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GLENDAL
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Contents for July

GENERAL ARTICLES

Children and Their Care, 2—The Feeding of Infants, <i>Frederick M. Rossiter, M. D.</i>	181
Divine Healing, <i>Augusta C. Bainbridge</i>	184
Acute Articular Rheumatism, <i>The Editor</i>	186

CURRENT COMMENT 189-192

Organized Poison—The Way of the Transgressor—A City without Crime—An Object Lesson—The Fly and the Tubercle Bacillus—Mosquitoes and Flies—Hot Weather Care of Infants and Young Children—What's in a Name?—Nurse Inspection of New York City Schools.

THE MEDICAL MISSIONARY AT WORK..... 193-195

How the Chinaman Takes His Rice—Arrival in India—The Sanitarium in South Africa—Mission Notes.

HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS.

A Few Hints, <i>Mrs. D. A. Fitch</i>	196
Bread without Yeast, <i>Mrs. N. A. Honeywell</i>	197

FOR THE MOTHER

The Tears that Mother Shed (poem), <i>Mrs. Flora E. Yergin</i>	198
Mothers and Mothers, <i>Mrs. A. C. Bainbridge</i>	198
Our Bodies, <i>Mrs. E. Farnsworth</i>	199

QUESTIONS AND ANSWERS..... 201

EDITORIAL 203-207

A Modern Fable—That, in Short, Is What a Story Did—Unofficial Reports—Do You Eat Meat?—The President's Message—Report of the Reynolds Commission—What of It?—Sugar Lore.

NEWS NOTES 208, 209

PUBLISHERS' PAGE 210

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

Vol. XXI Takoma Park Station, Washington, D. C., July, 1906

No. 7

Children and Their Care

FREDERICK M. ROSSITER, M. D.

2 — The Feeding of Infants



HE natural food of the infant is mother's milk. The child that is deprived of this food is very unfortunate, for there is no artificial food that can take its place—absolutely; and yet by means of this expedient, thousands of human lives have been saved.

Little need be said about breast-fed babies, except to emphasize the importance of nursing the child regularly, at stated intervals. Moreover, one must begin early to cultivate in the child good habits in regard to taking food. Here the first lessons in self-control, or self-indulgence, are given. We have not yet reached the point where it is no longer necessary to give instructions as to nursing and feeding young children whenever they cry or nose around for food. It is strange how obtuse many apparently intelligent and conscientious mothers can be in this one particular. They say that to feed the little one is the quickest way to stop its fussing—and where is the harm in feeding it? But all can recognize the harm in forming the habit of self-gratification, of crying for what you want till you get it.

Up to the age of five months, the baby

should be weighed once a week. On the average a baby should gain four ounces a week,—some weeks more, some weeks less. If an infant does not gain, whether breast fed or not, there is something wrong that calls for an investigation. If, as indicated by the weight of the child, the mother's milk is not improved by an abundance of wholesome food, outdoor life, sunshine, fresh air, rest and sleep, then, by all means, the diet should be changed.

If a child does not thrive on breast milk, what shall it be fed? This is a matter of the utmost importance. Not only must a food be supplied that will agree with the child, but one must be found that will also tend to produce a healthy and normal growth of all the organs and structures of the body. The proper solution of this problem during the first three months of the child's life means everything to its future.

It is a question that has brought out many interesting discussions, but at the present time the concensus of opinion is overwhelmingly in favor of modified cow's milk as a substitute for mother's milk.

There are many infant foods on the market to-day—called proprietary foods—which are made largely from cereals.

Infants fed on these foods get fat, and seem to thrive for a time, but the foods are lacking in the proper food elements, and in time the nutrition of the child suffers. A fat baby is not necessarily a well-nourished baby. The same objections can be made to predigested infant foods.

As a substitute for mother's milk, modified cow's milk best meets the baby's needs. This is true in the majority of cases, and if intelligence and care are exercised, the children that can not be well nourished on cow's milk are very few.

The writer attended a woman in con-

not. Rickets, scurvy, and faulty nutrition are common among babies fed on malted cereal foods and condensed milk.

In modifying the cow's milk, certain things must be remembered, and certain rules followed. Cow's milk contains much more proteid, or curd, than mother's milk, and so must be diluted. Then again it contains less sugar, and so some sugar must be added. Moreover, there is some difference in the proportion of fat, and this must be modified.

It must be borne in mind that at birth a child's stomach holds about one ounce, or two tablespoonfuls, and increases in capacity about one ounce a month for about six months. After the sixth month it is not so important to increase the quantity as to improve the quality. After two weeks four tablespoonfuls must be given at a meal.

Always use fresh milk, and if possible get it from several cows rather than one.

finement two years ago, who did not care to nurse her baby, and who, without asking questions of any one, immediately put him on raw cow's milk without any dilution. The baby thrived. When it was eight months old, the mother, to save the bother of warming the milk, broke the ice over the milk, poured the ice-cold milk into the bottle, and gave it to the child. He continued to thrive. At birth he had so much vigor and vitality that he thrived on what would have killed most children. The second summer he had about all the diseases the law allows in hot weather, and still he lives, but now he is a sickly child.

While many infants seem to do well on proprietary foods, the majority do

Milk that is near the souring point is a prolific cause of bowel trouble among artificially fed children. Unless specially favored with ice and refrigerators, prepare each meal at the time needed, and use bottles and nipples that can be easily kept clean and sterilized. A baby that is fed with a spoon will not take its food too rapidly, and so will have less digestive disturbance. For sweetening the milk use sugar of milk.

If possible, milk should be obtained morning and evening to insure freshness. Place in a tall bottle or jar, and allow to stand four or five hours in a cool place. The top cream will contain about twelve per cent of fat.

In order to simplify matters and make



it as easy as possible to modify cow's milk, a number of formulæ are given, which in general are safe to follow. The amount is for one feeding.

FIRST TO FOURTH DAY

Top cream One teaspoonful
Boiled water Seven teaspoonfuls

FIFTH DAY TO END OF SECOND WEEK

Top cream Two teaspoonfuls
Milk One-half teaspoonful
Lime water One-half teaspoonful
Sugar of milk Thirty-five grains
Water (boiled) Two tablespoonfuls

Buy sugar of milk in pound packages, and in order to obtain a correct measure of the amount required for each feeding, have a druggist weigh out the exact quantity, put it into a teaspoon, and then use the amount given as a sample measure.

This food should be warmed to a temperature of 100°, and kept there while the baby nurses. Frequent warming may be necessary by dipping the bottle into warm water.

THIRD AND FOURTH WEEKS

Top cream One teaspoonful
Milk One teaspoonful
Lime water One-half teaspoonful
Sugar of milk One teaspoonful
Water (boiled) Four tablespoonfuls
Feed every two to two and one-half hours during the day, and twice at night.

SECOND MONTH

Top cream Five to six teaspoonfuls
Milk One to two teaspoonfuls
Lime water One-half teaspoonful
Sugar of milk Eighty-five grains
Water (boiled) ..Four to five tablespoonfuls

THIRD AND FOURTH MONTHS

Top cream
.....One-and-one-half to two tablespoonfuls
Milk Two teaspoonfuls
Lime water One teaspoonful
Sugar of milk...100 grains (1½ teaspoonfuls)
Water (boiled)...Five to six tablespoonfuls

FIFTH MONTH

Feed every three hours.

Top cream Two tablespoonfuls
Milk One tablespoonful
Lime water One large teaspoonful

Sugar of milk
.....144 grains (about two teaspoonfuls)
Water (boiled) Six tablespoonfuls

SIXTH TO TENTH MONTH

Feed every three and one-half hours, during the day only.

Top cream.....Three to four tablespoonfuls
Milk..One-and-one-half to two tablespoonfuls
Lime water...One-and-one-half teaspoonfuls
Sugar of milk.....
..175 to 200 grains (about 2½ teaspoonfuls)
Water (boiled)...Seven to ten tablespoonfuls

If a child is doing well, after the sixth or seventh month a little oatmeal or barley water may be substituted for part of the water in the above formulæ. No starch should be given before the sixth month.

Make the increase from month to month gradual, and not abrupt.

If the child's digestion is feeble, the percentages given may have to be reduced, and feedings given at greater intervals. On the contrary, a healthy baby with good digestion may need to have the quantity increased more rapidly than prescribed in the formulæ.

In changing the baby's food to that of modified cow's milk, begin with the weaker dilution first, and gradually increase the strength as the child's digestive organs become accustomed to the new diet. As a rule it is not wise to make a sudden change in a child's diet.

In feeding the baby modified cow's milk, bear the following points in mind:—

Curds in the stools and colic indicate too much raw milk (proteid), hence it may be necessary to reduce this for a time, and then gradually increase it again.

Sour stools indicate too much sugar, and possibly too much fat. Reduce if necessary.

Very offensive and white stools indicate too much fat or cream.

Vomiting immediately after feeding indicates too much food, too tight bands,

or that the child is moved about too much.

Vomiting one or two hours after feeding, of a sour curded milk or watery fluid, indicates too much fat in the milk.

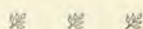
If a child does not seem to be satisfied with its meal, increase first the quantity, and then the strength of the food.

It is a great mistake and an injustice to the child to be changing the food every few days. Careful observation and painstaking effort will usually be rewarded with seeing the child enjoying its food and gaining in every way.

Some mothers are in the habit of feeding their babies several times during the night, even after they are six or eight months old. This is injurious both to the child and to the mother. Discontinue the night feeding at once. If the

baby awakens to be nursed or fed, give it some water, turn it over, and put out the light. There may be considerable crying over this new procedure, but it is necessary to be firm. The second night there will be less crying, and probably on the third night not any.

A child that is one year old does not need more than three regular meals a day. However, it is a good plan to give the little one two or three teaspoonfuls of orange juice or some scraped apple in the middle of the forenoon and afternoon. Children enjoy this; it takes the place of extra meals, and above all, it is good for the child. Fruit juices furnish salts necessary to develop the bones. Fruits with seeds should not be given to very young children; particularly is this true in hot weather. The fruit juice is the better.



Divine Healing

AUGUSTA C. BAINBRIDGE

4 — Walk in the Light



OD is light, and in him is no darkness at all." "Whatever doth make manifest is light." Then God makes manifest, makes clear, makes plain, reveals things, that are not well known or that are not clearly understood.

One can live without natural light by shutting himself away from it; and one can shut light away from others, thus forcing them to live in darkness. But this does not hinder the sun from shining, nor hinder the laws of light from operating wherever they are allowed to do so. The all-pervading, all-penetrating power of light was given to it in the beginning, that it might reveal and thus do its heaven-appointed work. Thus

when God created the heaven and the earth, the first necessity of creation was light; and we find that he who commanded, "Let there be light," was the dear Redeemer, who said, "I am the light of the world."

While this is true of physical light, for the abiding principle of light is holiness, it is also true of mental and spiritual light. Light is also defined as knowledge, instruction. The mind of man is so organized that it receives knowledge; more than that, it hungers for it. It can be so trained that it will receive knowledge constantly, while the person is awake. It can receive it in an orderly, systematic manner, and become stronger by the exercise. The love of the Creator for his children and his desire for their fullest mental development is so plainly visible

here, that one can only wonder and adore. The privileges of study are manifold, and the enjoyment of acquiring knowledge needs only to be awakened to be appreciated.

One can hinder his own development in many ways. Laziness, obstinacy, prejudice, and animalism are all hindrances that are really only other names for sin, or broken law. So also can one hinder another's advancement, and thus defeat, in a sense, the plan of the Maker of the mind.

Mental light is exceedingly precious, insomuch as it is following the thoughts of God, and studying their relation to each other, to material things, and above all, to the race made in his image.

Light has a most of all a rich spiritual meaning. While it uses both physical and mental light, it is superior to both. While physical and mental light have a bearing

on the life of an individual in just the proportion that he accepts or rejects them, spiritual light reaches beyond these to the formation of character, which decides eternal destinies. As truth is made manifest to the consciousness of an individual, the Spirit brings conviction, or promptings of duty, and a real change in the life of the individual follows as the result. Certain lines of thought, special words or phrases, acts or habits, even, once indulged in without question, or perhaps with a sense of fitness or propriety, are viewed from another standpoint; and the light shed on them shows such hideous deformity, they are turned from with utter loathing.

When the body is recognized as the temple of the Spirit, when this beautiful ray of divine light has entered the mind and heart of man, life takes on a new meaning. As one walking in a strange road changes his direction as the light from the sun or a lamp reveals the right path, so one walking through this world, which is indeed a strange, new road to every one of us, changes his direction constantly in following the Light of life.

God, the creator, has never given his glory as creator to another. His glory in character building is his own. So his glory in building the human body is his own. No other power ever did make or ever can make one cell of the human



frame, nor can any other uphold any part of this human temple any more than it can uphold the mightiest sun in the universe. So the Spirit of God, as Creator and Preserver, works in the physical frame of every created thing. "He is the life of everything that lives." "In him we live, and move, and have our being." When this blessed light has shone on the path of an individual, he ceases to think of his body as his own; but regards it as the property of him who made it, and is day by day seeking to draw nearer and nearer to the design of his Maker.

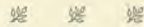
Health is not simply a convenience, or a circumstance; but a part of the divine

plan, in which man, as a child of the Infinite, has the privilege, yes, the right, to take his heaven-appointed place. Christ Jesus, the Mighty Healer, expressed his Father's thought for every transgressor of physical law when he said, "I will, be thou clean." His will is that we be clean. Uncleaness is sin, and he was manifested to take away our sin, or uncleaness. Health, without a Saviour, would be an impossibility on this sin-cursed earth; for we all have sinned and come short of the glory of God. Physically, mentally, and spiritually we have missed the mark — we are lost.

There was One who came to seek and to save that which was lost. Health as well as home, dominion, and character was lost as the result of transgression; and there is no way of redemption but in

Christ. He is the "Light that lighteth every man." The laws of health of body and soul were made by him to give physical and spiritual life to man. God, who is light, revealed this to us more clearly in the life of his Son than mortals had ever seen it. The living Word has been interpreted to humanity, that they may live thereby, and live without sin.

Then is it sin to live a life of sickness? To be sick once in a while or a little sick all the time? Is sin transgression of the law? Is sickness the natural, inevitable, unavoidable result of transgression of physical law? When we have a Saviour, do we need to carry our transgressions? If he has borne even our sicknesses, are they ours still? Do we need to continue in transgression? Let us study the Word, and walk in the light.



Acute Articular Rheumatism

THE EDITOR

THIS disease is especially important on account of the heart complications that accompany a large proportion of cases. The pain and inflammation of the joints and the bedridden condition, lasting for several weeks, are features to make the disease one to be dreaded; but these sink into comparative insignificance when we consider the heart difficulties that often follow in the wake of the disease. For the reason that even mild attacks are liable to be followed by heart difficulty, it is important that every one should understand the dangerous nature of the disease, in order that proper preventive measures may be taken.

Patients coming down with articular rheumatism, usually "feel poorly" for a time. A little later, the thermometer will indicate a rise in temperature to one hundred and two or even one hundred

and four degrees. A rapid pulse, with loss of appetite, scanty discharges, and other fever symptoms, are present. Usually the patient perspires profusely, the perspiration having a peculiar sour odor. One after another of the large joints are painful, hot, swollen, and dusky red. In some instances, the inflammation ceases in one joint as a new joint is involved. In other instances, there is an increase in the number of joints affected, until finally all or nearly all the large joints are inflamed at one time. Every attempt to move causes excruciating pain. In fact, it is said that, on the whole, no disease is more painful than this one.

Though the death-rate from acute rheumatism is very low, the danger of accompanying heart trouble constitutes it a very serious disease. More than half the cases have heart complications, and

these are relatively more frequent in the young. In fact, children not rarely have rheumatism of the joints in so slight a form as not to necessitate their going to bed,—“growing pains,”—accompanied by valvular heart disease which results in a permanently crippled heart. A parent should ever keep this in mind, and when a child complains of pain in the joints, should have the child repeatedly examined by a physician. If the temperature and other signs indicate that the child has rheumatic fever, it should be kept in bed, even though it appears well enough to be around. During the time when the heart is acutely involved with

cause them to want to go to bed), be kept quiet on account of possible heart complications. Older patients will wish to return to their work as soon as the joint trouble moderates; but it is far safer for them to remain in bed for two or three weeks after all joint symptoms are over. This will do much to lessen the danger of heart complications. One authority says that the patient who insists on getting up when the joint trouble is over, is taking his life in his hands.

Treatment

Nightgowns should be of flannel open from top to bottom, with sleeves buttoned full length to facilitate easy re-



the inflammatory process, and for some time after, the most important measure in treatment is to keep the child perfectly quiet, as a little muscular exercise may be enough to permanently cripple the heart.

While much can be done for this disease by means of hydrotherapy rightly applied, it is not safe to rely on home treatment alone. The mildest cases may be followed by disastrous consequences, if neglected. For this reason, a physician should be promptly consulted in every case that bears resemblance to rheumatism.

Patients should be in bed. And especially should children (in whom the joint trouble may not be severe enough to

removal. There should be several of these in order to permit of frequent change, as they quickly become damp from the perspiration. Blankets should be used in place of sheets. The room should be well ventilated, but without drafts. The diet should be liquid, largely milk, with gruels, administered at frequent intervals. Water should be drunk in large quantity, preferably alkaline mineral water.

The hot blanket pack, continued for several hours, is a valuable measure to encourage elimination, and to combat the fever. The patient should be gradually cooled off, cold mitten friction being applied to each part as it is taken out of the pack. An ice-cap, or cold compresses

to the head, should be worn during the pack. Ice-bag to the heart is also indicated during the pack. To prevent over-acting heart, a cold compress or an ice-bag may be placed over the heart for fifteen minutes once every hour.

The painful joints may be fomented every two hours. During the interval a heating compress well covered with flannel and impervious material should be applied snugly around the joint. At

night, the joint may be wrapped in dry flannel or cotton batting. It is well to oil the joints occasionally with vaselin; and it may be an advantage to have, say ten per cent of oil of wintergreen worked into the vaselin.

Again the suggestion is made to parents that it is important to investigate every case of joint pains in children in order to prevent a possible heart complication.



CURRENT COMMENT



Opinions here quoted are not necessarily all approved by the publishers of LIFE AND HEALTH.

Organized Poison — A Remarkable Man — A Remarkable Book

MR. UPTON SINCLAIR, of whom the world should hear a great deal, has already earned the thanks of this entire nation. Mr. Sinclair is the author of an extraordinary book, "The Jungle." The book is well named. It tells of the life, torture, and general atrocity in that darkest, thickest jungle found only at the bottom of the modern industrial system.

Mr. Sinclair lived in the stock-yards. He saw how the men that work there are treated, how the people that buy dreadful, diseased products are treated. He told the truth simply and convincingly. He went there to study life, not merely to tell a story.

As the result of the writing of this book, of the horror and the shame it has aroused, there is a good prospect that the beef trust deviltries will be checked at least, and one hideous phase of modern life at least modified.

Mr. Roosevelt read "The Jungle" with care. He had personal interviews with Upton Sinclair. He assured Mr. Sinclair that he would investigate the stock-yards and the beef trust on his own account. And he kept his word.

The revelations that follow the investigation are sickening; it is not pleasant to print them. We shall pass over them quickly.

You must know, in order to understand just exactly what organized capital will do for profit, and how little it cares about human beings as compared with dollars, these facts:—

People in America eat all the diseased cattle that go to the stock-yards.

The German government and other governments protecting their people against diseases, insist on rigorous inspection of the meat sent abroad. The beef trust knows that it can not sell to Germans, to Frenchmen, or other foreigners, products made of animals with tuberculosis, hog with cholera, etc. They sent to the soldiers in Japan the sort of poisonous stuff on which they had fed American soldiers. But the poisoned beef was sent back from Japan, and sold to Americans, who ate it.

This is what happens in the stock-yards of the beef trust:—

The animals are carefully examined for tuberculosis, hog cholera, etc., by paid government inspectors. The animals intended to be sent abroad are carefully sifted out. Only the healthy carcasses go to Europe. The Americans eat the diseased animals selected from among the export specimens, in addition to eating their own share of diseased meat at home.—*New York Evening Journal.*

✽

The Way of the Transgressor

A CHICAGO dispatch to the *Times*, dated May 29, announces that Nelson Morris, the meat packer of that city, is broken in health, and on the verge of nervous collapse. It is probable that the investigation into the method of packing meats, being made under the direction of President Roosevelt, has more to do with Nelson Morris's collapse than Sin-

clair's book. If the criticism of the nasty way in which food products are put up, had remained confined to a thoroughly sensational book, the robust health of Morris would probably have withstood the attack. A criticism in a romantic book, and an investigation made under the direction of the president of the United States, with perhaps criminal proceedings following the investigation, are two entirely different things. It is further rumored that the death of Philip D. Armour was caused by a similar shock coming from the army beef scandal. . . .

It is probable that Philip D. Armour never intended to have his business so conducted that the soldiers of the United States would have been supplied upon the field of battle, in times of an active campaign, or upon any other field or at any other time, with food that was absolutely destructive of human health and even human life. It is just as probable that Nelson Morris never intended his packing business to be so managed that filth, disease, and poison should be sold under his labels as human food. But the fact with which the public is mainly concerned is that they knew so little about the details of the business, and apparently cared so little about them, that the soldiers were poisoned with embalmed beef, and the public is being poisoned by having the filthiest refuse of the carcasses sent out into the world in a wholesale manner to enter into the food of the general public. Whatever may have been the intentions of Armour and Morris, public opinion will hold them directly responsible for the manner in which the business has been conducted.—*Los Angeles Times*.

✽

A City without Crime

SAN FRANCISCO for the past fortnight has been absolutely free from disorder and virtually free from crimes of vio-

lence. There have been no street brawls. No drunken brute has beaten his wife. No gamblers have murdered each other in low resorts. Except for some dealings with sneak-thieves the occupation of the police courts is gone. It is a most impressive object-lesson of the value to society of the restriction of the liquor traffic. We are promised a continuance of this peaceful condition for a considerable time to come, save only as drunken men may drift over from Oakland, where the authorities have been so reckless as to allow saloons to open. We may be compelled to renew the quarantine against Oakland.

This absolute demonstration that the saloons are responsible for all crimes of violence makes it imperative that, whenever they shall be allowed to reopen in this city, their license fees be fixed at a rate that will support the police department. There must be increased taxation. The public generally will protest against being taxed for the control or suppression of those forms of crime for which the saloons are now proved to be solely responsible. The public will look to the board of supervisors to place the cost of dealing with crimes of violence on the occupation which is responsible for all of it.—*San Francisco Chronicle*.

✽

An Object-Lesson

WHO would ever have thought six weeks ago that Mayor Schmitz would have been the one to have ordered all saloon licenses in San Francisco revoked? And yet, that is just what he has done, effectually closing four thousand places where liquor was sold. The saloons have been closed since the great fire, and the good accomplished is shown by the report of Chief Dinan, of the police department, who says that never in the history of San Francisco has such good order been maintained as since the fire, and never

has the city been so free from crimes of all kinds. The report of Chief Dinan has opened the eyes of the people more widely than ever, and they see and are discussing the saloon evil, and are planning to curb it. Of course the saloons in San Francisco will not be closed permanently, but, in view of the lessons of the present, it is probable that the liquor license will be raised to such a figure that the number of saloons will be reduced more than one half.—*St. Helena Star*.



Mosquitoes and Flies

IT is interesting to note that many cities and towns are taking an active interest in the destruction of mosquitoes, and the State Board of Health has reason to believe that its labor in this field is bearing fruit. The present board has urged through its *Bulletin*, by letters, and by word, the danger of this pest. Health boards and the people are appreciating the fact that mosquitoes are not only an intolerable nuisance and carriers of disease, but that they can be readily destroyed by preventing their breeding.

The common house-fly is as great a nuisance, and perhaps a greater menace to health. Bred in filth of the most revolting kind, flies become laden with germs, and come to our tables to partake of and poison our food. Many obscure cases of contagious disease can be charged to the account of the house-fly. Laws will soon be passed making their breeding-place a nuisance.—*Bulletin Cal. State Board of Health*.



The Fly and Tubercle Bacillus

“THE recent stress which has been laid on alimentary infection in tuberculosis should lead to a more careful consideration of the means by which tubercle bacilli may reach the alimentary canal. The recent studies of Lord show that the

ubiquitous fly may play an important part in alimentary transmission. The bacilli not only pass the alimentary canal of the fly unchanged, but undergo a marked proliferation there. Fly specks may contain as many as five thousand bacilli, and, according to Lord's computations, thirty infected flies may deposit within three days from six million to ten million tubercle bacilli. The danger does not seem to be from the liberation of bacilli in the air, but from the deposition of the fly specks on food. That this can and does occur under certain circumstances was abundantly demonstrated by our experience with typhoid fever during the Spanish-American war. We should bear in mind the possibility of infection by the fly and be much more strict than we are at present in the disposition of sputum and in the protection of foodstuffs, and this refers particularly to the summer months.”—*Journal of the Amer. Med. Assn.*



Hot Weather Care of Infants and Young Children

HEAT kills off babies and young children largely because it spoils their milk and other food supply. Even breast milk, when the mother is overheated, may give the baby colic or “summer complaint.” If a mother is very hot, she should draw a teaspoonful or so from the breast before nursing her baby. If the breast has not been given for two hours or more, it should be drawn off in the same way. And if the mother has been badly frightened or angry or excited, it is not safe to give the breast at all. It should be drawn, and the milk thrown away.

The proper food for babies is mother's milk. No sensible mother needs advice on this point. If she is fairly healthy, her breasts will give all the nourishment the child should have until it begins to cut its teeth — the sixth or eighth month.

Up to this time it is a sin to give an infant solid food of any kind, or anything but breast milk (if the mother is healthy) except water in moderate quantity, occasionally, *but never soon after nursing.*

Many infants are killed every year by bringing them to the table with the family and giving them a little bit of this, that, or the other — meat, vegetables, pie, pickles, etc., which the little stomach is not fitted for. They are *killed* just as surely though not so quickly, as if they had been fed on poison out of a drug-store.

When a baby that is fed in this way sickens and dies it is said that the baby died of "diarrhea" or "dysentery" or "cholera infantum" or "summer complaint" or "teething" or "convulsions" or "brain fever;" but these are only the names for the result of poisoning by unfit food.—*Circular, Chicago Health Department.*

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Some Diet Delusions

EIGHTEEN grave and reverend doctors assure us that overeating is the prevalent dietetic sin of the century, while the remainder of the twenty-four are equally positive that the vast majority of our patients are underfed. One man preaches the gospel of dignified simplicity on one meal a day and one clean dollar a week, while the lean and learned Fletcher declares that if only we keep on masticating on one mouthful of food long enough, we shall delude the stomach into magnifying it into ten, and can dine sumptuously on a menu card and a wafer biscuit.—*Woods Hutchinson, A. M., M. D., in McClure's.*

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Nurse Inspection of New York City Schools

DURING the year the standard of cleanliness has been much improved. Chil-

dren, encouraged by the nurses, take baths more regularly; clean clothes are put on oftener. The nails and hair are kept in better condition; tooth-brushes are now used as part of the daily "cleaning-up" process, where they were quite unknown before. Children with trachoma [granulated eyelids] bring their dispensary cards regularly to the nurse in the school, so that she may see that the treatment is being received. Skin diseases, such as ringworm, impetigo, favus, etc., the nurse takes care of in school, and the child being allowed to remain, does not lose any time.

The visits to the homes is a very important feature, and much valuable work is being done by teaching the parents what is required of them. They are instructed in keeping the children clean, carrying out treatment begun in school by the nurses, obtaining glasses for the children with defective sight, and taking children to their physicians or dispensaries for treatment.—*Extracts from Annual Report.*

✽

What's in a Name

THE name of a medicine helps or hinders its sale, and care is bestowed on its selection. The name must be short, easily catching to the eye, and easily remembered, euphonious, onomatopoeic, alliterative, bizarre, having something of the Indian or Oriental cult about it which haunts and lays hold and will not let go, suggestive of relief and cure, and must be apparently scientific. The following will illustrate the psychological and rhetorical principle in selecting patent medicine names: Pink Pills for Pale People, Radway's Ready Relief, Vegetine, Vinol, Viavi, Terraline, . . . St. Jacob's Oil, Good Samaritan Linament, Balm of Gilead, Bloom of Youth, etc.—*The Pedagogical Seminary.*

THE MEDICAL MISSIONARY AT WORK



How the Chinaman Takes His Rice

MRS. J. N. ANDERSON

PERHAPS in no part of the world is better rice produced, or more of it consumed, than in the region of the delta of the West River, whose numberless low, fertile islands are specially adapted to its culture.

No Cantonese could think of rice as a dessert. To him it is the very staff of life, and to offer it to him mixed with sugar, milk, eggs, flavoring extract, etc., to be served as a delicacy, would appear to him a grave perversion of an excellent food. To him rice is food and other things are vegetables. Eggs, fish, or meat are accessories. Classed all together, they pass under the one head of *sung*, and are taken in comparatively small quantities.

Fed on this diet, the Cantonese are remarkably strong and muscular, and are said to have greater power of endurance than their countrymen in other parts of the empire; while their services are in demand wherever reliability, accuracy, or skill are required. Two coolies carry a sedan-chair, with occupant, at the rate of forty miles a day, with no apparent inconvenience, and one may often see men trotting through the narrow streets of Canton with five fifty-weight sacks of flour piled high on one shoulder.

But if the Cantonese would reject, as too tasty, rice in pudding, so would he as readily reject, as tasteless, the bulky grain so often served at breakfast; for rice cooked according to his traditions is firm in texture, rich, sweet, and nutty

in flavor. It is not unusual to hear the visitor to the Celestial Kingdom remark over his first plate of real rice, "If this is rice, I do not wonder the Chinese can live on it."

In cooking rice, the Chinaman first estimates how many bowls of food will be required. One bowl of the grain will make nearly three bowls of cooked food. Having measured out the required quantity, he proceeds to wash it in cold water, rubbing it briskly between his hands, draining off the water, adding fresh, and washing until the water is clear. Then it is covered with cold water,—twice the quantity of its own bulk,—and set to cook over a hot, blazing fire. The fire must be kept at a blazing heat till the grain boils up well. If he is uncertain as to whether he has the right proportion of water—some varieties and grades of rice absorb more water than others—he carefully lifts the cover to see if the water is absorbed. If it is not the water may be drained off. Now, too, is the time to add salt,—the real Chinaman never desires this, however. The cover is snugly replaced, and the rice left to cook till there is heard a faint crackling of parching grains at the bottom, when the fire is promptly drawn off, and the rice left to steam over the coals and hot embers. After the rice begins to boil, the careful cook never leaves his kettle till the crackle of the parched grains gives the signal to remove the fire.

While the rice is steaming fragrant, as he says, the other dishes are prepared. When all is ready to serve, the chopsticks

are used to carefully stir up the steaming grain, when, if properly cooked, the snowy mass crumbles apart into indistinct kernels. On no account does he ever stir the rice while cooking, or use a flat instrument that would mash the kernels after it is done, until it has first been loosened and lifted apart with the stick.

Try the Chinaman's way, and be convinced that plain boiled rice is a palatable, substantial food.

Canton, China.



EATING RICE ON THE HILLSIDE

In the background may be dimly seen the gardens where these boys have been at work. Among this class two meals are taken, one at the beginning, the other at the close of the day's work, with possibly a boiled sweet potato or some light lunch at noon. Whether in the home or on the hillside, the meal is served much the same. Each member helps himself from the large kettle of rice on the stove directly into the bowl in his hands, and reaches with his chopsticks into the dishes set in the middle of the circle for bits of whatever vegetables, meats, or relishes may be provided.

Arrival in India

BROTHER H. J. JEWELL, a nurse formerly laboring in Indian Territory, who left the States for India last February, writes the following encouraging letter, in which all will be interested:—

“The Lord blessed me with a pleasant voyage, and I enjoyed it all the way from New York to Calcutta. I found, on my arrival in London, that I would have to wait for several weeks, as my boat would not sail from Marseilles before March 14.

So I went to our sanitarium at Caterham, and gave them some much-needed help, as they were short of helpers. I also visited our sanitarium at Leicester, where I met some old friends; and it was a happy meeting, I assure you. I had the privilege of spending two days at the meeting of the South England Conference, and met many of our workers in this field. The work in England is going forward, and God is signally blessing his servants. At the meeting all seemed to be of one

mind, and it could be easily seen that the Spirit of the Lord was leading in all that was done. Elder Conradi was with us. He spoke of the wonderful way in which God is leading in the work in European countries. Surely the time is not far distant when the Lord will come to claim his own.

“March 12 I left London, arriving in Marseilles on the fourteenth, when I embarked in the French steamer, ‘La Nira’ for Bombay. I reached Bombay March 29, and stayed

several days with Brother and Sister C. H. Hansen, who are laboring at that place.

“Bombay is a city of over one million people, and certainly gross darkness covers the land. Poverty and disease are everywhere. I spent one Sabbath in that city, and met several who are rejoicing in the truth, and holding up the banner of light in this city of darkness. I met one old brother who has spent most of his life on the sea, but now, on account

of old age, is passing a quiet life. He is waiting and looking for the coming of the Saviour. He had spent much time in searching the Scriptures, and since Brother Hansen has been laboring with him he has accepted the message, and is now rejoicing in it.

"I reached Calcutta April 4, and found Doctor Ingersoll and family at the station, to welcome me to my new home. I can truly say I am thankful to be here; and I praise God for a good journey by sea and land. I am more than pleased with all, and am of good courage. Though the work is slow, we can see the hand of the Lord in it all, and feel his Spirit leading the way. May he bless and prosper the work in every land, that his coming may not be much longer delayed."



The Sanitarium in South Africa

OUR friends will be glad to know that at the present writing (Friday, April 13), the sanitarium is entirely filled with patients, including the four additional rooms afforded by the new wing just completed. We now have twenty-one patients (including two surgical cases), and guests, which is the largest number at any one time since our work began in Plumstead. Two patients left this past week, but others came in within a few hours and filled their places. There are still a number of other patients who have definitely engaged rooms, some of whom are simply waiting for us to send them word that we have room to receive them.

It is thus apparent that our increased facilities were added none too soon. If we had not gone ahead with the needed improvements, it would mean that we would be obliged to say to some half a dozen people, "You must wait somewhat longer before we can receive you," and delay in matters pertaining to health is always unwise, and sometimes even hazardous.

The new bath-room, occupying the first floor of the addition, will be finished and ready for occupancy within a week. This will be a boon to us in our work, and will enable us to reach a much larger number of people, and much more efficiently than heretofore.

A glance over our present list of patients illustrates to some extent the various classes to whom our work appeals, and who come within the scope of its influence. Among others, we have with us an attorney, a bank president, a dentist, a military man, and a merchant. A minister has engaged a room, and will be with us shortly.

The Lord has given us a glorious system of principles, and we greatly feel the need of divine wisdom, that we may properly represent the truth before those who are coming to us.

GEO. THOMASON, M. D.



WE are glad to report that, in response to the call of Sister Whiteis, of Karmatar, India, for funds to purchase a horse and cart for her medical missionary work, a brother in Nebraska has sent sixty-four dollars, the amount suggested, and writes that he is glad to pass some of the Lord's blessings to those more needy. In behalf of Sister Whiteis and the great work she represents among India's poor, we extend our heartfelt thanks to this brother. Eternity will reveal the blessings resulting from his remembrance of this field.



OUR workers at Karmatar go out every Sabbath evening to preach the gospel to the heathen who live near them. A paralytic listened to them attentively for a number of weeks. One evening, when they had finished, he asked very earnestly why they could not lay their hands upon him, and heal him, as the apostles did in olden times.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, National City, Cal.

A Few Hints

MRS. D. A. FITCH

Cottage Cheese

CHEESE made from sour milk contains much of the protein element, and is preferable to the cheese of commerce.

Many fail signally in making this article, and lose its nutritive value, and also spoil its palatableness. The milk should be allowed to thicken, and then be skimmed before any attempt is made to heat it. Heat it slowly—preferably in hot water or in a moderate oven. The milk should not be stirred while cooking, but an advantage is gained by passing a knife through it so as to cut it in squares, just as the curd begins to form. This helps to give uniformity of texture, which is more pleasing than to have some parts hard and others soft.

A short method is to pour boiling water into the lobbered milk, with gentle stirring, until the curd forms and separates from the watery whey. Rapid cooking is likely to cause lumps and a stringiness not altogether agreeable. As soon as well curded, it should be poured into a strong but loose cloth to drain without pressure. Over night is none too long for it to remain quiescent. It may then have added to it a portion of salt, and as much cream or milk as will be required to make it of the desired consistency. Should there be any lack

of smoothness the whole will be vastly improved by passing through a colander or an ordinary meat mill.

Various seasonings may be added, as minced onion, parsley, or other herbs, and formed into balls or other shapes.

Served with a garnish of lettuce or other green it gives a pleasing variety. Used in place of common cheese with macaroni it is more wholesome than that article.

Sweet milk may be readily curded by the addition of lemon juice. One cup stirred into a gallon of warm milk will usually gather all the curd. If the whey is white and milky, add a little more juice, and the curd will form.

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Mince Pie

A VERY palatable mince pie is made without the use of flesh by substituting protose, and omitting the high seasonings and stimulants usually used. Fruits and fruit juices give a flavor superior to that of spices, and less likely to do harm to digestion. Ground coriander seed is all the spicy seasoning we use. An addition not usually made is the skins of the apples. The apples are washed, trimmed, cored, and ground through the little meat mill so much used

in kitchens now. The raisins and protose may follow, thus lessening the work of preparation to a great degree.

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An Excellent Plan

ONE church-school teacher adopts this plan of teaching cooking. If land is available, the vegetables are raised by the pupils. If not, the garden produce is contributed by the families. All kitchen and necessary utensils are supplied. Both boys and girls are taught to prepare dinner for the whole school, thus gaining

knowledge of a most useful art, and carrying it into homes which are much in need of such instruction.

❖

Squash Biscuits

IN a portion of bread sponge mix enough good, well-cooked yellow squash to give the mixture the appearance of containing eggs. Mix thoroughly with as much flour as can well be incorporated, and treat the same as for plain buns. The squash may be lightly sweetened, but should be as dry as practical.

❖ ❖ ❖

Bread Without Yeast

MRS. N. A. HONEYWELL

SCALD one quart of corn-meal in two quarts of boiling water, add two quarts lukewarm water, one teaspoon salt, two tablespoons sugar, and beat in gradually enough white flour to make a thick batter. Put in a large stone jar with a lid. The jar must not have been used for fruit, and must be perfectly clean and sweet. Before using, scald it for a few minutes on the stove with boiling water. Empty out the water, pour in the batter; or, if preferred, the mixing and beating can be done in the jar after it has been scalded. Now set the jar in a vessel of water at about 115°, or, if you have no thermometer, the water should be as hot as can be well borne by the hand, but *not* hot enough to scald. Put a pan over the top, and keep at the same temperature for about seven hours, or until the sponge begins to foam. Beat it down two or three times, and watch it closely, as it rises very suddenly, and will run over the jar before you know it. Have the flour warm, especially in cool

weather; put part in a large bread pan, and pour in the sponge. Beat the flour in, a little at a time, until stiff enough to knead. Knead thoroughly, but do not get too stiff; then make into loaves and place in tins. Keep all the time in a warm place, back of the stove, or where no cold air can reach it. In cold weather, if it can not be kept warm in any other way, place the loaves on bricks in a tub of warm water, and cover. The loaves will be light in about an hour; then bake. Graham or whole-wheat flour, shorts or seconds, can be used with the white flour for mixing in any proportion desired; preferably one fourth of the coarse flour. This makes a more healthful bread than the white flour alone. This recipe is sufficient for five large loaves. The secret of success with this bread is good flour and keeping it warm during the entire process. This bread does not spoil in the hottest weather, and the older it is the better it becomes. It makes most excellent zwieback.



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

The Tears that Mother Shed

THEY'RE not in vain — the tears that mother shed,
That her own darling might not go astray;
Her loving prayers have reached the Father's heart,
And heaven guides, in love, from day to day.

The strong, undying love of mother's heart
Shall keep, as angel hand, from every harm,
And bring me closer to the Heart of hearts,
To feel the upholding of his loving arm.

MRS. FLORA E. YERGIN.

Mothers and Mothers

AUGUSTA C. BAINBRIDGE

THE holy office of mother, as God in the beginning appointed, comes before all others in the heart of a child. His consciousness responds to her touch, her voice, her smile. Her love first called him into being, and his love answers the call with the first dawn of reason.

None but a mother can comprehend a mother's love. The carrying, bearing, and nursing of a child bring to a mother physical sensations that can be experienced in no other way. The mental and spiritual experience is also peculiarly her own. It is also individual in the case of each child. The needs of each one are plainer to her than to any other. The pleasure of supplying those needs, of

studying how to meet each want of the little life as it is brought to view, is only a part of the joy of being a mother. The gladness of seeing inherited traits overcome early in life, the privilege of selecting environment best suited to the development of the noble side of each character, and the blessed reaping time of love returned, all these are, to the mother, joy beyond expression in words.

To lose a mother in early life is to suffer a loss that can not be fully met. But blessed be the God and Father of us all, there are dear, precious women who are willing to take up the burden and bear it as best they may.

When God has given that particular

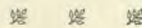
task to a woman, she needs him far more than she ever needed him before. A closer life, a cleaner consecration, a moment-by-moment yielding, are needed to hear his voice and learn how to obey. The mother who has known those children best is dead, she knows nothing, and can give no heed or help to the one who has taken her place. The closest communicating line to those children now is from the Lord, and the best way the new mother can reach them is by that route. Well for her, if the father is a Christian, and will go with her to the Throne for wisdom to guide those tender lives into the path that is best for them. These two should be much nearer to each other for this their common need. Personalities should be laid aside for the good of these who will have a hard life, even at best.

Shall they call her "mother"? That depends on circumstances. The father should own her, not only as his wife, but as mother to his children, and when he calls her "mother," it will not be long ere they will follow. The respect which he shows her will be reflected in their lives. If he is not willing to do this, he should never have asked her to fill the vacancy. Having asked her, and she having accepted it, all there

is in it now belongs to him to fulfil. The woman he has asked to be his wife and the mother to his children can never fill the place satisfactorily unless his respect for her is plainly in evidence.

The children will lose all the pleasure of home unless he shows to them that she is the home maker, and upholds her in that position. The training they need in the home they will lose, and lose for all their future life, unless he sees to it that her commands are obeyed and her plans carried out. Their plans being studied out together, and having been agreed upon beforehand, they should be carried out in harmony.

Household duties for the girls, and chores for the boys, should be insisted on, for the benefit of the children themselves. Where and how can they learn these useful arts as well as under the loving care of the dear ones in the home? Where can that daughter learn to be a wife and mother as she can learn it at home? Where can that son learn to be a husband and father as he can learn it at home? Who is to teach them but these two, and when they address themselves heartily to the task, they will, with God's help, succeed.



Our Bodies

MRS. E. FARNSWORTH

WE read that in the beginning God made man upright, but that man has sought out many inventions.

We all admire what we call an upright person. Honest and square in his dealings with his fellow men, with an open, frank countenance, and eyes that are not afraid to look into your eyes because they have nothing to conceal.

What kind of body would you asso-

ciate in your mind with such a character as this? Would it be one with stooping shoulders, flat chest, downcast eyes, and a generally relaxed condition of the body?—I think not. Would it not be, rather, an erect head, well-curved back, prominent chest, and firmly set limbs? These are indicative of an energized carriage of the body which is characteristic of health; while the flat chest, the dorsal

curve, or what is known as round shoulders, the projecting chin, and protruding abdomen, are equally indicative of a relaxed and weakened condition of the body, characteristic of feebleness and disease.

The tired and dispirited horse does not *hold* his head down; he simply lacks the vigor and disposition to hold it up. So the woman who has been accustomed to the support of stays of bone or steel, finds herself, when without these means of support, feeling, as she says, as though she would fall to pieces.

The muscles of the waist lack the ability to balance the shoulders and chest upon the hips.

When God made man in the beginning, he made him perfect, spiritually and physically. There was no blemish, no deformity. But since the fall of man by disobedience, there seems to have sprung up an almost universal desire to modify the form of the body. And this strange propensity does not take as dangerous a form among uncivilized races as among the civilized ones. Some Indian women ornament their upper lip by sticking a pin through it; for women of other tribes fashion demands that a piece of bone or wood be thrust through the lower lip.

The civilized woman finds the lobe of her ear a more convenient place to hang her jewelry.

There are mothers who think that the beauty of their children lies in having a cone-shaped or a flat head; others, none the less anxious for the welfare of their little ones, squeeze the tender feet of their daughters into a shapeless mass of bone and gristle, in the firm belief that their feet must not exceed the conventional three inches. Some mothers, no less solicitous and thoughtful of their daughters' interests, base their expectations of a successful career for them as much on the meager dimensions of their waists as do the others upon the small size of their daughters' feet.

The fashionable dressmaker insists that the young lady's waist must be *formed*, so, instead of being allowed to grow and develop naturally as a beautiful flower opening under the warm influences of the sunshine, she grows into a mold, like a cucumber in a bottle, which can grow no larger than that which surrounds it. So it happens that we find the civilized woman with a waist as disproportionately small as we find among the aristocracy of the Chinese dwarfed and misshapen feet.



QUESTIONS AND ANSWERS



198. Too Much Appetite—How to Control and Lessen It.—M. O. T., Wash.: "I have an abnormal appetite, continued craving for food, just as hungry after eating a meal as before. When I can control my appetite, I can keep in quite good health; but I am continually breaking over, and eating too much. Can you suggest anything I can take, eat, drink, or do that will remove this craving for too much food, and assist me in getting myself under control?"

Ans.—Yes, the following very simple suggestions, if followed, will do it. Use but a very small variety of plain food at each meal. Avoid highly seasoned dishes, all desserts, and pastries. Use such foods as require prolonged mastication. For instance, make breakfast of wheat flakes or corn flakes, with a very small amount of cream, using dry toast or thoroughly cooked unfermented breads. Or, in place of the flakes, you might use steamed rice, thoroughly cooked, served rather dry, so that the kernels of rice remain intact. This is a delightful breakfast dish. It may be used with a little cream, fruit juice, or a small amount of sugar. If you form the habit of prolonged mastication of your food, almost any good wholesome food will satisfy the appetite by the time you have taken a reasonable amount of nourishment. Where the appetite is so abnormal as to be very difficult of control, you can lessen it very decidedly by chewing a bit of orange peel before your meals. In fact, the appetite may be greatly lessened or almost entirely destroyed by this simple method.

199. Pain in Hip.—J. C. B., S. D.: "I have a severe pain in the joint of my right hip every morning, and it is with difficulty that I can dress myself. It is a hard, aching pain, but in the course of an hour or a little more, it leaves, and I feel no more of it until the next morning. It then returns. I am about sixty years of age. My business is that of farming and stock raising. I never had my hip hurt in any way that I remember. My diet consists of fruit and vegetables. But little flesh food is used in my family. What should I do?"

Ans.—We advise you to take less exercise, at least for a time. Especially avoid getting

tired. Chew your food very thoroughly, so it will be better digested. Drink abundantly of pure water. Change your accustomed position during sleep. Keep the bowels freely active. Keep the skin active by warm bath followed by a salt glow daily for a short time. Use hot and cold to the spine one-half hour daily, and, if possible, have a good massage daily.

200. Floating Kidney.—Mrs. C. M. P., Vt.: "When I bend down or cough or sneeze, a ball in my right side rolls up under my short ribs, and seems to prickle and draw. There is no pain at the time. I press my hand over it, and after a few seconds it will quiver and move. A pain will streak down to the vicinity of the appendix, and across the lower part of my bowels. The pain is very severe. There is a pressure in my bowels all the time, and a prickling and beating, as if there was something there (and I know there is). Just the jar of walking hurts all through my bowels and stomach. I have been examined many times, and have had a different opinion from nearly every one. It has been diagnosed as enlarged liver, enlarged gall-bladder, inflamed ovary, etc. Will you give me some idea of what you think is the trouble, and what I can do for it?"

Ans.—From your description we think you have a floating kidney. The only complete cure is a surgical operation, but even this is not always successful. Relief can usually be obtained by wearing an abdominal bandage so adjusted that the pressure will keep the kidney in place. We advise you to consult a skilful physician or surgeon, and have a support fitted.

201. Suppurating Ear.—Mrs. E. H. S., Wis.: "I have a very bad ear. It began to suppurate when I was two and one-half years old. At that time it was thought to be incurable, and so was allowed to run until I became a young lady, when it stopped for a number of years. Three years ago it started again. I have washed it out, and packed it with boric acid for several weeks, but it seems to grow worse. The ear is very sore. The discharge seems to irritate the outer ear. I am forty-seven years old. What can I do for this trouble?"

Ans.—The ear trouble of which you complain is probably chronic suppuration of the

middle ear, which may or may not involve the bony tissues. It is an exceedingly difficult thing to cure, although with good treatment nearly all such cases can be either cured or controlled in a very satisfactory manner.

I would recommend you to wash the ear out each day with peroxid of hydrogen, using a small syringe. Slightly warm the syringe, as cold fluids are not good for the ear. Lie down, and fill the affected ear with the peroxid. Wash it out once or twice; then leave the ear full of the medicine for five or ten minutes, after which dry the ear out with a bit of cotton, and drop into the ear two or three drops of the following, which you can have put up at the drug-store: Iodoform powder, $\frac{1}{2}$ dram; glycerin, 1 ounce. Mix. This will separate on standing, so before using it, shake very thoroughly. It will help to disinfect the ear and stop the suppuration. After putting this glycerin and iodoform in the ear, keep a small pledget of cotton in the ear for comfort and cleanliness. Remove the cotton as often as it becomes soiled. Use absorbent cotton, which you can get at the drug-store.

If the ear is raw, it will usually heal up by keeping it protected from the discharge by the pledget of cotton in the ear as suggested, but if it does not heal readily, you can rub the irritated skin with a little camphor ice or dust it with powdered aristol, either one of which you can get at the drug-store.

202. Splinter Wound of Hand—How to Heal.—A. C. W., Mass.: "I have a sore finger that has caused me much trouble. Run a sliver into my finger near palm of hand. Could not bandage it, and in a week or two pus formed. I opened it, put on carbolic acid, and wrapped it up. It grew worse in spite of poultices and dressings. Healed it with carbolic salve, and afterward the hand swelled and back of the hand puffed up. I then used spruce and tamarack gum to draw it. It broke, and run for a long time before I could get it to heal. Have lost much time and suffered much pain by not knowing how to treat this hand properly. I am a carpenter, and often hurt my hands. Tell me how to treat a splinter wound so as to heal it quickly.

Ans.—Remove the splinter at once. If you can not pull it out, cut down to it, and take it out. Permit the wound to bleed freely if it will. This will remove much of the infective material that may have been on the splinter. Place on the wound a pledget of absorbent cotton saturated with hydrozone, or the ordinary peroxid of hydrogen, ban-

dage it loosely, and if the injury is a bad one give it absolute rest for a day or two. After a day or two such a wound may be most conveniently dressed by laying over it a very small layer of absorbent cotton moistened with collodion. This will adhere firmly to the skin, and after it is dry is not affected by water.

Exposure of a wound to the air, and to cold, and using the hand, will cause just such an experience as you had. When such a wound has become inflamed give it rest, immerse it in hot water for an hour or two, and dress with a moist compress. These simple methods will usually prove efficient. When a wound does not heal readily it should be dressed with iodoform powder. It may then be covered with cotton fastened to the skin by the use of contractile collodion, as suggested above.

203. Body-Lice—How to Get Rid of Them.—Mrs. X., Ill.—"I travel a great deal, and take as good care of myself as I know how. Six months ago I began to have itching of calves of legs. Grew worse, until it began to be almost unbearable, and spread over other parts of the body. After a month I discovered it was due to a small insect, so small and so nearly the color of the skin I could scarcely notice it. Am told it is called a body-lice. Never saw one before, and think I must have got it in a sleeping-car. On inquiring among my traveling friends, I find others have had a similar experience. How can I get entirely rid of them? Nothing I have tried is completely successful."

Ans.—We believe your experience is much more common among persons who travel than is generally supposed; four other cases have come under our personal observation during the past year. This parasite, commonly called the crab louse, sticks tenaciously to the skin, deposits its eggs on the hairs close to the body, and is very difficult to get rid of. The following method, if followed thoroughly, will rid you of them quickly:—

Shave the hair off the surface of the entire body, except the head. This will remove any eggs that may have been deposited. Then rub the body, including the head, with kerosene. Follow with a shampoo, and put on clean clothing. Immerse all the clothing removed in boiling water, and you will be free from the pests. In rare cases it may be necessary to repeat the above process once or twice after an interval of one week. It is best to leave the oil on the body for an hour or so before removing it.

EDITORIAL



A Modern Fable

THERE was a man whose front name was Upton, and the last name of him was Sinclair. By way of diversion, he wrote him stories; but once on a time, he betook himself to that part of the town of Chicago—

Where lusty Western kine
Yield up their humble lives,
That noble men may dine.

Strange sights his wond'ring eyes did meet;
Strange sounds his list'ning ear did greet.

But stranger still was the odor that came forth from that den of doom.

The aroma of it got into his next story, so that when "The Jungle" came forth from the printer's hands, it was malodorous above all stories, insomuch that the stench thereof came under the nose of the king, who forthwith spake and said, "Methinks there is something dead in Chicago," and immediately he sent him two fit men to spy out the land, and make report thereof.

These men, purchasing a bottle of smelling-salts, and some penny cigars, to make a great smudge, sallied forth to learn if, perchance, "The Jungle" story were true.

They came to the door of the house of death, and when it was opened to them, they tried to stand their ground, but smelling-salts and cheap cigars failed them, and they fell back, drawing a long breath when they could get it. Their first comment was "Whew!" Then, becoming more calm, they said, the one

to the other, "Truth is stranger than fiction. The half has not been told!"

Making their way in haste to the city of the king, they reported all the things they had seen and heard and smelled, but they needed not to do it, for the smell of it was on their garments, and reached even unto the house of the lawmakers, who said within themselves, "So this is the way our juicy beefsteaks are prepared! We will arise, and put away this mighty evil. We will pass a law which will make the slayers of meat tremble in their boots." But the slayers of meat trembled not. They knew a thing or two.



That, in Short, Is What a Story Did

Upton Sinclair saw the hideous atrocities of the Chicago packing-houses. "The Jungle" appeared, and went like wild-fire. The people read and sickened—but still they ate meat.

The president read, and appointed a commission, consisting of Prof. C. P. Neill, Commissioner of Labor, and James R. Reynolds, Assistant Secretary of the Treasury, to investigate the packing-house conditions and determine whether there is truth behind the fiction of Mr. Sinclair's book.

These men went to Chicago, and carefully studied the work of the different packing-houses, and the social and sanitary conditions of the neighborhood. In order to get data, they carefully inspected the principal establishments, and took testimony of many of the employees.

The findings of the commission, we are told, fully confirmed the situation outlined in Mr. Sinclair's novel. What they actually saw and learned from witnesses, if we may believe the newspaper reports, beggars description.

As a result of these investigations, a bill has been introduced into Congress providing for more thorough federal inspection of packing-houses which prepare food for interstate or foreign shipment.

Naturally, the packers are not favorable to rigid inspection laws; but there is one thing they fear more than rigid laws, and that is the publication of the report of the commissioners. It is now understood that if there is an attempt to obstruct the passage of the inspection bill, the report will be made public.



Unofficial Reports

The report of the commissioners is not now obtainable, but Mrs. Bloor, who, with her husband, was employed by the commission to take up a residence in the Chicago packing district, and by contact with the employees to become familiar with the conditions in and around the great meat establishments, says: "No words are adequate to paint the horrors of the packing-houses. What impresses us most is the terrible spirit which animates the workers. Their surroundings have envenomed them against the world. They are prisoners in a life that is one long torture, and are utterly callous to the ills which may result from the distribution of diseased meat, rather glorying in its further defiling.

"The surroundings necessarily brutalize the men, and degrade the women. There is immorality everywhere. It hampers a woman to have pretensions to virtue. Small wonder that they have no care to lessen the filth about them, which is to find its way to the consumers

eventually, but rather seek to add to it. Tuberculosis workers expectorate on the meat in preference to the floor. It is a partial vent for the dull resentment which is ever burning in their breasts.

"Pickled trimmings, as we showed the commissioners by witnesses, are made of the bruises cut out from meat, and diseased spots, such as lumpy-jaw."

One witness, Mrs. Bloor says, "also told the commissioners that he knew of a case in which two members of the same family had fallen into the lard vats, and been partially rendered into lard. He had forgotten the names of the men, but he said they could be procured by going back over the records of the society. The first to lose his life was a little boy, nine years old, who stumbled into one of the rendering vats while taking dinner to his father. The father fell in some months later."

Another witness, according to Mrs. Bloor, told the commission that "slunk," or unborn calves, were always utilized, being taken out of the carcass, "doped up," and sent to the potted chicken and other departments.

Much evidence is presented regarding the methods in use for the reclaiming, by means of artificial coloring and disinfectants, of tainted and rotten meats. No meat is lost. It is all used.



Do You Eat Meat?

This must make "mighty interesting reading" for those who believe that they must eat meat. The vegetarian, while he deplores the condition, can look on with complacency, so far as he himself is concerned, and say to his meat-eating brother, Come on and join us, and you will be forever free from the necessity of depending on the seared conscience of the meat-packing fraternity for something clean and wholesome to eat.

When we learn that the best of the

meat is sent to foreign countries,—for that is the only kind they will receive,—and that there is great fear that the report of the commissioners, if published, will cause a market reduction in the demand of other countries for American meat; when we learn that there are congressmen, who are large owners of cattle, who object to the passage of a bill for the rigid inspection of cattle, for fear it will greatly damage the cattle trade, we ought to realize that present inspection methods are wholly inadequate, and that much meat reaches the American people utterly unfit for consumption.

✽

The President's Message

Since the above was written, the report of the commission has been published, together with a special message from the president to Congress, urging the passage of a law to "enable the Department of Agriculture adequately to inspect the meat and food products entering into interstate commerce, and supervise the methods of preparing the same, and to prescribe the sanitary conditions under which the work shall be performed."

In giving his reasons for urging the passage of the bill, the president says: "I transmit herewith the report of James Brownson Reynolds and Commissioner Charles P. Neill, the special committee whom I appointed to investigate into the conditions of the stock-yards of Chicago, and report thereon to me. This report is of a preliminary nature. I submit it to you now, because it shows the urgent need of immediate action by Congress in the direction of providing a drastic and thoroughgoing inspection by the federal government of all stock-yards and packing-houses, and of their products, so far as the latter enter into interstate or foreign commerce. The conditions shown by even this short inspec-

tion to exist in the Chicago stock-yards are revolting. It is imperatively necessary in the interest of health and decency that they should be radically changed. Under the existing law it is wholly impossible to secure satisfactory results."

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Report of the Reynolds Commission

The commission, in preparing their report, have adopted a very conservative policy. Statements of conditions, even when backed up by documentary evidence, were often rejected by them, their aim being to accept nothing they could not verify by personal observation. "We have made no statement," say they, "as a part of the report here presented, that was not verified by our personal examination. Certain matters which we were not able to verify while in Chicago are still under investigation. The following is therefore submitted as a partial report upon those practises and conditions which we found most common, and not confined to a single house, or class of houses."

The gist of the report is, that the packing-houses are extremely unsanitary in every way, being poorly ventilated and lighted, filthy, and utterly unfit for the work done in them. The work is done without a thought of cleanliness or common decency. But here are a few choice extracts: "The buildings have been constructed with little regard to either light or ventilation. The workrooms, as a rule, are very poorly lighted. . . . Many inside rooms where food is prepared are without windows, deprived of sunlight, and without direct communication with the outside air. They may be best described as vaults in which the air rarely changes. . . . Nothing shows more strikingly the general indifference to matters of cleanliness and sanitation than do the privies for both men and women. The prevailing type is made by cutting off a

section of the workroom by a thin wooden partition rising to within a few feet of the ceiling. These privies usually ventilate into the workroom. . . . These rooms are sometimes used as cloak-rooms by the employees. Lunch rooms constructed in the same manner, by boarding off a section of the workroom, often adjoin the privies, the odors of which add to the general insanitary state of the atmosphere.

"Abominable as the above-named conditions are, the one that affects most directly and seriously the cleanliness of the food products is the frequent absence of any lavatory provisions in the privies. Washing sinks are either not furnished at all, or are small and dirty. Neither are towels, soap, or toilet-paper provided. Men and women return directly from these places to plunge their unwashed hands into the meat to be converted into such food products as sausage, dried beef, and other compounds. Some of the privies are situated at a long distance from the workrooms, and men relieve themselves on the killing floors or in a corner of the workrooms. Hence, in some cases the fumes of the urine swell the sum of nauseating odors arising from the dirty, blood-soaked, rotting wooden floors, fruitful culture beds for the disease germs of men and animals."

After considering the unfitness of the buildings for packing-house purposes, the report takes up some of the unsanitary and revolting practises that are in vogue in these establishments.

"An absence of cleanliness was also found everywhere in the handling of meat being prepared for the various meat-food products. . . . Meat scraps were also found being shoveled into receptacles from dirty floors, where they were left to lie until again shoveled into barrels or into machines for chopping. These floors, it must be noted, were in

most cases damp and soggy, in dark, ill-ventilated rooms, and the employees, in utter ignorance of cleanliness or danger to health, expectorated at will upon them. In a word, we saw meat shoveled from filthy wooden floors, piled on tables rarely washed, pushed from room to room in rotten box carts, in all of which processes it was in the way of gathering dirt, splinters, floor filth, and the expectoration of tuberculosis and other diseased workers. Where comment was made to floor superintendents about these matters, it was always the reply that this meat would afterward be cooked, and that this sterilization would prevent any danger from its use. Even this, it may be pointed out in passing, is not wholly true. A very considerable portion of the meat so handled is sent out as smoked products, and in the form of sausages, which are prepared to be eaten without being cooked."

"As an extreme example of the entire disregard on the part of employees of any notion of cleanliness in handling dressed meat, we saw a hog that had just been killed, cleaned, washed, and started on its way to the cooling room, fall from the sliding rail to a dirty wooden floor, and slide part way into a filthy men's privy. It was picked up by two employees, placed upon a truck, carried into the cooling room, and hung up with other carcasses, no effort being made to clean it."

✻

What of It?

Now, my dear meat-eating friend, this report, of course, does not concern you, for probably the meat you get does not pass through the Chicago houses. No doubt the conditions connected with the preparation of those delicious sausages you had for breakfast this morning were ideal in every particular. At least, it is pleasant for you to think it so. The ostrich hides his head in the sand, and is

safe from his pursuers,—so he thinks. The consumptive who finds he is lighter every time he weighs, quits weighing, and lives on hope, possibly neglecting treatment until it is too late. We sometimes shut our eyes to conditions which are unpleasant, but which our interest demands that we should understand. In this case, it is natural to say, "There will soon be a federal law compelling proper supervision, and then we shall be safe in eating these things." But remember that the federal laws apply only to those houses that are preparing meats for interstate commerce. There are many other packing-houses where conditions may be as bad or worse (for human nature is the very same everywhere), over which the federal authorities have no jurisdiction whatever.

The belief that meat is one of the necessities of life is one of the common errors of this age. It is so firmly rooted in this country that even the splendid record of the Japanese nation has scarcely made an impression on it. True, a few people among them, men of education and culture, have been quick to appreciate the benefit of a diet with a minimum allowance of meat, or of a fleshless diet, but with the vast majority of people in this country, the opinion is prevalent that to have good health and to do good work, one must have an abundance of flesh. Will the revelations of this report, and of what is to follow in the future, cause a study which will result in the considerable proportion of the people turning from meats to the natural food products, such as fruits, nuts, and grains, or will this all "blow over" in a few days, and the people eat "potted chicken" and

other dainties just as they have always done? We think the latter.



Sugar Lore

HERE is some information on the sugar question from the *Washington Times*:—

"Excessive use of sugar brings in its train a long list of ills. When sugar is taken into the stomach, it can not be assimilated until first changed by digestion into grape-sugar. Only too often the overtaxed stomach fails properly to perform this digestion, and then come sour stomach and various phases of indigestion and dyspepsia. In the laboratory of the hive the honey has been fully prepared by the bees for prompt assimilation without taxing either the stomach or the kidneys."

This is not a valid objection, for, if it were, we should not eat any starch, as starch requires more digestive energy than cane-sugar. Cane-sugar is digested quite rapidly, as is shown by the fact that if eaten in immoderate quantity, quite a large proportion of it will soon be thrown out by the kidneys. This is not likely to occur from the eating of a large quantity of starch, because the starch requires a longer time to digest. One objection to sugars is their rapidity of digestion, permitting them to enter the blood in too great quantities at one time. In this grape-sugar and fruit-sugar (including honey) are not better than cane-sugar. The greatest difficulty with cane-sugar is its cheapness, and the immoderate quantity in which it is eaten. Other sugars eaten immoderately,—even the much-praised, high-priced products of health-food factories,—are not without their injurious effects.



AN amendment to the New York labor law forbids the employment of children under sixteen years old in factories after 7 P. M.

UNDER the law prohibiting the sale of liquor on Indian reservations, two United States marshals seized and destroyed hundreds of bottles of patent medicine containing alcohol in a store in Odanah, in the Red River Reservation.

SOME experiments made in Bombay indicate that plague is transmitted by means of rat fleas, not only from rat to rat, but also from rat to man. The health officers of Bombay are taking active measures looking toward the extermination of all rats.

THE Massachusetts Legislature has passed a bill requiring manufacturers to publish on the label of any proprietary or patent medicine or food preparation, the amount of alcohol or other narcotic it contains (if any), and forbidding the sale of cocain or its substitutes.

A GERMAN explorer says that seasickness may be relieved by applying very hot fomentations, frequently renewed, to the brow. The patient must be still, and should eat nothing but toast and unsweetened tea. Fomentations, continued for an hour or so, he says, never fail to cure the severest seasickness.

A PARIS lecturer has recently made public the statement that consumption has been largely spread by the exhuming and distributing of Egyptian mummies. He says: "There are more tuberculosis germs in the almost impalpable dust around a mummy-case than in many a cuspidor of effluvia. The bacilli from the mummies are undoubtedly of great age, and it has been shown by experiments in Paris that these aged bacilli are infinitely more deadly than those obtained from the sputum of live persons who are infected."

THE city of New York and the State of New Jersey have provided for a joint commission to devise means to protect New York Bay from pollution.

DR. MAC NICHOLL says that out of sixty-three thousand New York school children examined, ten thousand have been found to be suffering from serious defects and maladies due to inherited alcoholic taint.

A BILL has been passed by Congress making it compulsory to send to school all children in the District of Columbia between the ages of eight and fourteen. As the bill was first drawn up and passed by the House, the minimum age was six years instead of eight. This law is intended as a measure against child labor.

JOHN D. ROCKEFELLER, JR., has offered one hundred and twenty-five thousand dollars toward the erection of a seaside hospital for children suffering with tuberculosis of the bones, joints, and glands, provided an equal amount be raised by the Association for Improving the Condition of the Poor. The association is rapidly raising the necessary amount.

To remove head-lice, the New York Board of Health recommends the following: Saturate the hair with a mixture of equal parts of coal-oil and sweet-oil. Next day remove with a solution of potassium carbonate, one teaspoonful to the quart of water, then wash in soap and water. Hot vinegar is recommended to remove the nits.

THE health department of the city of Washington has been making war on the local druggists for selling adulterated olive oil. The druggists will contest the case, saying that the oil comes to them from reputable sources, with the guarantee of the wholesalers in New York and Philadelphia, and it is their belief that it is pure. In place of taking advantage of some legal technicalities, it is their intention to prove the oil to be pure, and the health department to be in error.

FOLLOWING is the method followed by the New York Health Department in order to prevent the transmission of ringworm: First, scrub the part with green soap. If in the scalp, shave off the hair in the immediate vicinity. Cover with flexible collodion. In severe cases, the part is painted with tincture of iodine before applying the collodion.

THE packingtown investigations have revealed the fact that the two Wisconsin senators, though political opponents, are agreed in the matter of diet, being both vegetarians. For years, Senator La Follette says, he has subsisted on grains, fruits, and nuts. He would not think of eating meat. Senator Spooner, so he says, does not care for meat. He finds vegetables and fruit better for his system.

THE new pharmacy law, making it a crime, in the District of Columbia, to sell cocaine, morphine, or other drug without a licensed practicing physician's prescription, is making business for the police courts. One woman, a slave to the morphine habit, who had forged a prescription in order to get the drug, told how she had become addicted to the habit by having opium prescribed for the relief of some ailment, when she was fifteen years old. Since then she has never been able to free herself from the habit. She said she nearly died once, trying to give it up. The judge fined her ten dollars; and not having the change, she was sent to the workhouse for thirty days.

THE city of Washington has recently added a filter plant to its water-system. It was hoped that this measure would practically wipe out typhoid fever in the District; but there is about as much typhoid as there was before the days of filtered water, notwithstanding the fact that filtering the water removes ninety-seven per cent of the typhoid germs. The District Commissioners have accordingly been looking about for some other source of typhoid infection. The health officers say that the dairy and milk inspection has well-nigh reached perfection, that the danger from oysters, which is greatest in winter, is now practically over, and that the danger from flies has not yet begun. These possible sources of infection having been eliminated, the suspicion becomes strong that the public wells of the city, of which there are a goodly number, are a grave source of danger. For this reason, the Commissioners will soon have the wells closed.

At a symposium on "The Trained Nurse," at the New York Academy of Medicine, of March 29, the speakers, with one exception, voiced the sentiment that the nurses to-day are overtrained in theory, and have too little practise. One doctor spoke in favor of "the old-fashioned nurse whose principal asset was her sympathy and proper equipment of character."

It has recently been suggested that bedbugs are an efficient means of transmitting infectious diseases. Now a writer reminds us that bats carry a large number of bedbugs, and it is possible that they might go into hovels, and even into pest-houses, and by picking up some of the bedbugs and carrying them to other localities, be the means of causing some cases of infectious disease whose cause has heretofore been inexplicable.

A PHYSICIAN of Buffalo makes the somewhat novel and astounding announcement that strawberries are possibly a cause of insanity. He says that statistics show that every year during the strawberry season, there is an increase in the number of patients committed to insane asylums, and that the number diminishes as soon as the strawberry season is over. He calls attention to the known fact that strawberries affect in a peculiar way the nervous system of certain people, producing the skin affection known as "hives."

RICHARD PAYSON WESTON, who, at the age of twenty-five, walked from Philadelphia to New York in twenty-three hours and forty-nine minutes, has recently, at the age of sixty-eight, beaten his former record by walking the same distance in twenty-three hours and twenty-six minutes. Weston has always been a vigorous walker, but it is a little remarkable that at his present age he should be in better walking trim than when in his prime. The physicians accompanied him on this trip in order to study his physical condition. During the trip, he consumed four and one-half gallons of eggs and milk. He never uses alcoholic stimulants or tobacco, and his dietetic habits are very simple. His rules for healthful living are to eat simply, avoid stimulants, and all drugs, exercise freely, and preserve a clear conscience. He says he never gets tired.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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WHEN we reply to letters asking us to suggest a course of treatment for some disorder, we often request the person to write us again, informing us of the result of the treatment. We do not often get a reply. Occasionally we get one which is very gratifying.

"Perhaps you will remember my writing to you about the feeding of an infant, a little over a year ago. I am sending your letter of instructions to another person near by who has a baby in a condition similar to that in which our baby was, and I noticed you have asked me to report results. We used your cow's milk directions of top milk and water with sugar-milk, and the child grew stronger daily, and began to take on flesh. He is now one year and ten months old, and when weighed last, two months ago, weighed thirty-two pounds, and is as strong and fat and hearty as any child could be. His gain was very fast during the winter, but we feared for spring and summer, but during hot weather he gained as rapidly as before on the same food. I must apologize for not writing sooner, but the letter was mislaid, and

it has been some months since I saw it.

"Thank you very much indeed for your kindness in writing as you did at once in answer to my letter of inquiry.

"R. A. WRIGHT."

By "top milk" is meant the milk from the top of a bottle of milk as it is delivered by the dairyman. It is, of course, very rich in cream. Ordinary milk contains too much casein (curd) and too little fat and sugar for babies. By diluting the milk with water, the proportion of casein is reduced. By using top milk and adding milk-sugar (not cane-sugar; milk-sugar is obtainable at any drug-store at about thirty cents a pound) the proportion of fat and sugar is increased. This simple procedure has been the means of saving many child lives. The milk, of course, must be *clean*. It is better unsterilized if it can be obtained fresh and clean from a healthy cow.

As the child grows older, the prepared milk can gradually assume the characteristic of cow's milk, by taking more of the lower layers of milk and by diminishing the amount of water and sugar.

A LONDON surgeon has perfected a scarless surgery. He makes his cuts slantwise, instead of vertically, and at the end of the operation, secures perfect union of the edges of the wound by means of a lens. A rigid dressing is applied to prevent contraction, and considerable pressure is employed. Scars from old operations can be removed by this method, leaving a surface entirely free from scars.

THE French commission for the study of yellow fever agree with the report of the American commission that the *Stegomyia Fasciata* mosquito is the agent by which yellow fever is transmitted from patient to patient. In general their report agrees with that of the American commission. In order to be infected, the mosquito must bite a patient during the first three days of the disease. After biting a patient, twelve days are required for it to become an infecting agent. After that,

it is a source of danger as long as it lives. The female lives thirty days, and lays eggs about seven times, and requires human blood in order to develop the eggs, hence it is easy to understand why they are so persistent in their efforts to bite. An infected mosquito transmits to the first generation of her offspring the power to infect. This infective power is not developed until fourteen days after the mosquito has reached the perfect stage. In a state of nature, the *stegomyia* bites only at night, so that if one has the house properly screened, and never ventures out at night, he is safe from yellow fever.

THE recent exposures have caused a mighty falling off in the business of the packing companies. The result is they are having a "spring cleaning" such as they have never had before. Sanitary arrangements are being installed, and more care is being exercised in the methods of handling meats. The workers are being given clean aprons at shorter intervals, and in every way there seems to be a reform—for the present, or until the excitement has passed over. The packers are buying up whole pages of advertising space in the leading papers, and

in blazing letters are inviting the public to call and make personal investigation of their plants.

THE people of Waynesboro, Pa., have defied the State authorities, and prevented the enforcement of the vaccination laws. The matter has been carried to the Supreme Court, and there the decision has been handed down that the act requiring the exclusion from the public schools of all children who have not been vaccinated is a valid exercise of the police power of the State. Chief Justice Mitchell says the vast preponderance of opinion among intelligent, educated people is that vaccination is a highly useful amelioration, if not always preventive, of one of the greatest diseases that has in times past afflicted humanity, and that the regulation of it by statute is not only justifiable, but a wise, beneficent exertion of the police power over the public health. To the claim of the Waynesboro people that they had been free from smallpox for forty years, and were therefore not liable to take it, the judge replied that immunity for forty years in the past affords no guarantee of immunity for even forty days in case some person from an infected district happens to carry infection to the town.

LISTERINE

The original antiseptic compound

¶ Listerine is peculiarly free from irritating properties, even when applied to the most delicate of the tissues, whilst its volatile constituents give it more healing and penetrating power than is possessed by a purely mineral antiseptic solution; hence it is quite generally accepted as the standard antiseptic preparation for general use in domestic medicine, and for those purposes where a poisonous or corrosive disinfectant can not be used with safety. ¶ It is the best antiseptic for daily employment in the care and preservation of the teeth.

Literature more fully descriptive of Listerine may be had upon request, but the best advertisement of Listerine is—LISTERINE

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