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LIFE AND HEALTH



May, 1907

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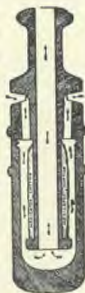
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Contents for May

GENERAL

- Why Are You Impatient? *J. R. Leadsworth, B. S., M. D.*..... 121
 How One Woman Recovered Her Health, *Mrs. Luella B. Priddy*..... 123
 Confession of Business Principles, *by a Reformed Quack*..... 124

- THE CONSULTING ROOM, *J. R. Leadsworth, B. S., M. D.*..... 125
 Unwise Treatment of Children—Hope for Young Men.

HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS

- Soups, *Mrs. D. A. Fitch*..... 127
 A Few Soup Recipes, *Mrs. M. H. Tuxford*..... 128

FOR THE MOTHER

- Riches (poetry), *Benjamin Keech*..... 130
 The Bedtime Hour, *Mrs. M. C. Wilcox*..... 130
 The Function of the Home, *Florence Howell*..... 131
 The Ordinary Woman, *Elizabeth Meriwether Gilmer*..... 133

CURRENT COMMENT 135

Food and Tuberculosis—Tubercular Parentage—Early Diagnoses of Tuberculosis—Sleeping Outdoors—Fashionable Women as Street Sweepers—The Value of Athletics—Too Much Exercise—Cereal Foods for Children and the Aged—The Quarreling Habit—The Vegetable Gelatins—School Hygiene.

- THE MEDICAL MISSIONARY AT WORK..... 139
 Changsha, Hunan, China, *Emma Perrine-Laird, M. D.*—Calcutta, India.

- QUESTIONS AND ANSWERS, *G. A. Hare, M. S., M. D.*..... 141

EDITORIAL 143

How Is Tuberculosis Transmitted?—The Question of State Law for the Registration of Nurses—Do We Overwork?—Tobacco in Advancing Years—Early Recognition of Tuberculosis—Intestinal Catarrh—The *Century Magazine* for April.

- NEWS NOTES 147

- PUBLISHERS' PAGE 150

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

Vol. XXII Takoma Park Station, Washington, D. C., May, 1907

No. 5

Why Are You Impatient?

J. R. LEADSWORTH, B. S., M. D.

Of all bad things by which mankind are curst,
Their own bad tempers surely are the worst.

—Richard Cumberland.

How poor are they who have not patience.

—Shakespeare.

"In your patience possess ye your souls." If there is one trait of human character more to be desired than another, it is that of patience. The wise man has said that better is he that ruleth his spirit than he that taketh a city. The great military geniuses who have captured fortified strongholds are but few in number, yet they far exceed the spirit-rulers,—the men and women who capture and hold in subjection their own spirits.

How frequently do mothers who in most respects are models among their children and in their homes, confess with tearfulness their uncontrollable tempers, that in spite of all their good resolutions they become impatient with some member of the family, or perhaps with some neighbor, who was so unfortunate as to disturb the equilibrium of their tempers. Men, pillars in the church of Christ, men who are looked upon by all as exemplary Christians, are sometimes compelled to

admit that their temper gets the best of them. Others there are who regret their impatient disposition because of the destructive effect it has upon the body itself. It is well recognized that some of the body secretions are made toxic by violent mental excitement. The celebrated London surgeon, John Hunter, who suffered from heart-disease, said his life was at the mercy of any one who should make him angry. At a meeting he was contradicted by one of his colleagues. A fit of passion was the result, and he ceased speaking, and soon fell dead in the arms of a friend.

When only a small boy, the writer was frequently employed on a neighbor's farm to assist his boys through a busy season. Often the work did not go so expeditiously as the owner had planned, or perhaps the bars had thoughtlessly been left down, and the stock had made havoc in a few rows of promising corn. At any rate, the offense was considered serious enough to demand a severe harangue. This was generally given mingled with wrath, and in tones loud enough to be heard half a mile away.

But it was always a noticeable fact that for a few days following such a tirade, our employer was confined to his bed with a severe sick-headache. The severity of the attack seemed to be in proportion to the degree of wrath that the offense had excited.

Those who have had to do with training the lower animals, have observed that by controlling the diet, the disposition can be altered at will. Gautier, the well-known French author of "Diet and Dietetics," says: "It is known that the white rats of our laboratories, as long as they are fed on bread and grains, are very manageable and easy to tame, whilst they become snappy and given to biting from the time they are fed on

flesh. The same observations have been made in the case of a horse, and even of a dog, although the latter is omnivorous. Liebig relates that a bear kept at the museum at Giessen was gentle and quiet when it was fed exclusively on bread and vegetables, but a few days of animal diet caused it to become fierce and dangerous to its keeper. They used to amuse themselves by thus periodically altering the animal's character."

Then, if diet is so potent a factor in regulating the disposition of the lower animals, we wonder if it has not some influence upon the higher animal creation. We will leave the reader to draw his own conclusions.



How One Woman Recovered Her Health

— MRS. LUELLA B. PRIDDY

MRS. HALIDAY was in very frail health. Remedies seemed to have lost their efficacy in her case. Surrounded as she was by those depressing influences which are the natural accompaniment of chronic invalidism, the prospect was not encouraging. Days of constant suffering dragged wearily along. The nights were a dreary waiting for the morning. She ate her food because she must, and not because she relished it. The milk bought from the milkman did not have the flavor of that which had been obtained from the cows at home when she was young. The eggs from the grocer did not tempt her appetite as they did in childhood days when she gathered them fresh from their nests in the barn. The vegetables were wilted and stale. The water was not good. There was nothing that she wanted.

Mr. Haliday hit upon a happy idea. They would take a house and garden in the country, and move out of town. So they secured a cottage with wild cucumber vines climbing over the porch, and it was not long before they were settled in their new home.

One day Mr. Haliday came in and said, "Maggie, I've brought you some chickens." And a little later he came home leading a brown-eyed Jersey cow. The new pets received their due share of attention and admiration.

As the warm days of spring drew on, and the garden vegetables began to peep through the ground, Mrs. Haliday found many things to interest and attract her out of doors. The bright sunshine, the fresh green of growing things, and the reviving odor of lilacs and apple blossoms greeted her whenever she stepped

to the door, and seemed to say to her, "Come out and enjoy it." There was a restful quietness about the place, seldom broken by any sound save the cheery clamor of the phoebe birds and robins, and an occasional cackle at the barn-yard. This had a soothing effect upon her.

There was always something of interest to fill the hours to overflowing, and relieve that weariness that is the natural result of inactivity, and is so trying to the invalid who is not quite ill enough to remain in bed, and yet not able to work much.

There was a little flutter of excitement in the family when old Topknot came off the nest one day with a whole apronful of little chickens — "pure bred leg-horns," Mrs. Haliday would have told you proudly. Although as yet they were little more than small balls of yellow down with very bright eyes, they gave promise of doing credit to their aristocratic lineage, and must be cared for properly. So the poultry papers were read, and the best methods of raising poultry studied. Suffice it to say that the chickens paid their expenses the first year, and after that they not only earned their own board, but helped quite materially in paying the family grocery bill. They paid in more ways than one.

In that neighborhood idleness was not popular, and Mrs. Haliday did not care to be distinguished as the woman who had an easy time with little to do, when her more robust neighbors were doing the work for large families, and milking a half-dozen cows, besides cooking for harvest hands and thrashers. She liked to appear to be busy, and the chickens took her attention. If she occasionally

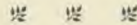
sat down on an upturned box to rest and enjoy the sunshine, as she watched the little peeps in their frolics, she could fancy that she was busy looking after her chickens, and enjoy the satisfaction that she was not entirely useless.

Then there were the sweet peas, a perfect bank of beauty, to be picked every day. String beans and crisp lettuce, wet with the morning dew, were to be gathered from the garden for dinner. Day by day her little tasks increased as the muscles grew stronger. She kept the flower beds free from weeds, and occasionally took the hoe and dug around the bleeding-hearts and peony roots.

One day a neighbor dropped in and invited her to go with her to the woods to gather wild berries. Mrs. Haliday came home very weary from the trip, as it was hard work to keep up with her

nimble neighbor who could spring over rail fences and fallen logs like a school-girl. But the basket of berries tempted her to repeat the effort, and each trip found her returning less tired than before. It was a matter of time before health was fully restored, but day by day the work of restoration went on.

One day Mr. Haliday remarked, playfully, as he surveyed her plump figure, "Maggie, I don't think you have any excuse for complaining any more. You would hardly pass for an invalid." Was there anything very wonderful about it?—O, no! for Mrs. Haliday had simply been living in the way that the Creator intended people should live, with fresh air, sunshine, outdoor exercise, and the delicious foods nature has provided. Many a sufferer might be restored to health in the same simple way.



Confession of Business Principles by a Reformed Quack

HERE are a few essentials of the business: Get the money. Get it all. Everybody and anybody is in bad physical condition on the first visit to your office. There is no exception to this rule. At times it is wise to cure a person of one ailment, but never fail to find another of serious nature before establishing the cure of the first. This policy is a great money getter. Nobody is ever completely cured of everything. Bleed the sucker until he dies, or until he will absolutely no longer be coerced into your office. Always be busy in your private office when the victim comes in, for five or ten minutes waiting in the reception-room both impresses and frightens the patient. Be fairly affable in greeting. Learn as soon as possible how much "cash" the sucker has, and in what capacity he earns a living, or in a word, how much he can af-

ford to pay. Then multiply this amount by two. Always let the light shine full on the face of the patient, and keep your own in the shadow. While so situated paint graphically the horrors of the various ailments with which you tell him he is afflicted. Keep this up until you see a flash of fear on his face. Then dilate further on the horrible character and inevitable termination, should he not treat with you, of the disease which brought the fear to his eyes. Now is the time to get the money. Get the fee for professional services all cash, or as soon as possible, and then soak it to him for the medicine. Don't be afraid to say that you can cure everything and anything, and give a "legal" guarantee of the same. Lastly, never bring your heart to the office with you. It is not a money getter.—*Cleveland News.*

THE CONSULTING ROOM



Conducted by J. R. Leadsworth, B. S., M. D., 257 South Hill St., Los Angeles, Cal.

Unwise Treatment of Children

"A dear little one-year-old boy in my home, child of my daughter, an excellent dispositioned child, wakes up in the night and cries. The parents of the boy have sternly tried to stop his crying by scolding him. He gets frightened, and his sobs are pitiable. I have reproached the mother, and told her that I feared she would give the child heart trouble, if she continued it. The natural calls of nature struggling within to cry, and the parents, without, saying, 'You shall not cry,' make the stifling sobs of the little fellow pitiable. I have heard some children cry in a fit of angry passion when I think a good spanking would do them good, but such crying is different from the case above referred to. I wish through LIFE AND HEALTH you would give an article on this subject, for I think many parents may make the same mistake, and perhaps ruin the child's life, at least injure the child very seriously."

The above deals with a question too little understood by those entrusted with the sacred responsibility of rearing and training children. Things that to us are non-essentials and trifling, sometimes influence the life of the child for weal or woe. Repeated complaints of pain in the legs by children are often passed off as "growing pains," when, in fact, it may be the beginning of serious heart trouble. Twitching of the muscles of baby's face while asleep is said to be a smile from "angel's whispers," but is likely to be due to some irritating substance in the

stomach and bowels. In incipient hip-joint disease,—tuberculosis of the hip-joint,—the child awakens from sound slumber by a sudden cry. This may be the only symptom in the early stage of the disease. The same might be true in beginning disease of the spine.

As illustrated in the daily press by the experiences of Little Nemo, perhaps the most common cause of disturbed sleep in children is digestive troubles,—too much pie, or cake, or candy. And one does not have to look far, even in the best-regulated homes, to find dietetic errors that are at entire variance with the health and well-being of the child. As a result, all the vital processes suffer. To keep pace with the rapid growth and development, the nervous system is taxed to its limit, and is in a very unstable condition, so much so that some irritating substance in the stomach is sufficient to give rise to a series of convulsions. Is it not highly probable that these poisons generated in the bowels might occasion nerve explosion in the form of night terrors, flighty dreams, and the like? Then it would certainly seem to be the better part of an affectionate parent to seek out and remove the cause of the nervous state. Where a cause can not be found, time and patience should be bestowed in reassuring the little one that it is only one of those "horrid dreams" that scared baby, and that papa or mama will allow no harm to come.

Our wise Heavenly Father seemed to realize that we all are just children grown

tall, and all through the good Book he takes occasion to quiet our fears, and remind us that he is "not far from every one of us." Listen: "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." Could anything be more comforting when night terrors or day terrors arouse us to a sense of the instability of all things around us? We ought, therefore, to be the more ready to comfort "these little ones," even though the cause of their alarm seems imaginary.

A little four-year-old who was brought to the doctor daily to have a painful, burrowing wound probed and packed, would repeatedly remind the nurse to "hold me tight! hold me tight!" Struggles and tears alike were held in check. To feel that she was in the firm embrace of a gentle and kind nurse, gave fortitude to withstand almost any amount of pain. It would seem much better to allay these "terrors by night" with comforting promises and positive assurances than to attempt to overcome them by harsher means.

Hope for Young Men

Mr. W.: Your alarmed and highly wrought mental state is over ills that will more than likely never come. By thoroughly saturating your mind with the writings and sayings of quack doctors upon the evil effects of youthful indiscretions, you feel satisfied that your condition is altogether hopeless. But such is not the case. It is a sad fact that nearly all boys fall in the way of these evil practises while in their teens, and doubtless the majority of them would have more physical resistance to draw upon in after years, had they never practised such evil habits. But the resources of our bodies are never-tiring. Much of its energies are spent every day in removing deleteri-

ous substances, and in repairing injuries produced by harmful practises and accidents. If it were not so, the race would have become extinct long ere this. Think of the man who has saturated his system with alcohol and tobacco for years, and what must inevitably be the effect upon the delicate stomach lining, to say nothing of its whip-like action upon the nervous and circulatory system? But in spite of this every part of the body mechanism rallies to the task of removing the poison and repairing the damage done. In many cases these body processes do their work so well that the life is prolonged to the threescore and ten mark, and sometimes even further. But it would seem to the highest degree probable that had the functions of the body been saved all this extra drudgery and effort, they would have carried on their work with much less wear, and consequently would have lasted longer. Now the same rule will apply to the young man who has wasted the body energies for a time by secret vice. If when he becomes aware of its harmful influence, he will right about face, and seek to blot out its inroads by right living and right thinking, he will find the body processes will come to his aid in ways that were beyond anticipation. He should become intelligent in the matter of food, so that he can supply energy-making material that is nutritious and at the same time non-stimulating. A sufficient amount of refreshing, restful sleep should be had during each twenty-four hours. With all that can be said of twentieth-century enterprise, no improvement has been found over the old adage of "Early to bed and early to rise." As far as possible associates should be chosen whose minds are elevated by thinking on "whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever

(Continued on third cover page)

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, Glendale, Cal.

Soups

MRS. D. A. FITCH

As a rule, soups are counted as being both appetite-producing and appetite-satisfying. The first effect might be brought about by the heat of the soup, or perhaps by the stimulus of the ordinary meat soup, which instead of being nutritious is only stimulating. To be of real satisfaction any food must be nutritious, that is, it must contain those elements which go to build tissue and repair the wastes of the body, or to give heat and energy with which to use the tissues built by other foods.

Soups, the base of which consists of flesh juices, contain the poisonous wastes of the animal from which the flesh was taken, and in addition any disease germs and poisons with which the creature may have been affected. Dr. Austin Flint, who in his time was authority on food questions, speaks of beef broth as "starvation diet." There is little probability that animals are more healthy now than then, and all must admit that body waste is the same at all times. It seems needless to resort to articles so nearly worthless when there are so many things which are nutritious, palatable, inexpensive, and easily procured.

The foods of the legume family—peas,

beans, and lentils—are about three times as nutritious as flesh, and only one third to one half their price, while no one can dispute their purity and freedom from disease. In their case any poor ones may be discarded, but with animal tissue it is different; any diseased portion affects the whole, and must be accepted or rejected with it.

In some European countries fruits are largely used in the manufacture of soups, and are coming into favor in America. They are very palatable, not expensive, may be eaten hot or cold, and may be denominated "soup," or a "dessert" with which to carry out the quaint custom of some "old timers" of beginning the dinner with the dessert, thus obviating the danger of partaking of another course after sufficient has been eaten.

Potatoes and nearly all vegetables, either singly or in combination, can be converted into palatable soups with some well-chosen base, as milk or nut-soup stock. Water, to which may be added a little olive or cooking oil, butter or some nut preparation, makes a base not to be despised. Diluted tomatoes are excellent in proper combination, and finely pulverized nut meats add a richness and flavor

unexcelled, besides adding much to the real nutritive value of the soup.

Some hard foods of a bread nature, as dry zwieback, crackers, sticks, etc., should be thoroughly chewed while eating soup, to insure the thorough insalivation of all contained in the soup. If

the digestion of those eating the soup is easily interfered with, it is well to pass all legumes and vegetables through a fine colander, not only to render them minute, but to remove any tough hulls or woody substances which might irritate the delicate linings of the digestive tract.



A Few Soup Recipes

MRS. M. H. TUXFORD

Macaroni and Tomato Soup

BREAK twelve sticks of macaroni into inch lengths, and drop into boiling salted water. Let it boil until perfectly tender. Strain two quarts of tomatoes to remove all seeds and skins. When the macaroni is cooked, strain off all water, then add the macaroni to the tomatoes, season with salt, and boil for a few minutes. Beat the yolk of one or two eggs; mix some of the soup with them, and add to the rest of the soup. Serve at once, as the eggs may curdle if allowed to stand.

Tomato Soup

Scald and peel some good ripe tomatoes, add a little water, stew about one hour with one small onion; then strain through a soup colander. Add one tablespoonful of flour rubbed smooth, boil five minutes, salt to taste, and serve with toasted croutons.

By the addition of some cooked vermicelli, you have another good soup.

Egg Balls for Soup

Boil three eggs hard; and when cold, pound the yolks with some dried herbs and a teaspoonful of flour. Pound until all is well incorporated. Bind with the raw yolk of an egg. Form into small balls, and boil or steam for a few minutes. Then add to any soup.

Creamed Pea Soup

Take one pint of dried Scotch split peas, wash them, drain through a colander; then put them into a quart of water to soak overnight. In the morning put water and peas into the soup kettle. Cover closely and boil until the peas are well cooked. When done, rub through a soup colander. If the peas are very dry while cooking, add a little more water. Just before the peas are cooked, prepare about six medium-sized potatoes, cut them in thin slices, and cook in a small amount of water. When cooked, rub through a colander, and add them to the peas; add milk or water to make two quarts in all. Return to the fire, and add one small head of celery; let the whole simmer together about fifteen minutes, until the flavor of the celery is extracted, then remove the celery. Add a small piece of butter, a pinch of dried mint, a tablespoonful of flour rubbed smooth in a little water, and salt to taste.

Cream of Barley Soup

Wash a cup of pearl barley, drain, and simmer slowly in two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, add to it one pint of whipped cream, and

salt to flavor; then serve. Milk and the well-beaten yolk of one egg may be substituted for the cream. It is not always convenient to procure cream, but the yolk of an egg well beaten is an excellent substitute.

Potato Soup

Cook a quart of sliced potatoes in as little water as possible. When done, rub through a colander, add salt and a quart of hot milk, and reheat. If desired, season with a slice of onion, a stalk of celery, or a little parsley. Add the well-beaten yolk of one egg and a little butter, and serve at once.

If a plainer soup is wanted, omit the milk and egg, substituting water.

Julienne Soup

This soup is made from all kinds of vegetables, and consequently is a summer soup. Weigh one pound of vegetables mixed about equally—carrots, turnips, onions, celery. Cut them all about the same size, very small and thin. Put them in a stew-pan with a little butter and a teaspoonful of sugar. As they become heated, stir until the vegetables look shiny and a light brown. Then add a little boiling water, just sufficient to cook the vegetables without burning.

When tender, add two quarts of boiling water, and stew a little longer. Add one tablespoonful of browned flour and one of white, rubbed smooth in a little cold water, and salt to flavor. If in season, add a few green peas. Serve with croutons or toasted bread.

Green Pea Soup

Take two quarts of peas, from the garden, wash and shell them; put the shells into two quarts of water, and boil them for half an hour. Drain them through a colander, pressing the shells well so as to extract as much nutritive material as possible; return the water to the soup kettle, and put in the shelled peas. Boil till tender, and mash through a colander. Again return to the pan, add one and a half pints of milk, two scant teaspoonfuls of sugar, two tablespoonfuls of butter, and the same of flour rubbed smooth. Salt to taste; boil up and serve at once.

This is a very delicious soup. A little garden mint may be added if desired. To any soup where milk is used, it is always better to add salt just before removing from the fire, as the salt has a tendency to curdle the milk if it boils too long.





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

Riches

BENJAMIN KEECH

MILLIONS, my neighbor, has money and land, Rich as a king is he; Millions owns houses imposing and grand, Not at all so with me. He rides along in magnificent style, Passes me haughtily by; Into his coffers wealth pours all the while, But poor, indeed, am I.	Millions, my neighbor, is poverty-poor; I am as rich as can be! No little children have <i>his</i> heart secure; He should be envying me. No little baby lips kiss him good night; Let him pass haughtily by; I'm blest with riches, while Millions is quite A million times poorer than I.
---	--

The Bedtime Hour

MRS. M. C. WILCOX

How is it, mothers, are you making the most of this opportunity of coming into close touch with your children? or are these rushing, hurrying moments of this fast age crowding all the sweetness out of your life and theirs? Are you taking time for a little visit alone with each little one before he goes to sleep? Are you talking over the experiences of the day with the children, gathering out of it all the drift of their thoughts — the trend of their little lives? It need not, must not, be a formal occasion, but a most informal one — a spontaneous outburst of love and confidence. O, I beg of you not to lose this precious privilege of molding the little bundle of animate clay for a life of purity, beauty, and helpfulness! It is yours to fashion as you will, and remember as you look upon it day by day growing into loveliness or devel-

oping traits of character which irritate and annoy, that this is *your* price of workmanship. He gave it to you because it is his own infinitely wise plan for calling forth in you both all that is noble and true. He has promised you all needed help. So, dear mother, think seriously. Can't you leave that beautifully embroidered little dress or bonnet, that lovely doilie or sofa pillow, and take time to mold that piece of living clay into a character that will shine for him, not by outward adornment, but by all those beautiful inward graces that characterized the life of Christ? Then in days of adversity you will have something to cheer you, and as you near the close of your life, you can leave something behind you which will carry on your work, which will broaden and extend till it reaches eternity.

The Function of the Home

FLORENCE HOWELL

SINCE we are ambassadors of God's kingdom to this world, we are in duty bound to be true representatives of the government as carried on in our home country. This representation is not necessitated in political or social circles merely; if we were ambassadors of an earthly kingdom, one that holds dominion over political and social relations, that might suffice. But our government is of God, who reigns in the heart and over the secret actions and motives of life, as well as those of greater magnitude (?). Therefore our representative business must pertain to these matters more especially.

The home is the place where this business is transacted. The home is — more perhaps than any other institution — the factor through which good and evil ideals are given birth, reared, and grown to maturity. The home eventually reaps the fruit of its teaching, but not all of that fruit. For it is like a pebble dropped into a quiet lake; it causes ripples which widen more and more until the vibration reaches the distant shores. In this way the influence of one home reaches, through everwidening circles, until finite minds can not know where it will end.

There is a class of people who are — and justly — despised alike by God and man. They are the hypocrites. Who does not honor and respect sincerity above everything else? Christ says, "Woe unto you, . . . hypocrites! for ye shut up the kingdom of heaven against men: for ye neither go in yourselves, neither suffer ye them that are entering to go in. . . . Ye . . . for a pretense make long prayers: therefore ye shall receive the greater damnation. . . . Woe unto you! . . . for ye are like unto whited sepulchers. . . . Even so ye also outwardly appear right-

eous unto men, but within ye are full of hypocrisy and iniquity. . . . Ye serpents, ye generation of vipers, how can ye escape the damnation of hell?" Are Christians indeed all they claim to be? We represent a perfect government, therefore we claim perfection. 'Tis true we are erring human beings, nevertheless our God is immortal. If we are but finite, our Ruler is infinite, and he is willing, nay anxious, to make of us copies of himself.

We see upon every hand mere skeletons of manhood, walking the streets of the cities. Nor is depravity confined to the young men. Our girls, and even the matrons, are frivolous, foolish, and tainted with evil. Nowhere do we find a specimen to whom "gentlewoman" can be applied. Society is the society of Sodom and Gomorrah. These conditions exist not only in the world, but in the church of God. While it is true that where evil abounds, grace doth much more abound, it also seems true that where grace abounds, Satan tries much harder to make sin abound, and by means of shallow, weak-minded humanity generally succeeds.

But is this the fault of our Creator? — No, the correction lies in ourselves. It lies in the power of the mothers and fathers of this generation to remedy. On every hand are impurity and vice, waiting to devour the innocent, as tomato-worms, buried in the earth, await the coming crop. A battle is waged, or the crop is lost, partially or wholly. Many parents are like the indolent farmer, who plants the seeds, but allows the cultivation to take care of itself. If the harvest is of any importance, if the husbandman is sincere, then war is inevitable, and will continue until right wins.

If this God-entrusted crop of humanity is worth anything; if it has any value — and who dares to say that it has not? — then duty lies plainly before us.

A glance into the public school, the private school, or any place where children are congregated, reveals enough to cause any person to shudder. No wonder that by the time they have reached maturity, they are wrecks in both body and soul. Why is so little said upon this subject? Are people blind? Can it be that they are not aware of the onward march of this vile enemy? Or is it that the subject is considered "immodest," so is politely glossed over, and although it makes us tremble inwardly when it is forced upon our attention, we shove it aside and forget it as soon as possible for "modesty's" sake? Such modesty is falsely so called. Why do not parents talk to their children upon this subject? How much better it would be for them to handle the key into the mysteries of life, explaining in a pure way, thus gaining their children's confidence, than to leave it for unholy tongues! All honor be to the mother who gathers her children around her knee and explains that their bodies are the temples of the Holy Ghost.

"The hand that rocks the cradle is the hand that rules the world," is a maxim that has stood much unkind criticism, but it remains bright and true through it all. Remember the mothers of Daniel, Moses, etc.; they considered the harvest entrusted to them of inestimable value,—worth laboring continually for,—and they will receive their hire in the new earth.

The conditions of commerce and society tend to break down all that remains

in the world of this fragment of the true home; and the pressure of necessity that crowds the working man and woman into "tight places" threatens to destroy it altogether. It seems almost certain that it is to become lost to the world, but God's people are never to be left to any such disaster as that would be. The people of God must come to an intelligent understanding of what the home is, and of its importance in the plan of salvation, for this is a point where ignorance means more than death.

The work of the home once done, well or ill, must remain forever. It is a writing on wax which becomes adamant, and retains the mark of the slightest touch.

Under God, by the work of the home nations rise and fall; republics are built; schools and colleges flourish. And because of the usurpation of this throne and kingdom by the servile parent, there sits to-day, throughout the land of Bibles, "in the 'lurking places of the villages' that 'wicked' whose 'mouth is full of cursing, and deceit, and fraud,' who, 'in the secret places doth murder the innocent' (or innocence); 'who lieth in wait secretly as a lion in his den . . . to catch the poor' (or unwary), 'who doth catch the poor when he draweth him into his net.'" Nothing can save the children from falling into this snare of that "wicked," but the restoration of the home to its appointed office in the divine plan as it concerns man. The recovery of the two Edenic institutions, the Sabbath and the home, from the secondary places to which the lust of man, or his negligence, has crowded them, must be the crowning work of the gospel in the world.

The Ordinary Woman

I WISH that I had the distributing of some of Andrew Carnegie's medals for heroes. I would give one to just the Ordinary Woman. It is true that she never manned a life-boat in a stormy sea, or plunged into a river to save a drowning person. It is true that she never stopped a runaway horse, or dashed into a burning building, or gave any other spectacular exhibition of courage.

She has only stood at her post thirty, or forty, or fifty years, fighting sickness and poverty and loneliness and disappointment so quietly, with such a Spartan fortitude, that the world has never even noticed her achievements; and yet, in the presence of the Ordinary Woman, the battle-scarred veteran, with his breast covered with medals, signifying valor, may well stand uncovered, for one braver than he is passing by.

There is nothing high and heroic in her appearance. She is just a commonplace woman, plainly dressed, with a tired face and work-worn hands — the kind of woman that you meet a hundred times a day upon the street without ever giving her a second glance, still less saluting her as a heroine. Nevertheless, as much as the bravest soldier, she is entitled to the cross of the Legion of Honor for distinguished gallantry on the Battle-field of Life.

Years and years ago, when she was fresh and young and gay and light-hearted, she was married. Her head, as is the case with most girls, was full of dreams. Her husband was to be a Prince Charming, always tender and considerate and loving, shielding her from every care and worry. Life itself was to be a fairy tale.

One by one the dreams fell away. The husband was a good man, but he grew indifferent to her before long. He ceased to notice when she put on a fresh ribbon.

He never paid her the little compliments for which a woman's soul hungers. He never gave her a kiss or a caress, and their married life sank into a deadly monotony that had no romance to brighten it, and no joy or love to lighten its burdens.

Day after day she sewed and cooked and cleaned and mended to make a comfortable home for a man who did not even give her the poor pay of a few words of appreciation. At his worst he was cross and querulous. At his best he was silent, and would gobble his food like a hungry animal and subside into his paper, leaving her to spend a dull and monotonous evening after a dull and monotonous day.

The husband was not one of the fortunate few who have the gift of making money. He worked hard, but opportunity does not smile on every man, and the wolf was never very far away from their door.

Women know the worst of poverty. It is the wife, who has the spending of the insufficient family income, who learns all the bitter ways of scrimping and paring and saving. The husband must present a decent appearance for policy's sake, when he goes to business; certain things are necessities for the children; and so the heaviest of all the deprivations fall upon the woman who stays at home and strives to make one dollar do the work of five.

This is the way of the Ordinary Woman; and what sacrifices she makes, what tastes she crucifies, what longings for pretty things and dainty things she smothers, not even her own family guess. They think it is an eccentricity that makes her choose the neck of the chicken and the hard end of the loaf and to stay at home from any little outing. Ah, if they only knew!

For each of her children she trod the Gethsemane of woman, only to go through that slavery of motherhood which the woman endures who is too poor to hire competent nurses. For years and years she never knew what it was to have a single night's unbroken sleep. The small hours of the morning found her walking the colic, or nursing the croup, or covering restless little sleepers, or putting water to thirsty little lips.

There was no rest for her, day or night. There was always a child in her arms or clinging to her skirts. Oftener than not she was sick and nerve-worn and weary almost to death, but she never failed to rally to the call of "Mother!" as a good soldier always rallies to his battle-cry.

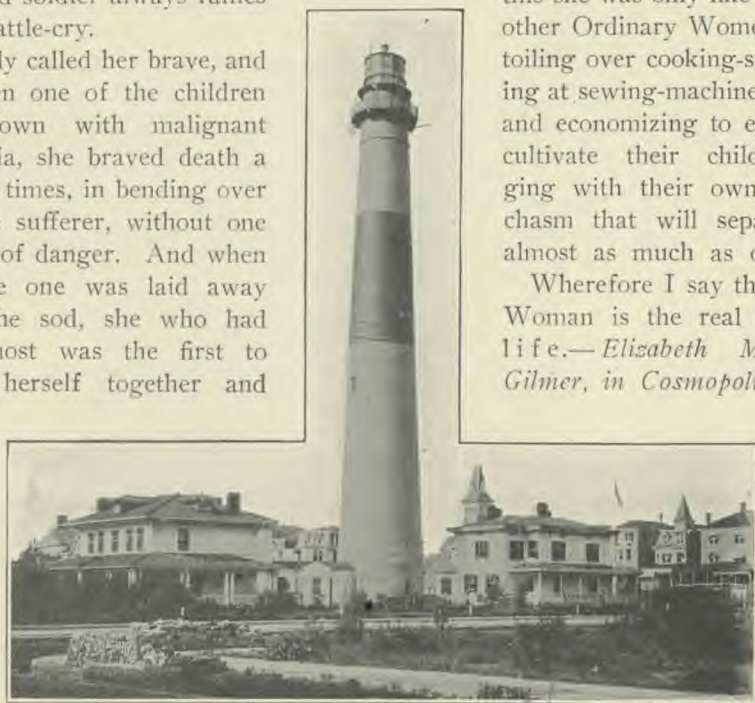
Nobody called her brave, and yet, when one of the children came down with malignant diphtheria, she braved death a hundred times, in bending over the little sufferer, without one thought of danger. And when the little one was laid away under the sod, she who had loved most was the first to gather herself together and

take up the burden of life for others.

The supreme moment of the Ordinary Woman's life, however, came when she educated her children above herself and lifted them out of her sphere. She did this with deliberation. She knew that in sending her bright boy and talented girl off to college she was opening up to them paths in which she could not follow; she knew that the time would come when they would look upon her with pitying tolerance or contempt, or perhaps — God help her! — be ashamed of her.

But she did not falter in her self-sacrifice. She worked a little harder, she denied herself a little more, to give them the advantages that she never had. In this she was only like millions of other Ordinary Women who are toiling over cooking-stoves, slaving at sewing-machines, pinching and economizing to educate and cultivate their children — digging with their own hand the chasm that will separate them almost as much as death.

Wherefore I say the Ordinary Woman is the real heroine of life.—*Elizabeth Meriwether Gilmer, in Cosmopolitan.*



CURRENT COMMENT



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

Food and Tuberculosis

SCIENTIFIC data are constantly accumulating which tend to emphasize the dangers of injection tuberculosis. While we condemn the extreme view of von Behring that the alimentary canal is the sole and only atrium by which the tubercle bacillus enters the organism, the candid mind can no longer ignore the fact that this tract furnishes the channel of infection in very many, perhaps half, the cases of the disease—perhaps even a greater proportion than this. We proceed to notice two among the many important communications bearing upon this subject:—

About two years ago the British royal commission appointed to investigate Professor Koch's theory that bovine and human tuberculosis are distinct and practically reciprocally incommunicable diseases, reported that the great German scientist was mistaken; recently this commission has issued a second report confirming and strengthening its first report. Its further investigations established anew that a certain number of cases of tuberculosis occurring in the human subject, especially children, are the direct result of the introduction into the human body of the bovine bacillus, and that "in a majority of these cases" the bacillus is introduced through cow's milk. "Milk containing tubercle bacilli is clearly a cause of tuberculosis, and fatal tuberculosis in man and a very considerable amount of disease and loss of life, especially among the young, must be attributed to the consumption of cow's milk

containing tubercle bacilli. Such milk ought never to be used as food."—*N. Y. Medical Times.*

✽

Tubercular Parentage

CERTAIN authors have made the statement that tuberculous parents confer on their children an immunity against the contraction of the disease. In twenty years of labor exclusively devoted to tuberculous patients I have not found the slightest evidence for this deduction. On the contrary, I have found children of tuberculous parents, owing to their inherited physiological poverty, anything but immune.—*S. A. Knopf, M. D., Address Given at Johns Hopkins Hospital.*

✽

Early Diagnosis of Lung Tuberculosis

COUGH is present in the large majority of cases of pulmonary tuberculosis, even in fairly early stages, and probably more frequently than any other one symptom directs the patient's attention to the fact that he may have something the matter with his lungs. When cough is persistent, it is always suspicious, and the physician should be extremely cautious in giving an opinion that the cough is insignificant and will soon be all right. . . . There are still physicians who allay their own and also their patient's fears as to the tuberculous nature of a pulmonary affection, because tubercle bacilli have not been found in the expectoration, perhaps not after repeated examinations. . . . While the presence of tubercle bacilli absolutely confirms the diagnoses, the

negative result of an examination does not exclude the disease. In order that tubercle bacilli may be present in any secretion, there must be an open, ulcerated, tuberculous surface, which in the truly early stage of the disease is not the case.—*W. H. Coffman, M. D., in N. Y. Med. Journal.*



Sleeping Outdoors

SLEEPING outdoors — or, at least, on screen porches — is getting to be quite popular. It is the most sensible hygienic fad that has been introduced for many a long day. Let it be remembered, also, that this practise is good not only for consumption, but for every other illness that poor humanity has brought upon itself.

In the *Cosmopolitan*, Dr. Margaret Brewster recently told how her health had improved, as the result of open-air rest. As she says, one great advantage of this "cure" is that it does not necessitate the giving up of home and business. Care must, of course, be taken to see that the body is kept comfortably warm.

Dr. Brewster notes the vast difference in the time of sleep required out of doors, as compared with indoors. She says that seven hours is now quite enough for her, whereas she formerly felt terribly abused if she did not get nine hours indoors. This is quite easy to understand. People who sleep in ill-ventilated rooms pass the time more in stupor than in sound, refreshing sleep.—*Los Angeles Times.*



Fashionable Women as Street Sweepers

Now that winter has gone, and spring is here, and summer on the way, our dear ladies, with their long skirts, will be out assisting in keeping the sidewalks clean. As they sweep across the streets and along the sidewalks, they will gather up millions of germs, some of which will be

tubercular, some scarlatinal, and some diphtherial. On reaching home those germ-laden garments are carefully stowed away in the closet, where they will not be injured by the sun, and where the germs will have a chance to multiply. The appearance of scarlet fever, diphtheria, or consumption is not only an unwelcome, but an unexpected guest, though the long dress, if it could speak, would soon settle the question as to the source of infection. We do not think, however, that any statement like the above, though demonstrated beyond dispute, will make the long skirt any less popular unless Madame Fashion shall declare that the short skirt is in "better form." Why should Madame Fashion be snubbed for the sake of home folk?—*Iowa Health Bulletin.*



True Value of Athletics

THE champion athlete, so far from being an ideal type, a standard to be aimed at, is rather a necessary evil, apparently inseparable from the competitive system of athletics now in vogue. . . . The whole trouble lies in false ideals and ignorance of the real aim of bodily training. The real tissues to be developed in athletic training are not the muscles, but the heart and the nervous system. . . . The mere increase in strength of a particular muscle is the smallest part. It is the rapid, accurate, purposeful combination of a dozen muscles, with the eye, the ear, the sense of touch and resistance, that forms two thirds of training. . . . The man who trains his muscles builds his brain. Indeed, this is the only physical method of brain building we know of. . . . So long as muscular effort is strengthening the heart and developing the nervous system and increasing the appetite, it is doing good; beyond this it is physiologically useless, and even harmful. . . . All men in vigorous health enjoy

exercise in some form; and most laborers within certain limits, enjoy their work. . . . In fact, in the last analysis, pleasure consists in responding to stimuli, doing things easily, with a sense of reserve force, and power to spare. In other words, physically profitable exercise must partake of the nature of play.—*Woods Hutchinson, M. D., in Harpers' Monthly for March.*



Too Much Exercise

UNFORTUNATELY a good many men have the conviction that they must keep exerting themselves all the time. They call every moment wasted which is not spent in activity of some kind, either physical or mental. Such men are taking the quickest means to burn themselves out. You can not live well and keep happy under a constant and tyrannical sense of effort. There must be times of play, times to let up the tension and to do easy and natural things which don't require conscience and exact attention.

Horace Bushnell, the great Connecticut minister, recognized this when he said, "Let's go sin a while." Sinning has the advantage of being easy, and there are times when the easy thing is the right thing. A man who takes no time off for one kind of play or another, but who keeps the anxious, conscientious look on his face day in and day out, may be on the road to heaven, but he will find that the sanitarium is a way station.—*Dr. Luther H. Gulick, in Good House-keeping.*



It is time to teach boys that mere muscularity and hard manual labor are not conducive to longevity, while moderate exercise is. The desire to develop the body as a means of developing the brain has been carried too far.—*American Medicine.*

Cereal Foods for Children and the Aged

IN the diet of young children cereal foods are of much value. The cereal breakfast foods, when they agree with the children, are wholesome and reasonably economical articles. When eaten, as is usually the case, with milk or cream, they are an important addition to the diet. The ill effects sometimes noted may usually be avoided if excessive amounts of sugar are not added. [Better none at all.—ED.] Dates or figs, which are sometimes cooked with cereals, not only are palatable and wholesome, but also offer an easy way of varying the cereal dish.

Cereal breakfast foods of different sorts are also valuable foods for the aged, and when properly cooked, they are soft and easily taken care of in the digestive tract. They are often preferred to more hearty foods, and their use is certainly rational. In invalid dietetics cereal foods are, of course, almost indispensable.—*Scientific American Supplement.*



The Quarreling Habit

THE habit of haggling, arguing, and quarreling over trifles, or splitting hairs, especially when people are tired, destroys health and ruins character.

I have known whole families after a hard day's work to spend a whole evening quarreling over some trivial matter which did not amount to anything. Fagged and jaded after the day's work, the mental irritation and discord set in motion in the tired brain completely exhausted them, and, of course, their sleep was troubled, and they rose the next morning haggard and worn, with no freshness or spontaneity for the new day's work. They felt as if they had been out on a debauch.

Many an invalid to-day owes his wretchedness and practical failure in life

to quarreling, fault-finding, and the bickering habit. Irritation, friction, or discord of any description, is a great enemy of strength, health, and happiness.—*Success Magazine*.



The Vegetable Gelatins

A STUDY of the nutrient value of the vegetable jellies has recently been made under the direction of Professor Mendel, and he has shown them to occupy much the same place as cellulose among the food stuffs. . . . None of these substances is affected in the least by saliva, intestinal juice, or pancreatic juice, and they are not affected by colon bacilli which might possibly break down carbohydrates that the digestive juice can not attack. . . .

Concerning their value as a food, therefore, the most that can be said for the lichen and algæ jellies is that they are harmless, but non-nutritious. They may be used as a thickening for soups, or as a basis for jellies when, for any reason, animal gelatin is not desired. It is interesting to compare these facts with the statements of the promoters of "vegetable gelatins." For example, printed on every box of a certain preparation of this kind, which comes from the Michigan headquarters of "health foods," is the statement: "Its food value is more than double that of an equal weight of eggs or beefsteak." This particular preparation is simply agar-agar in a form recognizable by any one familiar with the bacteriologic laboratory, and just about as nutritious as a corresponding amount of newspaper pulp, although far more edible.—*Editorial, Journal of the Amer. Med. Assn.*



School Hygiene

SCHOOLROOMS should be swept and dusted after an intelligent fashion, which

is thus set forth in the experience of a Western school: "In a school building with more than four hundred and fifty children, the principal had a celebration in which she burned all the feather dusters. Henceforward, sweeping was done with moist sawdust covering the floors; and dusting with moist cloths. The rooms were systematically aired before school and after the classes were dismissed. During the whole school session, not a case of infectious disease occurred in the school." To supplement this sensible treatment, the floors and walls of the school building should be thoroughly scrubbed a great deal oftener than is commonly done.

In addition to this, the school building should be thoroughly disinfected at the close of every school term — oftener, if a single case of contagion occurs. One health officer speaks of the deleterious effects of opening rural schoolhouses for lectures, traveling entertainments, etc., and thinks that it might be well to fumigate after each performance of that nature. But if we get our rural schoolhouses fumigated once a year, we shall probably do well. The acme of hygienic precaution — in which each pupil shall have his own drinking cup, etc., as two health officers recommended — will hardly be attained immediately, though wherever it is possible, it would be well to do away with drinking cups altogether, and install the Hyde drinking fountain. But that a great deal can be accomplished by a little intelligent effort is shown by the following extract from the letter of the health officer of the city of Buffalo: "We disinfect thoroughly all schoolbooks of the public schools during the summer; and, after the work was begun, there was a diminution in the cases of contagious diseases in the city — notably, scarlet fever, which was reduced, in the number of cases and in deaths, one half." — *Bulletin of the N. Y. State Board of Health*.

THE MEDICAL MISSIONARY AT WORK



Chang-sha, Hunan, China

WE have been here in this large city of four hundred thousand since the last of September. We did not intend to stop here long, having planned on going farther inland. However, owing to the delay in the arrival of our freight, we were obliged to get a small house, and so have been busy at work while waiting, and the Lord is blessing our work in a large measure. As a result, we are considering whether or not we ought to stop here permanently. Our house is a small one, with two rooms next to the street, one of which we have fixed up for public services, and where Mr. Laird holds meetings each evening. From fifteen to one hundred and fifty attend. They all listen attentively, and sometimes ask questions. However, it takes precept upon precept to impress the truth and the need of a Saviour upon their minds. There are nine or ten mission stations near by.

I have been busy in medical work for three days each week since we came here, having been invited by a lady doctor of the Norwegian mission to help in her clinics and dispensary work. I took charge of her dispensary and hospital while she was away for ten days, and had a very interesting time, as I could not understand them, neither they me. However, with the assistance of the Chinese helpers, I got along all right. One day I had thirty-four patients for treatment or medicine in four hours. Only women and children come to this dispensary for help. We have now started a small dispensary in one of our

rooms, where we treat any who come. We have had a few cases already. Mr. Laird speaks to them of God, and we hope the seed sown may fall on good ground. Last night about ten o'clock we had a call to a case of opium poisoning. A poor man had become discouraged and had taken opium. We took the stomach-pump and hastened to see him. But it was too late, for he was already dead.

I just went to the door to see a long procession pass by. It was composed of a large number of the officials of the city, both civil and military, who were attired in their beautifully embroidered silken robes; priests and men playing their flutes, drums, and cymbals; small boys carrying lanterns; and many others. They were going to the temple to beseech their idol or rain-god to send rain, for the fields are dry, and the river is low. Many times late in the night we hear the weird singing of a passing company at idol worship. O that these intelligent people would accept the true God! Just now there is the sound of many women's voices weeping because of a death in their home. This man's funeral has been in progress four or five days, and may last more than a week. Instruments are played several times a day, and men come to perform the Confucian rites. A week ago at a funeral across the street they chanted incantations and pounded and played their instruments until they almost drove us out. After this they burned paper images of servants, houses, food, clothing,

and money, so the deceased would be well supplied. They burn much paper money, thinking to fool the demons. Taoism is really demon-worship. Thus you can see the great need of the gospel of Jesus Christ here.

This is a very large and wealthy city. The people are of an intelligent order, and have many colleges and schools. I have heard that there are about two hundred. One large military academy has three thousand young men in attendance, and there is another nearly as large. The schools have five large buildings, with plenty of space and light and air. They are modeled after for-



A CHINESE FLOUR MILL

eign schools, and impress one with the fact that something is being done here along educational lines. But where are the workers to give them the last warning message? We pray that many of our young people may come to this field, learn the language, and help these people to see the light as it is in Christ Jesus; and their own souls will be watered and fed. It is indeed a great privilege to work for the Lord in this country. Will you not pray for us and this great work?

EMMA PERRINE-LAIRD, M. D.

Calcutta, India

THE work at the sanitarium grows more and more interesting, not only for us who are here, but for those who have learned of its existence and are in need of the treatments obtainable in it. This is evidenced by the fact that it has been better filled during the past two months than ever before. It has been necessary for us to ask some of the boarders who were in the institution to give us their rooms for patients. We thank the Lord for the encouragement, and believe that as we workers, not only in the sanitarium, but in the field, are in harmony with the divine plan, the Lord will send us more and still more patients, that they may become acquainted with these great principles we have all learned to love so much.

It might be interesting to know of some of the experiences in particular:—

A gentleman patient, after a few days' stay in the sanitarium, shook hands as he bade us good-by, and with tears in his eyes, said, "I am very thankful for all

you have done for me, and I wish I might stay longer, as I am confident that you could do me good in more ways than one."

Another, a missionary, says: "What a blessing to have such an institution in India!"

Mr. —, who afterward died of cancer of the stomach, was very glad to be treated without medicine. This gentleman's memory will always be an encouragement to me. He knew he must die,

(Continued on third cover page)

QUESTIONS AND ANSWERS



Conducted by G. A. Hare, M. S., M. D., Fresno, Cal.

266. Sore Gums.—A. C., Kan.: "Please suggest treatment for sore gums in an old lady, soreness is caused by wearing false teeth."

Ans.—The false teeth may not be properly fitted to the gums. If there is a misfit, have it corrected, then harden the gums by removing the plate and bathing the gums three times a day with tincture of myrrh. We would also recommend disinfecting the mouth, rinsing it with a little warm water to which is added enough essence of cinnamon to make it pleasantly aromatic.

267. Bruised Skin — White Swelling.— Tuberculosis of Bone.—E. C., Cal.: "Six months ago I got a bruise on the front of the leg about three inches below the left knee. It did all right for a while, but never got quite well. Lately it has become very painful, especially at night, and keeps me awake. I am told it is white swelling. What can I do to cure it?"

Ans.—The injury you suffered, set up a slow inflammation of the bone, which is causing the bone to soften and degenerate. Such bone injuries nearly always become tubercular. If treated vigorously at the beginning with hot fomentations several times a day, painting with tincture of iodine once a day as long as it can be borne, and absolute rest of the limb, a complete cure may be effected. But after the disease has run so long and degeneration has begun, as it has in your case, the only thing to do is to select a good surgeon and have it operated on at once. This will save the leg, and secure the speediest possible recovery. If not operated on, you will probably have one or more years of severe suffering, and possibly lose the leg.

268. Goiter, Diabetes, Bright's Disease.—Q. A., Cal.: "1. What is goiter, and is it considered dangerous? 2. How can it be cured, and what is the best home treatment? 3. Are dried fruits, such as figs, prunes, and raisins, good foods for a person who has diabetes, or do they contain too much sugar? 4. What is the relation between diabetes and Bright's disease?"

Ans.—1. Goiter is an unnatural enlargement of the thyroid,—the gland situated in front of the trachea just below the larynx. In many

instances the gland enlarges for a time, and then remains stationary for years or through life, causing but little inconvenience. In other instances the enlarged gland continues to increase in size slowly till it assumes very large proportions, but even then it may not be at all dangerous to life, and may give very little discomfort other than that due to the fact that it is very unsightly and inconvenient. In a few cases the growth causes such pressure on the throat as to produce serious results. These serious cases, however, are exceptional. Goiter can be removed by a surgical operation, or can be made to diminish in size and often entirely disappear, by forcing medicine into it with an electric current by the process known as cataphoresis. There is no home treatment that is reliable; probably the best thing you can do would be to paint it with tincture of iodine daily for several weeks.

2. The dried fruits you mention contain such a large amount of sugar that they can not be recommended in cases of diabetes; they would prove decidedly harmful.

3. There is no relation whatever between diabetes and Bright's disease. Bright's disease is an inflammation of the substance of the kidney, while diabetes is not a disease of the kidney at all. It is often due to some injury or diseased action of the nervous system. Either disease may be caused by bad food, overeating, mental depression, and worry. In the treatment of both diseases, a proper diet is of the first importance.

269. Cancer of Breast, Should It Be Removed by Paste, or by a Surgical Operation?—R. S. D., Ill.: "I have had a cancer of the left breast for six months. Shall I have it removed by paste rather than by an operation? Which would you recommend? Will either one cure it?"

Ans.—We have received numerous inquiries similar to the above. Cancer is often curable. If taken early and removed thoroughly, it may never return. In some cases it returns after a year or two. Where it does not return within three years, one need not fear that it

will ever return. When it is located in the breast or other tissue that is so easily accessible, we recommend its removal by an operation. We think this is the safest, surest, and by far the least painful method. Paste in the hands of a skilful, conscientious surgeon is preferable in some cases, especially where an operation is difficult or impossible, but we can not condemn too strongly the use of paste in the hands of any who are not skilful surgeons, and therefore not able to judge as to which method offers the best chance to save the life of the patient. There is but one method to be tried: the patient will either be cured, or find it too late to try a second method. We have seen several lives needlessly sacrificed by the use of the paste in the hands of "cancer doctors" where any ordinary surgeon would have saved the life by a simple operation. We warn our readers against all advertising doctors of every sort. The doctor who advertises for patients, may be safely considered a fraud. We advise you to select the best surgeon within your reach, and follow his advice.

270. Housework and Consumption.—Mrs. J. N. L., Iowa: "Is housework good for the health? I have heard it causes consumption. I have weak lungs. How can I avoid all danger of consumption?"

Ans.—Housework, when properly conducted, is splendid exercise for the health. Doing chamber work in tightly closed rooms, from which fresh air and sunlight are excluded, sweeping dusty rooms and dusty carpets, breathing impure air, and doing it all in a slavish manner, so that it becomes a mere drudgery, is bad for the health of any one, and especially bad for persons who have weak lungs. But that is not the way to do housework. If those who occupy sleeping-rooms persist in sleeping in a den of impure air, then before doing the work in such rooms, the housewife or maid should throw open the windows, admit a flood of sunshine and fresh air, and if the wind blows in, so much the better. Let the stuffy odor and impure atmosphere get out before doing the room work. If the room is carpeted, use a carpet-sweeper in place of a broom. Where rugs are used, and they should be used in preference to carpets, give them a good sweeping on the veranda or lawn where the breeze will carry away the dust. If the floors are bare, sprinkle them slightly, moisten the broom, or scatter small bits of wet paper over the floor. See that wardrobes, linen closets, cupboards, and the space beneath

the sink are thoroughly aired and kept sweet and clean; give the sink a good scrubbing with soap and water daily. Never allow the soiled linen to accumulate in the wardrobe. If possible, have a few thrifty house plants or a fresh bouquet in the living-room. Do the housework with such snap, vim, and good cheer that it is lifted high above the plane of drudgery, and make it an enjoyable experience, a real pleasure, and you will find housework is one of the best means of obtaining delightful, healthful exercise.

* * *

THE latest monstrosity is a boy five years old, as large as the ordinary boy of eighteen or twenty. But his mentality has grown in inverse ratio to his body. With a head that is too large for the average man, the boy is an idiot.

THE American Institute of Social Service has received from Dr. Sommerfeld, a physician and scientist of Berlin, a valuable anti-tuberculosis exhibit for the department of industrial hygiene in its Museum of Security. There are forty-five vials containing as many different kinds of dust, mineral, animal, and vegetable, produced in our various industries. The same number of photographs show how these various dusts appear under the microscope. Extremely realistic models in wax, colored to life, represent human lungs as they are affected by occupational dusts, other models show normal lungs for comparison, while still others show the effects of industrial poisons on the system.

At the meeting of the executive committee of the American Institute of Social Service held last week at the Players' Club as the guests of Mr. Richard Watson Gilder, announcement was made that the *Scientific American*, through a desire to co-operate with the work of the institute in promoting an American Museum of Safety Devices, would give annually a gold medal to be awarded by the institute for the best device for preventing accidents. An advisory committee of the editors of the great technical papers was organized to co-operate with the institute in the work of protecting life and limb. As at present constituted the advisory committee consists of fourteen representatives from the *Scientific American*, *Iron Age*, *American Machinist*, *Railway and Locomotive Engineering*, *Automobile*, *Electrical World*, *Street Railway Journal*, *Dry Goods Economist*, *Electrical Age*, *Railway Gazette*, and *Engineering and Mining Journal*.

EDITORIAL



How Is Tuberculosis Transmitted?

THE question, "How is tuberculosis transmitted?" is still a live one. The statement made by Koch several years ago, that cattle tuberculosis does not infect man, has stirred up hosts of investigators in this line of research. In Germany there is something of a tendency on the part of investigators to adhere to Koch's dictum; but there are notable men, such as Behring, who believe otherwise. Behring, it will be remembered, strongly favors the belief that tuberculosis is transmitted largely by means of milk from tuberculous animals.

In America, and especially in England, is the belief strong that tuberculosis is transmissible from cattle to man. A recent United States government bulletin gives some very conclusive proof that cattle tuberculosis is transmissible to man; and now comes the report of the Royal British Commission on Human and Bovine Tuberculosis. This report, prepared after years of research by some of England's ablest physicians and veterinarians, says: "There can be no doubt that a certain number of cases of tuberculosis occurring in the human subject, especially in children, is the direct result of the introduction into the body of the bacillus of bovine tuberculosis; and there can be no doubt that in the majority at least of these cases, the bacillus is introduced through cow's milk. Cow's milk

containing bovine tubercle bacilli is clearly the cause of tuberculosis."

It is now generally admitted that it is proved to a reasonable certainty that cow's milk may and does transmit tuberculosis. That is, it is one of the ways in which tuberculosis is transmitted. The danger now is, that the eyes being turned toward this source of infection, many will lose sight of the sputum as one of the great sources of contamination.

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The Question of State Law for the Registration of Nurses

THE following, taken from a circular issued by the Pennsylvania State Committee of Nursing, is significant, and we gladly give it additional publicity:—

"State law for the 'Registration of Nurses' is not only unnecessary, but as the experiences of New York and New Jersey show, is positively harmful. The tendency of such a law is to lead the average nurse to assume too much, and not only lessen her usefulness as a nurse, but jeopardize the life of the patient.

"Instead of such law being, as is claimed by its advocates, a protection to the community, it becomes a positive menace to the public good. Physicians know that as a general rule hospital trained nurses claim too much. They are often overbearing and dictatorial and require too much attention and waiting

upon. Now to pass laws to confer special marks of distinction upon them is to accentuate these qualities and render their presence in the sick-room a positive danger.

"The nurses in asking for these laws are working against their own best interests, for if the laws are enacted, it will only be a little while before doctors will refuse to employ such nurses, and will turn to those of less pretensions, but of greater usefulness.

"The spirit of trade and the feverish desire to maintain prices under cover of 'protecting the public' can not be concealed in this wild scramble for state law and recognition.

"Twenty-five dollars to thirty dollars a week and higher is the claim. Down with the poor, down with the doctors, and down with the patient—anything to maintain and advance prices. And mark that nursing is the best-paid occupation now open to women.

"Instead of being satisfied with the best there is, we see unrest, jealousy, and a selfish zeal on the part of a few nurses for personal recognition and monopoly. Let these nurses offer some practical solution of the problem of furnishing trained nurses for the great body of the people, who can not afford their present charges, before they ask for the creation of a monopoly.

"The movement savors of trusts and trade."

The nurse as a nurse, acting under the instruction of a physician, occupies a worthy position. The nurse who has become half doctor and half nurse, who knows too much to be a good nurse, and not enough to realize her limitations, can well be spared. There are already too many such, and the number is increasing. Legislation requiring the registration of nurses tends to increase the difficulty—to inaugurate a nurses' trust, and to in-

crease the earnings of a class of women who are already better paid than any other class. Prominent physicians, foreseeing the evil likely to result from this kind of legislation, are raising a warning voice.

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Do We Overwork?

DR. WOODS HUTCHINSON, whose article on Dietetic Errors fell as a bomb-shell into the camp of the dietitians, has an article in the March *Harpers* on Exercise and Its Dangers, which is as revolutionary as his article on dietetics. "There is little danger," says Dr. Hutchinson, "of any physiologist's underrating exercise." "Probably the greatest danger of exercise for most of my readers lies in the direction of their not getting enough of it. But this is by no means true of the community as a whole. Two thirds of the total community get a great deal too much exercise, and suffer for it. Honest toil is not the unmitigated blessing it was supposed to be. The Scriptural view of 'By the sweat of thy brow,' as a curse has some truth in it. The very voluntariness of muscular effort has permitted its abuse."

The doctor seems to believe that man is more apt to injure himself by overwork than by overeating. At least he says, "There is a certain very definite limit to the amount of food which even the wealthiest individual can consume. . . . But the work we can impose on the muscles has absolutely no limit except that of utter exhaustion."

The man who stops work because he is tired is called lazy, while the man who stops eating when he is satisfied is called rational. "As a result, muscular effort has been pushed to extremes, both in amateur athletics and in daily toil." Attention is called to the fact that farmers are unusually short-lived. Dr. Hutchinson attributes this to the unnatural life

of the farmer, particularly his long hours of severe labor. He finds the mortality greater and the average length of life less among the laboring classes than among the professional classes. This, of course, is not new, but it adds emphasis to the doctor's contention. He finds that in those countries where the hours of labor are the longest, the mortality among the working men is greatest, and conversely, the mortality is least where the opposite condition prevails. He shows also that where the hours of labor are shortened, it is not only a benefit to the laborer, but is a source of actual profit to the employer, because of the greater efficiency of the employed. I wonder if farmers could be convinced of the truth of that proposition, and consent to cut down their hours of work from twelve or thirteen or even more a day to eight or ten? Would not a few of the hours devoted to head work render far more efficient the lessened time devoted to actual labor? "The United States, which pays the highest wages, and has the shortest average hours, has the lowest labor cost per article produced of any country in the world. At the other end of the scale, Italy, with the longest day and the lowest wages, has the highest per cent of labor cost."

Dr. Hutchinson does not fail to pay his respects to professional athletes, and he submits statistics showing that the mortality among them from infectious diseases and from heart disease and kidney disease is much greater than among the risks of a life insurance company with which comparison was made.

The doctor does not leave us in the dark as to how much exercise is beneficial.

"So long as exercise gives us pleasure, and exhilaration, it is doing us good. When we cease to enjoy it, it is either neutral or harmful physically. The ath-

lete will, and the day-laborer must, persist far beyond this line—and die early in consequence."

Would this not, carried to its logical conclusion, make the tramp and the loafer honorable men? Work to them is disagreeable; therefore it is injurious; hence they meritoriously abstain from it. Abstinence from that which is injurious is true temperance. Shall we praise the moderation of the tramp?

However that may be, many men are compelled to use their muscles to an immoderate extent because they neglected or refused to exercise their mental as well as their physical powers when they were developing.

Dr. Hutchinson's article may be extreme in some points, but it contains truth which it is well worth while for the athlete as well as for the laboring man to consider.

If I were asked to guess, I would suggest the opinion that the Doctor is not so averse to what is termed "good living" as he is to abundant exercise. The sin of Sodom was pride, *fulness of bread*, and *abundance of idleness*. The Editor believes that, left to himself, man is more apt to transgress in the direction of excessive food and insufficient exercise than the other way. Poverty may sometimes compel the other extreme in the amount of exercise.



Tobacco in Advancing Years

THE statement is sometimes made that tobacco is injurious to growing youth, but not to adults. But there is another side. Dunn, in the London *Lancet* for December, describes tobacco amblyopia, or failing eyesight. This is not by any means a new disease, or one newly discovered. But Dunn makes a statement which has also been made by other observers in his line. It is this: "Tobacco amblyopia is very rare in youth; it is

most frequent during middle age. The toxic symptoms are probably due to a lowered vitality of the tissues with advancing age, and followed by defective elimination of the poison."

This is not the first observer to call attention to the fact that with advancing age and weakening powers the tolerance for tobacco fails (probably through defective elimination), and such symptoms as tobacco blindness or tobacco deafness develop.

One who has habituated himself for years to the use of tobacco, who has formed habits that are a second nature, if he is compelled to give up his indulgence, finds himself in a truly pitiable condition; and yet Dunn says that "treatment requires absolute prohibition of tobacco."

Fortunate is the man who has not allowed himself to be enslaved by a habit which may some day prove disastrous.



Intestinal Catarrh

THIS disorder, either acute or chronic, occurs quite frequently. It is characterized by watery discharges with pain and griping, and more or less rumbling in the bowels. Patients suffer from loss of appetite and marked weakness. The stools, which are very fluid, contain particles of undigested food. There is usually a moderate fever and an increase in the pulse-rate.

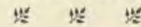
The treatment is rest in bed with no food until diarrhea is under control. If the catarrh is due to the presence of irritating food or bacteria, the first thing to do is to empty the bowels by means of a cathartic, such as castor oil, and follow by five grains bismuth subcarbonate, five grains every two hours, for five doses. The bismuth is harmless, the same as so much chalk. It has a soothing effect on the lining of the alimentary passage. Apply hot fomentations to the abdomen

twice a day, with heating compress in the interval. The food should be barley water, oat-meal water, rice water, gluten gruel, milk with lime water, arrowroot. The return to coarse foods should be made very gradually.



The Early Recognition of Tuberculosis

NORRIS, in *American Medicine*, states that at least eighty per cent of tuberculosis cases that go to sanitariums are advanced cases,—cases that have so far progressed that their ultimate complete recovery is doubtful. He calls attention to the symptoms which in any case should give rise to suspicion. These are, rapid pulse, evening rise of temperature, loss of weight, and cough. The protracted existence of any two of these symptoms strongly favors the suspicion of the presence of tuberculosis. One thing should be remembered: the absence of cough and sputum does not prove the absence of tuberculosis. It is far better to treat for tuberculosis on insufficient grounds than to neglect treatment until it is too late.



THE *Century Magazine* for April has an article on color-blindness, by Edward A. Ayers, M. D., written in popular language so that the non-professional reader of ordinary intelligence can readily understand from it the groundwork of the physiology of sight, and the present beliefs regarding the production of color sensation, and the cause of color-blindness. The illustrations, prepared by color-photography, constitute an important feature of the article. These illustrations show how colored scenes or colored objects, such as flowers, appear to the normal eye, and also how they appear to one who is color-blind. A scale of the principal colors is also given, and beside them, the same colors, as they are supposed to appear in the principal varieties of color-blindness.



FRANCE has a law making it compulsory for employers to give every employee one day's rest in seven. The law does not specify what day.

THE government of Holland has issued a series of stamps at a price one half more than the regular issues. The additional amount received is to be devoted to the warfare against tuberculosis.

A MAN with a celluloid nose, in lighting a cigarette set fire to his nose, causing a very painful burn. This is another illustration of the terrible effects of the cigarette (and incidentally of celluloid wearing apparel).

THE inspector under the British Inebriates act, in his annual report, shows that there is an alarming increase in the number of women inebriates. It seems that women inebriates in that country now outnumber the men eight to one.

"KNOXVILLE goes dry," reads a headline in one of the Washington, D. C., dailies. At a recent election in Knoxville, Tenn., the voters declared, by the largest majority ever polled in that city, that they wanted no more of the saloon nuisance.

A REMARKABLE case is reported from a New York hospital of a man with a bullet in his brain, which the doctors have tried to reach by probing, by taking off part of the skull, and in other ways, but without success. Strange to say, both orbits were fractured without causing loss of sight. At last accounts the patient was walking around the hospital.

BUTTERMILK has in Germany proved a great remedy in gastro-intestinal disorders of children. It is prepared by mixing a quart of fresh buttermilk with one or two tablespoonfuls of rice or wheat flour, adding the milk gradually to prevent lumping. Heat for fifteen to thirty minutes, raising to boiling-point, stirring constantly. It is then cooled, and put into sealed bottles, each containing enough for one feeding.

AN association of physicians—the American Physio-Therapeutic Association—has been organized with a membership of more than one hundred, to give consideration to all drugless methods of healing.

THE London *Lancet* proposes a standardized sausage. Probably the standard will exclude dog, cat, and other unorthodox meats, and will enable the sausage eater to eat with more gusto and fewer qualms of suspicion.

MUCH concern is felt by the New York Merchants' Association's committee on pollutions, regarding the harvesting of ice in the vicinity of the village of Catskill, which is suffering from a typhoid fever epidemic.

IN Arkansas, a bill providing that every proprietary remedy sold in the State shall have its formula printed on the label, was passed, after being so amended as to require that prescriptions must be written in English. The original bill was good, the amendment of doubtful utility.

THE Commission on Hygiene of the French Chamber of Deputies has presented a report favoring prohibition of the manufacture and sale of absinth in France, to be in effective force within two years. Absinth, it will be remembered, is the peculiarly demoralizing alcoholic drink that has rapidly established itself as the national drink in France. It is regarded as a national curse.

IN New York City, the Pasteurization of milk under the supervision of the health board is becoming a live question. With present facilities, it seems impossible for the health officers to supervise personally the conduct of the thousands of dairies supplying milk to the city, and the matter of Pasteurizing the milk is being agitated as the most feasible means of lessening the danger of infection. Dr. Darlington, the health commissioner, has his department at work studying Pasteurization, with a view to determining the most practical method of carrying it out.

ACCORDING to a recent government report, twenty-five States have taken official action with a view to controlling and suppressing tuberculosis. Pennsylvania heads the list.

THE first two days after the opening of the suicide bureau in New York City, eighteen intending suicides applied. How many of them were assisted in their purpose, we are not told.

NEW YORK CITY has a sanitary squad, a part of whose business it is to arrest spitters. One day recently ten spitters were taken down to the station house, and then let go after being warned against a repetition of the offense.

THE board of aldermen of New York City has in contemplation an ordinance requiring that all milk having more than five thousand bacteria per cubic centimeter be Pasteurized. The board of health is not heartily in accord with this proposition.

THE managers of the New York Throat, Nose, and Lung Hospital offer to furnish spectacles free to school children who need them, and whose parents are too poor to buy them. They also offer to attend to the teeth of children free of charge.

THE Philadelphia County Medical Society has passed a resolution urging legislation requiring that both parties desiring a marriage license must present certificates from a qualified physician stating that they are free from any disease that might be transmitted to their progeny.

ACCORDING to one correspondent, the success of the Liberal party in England is apt to be the forerunner of a smallpox epidemic. In the Liberal party the anti-vaccinationists are particularly strong, and there is good reason to expect that with this party in power, compulsory vaccination laws will be abolished.

AMONG the recent efforts to combat tuberculosis by instructing those most liable to its ravages, is the pamphlet called "Relief," published by the St. Louis Society for the Relief of Consumptives. The pamphlet gives just the information needed by the consumptive and those exposed to him and having to do with him, in order that the disease may be arrested, and that others may not be infected with it. This society is looking after those unfortunates who are not being provided for by other societies.

THE *Monthly Homœopathic Review* is authority for the statement that homœopathy is losing its hold in England. Homœopathic pharmacies are closing their doors, and homœopathic physicians are becoming scarce. As Mr. Post, of postum cereal fame, would say, "There's a reason."

REMOVAL of all salt from the diet has been found to cure a case of abnormally slow heart beat, increasing the pulse-rate from 32 to 72 a minute within a period of seven weeks. At the same time there was a marked increase in the weight. No other treatment than salt-restriction was resorted to.

THE New York Association for the Suppression of Noises now proposes to attack the time-honored church bell. Why not? What need is there of a bell to inform people that it is church time? Those who know when to start for the theater or the lecture, or when to leave home in order to catch a train or the ferry, should not need a church bell as a reminder.

THE chief of police of Seattle, Wash., has issued an order forbidding druggists to sell patent medicines containing opiates, except on prescription from a physician. This order seems to have been issued with the intent to put stiffening into the backbone of a city ordinance to the same effect which had been previously passed, but which up to this time has been practically ineffective.

THE New York Milk Committee, which has made a protest against the Pasteurization of the entire milk supply by the city authorities, favors the Pasteurization during summer of milk in feeding-bottles for the babies, in order to reduce the infant mortality. The committee urges that infants' milk depots be established in various parts of the city before June, by co-operation of private philanthropy and the city authorities.

THE Minnesota State Board of Health has broken new ground in passing the resolution not to enforce quarantine against smallpox after Jan. 1, 1908. The reason for the resolution appears to be that many persons, trusting to quarantine regulations, neglect or refuse to be vaccinated, and the health officers believe that with universal vaccination and no quarantine there would be practically no smallpox, whereas quarantine succeeds but poorly in repressing the disease. It is said that where

vaccination is universal, as in Prussia, even the milder type of varioloid is unknown. The resolution does not necessarily contemplate the abolition of placards, yellow flags, and warning notices. All it provides is that personal liberty shall not be restricted. This resolution has probably resulted from the activity of the anti-vaccinationists who seem to fear smallpox less than they do the milder disease, vaccinia.

LAST October there was held in London, England, a meeting of vegetarian octogenarians—people who, had they lived after the ordinary method of living, might have been ready for Oslerization some twenty years ago, but who, as vegetarians, still take an active interest in life. Among the number were professors, physicians, and scientists. They were addressed by men ranging in age from eighty to ninety-one.

THE anti-vaccination bill, introduced into the California Legislature, has been defeated. At the last session a similar bill (if I remember) passed both houses, and was vetoed by the governor, Dr. Pardee. The anti-vaccinationists hoped that Dr. Pardee's retirement from office would remove all obstacles to the passage of the bill; but it seems that the members of the legislature have meantime been learning a few things.

THE Marine Hospital Service, which has had in hand an investigation of the cause of typhoid fever in the District of Columbia, has handed in a report that accounts for about one third of the cases. These are said to be due to milk, to contagion from other cases, and to importation from the outside. According to this report, there is no reason to believe that the Potomac water has anything to do with the presence of typhoid in the District.

THE anti-vaccinationists made a vigorous fight in Pennsylvania in favor of the anti-vaccination bills. Lectures were given in which stereopticon views were shown of babies who are said to have died as a result of vaccination. Against the bills, Health Commissioner Dixon called attention to the fact that by means of vaccination smallpox is practically wiped out of Germany, and related from his own experience a number of examples showing how readily smallpox spreads among the unvaccinated. Other physicians gave the results of thousands of cases treated in the hospitals, showing that vaccination does protect against smallpox.

THE State Health Commissioner of New York requires that all cases of tuberculosis in that State be reported to him in order that he may have definite information on which to base a movement to limit the spread of the disease. The commissioner is also making an earnest effort to stop the discharge of sewage into the streams of the State.

THE bill compelling New York City to establish plants for Pasteurizing the city milk supply was attacked in committee by two members of the city health board. Dr. Morris, the milk expert, testified that Pasteurization destroys the wholesomeness of milk, and that it would cost the city seven million dollars a year to operate the Pasteurizing plants, and this sum would more than pay for the destruction of all the tubercular cows in the State.

A RECENT communication to the *Journal of the American Medical Association* speaks of a visit to a fig-packing establishment in Smyrna. The writer said that nothing about the factory was clean, neither the packers, the rooms, nor the utensils. The season is short, and the factories are filled with the street rabble, said to include many women of questionable character. The figs are packed by hand, the stems being bitten off, and are molded by the hands and the mouth. The figs are dipped in the water of the bay, which is decidedly filthy. If you are an eater of the delicious Smyrna figs, your hygienic conscience will be better appeased if you dip the figs into scalding water as a preparation for the table. Perhaps the government inspection will one day take in these foreign-prepared foods.

STATISTICS published in Vienna, Austria, indicate that the dangers from city life, due to dust and overcrowding, have been greatly overestimated. The only important difference, according to this report, between city and country mortality, is that tuberculosis is slightly (three per cent) more frequent in the city, while cancer and bone diseases are more frequent in the country. The correspondent sending this information to the *Journal of the American Medical Association*, comments: "The effects of smoke, dust, and overcrowding have been overestimated, or perhaps country air has been underestimated in its impurity from a medical point of view." Strange as it may appear, such nervous diseases as neurasthenia and hysteria are relatively more frequent in the country than in the city.

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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Manuscript and correspondence relative thereto should be addressed to the editor.

Questions or correspondence relative to any of the departments should be sent to the head of that department.

If questions are sent to this Office in connection with other matter, they should be written on a separate sheet addressed to the editor; otherwise they may be overlooked. The editor does not look over the business correspondence.

All questions must be accompanied by return postage. If the reply is not worth that much to the inquirer, it is not of sufficient value to take up our time in replying. We are glad to answer all reasonable questions of subscribers, but we do not wish to pay two cents each time for the privilege of doing so.

NEARLY every mail brings letters addressed to "Editor LIFE AND HEALTH," containing stamps or coin for renewal of subscription. Other letters, addressed "LIFE AND HEALTH" or "Review and Herald," contain matter for publication, or questions to be answered in the Questions and Answers department.

It would seem from this that there is an opinion afloat that the editor of LIFE AND HEALTH is one of the big dignitaries

that handle the money and transact the business of the magazine. For the benefit of any who hold such an opinion, it may be stated that the editor is nothing of the kind. He is simply a plain, everyday man who runs his gray matter off at the end of his pencil at so much per, leaving the care of the money and other important details to the dignitaries.

So please do not continue to mistake the editor for the man of affairs, as it may otherwise cause an unseemly dilatation of his cranium. If you have any money or stamps to send, *don't fail to send them*, but send to LIFE AND HEALTH. If it is only some little matter pertaining to your health, or some matter for publication, address the editor. He can probably be entrusted with such matters. Only in addressing the editor, remember that his stamp drawer is very likely empty, and if you expect an answer, it is wise to enclose a stamp.

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O do not pray for easy lives! Pray to be stronger men! Do not pray for tasks equal to your powers. Pray for powers equal to your tasks! Then the doing of your work shall be no miracle, but you shall be a miracle. Every day you shall wonder at yourself, at the richness of life which has come in you by the grace of God.—*Phillips Brooks.*

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The Consulting Room

(Continued from page 126)

things are of good report," as prescribed in the Book of books. Energetic outdoor exercise should be taken daily. Then by occupying all spare moments in systematic study and reading, there will be little time left for brooding over past indiscretions. These birds in the form of evil thoughts may fly over our heads, but they'll not be given time or place to lodge and build nests there.

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Calcutta, India

(Continued from page 140)

but said he was ready to go. Certainly he was resigned to the grand final which we must all meet, and he met it bravely. His was a life of sacrifice; for he had left his wife and children in America, to come to India to work for other men, their wives, and their children. Surely the Lord will use the influence of such a life.

Only last evening a gentleman friend and patron of the sanitarium said, with a firm grip of my hand: "God bless you in your grand work. I am praying for you." It did my heart good to have this aged gentleman assure us that he was praying for our work.

R. S. INGERSOLL.

✽

THE greatest failures in our modern life are our millionaires. As a rule, they have accumulated money without giving society a just and equitable return for that money. They have acquired what seems to them a vast amount of power, without intelligence to use it; and they are going through life looking for joy and happiness, but finding only pleasure that burns out their souls and does not satisfy their hearts. To get their money they have developed their cunning and stunted their candor.—*William Allen White, in American Magazine.*

LISTERINE

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¶ 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.

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