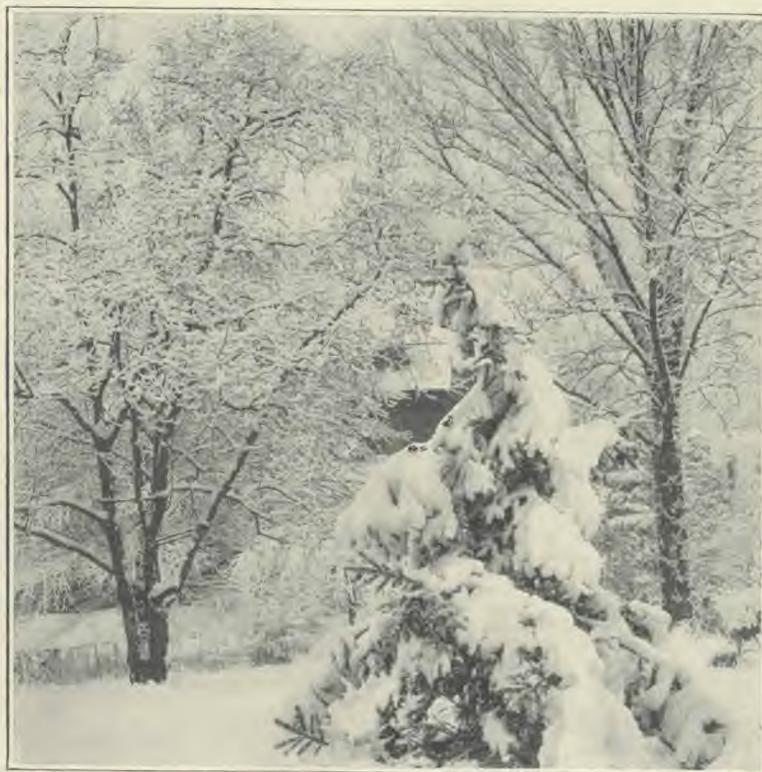


Indigestion

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

Vol. XXI

Washington, D. C., February, 1906

No. 2

Indigestion?

G. H. HEALD, M. D.



STOMACH bother you? Always conscious of its presence? Occasional "bad spell" which you can not trace to anything especially? Trouble in your sleep sometimes? Nervous and irritable

at times, with inclination to worry? Have you had any or all of these experiences, with many not mentioned? Have you experienced loss of appetite with entire disrelish for food, or do you find, when you get to the table, that you hardly know when to stop eating?

Have You Done Anything for It?

Patent medicines? Doctors? Diet? Have you spent much money and time without accomplishing anything? Have you become discouraged and disgusted, resigned to a life of semi-invalidism?

Do You Want to Get Well?

Notwithstanding your many failures, *you can* (unless you are a very rare case); it is only a question whether you are willing to pay the price—self-denial and perseverance. It may be necessary to make a radical change in some of your habits.

If you have force of character enough to carry out these changes, you will see a marked improvement,—an improve-

ment which may continue, *if you continue your part*, until you are practically well. But don't leave the difficult things, hoping to get well by means of a conformity to those that are easier. You must pay the price if you want health.

Meal-time must be a time of enjoyment. Often it is a time of haste, or worry, or dissatisfaction, because the meal is late or a certain dish is not forthcoming. This mental condition is a *symptom* and a *cause* of dyspepsia.

The dyspeptic, unaided, may be unable to control the condition; but *do it he must*, if he would get well. A vacation, a change of scene, new companions capable of bringing in a new mental atmosphere, the resolve, often repeated, not to be irritated or worried by the little distractions and disappointments incident to the home or to business, the choosing of some cheerful topic for each meal, the enlisting of all the members of the family in an effort to make the meal-time one of cheer,—these are some of the means one can and must use if he would get better.

Above all, you should have a firm trust in God and thankfulness for his gifts. *Worry can not coexist with this.*

Faith and worry are incompatible. No one who worries is having a successful Christian experience.



Enjoy your food, endeavoring to extract all the pleasure of taste from each mouthful. The slow, attentive mastication will wonderfully increase the effectiveness of the digestive juices, as has been demonstrated by Pawlow.

If you have been in the habit of distrusting your digestive powers, fearing that every meal would end in distress, set about to trust your stomach. Say to yourself, "Though my stomach has been temporarily out of order, it is still capable of doing good service. Now that I have learned how to care for it, I shall have no more trouble."



If laughter is ever of value, it is at the table. The hearty laugh acts in two ways,—through the mind, and also by direct massage of the stomach. As a digestive aid it outranks all the tonics and digestive tablets that were ever made.

If you have no appetite, you may experience a surprising change for the better by abstaining from food until you have a real old-fashioned hunger. Some astonishing cures have been made in this way.

Even with those who have no appetite, the proposition to fast is usually unwelcome. There is something uncanny about it. It seems as if the great mainstay were being left out; but those who have fasted testify that after the first day or two they lose this feeling, and after that, they continue to improve. Any one interested in this subject will do well to read the books by Dr. Dewey and Mr. Haskell.

The writer believes, however, that the best way is to fast at every meal. If one always leaves the table with an appetite, he is not likely to sit down to a meal without one. Less food eaten, frequently means more food digested.

It is often a decided advantage to omit one meal a day. Some prefer to do without the early morning meal, others, the evening meal; others take meals at 8 A. M. and 3 P. M., or 9 A. M. and 4 P. M. This is a matter to be settled by each one according to his appetite and circumstances.

The diet should be simple. A cure is sometimes effected by restricting the menu to one article at a meal. A great variety must be avoided. There may be some foods which you are especially fond of, but which you know hurt you. Be a man (or a woman) and let them alone, *always*. Do not make any exceptions.

Masticate your food very slowly and thoroughly. The bakery foods (zwieback, etc.) purchased in cartons, will, if eaten dry, be a great help in this direction.

After meals, REST. Lie down and take it comfortably—no drink (though your craving may be intense), no work, no study, *no worry*. Be comfortable, and cheerful. Make it an hour of enjoyment. Then go to your work, whatever it is, and you will accomplish more than if you had begun right after dinner.

We are aware that there are many kinds of dyspeptics; that the treatment best adapted to one case might be very injurious to another case. But we are confident that the foregoing suggestions, if carried out, will prove a wonderful help to most dyspeptics. And you *can* carry them out if you *will*.

The Daughter in the Home

AUGUSTA C. BAINBRIDGE

6—Daughter, Single and Married



SINCE years unite loving hearts more closely, the happiest hours of a mother's life are those she spends with her grown daughter, now recognized as a sister, a woman loved and trusted, a companion of all her joys and burdens. The years of acquaintance have ripened into a sweet friendship, and the perfect confidence begun in the cradle has cemented these two hearts in bonds that can be felt better than told.

As the daughter finds a silver thread or two in her own brown tresses, she looks with admiration on the well-frosted hair of her dearest earthly friend, with, "Mother, what lovely gray hair you have! I am glad you look so handsome now it is whitening so fast; for it does not hurt me to look at it, knowing, though I do, that my waywardness helped to bleach it."

"Yes, dear, maybe so, but your loving, tender care of me has given it the gloss it might have lacked in these later days."

The mother who once made frocks and aprons, and tied the little hood, now has some one to plan and make her wrappers, to buy the warm slippers, and arrange the dainty cap.

She who once gave counsel, oft unheeded, is now sought for, and listened to, in a sort of grave wonder that a really human form could contain such a clear mind; a really human heart hold such a sweet, unsullied spirit.

The joy of mutual love founded on genuine respect for character, is bearing a rich harvest. Mutual confessions have broken down the barriers that the mistakes and misunderstandings of life have

built; and on the ruins of these, love has kept watch to hinder any little fox from spoiling the tender vines or destroying the early fruit.

The household duties, grown to be second nature to these two, move on without a jar. The routine once thought so irksome, is now a delight. The changes that come are met more gracefully, and each looks forward to a treat in advance when the other takes the dropped burden.

"Now, this week it is your turn for breakfast, mother. I wonder if baked apples would taste as good as when we ate them on the back porch those warm mornings in early fall, and watched the calla leaves box each other's ears."

Then "sure and for true," as children say, there was a platter, rounding full, of baked apples, steaming hot, crisp and light, in front of daughter's plate the next morning.

The little outings they planned for each other, the visits with friends, the enjoyments particularly delighted in, made time pass so quickly, the seasons were hardly in ere they were gone.

The richest hour was the sunset, when these two laid their cares aside, and together watched the daylight fade, the golden glory of heaven's outer gate illumine the west, and then pale, as the watchman in the sky hung out his lamps, one by one. The sweet love-stories then told could never be written by human pen; but the dear Father who sends his angels to minister to our every need, has each one of them in his book of remembrance, and in that wonderful day when rewards are given, these twilight treasures shall be brought forth,

and a luster not of earth shall be revealed in them.

The daughter that becomes a wife, and later a mother, has a revelation that continually grows in interest as the days pass into years. As she watches her babe, she questions, "Did my mother feel toward me as I feel toward my darling? Was she ambitious for me? Did I fill all her thoughts by day and her dreams by night? Was her every energy bent on developing my mind and body that I might be the best woman possible for me?"

Yes, truly, yes. Mother love, the nearest to the divine that earth has ever seen, is the same in every woman's heart. From Mother Eve, whose joy in her first-born caused her to exclaim, "I have gotten a man from the Lord," to the mother of to-day, every selfish desire is lost in the overflowing love that seeks the welfare of her child. The every-day cares of motherhood bring these two together often for sweet counsel, and both grow richer and riper for the experience.

And what is she to her father? One daughter said not long ago, "I believe I like you a great deal, pa, now I have

had a chance to get acquainted with you." Many fathers have so little time with their children that they do not know them until they find them men and women grown, and then they often wonder how they grew. Many a girl lacks the sterner qualities that make life a success because the father-element was missed in her training. As she views it when a woman, she loves the man who gave so much of the best of his young manhood in work *for* her, and is glad that now he has so much to give *to* her. His contact with the world has given him a wide outlook, and his study of mankind has taught him the value of his own. Watch him when his daughter serves a meal at home, or stands in the choir to sing, or leads the children in the school, and you will see his heart written on his face. What is she to her younger brothers and sisters? The pattern?—Yes, the helper, the advisory board, the adjuster, the sympathizer, the one of all others to appreciate their efforts, and mete out praises due.

What a barren place this world would be without any daughter in the home!



MAGNESIUM sulphate,—Epsom salts,—the old-fashioned cathartic, seems destined hereafter to play a more dignified part in medical practise. It has been found that magnesium salts when injected within the brain cavity, has the remarkable property of paralyzing for the time muscular activity. It also produces, when injected in small doses in twenty-five-per-cent solution, a profound anesthesia lasting from one to over two hours, giving ample time to perform all ordinary operations. In one case of

"lockjaw" where the symptoms were as severe as the cases that end fatally, the repeated injection of magnesium sulphate so controlled the convulsions that the attack was bridged over, and "there was little doubt that the subdural injections of magnesium sulphate played an important part in the cure of the case."

Here, then, we have what may prove to be two important new uses for Epsom salts: as an anesthetic and as an anti-spasmodic.

What Shall We Drink?

MRS. M. E. STEWARD

"Of course wine is out of the question. Some would be content with water, but the most of us, especially old people, always want warm drink; I propose coffee," said one of the managers.

"Coffee is harmless," replied another lady. "We will make it weak; or at one table it can be strong for those who prefer it. I am sure our farmer brethren would gladly furnish all the good thick cream needed." So it was decided that coffee should be the drink at the coming church festival.

"Oh, I am so sick!" exclaimed Mary Blain, turning deathly pale. Take me out of doors, quickly!"

"I am very dizzy!" ejaculated a gentleman.

Others were pale and quite ill; one man fell on the floor unconscious.

Dr. Blake, who was present, at once instituted an inquiry. It was ascertained that all those who showed symptoms of sickness had eaten at the same table. Dr. Blake, recognizing the cause, said, "It is the strong coffee; Dr. Edward Smith, of England, after drinking strong coffee, had the same experience."

The managers and cooks testified that the same kind of coffee had been used on that table as on the others. The merchant who had sold it, stated that he had sold out of the same stock to many families, and not a word of complaint had been heard.

"We did not suppose coffee could do any harm, even if it were strong," said the lady who had proposed it for the occasion.

The doctor explained: "Weak coffee is simply a pleasant stimulant; but strong coffee is poisonous."

Mr. Harris had a tableful of harvesters.

"A strange time they had over at the church last night," said one of them.

"Tell us about it."

The story was repeated in detail.

"Who thought coffee would affect people like that?" said Mr. Bean.

"The *Journal* gave an account lately," observed Mr. Harris, "of a couple of servant-girls who drank so much tea or coffee, I don't remember which, that they got drunk, and were arrested for disorderly conduct."

It would seem as if the men felt a little secret misgiving, from their all immediately finding some reason for using it.

"I don't know what we'd do without tea. Nancy, my wife, gets up in the morning, feeling that she's all done out, and must go right back to bed again. The first thing she does is to make a cup of tea; that always makes her feel better, so she gets along with her work comfortably."

"At our house, we drink coffee to save food; so my wife argues we don't lose anything by it. She calls it the poor man's friend."

"To tell the truth, I haven't means to get a high living; tea and coffee make up for that, so we get along well with what we have. We never drink it strong."

"Nor we; our water is poor, so we took to drinking coffee; I don't see that it hurts us."

"My wife and oldest girl have sick-headache very often; but they drink a strong cup of tea, and that throws it off."

"The fact is, we've all got weaker than folks used to be, and I believe tea,

and coffee, too, for them that can afford it, is a real godsend."

"I have heard of smart preachers and lecturers that couldn't get off anything without their tea; it helps 'em to think, and to speak, too, in an interesting sort of way. They say it don't hurt 'em, and I suppose coffee, as folks generally drink it, is healthier yet. Of course none of us would drink it strong except for medicine."

"Now, my friends, I beg leave to differ with you all," said Mr. Bean. "I've never believed tea or coffee was the best thing for anybody. I've watched the thing pretty close. At first the tea makes one talk and be agreeable; but after a while he gets peevish. Was there ever an out-and-out scold who wasn't a tea drinker? I don't pretend to understand the whys and wherefores."

"I believe my daughter can give us a little light on the subject," said Mr. Harris, turning to Edith, who was assisting Minnie to wait on the table.

"We would be glad to understand it better," said Mr. Bean, "especially coffee, on account of last night."

Edith took the seat her father offered her by his side at the table, ready and willing to tell them all she could.

"Tell us all you know about tea and coffee, and take all the time you wish; I am paying these men by the day."

"Tea and coffee act on the nerves; after a cup of either, the person feels excited, enlivened, sometimes exhilarated. This accounts for your wives' feeling better after their cup of tea in the morning. To be sure, it makes the mind more active; but think how active the drunkard's mind is in delirium tremens! And no one would say a drunkard's mind is stronger than a sober man's. Tea and coffee have the same effect as liquor, only less in degree.

The power of both tea and coffee to rouse and excite is proved by their being used to restore one who has taken too much opium. They act directly upon the nerves; but the irritation or excitement they produce is not strength."

"How does any one know it's excitement and not strength?"

"I am glad you asked that, papa. Strength comes from the process of digestion, from food, pure air, and other health agencies. Whatever affects the nerves first, like tea and coffee, tobacco and liquor, is an excitant. In the night this excitement wears off, and there is then a deficiency of nerve power because this power was used up in the excitement; next morning the person realizes his true condition, and sees how weak he is. Tea and coffee had not in any sense taken the place of food.

"As for sick-headache, tea may relieve it for the time, but the use of tea is a cause of sick-headache. Let me tell you why; this form of headache is the result of indigestion, and tea weakens the digestive organs, as it does every other part of the body. Better take a hot foot-bath and a drink of hot water, and if need be, use fomentations on the head and stomach, followed by cool compresses, and avoid eating fats, as pork and butter, and drinking tea and coffee.

"But isn't it better to drink tea and coffee than poor water?" inquired the man who had given this reason for using it.

"Do you think it would help matters to add a poison to the water? There is a strong poison in coffee and tea. This poison causes a torpid liver, poor circulation, and impaired mental powers, which affects the imagination till one who has used tea for many years is in constant fear that something dreadful is happening or is going to happen; the

dark side is always uppermost. More than this, tea blunts the finer sensibilities. It is said that Russian men are very cruel, and that they drink a purer and stronger tea than we do."

"How about chocolate?"

"Chocolate has the same poisonous principle as tea and coffee have, but not so strong, hence is not so harmful. Cereal coffee is a good substitute for them all."

"Would it be better to drink cold water?"

"Not with your meals unless your food is very dry. Then the drink should not be very hot, nor very cold either. Hot water distends and weakens the stomach, while cold water lowers the temperature of it below what it has to be to digest the food. Except near meal-time it is well for people to drink a good deal of cold water, provided it is pure, but not very large drafts at a time, so as to distend the stomach. Water, unless very pure, is improved by boiling before using it."



Public Nuisances

1. THE person who keeps his windows closed, and his house heated to a temperature of seventy-five degrees or more, and when he is in a church or assembly-room sits near a window, and then complains because the usher attempts to give the congregation a little oxygen. He — it is often she — should do one of two things: either go to some part of the assembly-room where he will not feel the draft, or — go home. No person has a right to inflict dirty air on a congregation, because he is used to it in his own home.

2. The janitor or usher who thinks cold air is necessarily pure air, who believes that ventilation is uneconomical, who is willing to sacrifice the health of the congregation for a few pounds of coal.

Inconsistent People

THOSE who are particular as to the food they eat, and breathe any kind of air in order to save coal bills. The churches of some who call themselves health reformers are close and unventilated in cold weather.

Even some who know better, who are enthusiastic in other lines of healthful living, pay little attention to the condition of the air of assembly-rooms, so long as it is warm enough.

In a crowded assembly-room where people are huddled together like a drove of sheep, it is impossible to have perfect ventilation, even in warm weather, with the windows all thrown wide open. What must the ventilation be when the openings are reduced to a few small cracks?



CURRENT COMMENT

The Why of Dirty Milk

THE average dairyman knows little, and apparently cares less, about the steps necessary to insure clean milk, and the average dairy employee does not appreciate them at all. Practical dairy-men invariably claim that the price paid for milk in the large cities is so small, and the expense of transportation and handling milk so great, that they can not afford to be as clean as is necessary to secure uncontaminated milk. The conduct of a clean modern dairy requires a large outlay for buildings and apparatus, and a much larger force of helpers than is found in the average dairy of the present. In order to procure clean milk in our cities, therefore, we must either raise the price of milk or resort to some artificial method of rendering it innocuous. Unfortunately, any increase in the price of milk would fall most heavily on the poorer classes, and for this reason is objectionable, though it might be possible to educate the general public up to the desirability of this step.—*Journal of the American Medical Association.*



Pure Milk

A CRUSADE for pure milk is going on throughout the State, and every one must wish it Godspeed. With tuberculosis present in the herds, the dairy buildings filthy, the milkers oftentimes dirty and diseased, the milk in the cans when being distributed exposed to the dust in the atmosphere, and dangerous quantities of preservatives sometimes in the milk, there is certainly great need for such a crusade. None of these conditions should

exist, and the public agitation will, in a measure, lessen them. Milk is a necessary article of diet, and should be furnished pure. It can be, but it depends in no small degree upon the consumer. The producing and selling of milk are commercial, as much as that of flour or cloth, and are governed by the same laws. If one demands a good article, he must pay for it. Cheap flour will be made from cheap or dirty wheat, and cheap milk will be supplied from poor cows kept in cheap and unsanitary surroundings, and it will be served in dirty containers. To have the corrals clean, the milking-shed whitewashed and free from dust and dirt, the milkers dressed in freshly washed suits, the containers cleaned with steam, and the milk-house free from flies and odors requires an outlay of money for which the owner must get a return. His milk costs more to produce, and therefore he must get a better price. Consumers too often demand cheap milk, and getting it, find fault that it is poor and soon spoils. This forces the producer to the use of preservatives to keep the milk sweet—a proceeding entirely unnecessary if the milk has been kept clean. If consumers demand good milk, they can get it, but it will cost more money.—*Bulletin, California State Board of Health.*



Restaurants and Restaurants

THE character of the food which is served in some of the cheap restaurants which now abound is such as to call for the sounding of a general alarm. There never was a time in which wholesome

food was available at rates so low and in so many places; but side by side with the honest eating-houses are those whose bill of fare is a menace to the public health—meat, vegetables, and fruits which are stale, adulterated foods, and the cheapest grade of everything. This refuse stuff can be fixed up to deceive the palate, if not the digestion.

It pays to make careful inquiry concerning the eating-house to which one entrusts his health. Outward indications are often a guide: cleanliness and good service. Many cities now have diet kitchens, laboratory kitchens, dairy lunches, and other restaurants, conducted by women (sometimes by men) in a hygienic and conscientious way. The public need not long remain in ignorance of the character of an eating-house. People are just beginning to discriminate. To the majority a restaurant is a restaurant—though it may be a waste bucket in disguise.—*Good Housekeeping*.



The Stomach of the Modern Girl

As a student of modern hygiene, I am greatly concerned for the stomach of the modern girl. She is greatly improved, of late, in exercise, but I fear not in diet. Those who live on ice-cream, soda-water, bon-bons, who are victims of teaism or coffeeism, and eat irregularly, although their faces are full, and their complexions may be normal, can not possibly be well. If to this we add the methods of cooking which prevail in too many homes of the poor, the rich, and in the hotel kitchen, the case becomes yet graver.—*Stanley G. Hall, in Journal of Pedagogy*.



Our Greatest Dietetic Sins

IN summing up, we find that our

greatest dietetic sins are overeating, hurried eating, too frequent meals, too much complicated food, and fried foods. . . . Too much meat causes rheumatic troubles and diseases of the kidneys. Too much sugar brings uric-acid conditions and the diseases that follow their trail. Too much fat clogs the liver, and this is also true of sugar and starch. . . . The foods to be most condemned as utterly unfit to eat are fried foods and ice-cold dishes.—*Mrs. Rorer, in Ladies' Home Journal*.



What Is "The Pace that Kills"?

IT is not business that kills, but intemperate living of every kind. It is the excessive play of the emotions and the unrestrained gratification of the appetites, not the hard work and the rush, that chiefly contribute to the premature fatalities. The true answer, then, is but a modernized variant of the ancient "wine, women, and song." The times have changed, the ways of life are different; but now, as heretofore, hard work is beneficial to health, and, as always, there is the penalty for excess in the pleasures of life.—*Journal of the American Medical Association*.



The Habitual Use of Purgatives

THE advantage attending a smoothly functioning intestinal tract have been so thoroughly impressed on the popular consciousness that a special type of neurasthenics and hypochondriacs has been fostered, who make a fetish of the water-closet, and view with dismay any diminution of the output of waste material, or regard an occasional omission of the function as a signal for instant recourse to the medicine bottle. . . . It is so much simpler to take at bed-time a spoonful of this or that, or some pet pill, than to carry out the hygienic program dictated

by a more rational but less convenient system of therapeutics, and the result is often the acquisition of a highly undesirable "purgative habit."—*Medical Record*.



Second Class Canned Foods

It is doubtful if any of the packers of tomatoes use antiseptics, yet some brands sell at twice the price of others. Both brands may be equally pure, in the restricted sense of that word, to which no adulterant is added, but the high-priced grade is packed from carefully selected tomatoes that are neither unripe nor overripe, and that were matured during weather conditions which produced a perfectly flavored tomato at the time of packing. The lower grade was just as free from decay, and was handled by the same people and in the same manner as the high-priced fruit, and was in every way as pure, but the tomatoes were not of so good quality. The same principle applies to almost every fruit or vegetable that is canned, and to not a few other articles. Sweet corn, which comes next to tomatoes in extent of packing, depends in quality and flavor not only upon its purity or absence of adulteration, but whether the corn is young, tender, sweet, in prime condition, and some other attributes—in a word, the extent to which it possesses all those characteristics that make perfect sweet corn so delicious, so healthful, appetizing, and nutritious.

It is also true of many foods, other than canned goods, that the difference in quality bears no necessary relation to nutritive value. The can of tomatoes that sells at half the price of a high-grade selected brand will ordinarily contain about the same proportion and quality of protein, sugar, starch, and other nutritive elements. One possessed of an

appetite and digestion that is satisfied with quantity rather than quality may derive as much nutrition from the cheaper stuff of poorer quality, but most people are so constituted that they will prefer the better quality if they can afford it.—*Good Housekeeping*.



Moist Air Versus Hot Air

DR. SMITH has so repeatedly demonstrated the fact that an indoor temperature of sixty-five degrees is more balmy and agreeable than a much higher temperature—provided there is sufficient humidity—that he declares it should be a cardinal rule that if a room at sixty-eight degrees is not warm enough for any healthy person, it is because the relative humidity is too low, and in such case the proper procedure is to raise the relative humidity—not the temperature. He recommends that every household should have a hygrometer, or moisture indicator, and that water should be evaporated in rooms in sufficient amount to secure a relative humidity of about sixty per cent.

In the absence of the hygrometer, a simple test will be to evaporate a sufficient amount of moisture to make the room comfortable at sixty-five or sixty-eight degrees.—*Chicago Health Bulletin*.



Root of the Nostrum Evil

THE popular demand for drugs is probably at the root of the great nostrum evil, both in and out of the profession. Most laymen are thoroughly convinced that no matter what sickness befalls them, there is some drug that will help to cure them. It is practically impossible for many a patient to be treated without medicine, and if it is not given, he will buy nostrums advertised by the

lay press or by almanacs. The very exactness of modern medicine, by which we soon know that no drug can help certain states, is one cause of the increase of quackery. The sick man wants assurance of cure, and pays for this assurance even if he knows he is being swindled.—*American Medicine*.



The Credulous Layman

OF what avail is it that men should give their lives in a steady line of progressive research for centuries, when the very people for whom they have achieved the power to help, turn from them with the narrow faith born of egotism, and trust their deadly disease to a man who not only has not the faintest idea of its nature, but decries the scientific treatment that belies his own.

We have seen the friend of our bosom choose confidently the treatment of a nostrum vender who promised to cure him of tuberculosis by city treatment of fortified inhalations when the Adirondacks were available; we have seen a society woman work up a clientele for the man who was treating the cancer of her breast with massage and embrocations. Death came with swift step, but brought no conviction of failure to the ignorant converts left behind.—*Medical News*.



Mind-Sick

MANY a time as a woman leaves my office, whose real history I have read between the lines of the conventional story of insomnia, indigestion, headaches, and nervousness, and I turn again to my records, I feel like writing over the technical diagnosis recorded there the words "Unhappy woman!" and I am tempted to substitute for the prescription of tonics, digestants, and hypnotics,

the old helpless cry, "Who shall minister to a mind diseased?"

There come to us from time to time those upon whom fate has laid a heavy hand, those who are condemned, no matter for what reason, to live in the shadows of life. The health-giving rays of life's sunshine never reach them. The days are all dark, the nights darker. They come to us for the relief of the physical manifestations caused by long living in life's mental jungles, for the physical pains reflected from a sick soul. They tell us only of the sleepless, restless nights, the torturing headaches, the chronic indigestion, the failing strength. And unless we have eyes to see and ears to hear, we let them go with a tonic for the day and a hypnotic for the night, and never see them again, because they have gone on their wanderings in a restless search for the wise physician who shall prescribe for them the waters of life.—*Lucy Waite, B. A., M. D., in N. Y. Med. Jour.*



Aimlessness and Neurasthenia

American Medicine quotes with approval the statement of a prominent British periodical—the *Evening Standard and St. James Gazette*—that "half the neurasthenia or nerve exhaustion is among the well-to-do women, who really need, not massage or rest-cure, but a vivid interest in life, which will fill their empty days and divert their minds from brooding over themselves and any little ailment to which they may happen to be subject."

There is nothing that so stimulates one to healthy activity, and one's organs to normal, vigorous function, as an object in life, and a lively interest in current affairs. It is true the intense feverish activity of our American cities is producing a type of nervous irritability

and exhaustion, but this condition does not compare in helplessness with that of the poor creature who has been reared without responsibilities, and without ever knowing what it is to be of any use in the world. It is bad to wear out, but worse to rust out.



Mental Cure

A CURIOUS story comes from Williamsport, Pa., to the effect that a young woman of a neighboring town has been rescued from apparently inevitable death from pulmonary tuberculosis by swallowing the hearts of two rattlesnakes. The remedy is a traditional one in the family, and half a dozen cures effected in this way in different members, beginning fifty years ago, are recounted with great circumstantiability. It is essential that the hearts be still pulsating when swallowed.—*Medical Record*.



Recreation in the Slums

THE social club, the gymnasium, the amateur theatrical representation, the concert, the stereopticon lecture — these are agencies the force of which social settlements have long known, and which are coming into use wherever anything is doing in the way of making schools social centers. I sometimes think that recreation is the most overlooked and neglected of all ethical forces. Our whole Puritan tradition tends to make us slight this side of life, or even condemn it. But the demand for recreation, for enjoyment just as enjoyment, is one of the strongest and most fundamental things in human nature. To pass it over is to invite it to find its expression in perverted form.

The brothel, the saloon, the low dance

house, the gambling den, the trivial, inconsiderate, and demoralizing associations which form themselves on every street corner, are the answer of human nature to the neglect, on the part of supposed moral leaders, of this factor in human nature. I believe that there is no force more likely to count in the general reform of social conditions than the practical recognition that in recreation is a positive moral influence which it is the duty of the community to take hold of and direct.—*The Elementary School Teacher*.



Change of Medical Fashions

ONE of the characteristics of medical opinion, which can be traced through the literature of all ages, is its tendency to run to extremes. From a period of excessive bleeding and purging, we react to a period of practically no bleeding and mild purging; and instances of a similar character can be multiplied indefinitely. Sometimes the complete abandonment of an old method or idea is due to discoveries which indicate its fallacies; more often the change is due to the influence of some man or group of men who change the fashion, for there are fashions in medicine as well as in spring bonnets. Again, a medical theory may be so attractive and so plausible from certain points of view that, for the time being, it hypnotizes us into forgetting or minimizing the other points of view.—*Journal of the American Medical Association*, Sept. 23, 1905.



A Reconstructive Process

HEALTH-GETTING is simply a process of reconstruction. All that physicians and nurses can do is to furnish conditions favorable to the tendency there is in nature to repair. The old diseased

tissue is broken down, and by tonic hydrotherapy the digestive fluids are increased, the heart is stimulated and invigorated, and the blood courses more rapidly through the vessels, carrying oxygen and nourishment to build up the waste places. Water is not the only therapeutic agent, but, when intelligently applied, it is a powerful one. The above treatment, with fresh air, sunshine, good food, exercise, or play in a sand pile, does much for sick or well children.—*Louise Patterson, M. D.*



THE doctor who fails to cure is one who does not believe in his own remedies, or has little or no faith in them. His manner in the sick-room does not inspire any one with confidence. He applies his remedies in a listless way. He gives directions in a half-hearted style, which really does not impress the patient at all.—*Dr. C. S. Carr, in Suggestion.*



PUBLIC instruction in sanitation is a modern necessity upon which there is no difference of opinion in the profession. It is an intensely practical matter, but how it is to be done is not quite clear, though there is a growing suspicion that the [medical] profession has neglected its duty in some way.—*American Medicine.*



It seems almost self-evident that unhappiness is not a surgical disease, and yet there is no doubt that many a woman in the dark days of oophorectomy ["ovariotomy"] has been deprived of her ovaries for a complication of neuroses having their etiology in a disturbed mental state.—*Lucy Waite, B. A., M. D., in N. Y. Med. Jour.*

The Children

THE little children in the district school learned more from contact with the older ones, and from listening to their recitations, than from their own formal lessons, and the older ones got that real insight into the interests of the little children which is apt to develop a helpful, protecting sympathy.—*Elementary School Teacher.*



IN school, not all of the teaching is done by the teacher; the younger children are constantly learning from the older. If the work were properly planned, a greater variation in age than now permitted in a grade would be a distinct advantage.—*M. V. O'Shea.*



CHILDREN can not be treated as a concrete mass; individualism obtains here as elsewhere in nature. The possibility of development in certain lines can only be known by study and observation. It is cruel to compel a child to sit an hour a day at the piano if there is no musical soul to be developed.—*W. C. Chapman, M. D., in Pediatrics.*



Tuberculosis

THE modern treatment of tuberculosis requires for every individual fresh air and sunlight, good food, and rest. Drugs have a secondary place, important in some cases, helpful in many, and quite unnecessary in a large number.—*Cleveland Medical Journal.*



TUBERCULOSIS being a house disease, the open-air treatment is the only effective one. A recent writer has said that "God invented the tubercle bacillus in order to teach people the value of sunshine and fresh air."—*American Medicine.*



Touring in an Ox Cart

DURING a recent visit to Karmatar, India, we were invited to come to Kora, a Bengali village, about four miles from our school.

Sister Whiteis has a little room in a "godown" at Karmatar, where she treats the sick. She has from fifteen to twenty patients a day, and many of them come from Kora. Some walk, some are carried, and very often ox carts are brought to take her to those who can not come to her.

They have appreciated her work very much, and two men who live in Kora have offered to deed us land if we will open a school and dispensary. They invited us to come there to see about making out the papers. Accordingly, in company with Sister Whiteis, Brother and Sister Little, and Brother Barlow, we left Karmatar about four o'clock in the afternoon. There was no top to our conveyance, a bullock cart, but fortunately there was a good bottom. On this we placed bundles of rice straw for seats, and started off with merry hearts and good courage.

The recent rains had done much damage to the roads, making many places almost impassable. To cross the first washout, we had to unload, and walk while the bullocks drew the cart through the water.

We met natives all along the way, and Brother Barlow, who is able to speak both Hindi and Santali, would ask them if they could read. If they could, he would give them a tract, and say a few

words about Jesus, and go on. He could do this and keep up with the bullocks, for they are very slow.

We came to a river, which we had to ford; but in the middle of it, one of the bullocks bolted, and away he went through the jungles, for there are no fences along these roads. The other bullock, being too lazy to run, seemed glad of an opportunity to rest. Brother Little took off his shoes, rolled up his trousers, and carried his wife and Sister Whiteis across. He offered to carry me, too. Some of the natives who had stopped to look on also wanted to carry me. But as I knew the cart must get out some way, I decided to stay with the stuff.

It was market day in Kora, and many people were returning from market, so it was not long until there was quite a crowd. They talked a little among themselves, then all came, and with the help of the one bullock, drew the cart across. They seemed to enjoy it. Some of the natives went in search of the bullock, which they soon brought back. We all mounted the cart again, but ere long we were face to face with another washout. It looked rather risky to go down the sliding bank; but before we knew it, the driver had driven down, and several natives, at the request of Brother Barlow, took hold, and helped push the cart through mud-holes.

When we arrived at Kora, it was almost dark. We called on the men who wanted to give us the land. They said they were doing this to help the poor,

as many die before their time, because they have no medical aid. They boiled milk for us to drink, and treated us very kindly.

Sisters Whiteis and Little went to treat some patients, and as they entered the door, they found that one of them was dying. In less than an hour she was carried to the river, and by its side was laid on a bundle of sticks, and burned. Some of the bones were thrown into the river Ganges. This is thought to be a sure passport to heaven.

While in the village, a cart came to take Sister Whiteis to see a sick child a mile away. This took much time.

On our return trip we also met with difficulties. It was very dark, and we had no lantern. One of the bullocks would lie down every half-hour, and stretch himself, as if he expected to die in a short time. After much urging, he would get up, and go along for a time, and then he would play the same trick again.

We got off the cart at the last wash-out, and the bullocks went down the bank all right; but as they started up the other side, the same bullock bolted again, leaving the cart in the mud. As it was very dark, we thought it useless to search for the creature, so we walked home, feeling quite tired, but thanking the Lord for our experiences in the village.

We believe that the Lord is opening the way for us in Kora. Sister Whiteis is very anxious to move her dispensary there, as many patients come from that place, and taking such a trip as I have described, several times a week, is wearing on her.

Of course we shall need to erect buildings; and this will require means. If the Lord impresses any one to help us in this, we shall be grateful indeed.

W. W. MILLER.

Importance of Medical Missionary Effort

As is pointed out by the spirit of prophecy, we have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar-house, filled with victims of both physical and spiritual disease.

This work is now going forward with greater power than ever before in Australasia, and it is certain that our facilities and opportunities were never so great as at the present time. Each believer will do well to ask himself the question, "Who knoweth whether thou art come to the kingdom for such a time as this?" And let each remember the solemn words, "If thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise . . . from another place; but thou and thy father's house shall be destroyed." The Lord is thoroughly in earnest with us, and will make a quick work in the earth.

"Those who proclaim the message should teach health reform also. . . . Satan and his angels are seeking to hinder this work of reform, and will do all he can to perplex and burden those who heartily engage in it."

Some will say, "We do not understand these things, as we are not doctors or trained nurses." Let such note the following:—

"These may learn much in their own homes in regard to the expressed will of God concerning these lines of missionary work, thus increasing their ability to help others. Fathers and mothers, obtain all the help you can from the study of our books and publications."

It is a commonly accepted principle among men that ignorance is no excuse for crime; and none of us would wish to

stake our eternal destiny on such a plea in the courts above. We may learn much, if we put forth the effort, and can become, with God's blessing, a means of help and comfort to others.

"The people are in sad need of the light shining from the pages of our health and temperance journals. God desires to use these journals as mediums through which flashes of light shall arrest the attention of the people, and cause them to heed the warning of the message of the third angel."

While good results are being accomplished by many workers, we are looking for more recruits. We have one agent in Queensland who has but one-half day off each week from her duties, which she can devote to this work. By improving these Wednesday afternoons and evenings, she is earning a year's schooling at Avondale, and is gaining an experience which will make her an effective missionary wherever she may be. Are there not others who are having a weekly holiday which is not being improved, and who are bemoaning their fate in not having the funds to attend school, where they might obtain an education?

E. C. CHAPMAN.



Carcavellos, Portugal

WHILE I was in Switzerland, attending the Latin Union Conference, my wife had a severe experience. Our boy was taken sick with acute dysentery. She immediately gave him treatment, and in twenty-four hours it was stopped. The neighbors all said she would kill him with such treatment, and claimed he should have some medicine for an intestinal antiseptic. But she, with prayer to God for help, pursued her own plans. The neighbors desired her to get the doctor. Finally, she, in order to silence them, sent for him. He,

knowing that she as a trained nurse could be trusted, did not hurry, but when he came, he told her to do certain things which she had already done. In fact, he was a water-cure physician — a no-medicine man. So he corroborated her statements, and approved her procedures. The people now have great confidence in her word, when it comes to matters of health. For all this we give praise to our Heavenly Father, for saving to us our boy in answer to prayer and a few reasonable treatments.

C. E. RENTFRO.



Huahine, Society Islands

THERE is a great deal of elephantiasis here. On this part of the island it seems that nearly all the adults are affected more or less with it. It is very sad to see some of the most intelligent natives who have only reached middle age, but whose limbs have attained such an enormous size as to be a real encumbrance to the body. This is a malarial disease, fever and chills being usually the first symptoms. It is more prevalent in the vicinity of low, marshy land. The filthy habits of the native people are also conducive to disease. It seems to me that the natives of this island are not quite so cleanly as those of Tahiti and Raiatea, but as we are having a drought just now, and water is very scarce, that may be one cause of the excessive filth.

B. J. CADY.



South Africa

MR. AND MRS. ARMER, laboring in South Africa, are full of courage in their work. Recently a gentleman came to them for treatment. After the first treatment he was able to make movements which he had been unable to do for eighteen months previously. He

was so well after the third treatment that he showed himself to his doctor, who requested him to visit him each week that he might watch the result of the treatment. Thus one of the leading doctors has had the truth of proper treatments brought to his notice. The patient's trouble was paralysis of the right leg, which was perfectly insensible to all feeling, totally incapacitating him from walking. The work at this institute is having its influence. Already two persons have been led to keep the Sabbath through being at this place, and we are glad to see the good work that is being done there.



No Life Too Hopeless

SOME years ago a Chinese woman brought a slave girl to the mission hospital at Canton. The girl was blind, and was growing lame. Her owner, fearing she might become valueless, wanted the missionaries to cure her.

The doctors, after an examination, reported that not only was the blindness incurable, but that it would be necessary to amputate a leg. The owner, on learning this, promptly abandoned her helpless property, leaving the slave upon the hands of the mission.

The amputation was successfully performed, and when the girl was well again, the missionaries gave her light work to do about the place. But the poor cripple's troubles were not yet over. She developed leprosy, and, as required by the law, had to be sent to a leper settlement.

Blind, a cripple, a leper, yet there is one more thing to be told of her. During her life at the hospital she had learned of God, and when for the last

time she passed through those friendly doors to go to the darkness and horror of the leper settlement, she went a Christian.

In two years that blind cripple had built up a band of Christians in the leper settlement, and other leper villages were sending to ask about the wonderful good news that could bring joy even to outcasts. In five years a church had grown out of her work, and now a hospital is being planned. That poor, crippled, outcast life is to-day a center of joy and service.

It is the old, old lesson that human hearts are always learning, and yet have never wholly learned—that no life is so poor, so miserable, so helpless or hopeless, that it may not be transformed by the power of God into a life of gladness and blessing.—*Selected.*



THE medical work in India and Ceylon, conducted by the A. B. C. of F. M. is represented by sixteen dispensaries and hospitals, in which there were treated last year 110,705 patients. These hospitals are Christian, and the people coming for medicine or treatment not only receive Christian instruction, but are constant observers of the embodied truth of Christianity as it appears in the lives of the physicians, nurses, and attendants. A new woman's hospital was opened last autumn at Ahmednagar. The people themselves in these countries paid last year, for the support of the church and their schools, for medical work, and for literature which they purchased, 104,180 rupees, or \$34,727. Remembering that the average day's wage of a common workman in these countries is not more than ten cents, such a gift is significant.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, 755 Market Street, San Francisco, Cal.

Home Food Studies—2

MRS. D. A. FITCH

At the supper table the all-engrossing subject was food, not from the standpoint of pleasing the palate or filling the stomach, but that of body needs. Hal gave his father a synopsis of the morning lesson, and there seemed a deepening interest to learn. Then he said, "Please, mama, tell me something more about the way food builds up the body as fast as it wears out."

"My boy, I would if I could, but it is known only to Him who created us in the beginning. We know it is done, but *how* we can not tell. 'It is in him we live, and move, and have our being.' The body is composed of certain elements quite different one from the other. As the body tissues are broken down by action, the only way of renewing them is by means of food; so we can see the necessity of using that which contains the same elements which are broken down, or wasted."

Hattie was not quite sure that she comprehended all she heard, so she said, "Papa, do you know what mama means by elements?"

"Yes, my daughter; an element is matter in its simplest form. I do not just understand what mama means by the elements of which our bodies are composed, but she will tell us if we give her time."

"We are progressing well, for we are anxious to learn," said Mrs. Rane. "Papa has answered correctly about the elements. The body is made up of three classes of elements, and if you see their names written, you will learn them more readily."

By this time the simple supper was finished. The after work was quickly done, for Mrs. Rane was an orderly housekeeper, and the mother-teacher, with her class of three members, repaired to the sitting-room, where Hal soon adjusted a roller blackboard, that their lesson might be made plain. As Mrs. Rane prepared to write, she asked Hattie to tell her how many classes of food elements there are.

"Three, mama; but you have not given us their names yet."

"I will do so now," said mama. "The first to name, and of greatest importance, is the nitrogenous, or proteid, elements. Another term applied to the same is albuminous. Their work is to repair, or rather to replace, the tissue broken down by exercise, whether it be of muscle, brain, or nerve. They are found in nearly all food substances, though in varying proportions."

"Mama," interrupted Hal, "I can never guess what you mean by 'varying proportions.' Please tell me so I shall

not miss any part of these interesting lessons."

"Surely, my son, you should understand every point as we pass along. There is no other way to learn a subject thoroughly. By 'varying proportions' I mean there is more of this building material in some foods than in others. For example, peas, beans, and lentils are about one-fifth nitrogenous, while potatoes contain only about one fiftieth of this very essential element. In other words, these three legumes are twenty per cent nitrogenous, or proteid, while potatoes are two per cent. Now which is the best for the purpose of building tissue, legumes or potatoes?"

"Then, mama," said Hattie, "if I wish to grow and have a great deal of strength, beans will be worth ten times as much as potatoes. Then why do we eat so many more potatoes than beans,

peas, and lentils all put together? We do, don't we, Hal?"

"You are right, my daughter, but we must not overlook the fact that the food question is a many-sided one. Potatoes and such foods fill an important place, but it will be more appropriate to discuss them in a future lesson. And now, my dears, since too much instruction might prove a burden, and really hinder your learning as much as you would otherwise do, we will defer our black-board work until another time."

A look of disappointment came over the face of the son, but being one who was taught to respect the wishes of his seniors, he said nothing, but went cheerily to his evening studies, hoping the coming week might prove a short one, and feeling thankful that there was in store for him a fund of knowledge which many do not even care to possess.



To Save Time in the Kitchen

SOAK egg dishes first in cold water, as hot water will cause the egg to adhere more firmly.

BLACK the stove when it is cold. It will take less time and give a better polish than when hot.

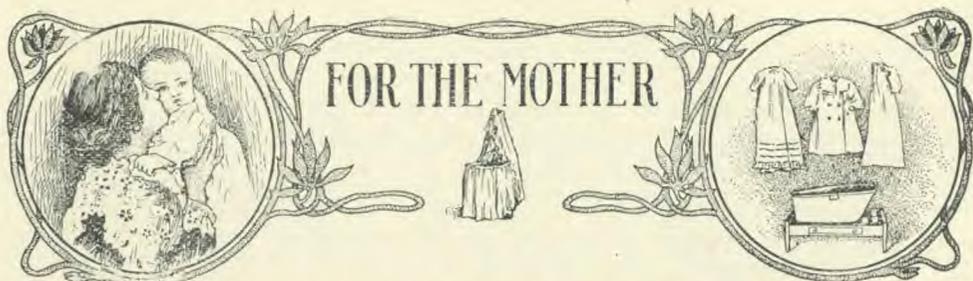
PUT greasy forks or spoons in a dish, not on the table, and save the necessity of afterward removing the grease from the table.

DRY all towels and napkins if damp, before putting them into the hamper. This will save mildew and unnecessary work.

MOISTEN grease spots on wood with a cold solution of washing-soda, and then scrub in the direction of the grain, using cold soap-suds.

WHEN through with the lemon squeezer or lemon drill, put it to soak at once in cold water. It will save time and work afterward.

SPREAD a newspaper on the table when about to make a litter, and then wrap the litter up in the paper, and put into the garbage barrel or into the stove. It will save you much time.



[Conducted by Mrs. M. C. Wilcox, Mountain View, Cal., to whom all questions and communications relating to this department should be addressed.]

Evenings at Home

MRS. C. M. SNOW



IN the bustling, hurried times in which we live, the question is not, What may we find to interest us in the little time there is in which we may *choose* our occupation?

It is rather, Which of the many pleasant pastimes shall we give ourselves the privilege of enjoying?

There is so much in the line of art, literature, and music that we constantly feel an unappeased hunger for more; and so where the employment of one person's time can contribute to the enjoyment of several, there is much gained.

The ideal evening at home, as pictured in the mind and in magazines, is one in which the entire family are united,—the mother with work-basket, the father in easy-chair, with slippers and dressing-sack, reading aloud, resting while another reads, or entertaining those whose round of duties is bounded by home, by relating interesting events constantly occurring in the busy outside world.

But ideal pictures must sometimes share the fate of cobwebs,—be brushed aside by actualities. Our plans and our love must be so elastic as to meet the needs of him who is the undercurrent of all our thoughts and wishes.

If the husband has spent the day

among papers and magazines,—sitting, writing, thinking,—recreation and rest for him may mean vigorous outdoor exercise. Many years spent in schoolroom and office enable me to view this subject from the "mere man's" view-point.

In cities, where humanity touch and jostle one against another, indoor gymnasiums are required; for physical culture is acknowledged by all cultured, thinking minds to be the great remedier of nearly all our woes, both physical and mental.

"Physical impairment and mental decay go hand in hand, and can not be divorced. Physical perfection and sterling mentality are inseparably welded together; and a clearer conception of life's duties, and a doubling of life's pleasures, are the inevitable concomitants of their attainments."

Physical culture is but a return to Mother Nature and her laws. Then what a treasure-trove to the man busied for long hours indoors is a piece of land, with the privilege of performing calisthenics, gymnastics, and any sort of exercise that relieves the pressure from tired brain and nerves. There is not only rest there, but strength, health, and vigor spring forth unbidden to meet him. The system that once was a ready victim to colds, constipation, dyspepsia,

and their train of ills, now rises superior to them. The man who once awoke in the morning unrefreshed, with a feeling of lassitude and weariness, now rises with light heart and clear brain, ready for thought and action.

Since our greatest object is to help husband and child to perform the noblest, purest work of which they are capable, it is needless to ask whether we shall selfishly urge him to remain indoors with us. If our own work has not been too arduous, and the little ones may go with us, we can enjoy assisting in this combined work and play. But if duty requires us to remain at the fireside, let it be a cheery place. Let it shine bright welcome, especially to the loved one who has first and best right to its enjoyment.

Nothing is more depressing than to come from toil to find an untidy house and complaining inmates. Teach the children to put in order all pictures and playthings preparatory to papa's coming home; and be, as much as possible, in readiness yourself to supplement his plans. At least make the home a place of cheer, of brightness and rest, that he may have it as a restful picture in his heart and mind, and find it a place of comfort and peace, of relaxation, whether it be hours or moments that he shall brighten it with his presence.

Take an interest in his duties for the day. Think his thoughts, and share your own with him. Talk with him about the many things that interest you, great and small. But do not key the conversation to a dirge of woe. There may be clouds in the day's horizon, but perhaps they have a silver lining. Housekeeping tragedies, even, have often a humorous side. If related at all, they will be better received if the comedy side is kept uppermost.

Domestic clouds and rain-storms are hindrances to our husband's work. En-

deavor to follow the example of the sun, and irradiate warmth and brightness. We may not all be gifted with wit, beauty, or rare intellectual attainments, but we each may be cheerful and kind.

“Backward, turn backward, O Time, in thy flight;
Make me a child again, just for to-night?”

Is it not because of the sweet-faced mother, ever ready to welcome her child? If this gentle home ministrant were not in plain view the moment we crossed the threshold — perhaps in the door to welcome our approach as soon as home was sighted — were not the first words, “Where's mother?”

The mother's hallowed sanctum in the child's heart may never be accorded to another. But a true, kind, gentle wife may largely fill this vacant place in her husband's life. “Where's mother?” springs to his lips as readily as in childhood days.

Well-worn words are Hiawatha's, but trite and true: —

“As unto the bow the cord is,
So unto the man is woman;
Though she bends him, she obeys him;
Though she draws him, yet she follows;
Useless, each, without the other.”

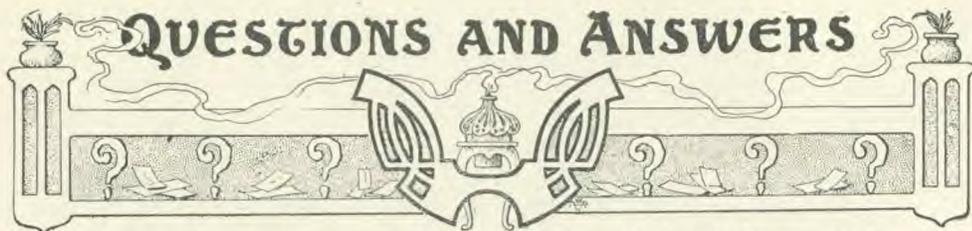
It is not by a rushing, mighty sound that we are attracted to the glorious starry firmament.

“Silently, one by one, in the infinite meadows
of heaven
Blossom the lovely stars, the forget-me-nots
of the angels.”

So if our looks and deeds are those of kindness and of brightness, links of fond forget-me-nots will unite in welding a strong chain of love that will bind the husband's heart to his home and the home-maker. “Home, sweet home! be it ever so humble, there's no place like home,” will be his heart's glad refrain.

Then home's sacred joys will be rest for the weary, repose for the heart, and a blessed foretaste of the home where sorrow never comes.

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. *Questions sent to Dr. Hare, and accompanied by return postage, will receive prompt reply by mail.* Be sure to give your name and full address, and remember that questions for this department, sent in business letters to the office, may be delayed or overlooked. Write plainly, and don't use a lead pencil.]

163. Antitoxin — Paralysis.—L. C., Mo.: "My neighbor has just lost her two children from diphtheria. She would not consent to the use of antitoxin, fearing it would cause paralysis and other harmful results. Does it often cause paralysis?"

Ans.—No. We have used antitoxin many times in diphtheria, and have never seen any harmful results, but have often seen the most satisfactory improvement. Paralysis frequently follows diphtheria as a result of the disease, but is not due to antitoxin. We are well aware that there are some theoretical objections to the use of antitoxin. The fact that it immunizes a person who may have been exposed to diphtheria has been so abundantly proved that there is but little room for difference of opinion among intelligent physicians. The chief danger from antitoxin has been due to its careless or dishonest preparation, but now that it is prepared under the direction, or supervision, of the various State boards of health, this danger has been almost wholly removed.

164. Diphtheria — Antitoxin.—Mrs. J. S. L., Minn.: "1. What do you recommend for home treatment for diphtheria? 2. Do you recommend the use of antitoxin in a case of diphtheria? 3. Do you think the use of antitoxin will prevent other members of the family from having it?"

Ans.—1. Diphtheria is a very contagious and very dangerous disease. The simplest and best home treatment you could use would be to keep an ice-bag applied to the throat constantly night and day. Once an hour it should be removed, and a hot fomentation applied to the throat for five minutes. Gargle the throat and spray the nose every hour with peroxid of hydrogen. If the child is too young to use a gargle, the throat may be sprayed.

Give liquid nourishment, such as gruels,

milk, or malted nuts, every two or three hours.

In every case where there is a suspicion of diphtheria, we recommend you to call a physician at once; the above treatment is suggested only to be used where a physician can not be had, or as an emergency until his services can be secured.

2. Yes; there is no longer any question as to the value of antitoxin in the treatment of diphtheria. Before the use of antitoxin the death-rate from diphtheria was about twenty-five per cent. By the use of antitoxin early in the disease the death-rate has been reduced to about eight per cent. We recommend the early use of antitoxin in every case of diphtheria.

3. Yes; it usually does.

See also answer to question 163 in this issue. The best and most rational method of preventing diphtheria is to keep the mucous membrane of the nose and throat in a perfectly clean and healthy condition.

165. Sulphured Fruit.—Mrs. M. M. H.: "1. Is fruit smoked with sulphur healthful? 2. Is it in any way injurious? 3. If so, how?"

Ans.—Nearly all the peaches, pears, apricots, and nectarines dried on the Pacific Coast are subjected to the fumes of sulphur for an hour before they are dried; the result is that the fruit is much lighter in color and more pleasing in appearance, and is disinfected and made thoroughly clean, so that it will keep much better. The fumes from burning sulphur consist of sulphur dioxide; or when this comes in contact with the freshly cut, moist fruit, it unites with a molecule of water to form sulphurous acid. This bleaches the fruit, destroys all germs, and prevents its decay. The very small amount of the acid which is formed and remains on the fruit is not considered harmful.

We think it prudent, however, to wash all dried fruit in water before cooking it. Where this is done, no effect could result from the acid beyond that of a slight tonic. After dried fruit is washed, we consider it perfectly wholesome.

166. Excessive Sweating and Chilliness from too Much Clothing.—M. E. M., Alaska: "What will prevent excessive sweating caused by inactive kidneys? Patient chills easily, and can not take any cold treatment, nor bear proper ventilation of room. Will osteopathy help her? What treatment would you recommend?"

Ans.—The patient is suffering from oversensitiveness of the skin, due to too much clothing. The kidneys are inactive probably because the skin sweats too freely. Many persons dress too warm; they keep the skin in an almost constant state of perspiration. The skin becomes oversensitive; they take cold easily, and think they need more clothing.

In such cases as the above if there is good reason to suspect disease of the kidneys, determine the facts at once by an analysis of the urine. If you find no organic disease,—and you probably will not,—remove all the clothing, keeping the patient wrapped in blankets while you give a tepid hand bath, going over a small part of the body at a time, and drying thoroughly with a towel rub. Then go over the entire body with a cold alcohol rub, and follow with an oil rub, using cold cream, coconut oil, or a little free vaseline. Dress the patient with much less clothing than you removed. Give an abundance of fresh cold air to the room day and night, but keep the feet warm, if need be with a hot-water bottle. Repeat this treatment once a day for several weeks. If possible have the patient take daily exercise in the open air. Give a warm soap-and-water bath once a week, and you will, if the clothing is sufficiently reduced, soon relieve oversensitiveness of the skin.

167. Charcoal—Onions.—I. T. W., Mont.: "1. Is it good for one's health to eat charcoal? If good, how much and how often? 2. Is it good for men to eat onions?"

Ans.—1. If thoroughly pulverized, charcoal is an inert and harmless substance capable of absorbing a large amount of gas, and is often helpful in cases of fermentation. One or two teaspoonfuls of pulverized charcoal may be taken an hour or two after meals.

2. If you are a woman, and this question includes your husband, there are reasons why

we should answer, No. There is nothing harmful in an onion to a person who can digest it, but it disagrees with many people, and for that reason should be used sparingly.

168. Weak Eyes.—J. C., Cuba: "1. My little girl has trouble with her eyes. The muscles seem to open her mouth and close her eyes, and then she has to wink several times in order to see plainly; this she does several times an hour. What is the matter? 2. We are troubled greatly with 'dog gnats' just before a rain. They cause sore eyes. Can you suggest anything better than kerosene to keep them away? 3. What is the best treatment for a nail in the foot?"

Ans.—1. Your little girl is suffering from weakness of the internal recti muscles which hold the eyeballs in proper position for seeing an object distinctly. You can not do much for this trouble by home treatment till you have had the eyes examined by an oculist. After an accurate examination, he will be able to prescribe such home treatment as will cure the trouble.

2. No. If any of our readers know of any means for keeping the annoying pests away, let us hear from them.

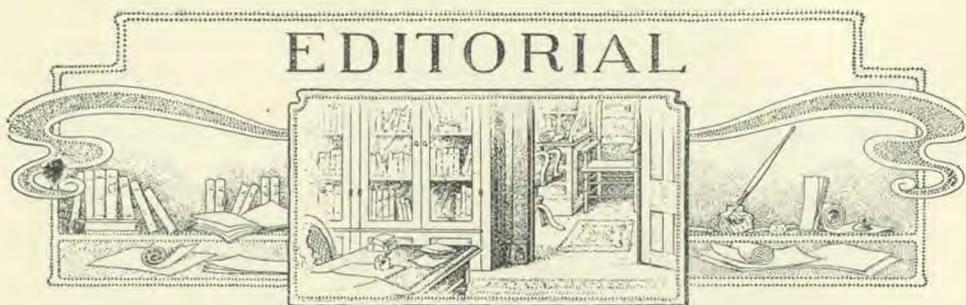
3. Pull the nail out, then enlarge the wound freely with a sharp lance till it is at least one-half inch long. Separate the edges of the wound, and dust it with iodoform, or insert a small bit of surgeon's iodoform gauze, or if nothing better can be had, insert a small bit of common muslin that is first sterilized by being heated in an oven or on the stove lid till it begins to turn brown. The object is to keep the wound open, and make it heal from the bottom.

169. Greens as Food.—Mrs. J. L. C., N. Y.: "1. Is there much food value in greens? 2. Do you recommend them as articles of diet?"

Ans.—1. No; greens contain but a small per cent of nutritive material.

2. Yes; not on account of their nutritive value, but because such foods as spinach, lettuce, green mustard, young beet tops, dandelions, raw cabbage, and similar green foods, when properly prepared, and served with lemon juice or other wholesome dressing, constitute a bulky and agreeable food, both appetizing and wholesome. A proper amount of such bulky food serves an excellent purpose in stimulating peristaltic contraction of the bowels, and thus helps to overcome chronic constipation. When the appetite calls for this class of foods, as it often will, it is well to heed it.

EDITORIAL



Treatment for Eczema

WE have been asked to give a remedy for tetter. Tetter, or eczema, is a disease of the whole body, rather than of the skin. It is not likely that any treatment of the skin alone will be successful in this disease. As the result of the observation of a large number of cases, Dr. Pifford reports that fifty-six per cent were carnivorous, eating meat three times a day, with but little bread and vegetables; forty per cent more ate meat more or less; and only four per cent were herbivorous, or vegetarian.

Many of them ate too much and took too little exercise, and many suffered from gastric disturbance from wrong habits of eating. The greatest difficulty Dr. Pifford encountered was to get his patients to submit to dieting. They were willing to make all kinds of applications to the skin, but were *not* willing to make a rational application to the stomach.

This testimony, which is borne out by the experience of others, should point to the first and most important step in the cure of eczema; namely, the cure of all digestive and nutritive disturbance by a proper regimen. If constipation exists, it must be corrected and kept corrected. Retention in the lower bowel of decomposing fecal matter is a fruitful source of many disorders, eczema among the number.

In acute eczema, it is well to try a milk diet, if milk agrees, using two

quarts a day, with zwieback, or some of the other dry cereal preparations, as granose. Oatmeal should be avoided. In any case, the diet should be simple, and should exclude meat, pastry, cake, confectionery, and all foods known to disagree. Not more than three varieties should be taken at one meal. Alcoholic drinks and tobacco must be avoided. Exercise, as much as possible, should be taken in the open air. On going into the cold air, the hands should be protected with gloves, and the face protected with cold cream.

For the acute stage lime-water may be applied three times a day to the affected surfaces, the parts dried, and dusted with starch or bismuth, and protected with a wrapping of soft cloth.

For a mere chronic condition the benzoated zinc ointment, which may be obtained from any druggist, will act well as a protective astringent.



Preparing for Cold Weather

SENSATION of heat and cold is dependent on the condition of the skin. One who is burning up with fever internally will feel chilly if the skin is cold. On a cold day one can increase the sensation of warmth by taking a little alcoholic beverage, which will cause the blood-vessels of the skin to dilate. The increased circulation in the skin will cause the body to feel warmer, though the general temperature of the body is not increased.

So the skin is, as it were, a thermometer, but one with a sliding scale, for what may feel warm at one time may feel cool at another.

The appreciation of heat and cold is relative and fluctuating, not absolute and constant. This may be shown by a simple experiment. Provide three basins of water of different temperatures. Put one hand in hot water, and the other in cold water. Now put both hands in lukewarm water. To the hand that has been in hot water, it will feel cold. To the other hand it will feel warm. The first warm day of spring causes one to feel more uncomfortable than many hotter days later in the season; and the first cool days of fall are felt more keenly than some of the colder days of winter. The skin judges of a new temperature by the one it has been accustomed to.

If people could but realize this, and gradually accustom themselves to a cooler temperature as winter comes on, they would eventually be fully as comfortable at a much lower temperature, and would be far less liable to colds from exposure of an unresisting skin than are the victims of overclothing, overheating, and poor ventilation.

Furs, mufflers, scarfs, and other heavy garments may be necessary at times; but fortunate is the person who trains himself not to depend on such garments.

Overclothing the body increases the moisture next the skin. This moist, warm condition, habitually maintained, diminishes the resistance of the skin, and at the same time subjects the person to danger of chill from evaporation in case some of the garments are laid off.



Theory and Practise

NOTE these two statements by Mrs. Rorer in the *January Ladies' Home Journal*:—

"We are told by dietetians that we need a certain amount of sugar; but they neglect to tell the uneducated that almost all vegetable foods, fruits, and cereals contain a sufficient amount without the addition of manufactured sugar. Nature does not consider or take into account the combinations of manufactured foods. If we use sugar squeezed from the cane and concentrated, we must pay the penalty. The craving for sweets is not natural, but simply the result of false teaching.

"Our dietetic sins are started in our very youth. Observe the average mother preparing the saucer of breakfast cereal for her child. She covers it with a liberal amount of sugar, and then deluges it with cream. Such children are taught to use sugar, and know nothing else from their very earliest recollections."

So much for theory: but on the same leaf Mrs. Rorer publishes the following, under the heading "A Cooking Class for Children:"—

"How to Bake Apples: Wash and remove the cores from six apples. Put them in the baking-pan, fill the spaces from which the cores were taken with granulated sugar," etc.

Mrs. Rorer is right in her practise, and if properly understood, correct in her theory.

It is ruinous to a child to feed him cereals deluged with sugar and cream: it is true that far too much cane-sugar is used by the average American. It is not true that a little cane-sugar as used in this apple recipe will hurt the normal person, though there are some who do better to avoid even a small quantity of artificial sugar.

It has not been proved that cane-sugar is distinctly worse than other forms of concentrated sugar, except that it is used in much larger quantities.

The statement that a certain form of

artificial sugar is harmless and can be eaten in large quantities with impunity, should be accepted with the same mental reserve with which we always read statements made by manufacturers as to the marvelous virtues of their products.

It stands to reason that a manufacturer of a patent medicine or of a food is incompetent to give an impartial testimony as to the relative value of his product. The advertiser says: "I am it; my food or my medicine is the best and only one," and the people go on believing.



A Daily with a Million

THE *National Daily Review*, of Chicago, "The White Newspaper" which was issued at the extraordinarily low subscription price of one dollar a year, has sold its subscription list and good-will to the Lewis Publishing Company of St. Louis, which is preparing to publish an eight-page paper, under the name *Woman's National Daily*.

This company expects to begin the issue of the newspaper early this year with a circulation of a million copies or more, and they have now in process of construction the largest press in the world, capable of printing, folding, and delivering three hundred thousand copies an hour, or more than eighty a second. This enormous press will weigh about one hundred and fifty tons, and will require six large box cars to transport it.

Those who were subscribers to the *National Daily Review* will receive the *Woman's National Daily* a sufficient time to make up their unexpired subscription.

We are pleased to learn that it is the purpose of the managers of the *Woman's National Daily* to issue a paper that is clean and fearless, and that will represent the interests of the masses.

We note in the prospectus that the editors see two sides to the patent medicine question, and they intend to "show up the other side."

They say: "The fierce attacks on patent medicines that have become such a fad of late have presented only one side of the question. There is another; there always is. Many of the great proprietary remedies are the result of the highest scientific skill, and are compounded with a care and accuracy utterly impossible in a prescription filled from a druggist's shelves."

Yes, but these remedies compounded with such skill and accuracy are not the much-exploited, highly advertised cure-alls which have been exposed by *Collier's Weekly* and *Ladies' Home Journal*.

We hope to see this new paper, the *Woman's National Daily*, remain unbought and unterrified. We dislike to have even a suspicion enter our mind that some of the great patent medicine interests are influential stock-holders in the Lewis Publishing Company.

We hope that this new daily will realize among its reform principles the truth that disease has a cause, and the cure can not come through the patent medicine habit; and that it will be a powerful exponent of healthful living, rather than of the doping habit.



Is Tubercular Sputum Harmless?

CHARLES DUDLY, Ph.D., in a paper read before the American Public Health Association, makes these points against the belief that there is great danger of contracting tuberculosis on railroad cars:—

1. Prolonged exposure is usually necessary to cause infection. "Even the longest railroad journey, in intimate relations with a consumptive, could hardly be regarded as meeting the requirements

of prolonged exposure, as they are commonly understood by the profession."

2. Tuberculous sputum is extremely difficult to dry.

3. Even if dried, it is exceedingly difficult to pulverize.

4. When dried and pulverized, and rubbed up into a dust from the carpets, it readily falls to the ground.

5. Finally, the light and air rapidly sterilize this matter as it is being dried.

It seems that in laboratories where, for experimental purposes, they desire to make a dust containing tubercle bacilli it is quite difficult to do so.

But if all this is so, what need is there to practise any care in the handling of sputum? People contract tuberculosis somewhere. Is all the cry against the danger of sputum needless? We think, rather, that our attitude to this should be similar to the attitude of most physicians to Professor Koch's statement that tuberculous beef and tuberculous milk are harmless — we should consider sputum guilty until it is fully proved to be innocent.

We may yet learn that tuberculosis is transmitted almost entirely by means of the bacilli that are thrown into the air in minute bubbles of saliva when the consumptive coughs. But for the present we should not relax our vigilance concerning tubercle sputum.



PRES. C. C. LEWIS, of Union College, has just issued a book, "Addresses for

Young People," containing a few of the most helpful of his public addresses, such as are especially adapted to influence young people in right directions. At the age when young people begin to question the validity of the truths which have been handed down to them, when they begin to inquire regarding the nature of God and of revealed religion, such a work as this is particularly valuable. Parents will do well to provide their children with a copy of this book. 273 pages; cloth, \$1. Address Union College Press, College View, Neb.



E. B. TREAT & Co., New York, have published another volume in the series by Prof. Dr. Carl Von Noorden, on Disorders of Metabolism and Nutrition, this one being on Diabetes Mellitus. Professor Von Noorden brings to bear on this important subject his extensive knowledge of pathology and his rich clinical experience. The first part of the work is a study of the metabolism of sugar, physiological and pathological, and of the clinical significance of the formation of the acetone bodies, and of other metabolic changes in diabetes.

The latter part of the book is devoted to the treatment of diabetes. Physicians will find in this many hints, based on the author's extensive practise, which do not appear in the text-books. 204 pages; cloth, \$1.50.



Pure Foods

A NUMBER of the clubs or leagues at work in behalf of pure foods have joined their forces, to collect facts from all sources regarding the adulteration of food, with the view to presenting them to the congressional committees this winter.

PRESIDENT ROOSEVELT in his message to Congress has recommended the passage of a pure food bill, regulating "interstate commerce in misbranded and adulterated foods, drinks, and drugs." There is a pure food bill before Congress, with fair chance of passage, unless it be killed through the influence of the manufacturers of sophisticated products.

A BILL which failed to pass the last session of the New York Legislature, prohibiting the storage of poultry or game in an undrawn condition, will be introduced again this session. The bill should become a law, as cases are not rare where people have been poisoned from the toxic matter absorbed into the tissues from the intestines of birds stored in an undrawn state.

THE Massachusetts State Board of Health in their analytical department occasionally run across some queer things in the way of adulteration. "Old Gristmill Wheat Coffee," said to be the "best substitute for coffee," was found to contain wheat, peas, pea hulls, chicory, and coffee. Excellent "substitute" no doubt. "The Economic Wonder, contents equal to thirty-six fresh eggs," was chiefly cornstarch.

"IN every city can be found some dairyman who will be willing to furnish pure and clean milk for a reasonable advance in price. The Oakland Home Club (California) is getting such milk, the dairymen agreeing to conform to the requirements of the club, which are those recommended by the United States Bureau of Animal Industry. The dairy is inspected, and the cows are tested, as often as necessary, and an examination of the milk is

made frequently. The limit of bacteria is placed at 10,000, but has never come above 3,000, while the ordinary dairyman's milk often goes to 500,000 or 1,000,000. This is the difference between pure milk, and a filthy solution, which is the cause of much of the indigestion and malnutrition in children."

Liquors and Drugs

THE city council of Chicago have so amended their ordinance that it is now unlawful to sell morphine or similar drugs except on prescription from a physician or dentist.

THE Internal Revenue Commissioner has rendered a decision that persons selling alcoholic medicines must secure a new license at every place they conduct business. A license gives liberty to sell alcoholic drinks at only one place, and can not be used by traveling vendors.

Communicable Diseases

CHOLERA is rapidly increasing on the frontier between Russia and Germany.

THE Department of Agriculture is to experiment in typhoid fever with milk from goats imported from Malta.

THE grand jury of Chicago in its November report says: "We wish to emphasize the serious menace to the health of the community in the spread of consumption by the cheap lodging houses in the down-town districts. Statistics regarding this are appalling."

THE physicians of Albuquerque, N. M., have passed a resolution condemning the action of other physicians in sending to that city or State consumptives who are incurable, or who have not sufficient funds to pay for at least six months' treatment.

GERMAN health authorities expect an epidemic of cholera in the spring when the rivermen come over the line from Russia. The German government is making provision to protect those working on the rivers by frequent

inspections, and by furnishing them good drinking water and disinfectants.

DR. CHARLES VALENTINE, of Paris, favors the marriage of consumptives, saying that the disease is rarely, if ever, transmitted, and that many of their offspring are more or less immune to tuberculosis. He believes that the marriage of consumptives will gradually result in a race of immunes. This opinion is not generally accepted by medical men.

PROFESSOR KNOPP at the American Tuberculosis exhibition made the following statements: "The consumptive should hold his hand before his mouth while coughing, as a consumptive who raises no sputum expels 100,000,000 bacilli in twenty-four hours. The predisposition to tuberculosis may be inherited or acquired; alcohol plays a large part in causing a predisposition. Aside from beer, more alcohol is sold in patent medicines than over the bar. There is no less than \$200,000,000 worth of patent medicine sold in this country every year. It must be understood that while tuberculosis is curable, it is not curable by patent medicines, but by good food, fresh air, rest, and a little medicine, judiciously prescribed by a physician."

Educational

DURING October the medical inspectors of Philadelphia examined more than 15,000 pupils. More than 4,000 were recommended to take treatment, and 877 were sent home on account of illness.

THE board of education of Elizabeth, N. J., has decided to exclude from the schools all children who have tuberculosis. The order will be enforced until the matter is tested in the courts.

THE number of illiterates over thirteen years of age per 1,000 in the United States is 46 native whites, 128 foreign born, and 445 col-

ored. This is a marked improvement over the condition ten years ago.

IN an inspection of public schools in New York City, 17,825 children were examined, of which number forty-eight per cent were found to be in need of medical attention. The inspector says that more than twenty-five per cent of the 600,000 children in the New York City schools "are suffering from morbid conditions which interfere with their mental and physical welfare and development, and which lead to physical incapacity to make the best use of their educational opportunities." The inspector believes this work to be "of as great importance as any work which has ever been undertaken by the Department of Health of the city of New York."

Miscellaneous

THE State of Nevada, according to the census report, is without a single hospital.

ATTORNEY-GENERAL CARSON, of Pennsylvania, has decided that parents can not be compelled to have their children vaccinated.

"BROTHER PAUL," a noted patent medicine vender, has come to grief in Chicago for carrying on his business without a license.

DR. MELTZER, of the Rockefeller Institute, has succeeded in producing anesthesia without harmful results by injecting Epsom salts into the spinal canal.

THE superintendent of the Ohio State Hospital for Epileptics says: "Our experience more and more confirms the opinion that true epilepsy is incurable."

PERSONS desiring a good resume of the use of Scopolamine as an anesthetic will find it in the *American Journal of Nursing* for December. J. B. Lippincott & Co., Philadelphia. Send 20 cents. I give this information, as I have had a number of inquiries. G. H. H.

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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OUR subscription list is continually gaining month by month. It has more than quadrupled during the past two years.



JANUARY was our banner month for sample copies. More requests for sample copies came during this month than any two previous months.



It is certainly very gratifying to the publishers to note the universal approval of LIFE AND HEALTH. Our agents in all sections of the country report that the people everywhere like it, and readily subscribe for it.



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“Walk in the Light.”

“Give God the Glory.”

There will be one, two, or three articles on each topic. This series will begin with the next number.

“MINISTRY OF HEALING” is the title of a new book every reader of LIFE AND HEALTH ought to have. It is donated by the author, Mrs. E. G. White, for the advancement of medical work and the relief of suffering humanity. It contains 542 pages, filled with health principles adapted to the needs of the people. We give it our hearty indorsement and recommend it to all of our readers. Price, post-paid, \$1.65.



THE following letter fairly represents the sentiments of 350 LIFE AND HEALTH workers in the United States:—

“I write you a few lines to tell you of the good experience I have in canvassing for LIFE AND HEALTH, and of the great pleasure and rich blessing I receive in the good work.

“As for myself, I read and study each issue before going out among the people. I certainly do enjoy the work, and it seems I can not recommend it or practise it enough. I find it an excellent opportunity for me to get truth before the people, and generally they invite me immediately into their homes, and keep me talking and explaining to them for so long a time that it detains me nearly all day in one neighborhood. My greatest interest is in missionary work, and I love it. It takes me quite a little time before I get through explaining about health principles and different articles in the journal, and besides all this there comes that much-loved opportunity to compare Bible truths on health with those taught in LIFE AND HEALTH.

“I wish many more who want to do missionary work would try LIFE AND HEALTH. They will find plenty to do, and a great field of favorable opportunities.

“ALICE E. GILLMAN.”

A Layman's Prescription

WERE I to consider my readers as my patients, and to prescribe such a kind of temperance as is accommodated to all persons, and such as is particularly suitable to our climate and way of living, I would copy the following rules of a very eminent physician: Make your whole repast out of one dish; if you indulge in a second, avoid drinking anything strong till you have finished your meal; at the same time abstain from all sauces, or at least such as are not the most plain and simple. A man could not be well guilty of gluttony if he stuck to these few obvious and simple rules. In the first case, there would be no variety of tastes to solicit his palate, and occasion excess; nor, in the second, any artificial provocatives to relieve satiety, and create a false appetite.— *Addison.*

For Weak Lungs

Sunshine — all you can get.

Fresh air — live with open windows, and stay out doors as much as possible.

Nourishing food — Milk, eggs, cereals, cream, butter.

Avoid alcoholic drinks and quack nostrums. They use up your money and your vitality, and do no good.

Get abundant sleep.

Keep bowels open.

Live in hope.



THE making of immense muscles that stand out like so many croquet balls all over the body is not physical development. It is merely muscle development. But one may develop his muscles so as to become a physical monstrosity.— *E. B. Warman, in Health Culture.*

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