope with the situation, or to bury the dead. The government of Chile has ordered the closing of all the large schools.

EXPERIENCE in Minnesota seems to indicate that diphtheria is transmitted by direct transfer of the microbes from one throat or nose to another. The less close the personal contact in schools and institutions, the freer they are from diphtheria, and the easier it is to stamp out the disease when it has gained a foothold.

A CASE is reported in which a mother contracted smallpox in the severe (confluent) form, and was taken, with her seven-months'

old nursing baby, to the smallpox hospital. The baby, which had been vaccinated fourteen days before, nursed its mother through the entire time of her illness, and was daily handled by about fifty other smallpox patients in various stages of the disease, but did not take the disease.

It has been noticed in a certain factory in Germany that operatives who worked around oil of turpentine did not contract *la grippe*. Since then the practise has been kept up of evaporating a quantity of turpentine on the stove, and it is said that no case of *grippe* has occurred there. When *grippe* is epidemic, it is worth while to pour a little turpentine into a vessel of boiling water and inhale the fumes. It may prevent an attack.

A CONTRIBUTOR to the *Lancet* concludes, as the result of a series of investigations, that the infectiousness of scarlet fever is not in the scaling cuticle, but in the throat and nose. So, according to him, it is impossible to determine the exact time when a case ceases to be infectious. He is inclined to think that the period of infectiousness may be comparatively short, except in cases where there is a nasal discharge continuing after the scarlet fever.

PLAGUE is now taking the people of India at the frightful rate of a million a year. A commission has been appointed by the government to study the disease, and also to limit its progress as far as possible by the enforcement of sanitary regulations. The disease makes greatest headway among the densely crowded poorer classes, who, in their ignorance and superstition, antagonize all the efforts of the health officers to improve the sanitary conditions.

ON May 18 and 19 there will meet in Washington what will probably prove to be the most important tuberculosis congress ever held in this country. This body, consisting of the most distinguished of American physicians who have made a special study of tuberculosis, will be known as the National Association for the Study and Prevention of Tuberculosis. When it is remembered that consumption costs the United States one hundred thousand lives and millions of dollars every year, one may realize in a measure the importance of the work before this congress.

THERE is a proposition on foot to establish a National Fraternal Sanatorium for Consumptives on a farm of 50,000 acres, at an altitude of from 4,300 to 9,000 feet, somewhere in New Mexico. "Fraternal City" will be the name. Stock raising and gardening will furnish employment for convalescents. Pres. W. R. Easton of the Associated Fraternities of America, representing three million members, will be at the head of the sanatorium movement. For the support of the sanatorium, each member pays an assessment of one cent a month.

MANY writers on tuberculosis are inclining to the theory that tuberculosis is more largely a matter of predisposition than of infection—that the difference in predisposition determines whether a person will get the disease in a severe or a mild form, or in a form so slight as not to be recognizable except by post-mortem examination. According to one authority, nearly every person eighteen years old or over carries the tubercle bacillus with him.

These people believe that our attention should be directed, not so much to quarantine and disinfection, as to hygiene and dietetic measures to diminish the individual predisposition to the disease.

It is probably true that both the individual and the microbe vary. Some persons are more susceptible than others; some microbes are more virulent than others. A combination of a very susceptible person and a very virulent germ would result in a rapidly fatal case.

MEASLES and whooping-cough are the two diseases giving the department most concern at present. Notwithstanding the frequent warnings of the Bulletin, they have been allowed to spread through sheer carelessness of parents and others until they are now well-nigh epidemic. As recently pointed out in *American Medicine* these two scourges of childhood "are as important to the student of preventive medicine as scarlet fever, or diphtheria, or even smallpox. Their prevention presents peculiar difficulties. For instance, the indifference of the public, shared by the profession, the failure of many patients to see a physician, their contagiousness at a time when they can not be recognized, and the variable length of time that they remain virulent. They are officially classed as 'dangerous to the public health,' but are dealt with more leniently than some of the communicable diseases, because

of the prevalent apathy toward their spread. There is not sufficient unanimity among doctors as to the necessity of preventing these diseases. The schools offer the best opportunity for their spread. There should be a change of sentiment among parents and teachers in regard to 'colds.' In catarrhal diseases of all kinds affecting the upper air tracts the child should be excluded from the school. The early communicability of measles and whooping-cough must never be overlooked. Health officials and physicians must work together to isolate these diseases until the symptoms of the sequels and complications as well as of the primary disease are well passed."—*State of Chicago's Health*.

Education

As the result of a petition, signed by fifteen thousand physicians, for the teaching of hygiene in the schools of England, such a course is now in operation.

ST. VITUS'S dance is on the increase. A New York physician in charge of nervous diseases of children in one of the New York hospitals believes it is due to overstudy. A committee of the Board of Education has been appointed to investigate the matter.

DR. LUTHER H. GULICK, physical director of the New York schools, has been conducting examinations which show that thousands of children are sent to public school who are unfit mentally, morally, and physically to cope with the conditions they meet. Owing to lack of facilities, he has been able to examine only such children as were so deficient as to be noticeable to the teacher. He believes that fully ten per cent of the pupils in the public schools should have especial attention. He says: "From five to ten thousand of the two hundred and fifty thousand children in the schools of this city are so deficient that they should have especial instruction in small classes in order to fit them for any part in life, and they should have the most tender care. Funds are now lacking for proper care of these pupils, but Dr. Gulick predicts that the time will come when every child on entering the schools will be inspected by physicians, and that any weakness of eye, ear, or other organs, or any mental defect, will have such attention as will give the child the best opportunity to become a useful member of society."

Drugs

IN Virginia, druggists are being fined for selling cocain to negroes. Physicians have been warned to discontinue giving prescriptions to negroes for cocain when the drug is not actually needed.

THE Prohibitionists in Maine have begun a crusade against patent medicines containing a high percentage of alcohol. The attempt will be made to drive from the State all such substitutes for "the real thing." Probably the inhabitants who have a hankering for fire-water have been trying to quench their thirst on such "medicines" as Peruna.

THE history of the coal-tar derivatives, anti-febrin, antipyrin, and phenacetin, is one of extravagant abuse followed by relapse very nearly into innocuous desuetude. Only a few years ago these drugs were used wherever there was fever. Pneumonia patients were killed with them; typhoid hearts were weakened with them. As antipyretics, they are no longer in good use; and even as analgesics they are used very sparingly, and in much smaller doses than formerly.—*Brooklyn Medical Journal*.

NEW YORK State is one of the most rigid in its required qualifications for the practise of medicine. Yet so many physicians in the city of New York are unable to write proper prescriptions, that the Kings County Pharmaceutical Society has employed a man to visit physicians, and give them instruction in the writing of prescriptions.

Now it will be well for the doctors to turn around and employ a man to visit the druggists, and teach them how to fill prescriptions as they are written. This has been done to some extent by the authorities in Chicago, who fined a number of the druggists for fraudulent substitution in the filling of prescriptions.

Sanitation

IN public buildings in Buenos Ayres, spittoons are located in public buildings at convenient distances, raised from the floor, or attached to the walls. Above each one is the notice, "Hygienic Cuspidor. It is forbidden to spit on the floor."

THE health officers of San Francisco, Cal., have begun a crusade against the violators of the anti-spitting ordinance. The president of the Police Commission, who was formerly a

member of the Board of Health, has entered heartily into the work, and it may be expected that numerous arrests will increase the respect of the public for the ordinance. The health officer recommends the printing of ten thousand notices, to be placed in public places, warning people that spitting spreads disease, and that spitters on sidewalks or on the floors of public buildings and conveyances are liable to arrest and fine.

Miscellaneous

HYDROTHERAPY — various forms of hot, cold, vapor and air baths, jets and douches — is being successfully introduced into the State hospitals for the insane, and it has been found to obviate the necessity of using sedatives and mechanical restraint, even in cases of violent mania.

AN association has recently been formed in Paris,—“The International Medical Association against War.” Medical men, according to the promoters of this organization, on account of their knowledge of human misery, physical and moral, are especially adapted to co-operate in the movement to supplant war by arbitration.

SEVENTEEN titled women of London have begun a personal house-to-house canvass against mixed dancing and the stage. Mr. Torrey, who seems to be the prime mover in this crusade, says: “I have seen a great deal of society on both sides of the Atlantic, and I know more about dancing in the upper classes than most people. I was once regarded as the finest waltzer in my set in America. I have also had the management of charity balls, and I assert that there are many moral lepers among dancing men.”

OBSERVATIONS at the University of Pennsylvania have determined that drinking large amounts of water increases the excretion of nitrogen and phosphorus. Part of the increase in nitrogen excretion is due to the washing out of urea already formed, and part to the increased breaking down of albuminous matter in the body. The increased elimination of phosphorus is due to the increased breaking down of phosphorus containing matter in the body. There is a similar increase in the elimination of sulphur. It seems to be established, then, that drinking freely of water increases tissue change in the body.

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.

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

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

We still have a good supply of the April number. Those desiring to do so can begin their subscription with that issue.



MRS. THEODORE BIRNEY, on whom was bestowed the title of Founder and Honorary President of the National Congress of Mothers, spent a few days at the Washington Branch Sanitarium at the close of the recent congress.



THIS issue completes the first year of LIFE AND HEALTH in Washington. Of the first issue, that of July, 1904, six thousand copies were printed, this being considerably in excess of the amount needed to fill orders. Of the present issue, there have been printed seventeen thousand five hundred copies, which are practically all ordered. The forms will be held, in case other orders may come in which will necessitate the printing of another edition. LIFE AND HEALTH is appreciated.

OUR cook-book, "A Friend in the Kitchen," is a friend much needed because it does not deal in extravagances or hurtful ingredients, and is thoroughly hygienic; it tells how to live well, yet economically; every recipe has been thoroughly tested. It tells what to cook and how to cook it, what to feed to infants and to the sick. Its directions are concise, yet plain and explicit, and it contains what every housewife wants to know about cooking. It is illustrated, and substantially bound in two styles. Cloth, 25 cents; oilcloth, 50 cents.

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That Boy of Yours

HAS it ever occurred to you that there is a reason why so many boys go to the bad,—boys who have good homes and everything that should, to all external appearances, contribute to their moral elevation? A recent issue of the *Washington Times* hits the nail on the head when it says:—

“We chaperon our girls and carefully guard them against unworthy boys, but we leave the boy to choose for himself his associates and his achievements.

“Girls are naturally winsome, gentle, companionable. They win their way in homes and hearts. But the boy, noisy, awkward, mischievous, is invited into few homes, and feels none too much at home in his own.

“He is hungry for companionship, and he will have it. You can't chain him

away from it. He wants the companionship of boys, and nothing will take its place.”

The wise parent will welcome the boy's companions into the home, realizing that if the home is made attractive to him, he will be much less likely to frequent places of questionable character. It may be a little easier on the nerves to have the boy out of sight and hearing now; but it will not a few years hence, when an abundant harvest of vice appears as the result of past indifference and want of forethought.



THE child should be taught to avoid alcohol because it is dangerous to him, and the only safety lies in total abstinence. Likewise should be the teaching regarding tobacco.—*Editorial in American Medicine.*

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