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LIFE AND HEALTH

OCTOBER 1907



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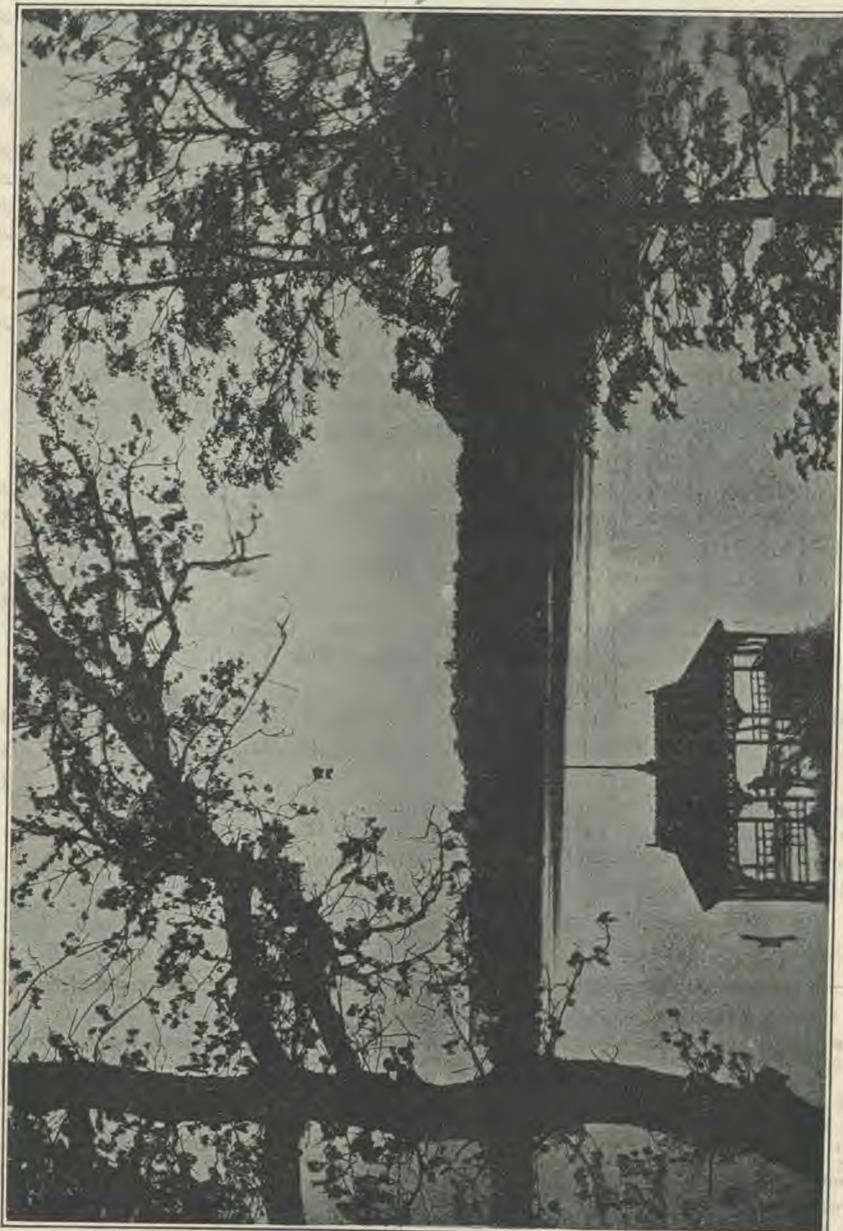
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Contents for October



"See the descending sun
Scattering his beams about him as he sinks."

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

Vol. XXII Takoma Park Station, Washington, D. C., October, 1907 No. 10

Fruit as a Food in Health and Disease

D. H. KRESS, M. D.,

Superintendent Washington (D. C.) Sanitarium



Of every tree . . . thou mayest freely eat," is voiced both by inspiration and by instinct. The Creator put within man a desire for fruit, and then placed him where this craving could be satisfied, in a garden in which were planted trees "pleasant to the sight, and good for food," and said, "Of every tree . . . thou mayest freely eat." To the little babe nothing is more inviting than a peach or an apple. As the babe grows older, he defies even the cane to satisfy this natural instinct. Yet in spite of these evidences, the majority of adults regard fruit as a luxury to be taken only at rare intervals, and especially dangerous to children. Parents supply the desire of their children for the sweets found in fruit by purchasing for them lollies, cake, etc., but these are dangerous substitutes, and are responsible for the rapid increase of many of our modern diseases. Drugs are resorted to to counteract the evils resulting from such a course.

Fruits should be given their proper place, and regarded as a necessary article of food at every meal. Man should finish his meal with fruit of some sort.

Science gives us the reason why. The acids and pectose in fruit aid the digestion of other foods, especially the albumens and fats. Apples, pears, peaches, strawberries, cherries, grapes, etc., contain a considerable amount of pectose and malic or other acids. Both acids and pectose are aids in stomach digestion. A small quantity of lemon juice at the close of a meal is one of the best remedies physicians can prescribe where there exists a diminution of gastric juice. Ship crews, when deprived of green vegetables and fruits and forced to subsist for any length of time upon meats, new bread, tea and coffee, grow haggard and rheumatic; their gums grow spongy, and they develop a condition known as scurvy. The addition of a liberal supply of fruit with the same food will always cause a disappearance of these unfavorable symptoms.

Fruit is one of nature's best medicines. It cleanses the blood, and acts as a preventive of disease. Garrod, the great London authority on gout, advises the free use of oranges, lemons, strawberries, grapes, apples, etc. Tardien, the great French authority, maintains that salts

of potash, found so plentifully in fruits, are the chief agents in purifying the blood from rheumatic and gouty poisons. In scurvy on board ship, Dr. Buzzard (perhaps the greatest authority in the world) tells us that iron, quinin, arsenic, strychnia, and other drugs have proved miserable failures. Fruits will accomplish that which artificially made fruit-salts, mercury, podophyllin, etc., fail to accomplish. He advises the scrofulous to take fruit morning, noon, and evening. "Fresh lemon juice," he says, "in the

cakes, and parched corn. . . . They did eat of the fruit of the land of Canaan that year."

The poor, sick Egyptian, forsaken by his master as a hopeless case, when found by David, was given bread to eat and water to drink, "and they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him." The adoption of a fruit and bread diet has helped many a one since then, and there are still many apparently hopeless Egyptians who might



form of lemonade is to be his ordinary drink." Fruit is one great remedy in scurvy.

When Moses sent out the spies to Canaan, they were told to "be of good courage, and bring of the fruit of the land." They returned carrying between them a cluster of grapes cut down at the brook Eshcol and said, The land is good; "this is the fruit of it." Among the people whom God led and taught, more attention and more thought was given to vineyards than to cattle. Fruit, not meat, was considered an essential part of their food.

After their wanderings in the wilderness had ceased, and the manna upon which they depended for sustenance no longer fell, we read: "They did eat of the old corn of the land . . . unleavened

be helped by the adoption of such a dietary.

Fresh fruits are always preferable to dried or canned fruits, but when these can not be obtained in liberal quantities, the latter may be freely used, providing they have added only a small amount of sugar. Fruits disagree when not thoroughly masticated, or when sugar in considerable quantities is added.

The juice of fruit is especially valuable in disease as a nutrient and as a germicide. Usually beef tea or meat extract is resorted to in disease, under the supposition that it is especially nourishing and sustaining. This is a great mistake. W. Gilman Thompson, M. D., in his "Practical Dietetics," says:—

"Liebig's extract of meat consists of flavoring extractive matters, such as

kreatin, isolin, decomposable hematin, and salts. Some of these substances are excrementitious, and on this account Masterman compares it to urine, although it contains less urea. A pound of mutton is represented by two fifths of an ounce of the extract. It contains no albumen or fibrin, hence *its nutritive power is practically nil.*"

Any one acquainted with chemistry will recognize these elements as poisons formed in the body of the animal as the result of breaking down tissue. All meat extracts are composed of these soluble body or tissue wastes.

The only part of the meat that has any real food value is the insoluble part, or the meat fiber. This part is rendered more wholesome by the removal of the soluble wastes. In fact, the orthodox Jew carefully washes all meats, just as we do dirty garments, to get rid of this organic filth, which is by some considered such a valuable nutrient for invalids. As far as the nutritive value of beef tea is concerned, one cup of orange juice is equal in food value to five cups of the most nutritious beef tea, and one cup of grape juice is equal in nutritive merit to eight cups of beef tea.

In most of the diseases, especially fevers, and also during the warm months of summer, the gastric juice is diminished, and digestion is slowed or diminished. Solid foods naturally tend to decay. This accounts for the coated tongue and bad breath. Beef tea is one of the worst things to give in fevers, for it favors the increase of the germs of putrefaction, and the increased formation of the poisons which feed the fever.

It may be necessary to withhold even milk from fever cases, because it affords such a favorable culture for germs. Fruit juices, on the contrary, destroy disease germs. Lemon or orange juice, it has been demonstrated, is destructive to germs of cholera. Fruit juices contain properties, aside from the acids, which aid the digestion of solid foods. Pineapple juice will dissolve or digest meat or eggs. Other fruit juices contain this same property to a less degree. Where fever patients are fed on fruit juices, the coating on the tongue is usually avoided; the breath is not foul, and the temperature rarely rises above one hundred and two degrees Fahrenheit. Fruits are, therefore, the best foods we have in health and disease.



Objections by Physicians to the Medical Use of Alcohol

MARTHA M. ALLEN



THE objections to the use of alcohol in a run of fever or similar disease where liquor has been somewhat freely given, may be summed up from the writings of such physicians as Nathan S. Davis, Prof. Sims Woodhead, Max Kas-sowitz, of Vienna, and others, as follows:—

1. Investigations upon the chemistry of respiration show that a full supply of fresh air in the lungs is one of the best defenses of the body in its struggle with disease germs, and therefore the physician should favor the absorption of oxygen by the patient in every possible way in all diseases, especially those with typhoid complications. But the action of alcohol upon the red corpuscles of the blood, whose duty it is to take up oxygen in the lungs and convey it throughout the body, hinders these little messengers in the full performance of their task. They are somewhat shriveled and hardened by the fiery liquor, and, consequently, are unable to take in so much oxygen as they could had they not been injured by the alcohol. The agent given to "support" the patient, really robs him of a portion of the life-giving oxygen so necessary in his struggle with disease.

2. Alcohol interferes with the natural processes of nutrition and waste. Every action of the body, every impulse of the mind, uses up some cell matter which must then be passed out from the body as waste. The process of cell decay is called tissue disintegration. New cells, to repair tissue waste, are built up from the nutriment which the blood carries from the alimentary canal after the process of food-digestion is accom-

plished. This is called tissue construction, or the process of assimilation. Both tissue disintegration and tissue construction are essential to health and life. Any substance, taken into the body, which will interfere with these processes of nutrition and waste, is inimical to health, and in time of disease, dangerous to life. ALCOHOL IS SUCH A SUBSTANCE. It hardens the cells and tissues so that they are unable to take up a natural amount of nutriment. Thus a patient's body is really robbed of some nourishment by the agent given to "keep up his strength." As alcohol contains no constituent which can enter into the composition of tissue, it can supply nothing to make up for that of which it deprives the body.

3. Alcohol retards the passage of waste matter from the body. This has been claimed by its advocates as one of its virtues. It is strange that interference with a natural process of the body should be deemed a virtue. Non-alcoholic physicians declare that the retention of waste in the system invites disease, and tends to inflammatory action, and in illness retards and frequently prevents recovery, for the germs of disease remain longer in the body than they would were it not for delay in the passage of effete matter.

4. Alcohol causes weakening of the heart's structure. Some diseases have the same effect; consequently the patient's heart is compelled to endure a double strain, and often fails because the agent used to "strengthen," intensifies the action of the disease.

5. Alcohol hinders the liver in its work of destroying poisonous substances generated within the system of a sick

person by the germs to which the disease owes its origin. The activity of the liver in destroying these poisons is one of the physiologic processes which stand between the patient and death.

6. Alcohol has an injurious effect upon the kidneys, lessening the discharge of urea, which, retained, becomes a poison to the system. In a very grave case of infectious disease, without the destructive and eliminative activity of liver and kidneys, the accumulation of poison within the system would quickly reach a fatal point. Any drug which hinders these organs in their important work should be studiously avoided.

7. Alcohol injures the leucocytes, or "guardian cells" of the body. The work of these cells is to prey upon bacteria and other noxious organisms within the blood and tissues. They enclose, disintegrate, and absorb the enemy. Even very dilute solutions of alcohol will paralyze these cells so as to prevent them from attacking invading germs.

Professor Metchnikoff, the illustrious Russian scientist who discovered the specific work which nature has assigned to the white blood-cells, recently lectured in London before a large body of leading medical men upon the effects of alcohol upon the guardian cells of the body. He showed clearly that alcohol interferes with that condition which is called immunity to disease, hence must be a hindrance to recovery in various diseases. His remarks were loudly applauded.

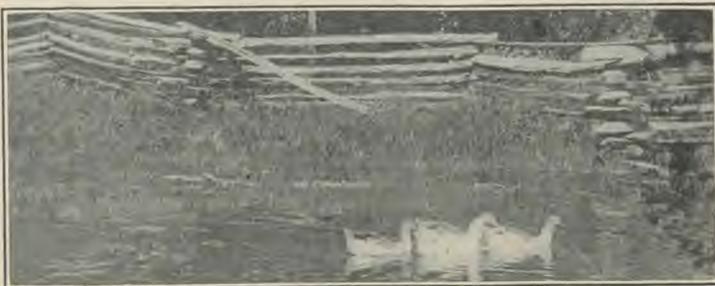
Laitinen, of Helsingfors, who made

elaborate experiments with alcohol, reported that it decidedly impairs the resisting power of the body against the infective organisms, and predisposes to infectious diseases. "It was also found that alcohol diminished the alkalinity of the blood and the number of leucocytes."

8. Alcohol not only hinders the leucocytes in their war upon disease germs, but even minute quantities tend to the multiplication of such germs.

9. The use of alcoholics throughout an extended illness sometimes causes the continuance of delirium, or mild mental disorder, after convalescence is established. In such cases the withdrawal of the alcohol is usually followed by a cessation of the mental delusions.

These objections are well grounded, all but the last having been proved by repeated experiments of different investigators. The opinions of non-alcoholic physicians regarding the use of alcohol in typhoid and other fevers, might be summed up in the words of Dr. Knox Bond, in the *London Lancet* of Nov. 25, 1893: "Alcohol does not provide the force which it causes to be expended in the increased heart action, but uses up for this purpose the reserves of the organism. Vital energy is thus diverted to eliminating the alcohol instead of being concentrated upon the elimination of the toxic products of the fever. Alcohol tends to irregular circulation, and, when the pulse is up, to intestinal hemorrhage; when the pulse is down, it tends to the comatose state and collapse."



Leading Versus Driving in Education



RESIDENT WOODROW WILSON, of Princeton, has inaugurated in that university an innovation which is nothing less than revolutionary in its effect on student customs, and student ideals, and on the mental growth of the students.

Old traditions made the college course

consists rather of constant contact with study and the intimate association of teacher and pupil outside of the class room, where the tradition of lectures and recitations was forgotten, or rejected, and a thoroughly natural and human relationship, the relationship of fellow students, substituted."

Princeton's president has in this new

For we are all students; some senior, some junior.—*Sir Oliver Lodge.*

The true teacher can impart to his pupils few gifts so valuable as the gift of his own companionship.—*Mrs. E. G. White.*

"a happy life of comradeship and sport, interrupted by the grind of perfunctory 'lessons' and examinations, to which they attended rather because of the fear of being cut off the life than because they were seriously engaged in getting the training which would fit their faculties and their spirits for the tasks of the world."

In two years, by means of a system of tutorship, in which there was a constant contact between teacher and pupil in the dormitory, in the class room, in the teacher's home, or on the playground, the idea has been inculcated "that the intellectual life of a college does not consist in attendance upon class exercises, but

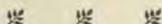
move struck an educational principle which is vital. That teacher will do most for his pupils who is a student with them. There is nothing so stale as work under a man who has (or rather who thinks he has) thoroughly learned his subject; and nothing is so vivifying as study under and with an enthusiastic student. It is well to be socially more on a level with pupils, so they feel that they are working with fellow beings, instead of under "masters;" it is especially advantageous when the teacher is also a student with his students, interrogating nature rather than requiring the memorizing of numerous text-books.

Home the Best Place for Tots

Do not send the little ones away to school too early. The mother should be careful how she trusts the molding of the infant mind to other hands. Parents ought to be the best teachers of their children until they have reached eight or ten years of age. Their schoolroom should be the open air, amid the flowers and birds, and their text-book the treasure of nature. As fast as their minds can comprehend it, the parents should open before them God's great book of nature. The lessons, given amid such surroundings, will not soon be forgotten. — *Mrs. E. G. White.*

LUTHER BURBANK, whose genius has been manifested in plant production, has given some thought to the proper rearing of children, and is not enthusiastic over present educational methods. He is very pronounced in his opinion as to the proper age to begin school. He says:—

“No boy or girl should see the inside of a schoolhouse until at least ten years old. I am speaking now of the boy or girl who can be reared in the only place that is truly fitting to bring up a boy or a plant—the country. The curse of modern child life in America is over-education.”



Schools and Health



I SHALL have to show a little later on that many schools have had, and many still have, a very bad effect on physical and mental health, and that some have had a bad effect on moral health; but before I do that, I wish to show that schools need not have a bad influence on health, that on the contrary those who do not despise such simple things as air and wisely chosen exercise have an extremely good influence on all kinds of health. In the war schools, in which German boys who are going to be officers are educated, remarkably good results are obtained. The boys are well grown and well developed, and have good health, though they work hard at lessons for eight hours a day.

They have two hours of physical exercise a day, so arranged that it does not deprive them of the nervous energy

needed for mental work; and distributed over the day's work there are pauses for recreation which amount to four hours a day. . . .

I come now to the power of the school to cause bad health. In nearly all German towns the elementary schools are now under the charge of school doctors, one of whose duties it is to examine every child before it begins to go to school. If a child of six is in such a condition of health that the doctor believes that it will suffer from beginning school life, he defers its entry into school for a year. The number of children who are thus caused to begin school only on completion of the seventh year is considerable. In some places as many as ten per cent of the children are thus treated. There are, therefore, a good many delicate children who spend their seventh year at home, and a greater number of

more robust children who spend their seventh year in school. Dr. Schmid-Monnard found that *going to school almost stopped the increase in weight in girls for a year, and diminished their increase in height*; and that the more robust boys who spent their seventh year in school on an average increased twenty-one per cent less in weight and forty-three per cent less in height than the more delicate boys who passed their seventh year at home. In Lausanne, Drs. Scholder, Weith, and Combe, who examined 1,290 boys and 1,024 girls, found curvature of the spine in twenty-three per cent of the boys and in twenty-six and seven-tenths per cent of the girls. The percentage of cases increased rapidly, as the length of time spent in school increased. . . .

The ignorance of our highest authorities [he refers to England, but some other countries might also be included.—Ed.] respecting right principles and right practise of education could hardly be more clearly proved than by the fact that it is only this year that they have proposed that children under five years old shall be excluded from schools, and that they have not yet proposed that children shall be excluded till they have completed the sixth year. [The editor would say the eighth or ninth.] It has been clearly ascertained that to teach very young children to read is to deprive them of nearly all chance of having their innate powers of rightly using their eyes, their ears, their hands, and their brains rightly devel-

oped; that to bring young children into crowded rooms where there is neither enough fresh air nor enough light for them, and to keep them sitting still for half an hour together when they ought to be moving about, and to keep them almost silent when they ought to be shouting and singing, is to deprive them of all chance for physical development. . . .

I trust that we are entering upon a period when we shall exclude babies from schools, and shall insist that every group of dwellings be provided with some open space where children of all ages can find wholesome exercise.

I believe that the kind of physical training received by most of the boys who go to our large public schools and to the preparatory schools connected with them, is doing a great deal of harm to the whole nation. By giving us a large supply of young men who are badly prepared for carrying on any kind of serious business or profession with zeal and intelligence, and who regard success in games as the chief object of their ambition, the

system discredits games in the minds of sensible persons, and makes them unwilling to admit that rightly chosen physical training ought to be the foundation of the education of boys and girls of all classes. And I am convinced that the system is injuring not only the intellect, but also the physical condition of the boys who pass through it.—T. C. Horsfall, in *The Contemporary Review* (London).



Recreation and Exercise

Recreation for Students*

MRS. E. G. WHITE



THE question of suitable recreation for their pupils is one that teachers often find perplexing. Gymnastic exercises fill a useful place in many schools; but without careful supervision they are often carried to excess. In the gymnasium many youth, by their attempted feats of strength, have done themselves lifelong injury.

Exercise in a gymnasium, however well conducted, can not supply the place of recreation in the open air, and for this our schools should afford better opportunity. Vigorous exercise the pupils must have. Few evils are more to be dreaded than indolence and aimlessness. Yet the tendency of most athletic sports is a subject of anxious thought to those who have at heart the well-being of the youth.

Teachers are troubled as they consider the influence of these sports both on the student's progress in the school and on his success in after life. The games that occupy so much of his time are diverting the mind from study. They are not helping to prepare the youth for practical, earnest work in life. Their influence

does not tend toward refinement, generosity, or real manliness.

Some of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of dominion, the pride in mere brute force,



the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

Other athletic games, though not so brutalizing, are scarcely less objectionable, because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition

* Selections taken from "Education."

to shun practical duties and responsibilities. They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness, with their terrible results.

As ordinarily conducted, parties of pleasure also are a hindrance to real growth, either of mind or of character. Frivolous associations, habits of extrava-



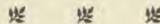
gance, of pleasure seeking, and too often of dissipation, are formed, that shape the whole life for evil. In place of such amusements, parents and teachers can do much to supply innocent diversions,

which are wholesome and life-giving.

In lines of recreation for the student, the best results will be attained through the personal co-operation of the teacher. *The true teacher can impart to his pupils few gifts so valuable as the gift of his own companionship.* It is true of men and women, and how much more of youth and children, that only as we come in touch through sympathy can we understand them; and we need to understand in order most effectively to benefit. To strengthen the tie of sympathy between teacher and student there are few means that count so much as pleasant association together outside the schoolroom.

No recreation helpful only to themselves will prove so great a blessing to the children and youth as that which makes them helpful to others. Naturally enthusiastic and impressible, the young are quick to respond to suggestion. In planning for the culture of plants, let the teacher seek to awaken an interest in beautifying the school grounds and the schoolroom. . . .

The watchful teacher will find many opportunities for directing pupils to acts of helpfulness. By little children especially the teacher is regarded with almost unbounded confidence and respect. Whatever he may suggest as to ways of helping in the home, faithfulness in the daily tasks, ministry to the sick or the poor, can hardly fail of bringing forth fruit



Inter-High-School Athletics

ARNOLD WERNER-SPENHOOFD



I HAVE seen a great deal of this world, but nowhere have I found less active athletics among men and more talking and bragging about athletics than in this country; nowhere in the world have

I seen such careless and criminal neglect of one of the most important factors in the education of the young as here. It is astounding how little attention is paid in our schools to a sound and systematic physical training of the growing youth,

and yet it is of no less importance than spelling and arithmetic.

We either neglect this important branch of our education entirely or leave it to the judgment of our children, and stimulate their interest by prizes and false glory. If a boy jumps a little higher than his fellow student, we make him feel that he is a great hero who saves his country's reputation; we see to it that he gets his

men who want to be amused, and is only too often a victim to pecuniary speculation on the part of the college authorities. If he is successful, he may finally enter the race for the world's record. By the time he is in the prime of life, when the world might have derived some benefit from his existence, he will pay the penalty of broken health, and not infrequently an untimely death. That is the



name and picture in the paper: no wonder the boy believes that he really did something wonderful. Then we encourage him to beat the best jumper in some rival school, and tell him that the honor and reputation of his school rests upon his shoulders. The boy will strain every nerve to beat his adversary; he will practise jumping from morning till night to succeed. Then later he will enter college athletics. Here again he will be urged onward; the reputation of his *alma mater* is at stake; he must win or die. He is goaded on by an unscrupulous crowd of

kind of athlete we develop in this country, and we do it at the expense of a thousand boys and girls who are utterly neglected for the sake of this one record breaker.

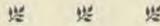
Our American men are not athletic. They may talk about athletics until the cows come home, but unfortunately that does not produce muscle. If you wish to convince yourself of this fact, go to any of our athletic meetings, and you will always find about a dozen men in the field, furnishing amusement for ten thousand on the grand stand. It is of no

moment to me what the general rabble delights in, whether it be a slugging match or what not; let them have their pleasure, but our schools should not sanction or encourage such mistaken ideals.

It is not my purpose to cry out against athletic games and a reasonable amount of competition. On the contrary, I champion them; but I certainly do not approve of their abuses, which have a most pernicious effect on general athletics. Games are only a sort of recreation in the regular course of gymnastics; they create an interest in and taste for physical exercise, but they certainly should not supersede gymnastics, for gymnastics are no play. Let the boys have their games, let them play baseball, even football; as long as they play for the sake of playing, it will not hurt them. But, I assure you, the average American boy is not fit to play competitive football; he breaks down under it, physically and morally. I say

morally, and I mean it. I have heard it said that football is distinctly a gentlemen's game, since only gentlemen can play it. I do not doubt the truth of this statement, but I regret that we can not recognize the gentlemen until the game is over. I have seen a great many enter a game of football as gentlemen, and they were transformed into rowdies.

Such competitive athletic games, however, as are practised in our schools are too strenuous for the average boy athlete. And the boy on the fence? Well, he fares even worse than the athlete, for unless a boy is a good athlete himself and can appreciate and enjoy the niceties of the game, he is in danger of becoming a braggart or a gambler. We can pride ourselves on having produced both kinds. — *Extracts from an address delivered before the High School Teachers' Association of the District of Columbia, May 16, 1907.*



Physical Education



CHILDREN should be early taught, in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by the mother in the home, and should be faithfully carried forward in the school. As the pupils advance in years, instruction in this line should be continued, until they are qualified to care for the house they live in. They should understand the importance of guarding against disease, by preserving the vigor of every organ, and should also be taught how to deal with common diseases and accidents. Every school should give instruction in both physiology and hygiene, and, so far as possible, should be provided with facilities for

illustrating the structure, use, and care of the body. . . .

The influence of the mind on the body, as well as of the body on the mind, should be employed. *The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease.* This should be made plain. The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown.— *Mrs. E. G. White.*

Self-Expression in Education

SIR OLIVER LODGE, in his illuminating little book, "School Teaching," in reply to the question, "What should be taught to ingenuous youth?" lays especial emphasis on the study (not by books, but by observation and experience) of every-day facts with which the pupil comes in contact—"with the thoughts of God as well as with the thoughts of man. These may be always made interesting, and are natural to children; then attention will not

wander; and if left to brood over and handle things, they will unconsciously acquire and absorb much which no teacher could didactically give them, and which they neither should nor can at that age express. Let them express what they can, not what half-trained (half-baked) adults think they ought to express. Their thoughts should seldom be turned into the futile and artificial direction of trying to think what the teacher is thinking of."

Learning by Doing

LAST summer, while on a horseback ride of a hundred miles or so, I came to an out-of-the-way "Deestrick School," one of the numberless such that our country boasts. This particular schoolhouse would not have attracted my attention especially had I not noticed that nearly half the school lot was taken up with a garden and flower beds. No house was near, and it was apparent that this was the work of the teacher and the scholars.

Straightway I dismounted, tied my horse, and walked into the schoolhouse.

The teacher was a man of middle age—a hunchback, and one of the rarest, gentlest spirits I ever met. (Have you ever noticed what an alert, receptive, and beautiful soul is often housed in a misshaped body?) This man was as modest and shy as a woman, and when I spoke of the flower beds, he half apologized for them, and tried to change the subject.

But when he realized that my interest in his garden was something deeper than



mere curiosity, he offered to go out with me and show me what had been done. So

we walked out, and out, too, behind us trooped the whole school of just fifteen scholars.

"In the winter we have sixty or more pupils," said the master, "but you see the school is small now. I thought I would try the plan of teaching out-of-doors half



the time, and to keep the girls and boys busy I have let each one have a patch of ground. Some wanted to raise vegetables, and of course I let them plant any seeds they wished. When the weather is fine, we are out here most of the time, just working and talking."

And that is the way this man taught — letting the children do things and talk. He explained to me that he was not an "educated" man, and as I contradicted

him, my eyes filled with tears. Not educated?

I wonder what it is to be educated. Here was a man seemingly sore smitten by the hand of fate, and whose heart was yet filled with sympathy and love. He had no quarrel with either the world or destiny. He was childless, that he might love all children, and that his heart might belong to every living thing. The trustees of the school did not take much interest in the curriculum, I found, so they let the teacher have his way; *and I have since been told that the best schools are those in which the trustees or directors take no interest.*

A collection of birds' eggs, fungi, and forest leaves had been made, and I was shown outline drawings of all the leaves in the garden. This drawing a picture of the object led to a much closer observation, the teacher thought, and when I learned that the whole school took a semi-weekly ramble through the woods, and made close studies of the wild birds, as well as insects, it came to me that this man, afar from any "intellectual center," was working out a pedagogic system that science could never improve upon. Whether the little man realized this or not I can not say, but I think that he did not guess the greatness of his work and methods. It was all so simple. He did the thing he liked to do, and let the children out, and they followed because they loved the man and the things that he loved.

Science seeks to simplify. This country school-teacher, doing his own little work in his own little way, was a true scientist. In the presence of such a man should we not uncover?—*Elbert Hubbard, in Cosmopolitan.*





"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings ["beams," R. V., margin]." Mal. 4:2.

Conducted by Augusta C. Bainbridge, 612 Tenth Ave., Station M, San Francisco, Cal.

Jesus the Children's Healer

MRS. A. C. BAINBRIDGE



SUFFER little children to come unto me, and forbid them not." Luke 18:16. These are Jesus' own words, and when the children were spoken to, each child was called—the whole child—body, soul, and spirit.

"He laid his hands on them." Matt. 19:15. Could sickness abide under those healing hands? Besides this, "He took them up in his arms, put his hands upon them, and blessed them." Were this all we had of Jesus' work for children, it would be enough; for his blessing is life and health and strength.

But we have more than this: "There was a certain nobleman, whose son was sick." John 4:46. Did Jesus turn away? He tested the father's faith, it is true, but he gave him faith to stand the testing; for we hear him, in the very next breath, saying, "Sir, come down ere my child die." He had heard of Jesus the Healer, and he had heard of the children's blessing, or he read the loving heart of Jesus, and knew that such a request would not be denied. Nor was it.

"Go thy way; thy son liveth," were the cheering words the father next heard. "And the man *believed* the word that Jesus had spoken unto him, and *went*

his way." There was no delay; his faith acted immediately. He knew the life-giving word had been spoken; he knew it could have only one effect, and he was not surprised when his servants met him with the message, "Thy son liveth." He only inquired the hour, that he might verify the word of the Master to all who would hear it.

"At the same hour." That is the word given us for the time this fever left him, and he began to amend, and the words of life agree thereto. Is it any wonder that they all believed in Jesus after that?

Sometimes we see Jesus healing by immediate restoration to health, and sometimes just the rebuking of the onward progress of the disease, like the turning of the tide, and the dear child is on the pathway to recovery.

Here many fail. Not understanding the nature of the disease, they may mistake a good symptom for a bad one; and if the step toward healing is not in the exact direction they expect, they consider their prayers are not answered. We miss the mark of faith when we do not quietly, trustingly obey the word, "Go thy way." The message will come in due time, from his own appointed servants, "Thy son liveth."

Our children are here in a world of sin, disease, and death. They see it, hear it, feel it on every side. Shall we send them forth fearing, dreading the power of these evil things? They must meet it, in school, on the street, in the cars, even as long as they are in the world. *No*, a thousand times *no*! Let us teach them that the Healer has conquered Satan, the destroyer, and we need not fear his power.

Little Dorothy had lingered behind her mother, looking at the tempting, pretty things in the Emporium show-cases. She did not notice that the porter was closing the heavy iron gates that separate one department from another; and he did not see the little figure beside the counter, and rolled the heavy gate into its place, crushing the tiny hand that was holding to the jamb. With this obstruction, the lock did not catch, and he came to the corner just in time to see Dorothy on

her knees, unmindful of the crowd about her. She held up the red, now rapidly swelling member, saying, "O Father, see my hand, and for Jesus' sake heal it, and take away the pain." She rose from her knees, her eyes streaming, but with words of praise on her lips, meeting her mother with the glad cry, "Jesus did heal it; mama, see!" O for more of the childlikeness in our lives!

[Sister Bainbridge probably intended the following paragraph for the eyes of the editor, but it will do to pass on to all our readers.]

This story is true. I know both mother and child. It was reported in *Triumphs of Faith*. (I wish our papers would print such things.) The porter said the blow was enough to break every bone in her hand. It was red for an hour or two, but no pain, only a slight tender feeling, and that passed entirely away, leaving no mark.



CURRENT COMMENT



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

Suggestions for the Teaching of Cleanliness among School Children

CHILDREN SHOULD BE TAUGHT —

Not to spit; it is rarely necessary. To spit on a slate, floor, or sidewalk is an abomination.

Not to put the fingers into the mouth.

Not to pick the nose.

Not to wet the finger with saliva in turning over the leaves of books.

Not to put pencils in the mouth or moisten them with the lips.

Not to put money in the mouth.

Not to put anything in the mouth except food and drink and the tooth-brush.

Not to swap apple cores, candy, chewing-gum, "all-day slickers," half-eaten food, whistles or bean-blowers, or anything that is habitually put into the mouth.

To wash the hands and face often.

To turn the face aside when coughing and sneezing — especially when facing another person, or when at table.

That the mouth is for eating and speaking, and should not be used as a pocket, and the lips should not take the place of fingers.— *Massachusetts Association of Boards of Health.*

It is important that parents as well as teachers should repeat these rules over and over to school children until their observance becomes second nature.

The children should be made to understand that the contagious diseases which kill many children and disable many others for life are taken through the mouth. The germs of disease may be in one child's mouth without causing any

apparent illness, and being transferred to the mouth of another child by one of the above-mentioned methods cause an untimely death. It can not be too frequently instilled into the minds of parents and children that there would be few deaths among school children if due caution were observed in the matter of what goes into the mouth.

It is well to remember in this regard that the common towel, the common drinking-cup, and the common wash-basin at school are sources of danger.



The Schools and Degeneracy

It is no small matter that thousands of children are allowed to grow up with bad teeth, with weak sight, with impaired hearing, and with consumptive tendencies? Are their ill-fed bodies and their distracted and distorted minds no concern of the community? Surely no expenditure of time, energy, or money can possibly be too great when it is a question of checking degeneracy, for a degenerate is a standing danger not only to himself, but to the world at large. Incapable of taking his part in the world's work, he does not content himself with merely standing as an onlooker while others shoulder his burden. Inactive for good usually means mischievously active for evil. . . .

If our crowded class rooms and ill-ventilated schools make for degeneracy, they should immediately be improved at all costs. If our curricula breed tadpole men and women, they cry aloud for instant revision. If ill and faulty feeding are sapping the vitality of even a small proportion of our youth, great will be the service done to the state by those who lay bare the disease, and, above all, point to a remedy.—*T. Cartwright, in (London) World's Work.*



Don't Let the Children Contract Scarlet Fever

EVERY community contains individuals whose life history has been marred by the after effects of scarlet fever. Every community contains sad hearts because little children have been taken from the home by this dreaded disease.

In the olden days it was felt that nearly all children must have it, and people were rather inclined to allow their children to be exposed when the disease was "running light," taking their chances that it might be equally light with them. There is too much of this feeling. Neither measles nor whooping-cough are desirable things for children to go through. Even much more dangerous and severe is scarlet fever, not only because of what it is, but because of what it leaves behind. Malignant cases are not infrequently developed from mild types of the disease.

It has been proved that scarlet fever may be largely if not entirely prevented by means at our command. In the first place, it is almost wholly a disease of childhood, and the person who escapes it until adult life is not

likely to become affected with it at all, though there are occasional exceptions. *Iowa Health Bulletin.*



Importance of School Hygiene

SUFFICIENT attention to school hygiene can not be too strongly emphasized if we are really in earnest about getting valuable results from education. Stunted growth and impaired vitality, or expensive and permanently detrimental diseases may partly, often wholly and sometimes more than wholly, offset the value of years of labor in school work. The matter takes still another serious aspect when we have compulsory education. Any government that would attempt to compel an adult to stay in rooms where there was considerable liability of contracting contagious diseases, or of having health impaired from draft or over or under heating, or from any other source, would soon have an insurrection on its hands. Men may voluntarily put up with the accommodations of a fifth-rate hotel, but to be compelled to do so continually is quite another matter. Children neither understand matters nor have the power to help themselves; hence their cause becomes ours. . . . When children are compelled to go to school, the place into which they are compelled to go must not be full of danger. . . . In the early years it is often possible to apply remedies at a trifling expense that would represent hundreds of dollars to the individual when he becomes an adult. . . . A dollar paid to a dentist for a boy often might save a tooth that he would not be without as an adult for many hundred.

School officers and teachers can make no mistake in giving all due attention to school hygiene. It is a cause moving

rapidly forward, and there is considerable danger of being left behind. Whether the hygienic conditions of a school are satisfactory or not is very easily detected even by hurried inspection. They are somewhat like the appearance of one's front yard — something that can not be hid.—*Prof. John A. Bergstrom, Indiana University, in The Teacher's Journal.*



The Schools Should Teach Hygiene

EDUCATION in the facts of hygiene and in the practise of intelligent self-control can not be acquired in a few hours, but necessitates years of appropriate teaching in home and school. So long as the schools and universities almost wholly fail to fit their pupils to meet even the most obvious requirements of life, so long will it be impossible to avoid great loss of energy and other unhappy consequences of the chronic intoxications [from wrong dietetic habits]. At present the schools look to parents to instruct their children in the supposedly simple matters of regulating eating and drinking, exercise, habits of work, and sexual habits, while the parents vaguely hope (if they think at all about such matters) to be relieved of these embarrassing duties through the schools. The truth is that neither parents nor schools are to-day able to give this much-needed sort of education. The remedy must be provided by the schools, which in their eagerness to impart conventionalized facts are now quite blind to some of the most pressing needs of their pupils. Through the schools and the universities (or other appropriate organizations) the parents of the future must be educated both as to the facts and as to the moral aspects of body hygiene. The physician will thus be enabled to do better work in the

prevention of some of the most distressing human ailments.—*C. A. Herter, M. D., in "Bacterial Infections of the Digestive Tract."*



Does Education Prevent Crime?

OUR present system of education fails in many cases to socialize the individual; and we may infer that our educational system is itself still incompletely socialized. The truth is that the old system aimed chiefly at the development of the powers and capacities of the individual, treating his adjustment to the social life as wholly a subordinate matter. And the same is true of most modern scientific education. It aims chiefly at fitting the individual for individual success, not at fitting him for the service of society. The short-sighted view still prevails that the latter result — the adjustment of the individual to society — will be best accomplished by training for individual success; but this does not follow. The consequence is that *our educational system still fails in its greatest purpose; it fails to produce the citizen.* We are still training in our schools and colleges young barbarians by barbarian methods; and we turn them out half-socialized, and expect them to be model citizens. We wonder why it is that education fails to free us from crime, but develops among the educated frequently only more adroit and subtle anti-social action; why it is that we are now troubled, not with the highwayman and vulgar thief, but with the cultured freebooter and "grafter" of modern business and professional life. It must be evident, even to those who reflect but little, that what is wrong is not education itself, but our particular sys-

tem of education.—*Prof. Charles A. Ellwood, University of Missouri, in The School Review.*



Brain Development through Play

OLD age is not a playing age. The brain of old age is becoming atrophied, and does not get the same amount of nutriment it used to get. Old age is tired; the joy of life is partly wanting. Desire is absent. One philosopher says, "Children are young because they play; man becomes old because he doesn't play," that is, would not become old so soon if he spent more time in play.

The young animal rehearses in play all the acts which will be needed to co-ordinate its various muscle groups for their life-work. Children, by means of toys and dolls, prepare themselves for the serious business of life.

The use of the hand develops the speech center. Rightly directed games and plays are evidently transmuted into intelligence. There is constant interaction between brain and muscle.

The use of the muscles in the young develops brain centers as nothing else has yet been proved to do. The brain of an adult who has lost a limb in early life is found to be undeveloped at the place corresponding with the lost limb.

The zest, the enthusiasm, the complete abandon of the children when playing games which they like, give to play its value.

Young children should not be forced to keep up too much precision and accuracy in writing, spelling, sums, etc. In the young, accuracy is out of the natural order of development. Machine-like precision will come best later.

The advent of the medical man into the schools has rung the death knell of many abuses. Not the least among these is the forcing of the precocious child. Precocity is a synonym of decadence, not of growth. Scholarships, exhibitions, competitive examination, are nothing but forcing grounds for degenerative processes.

When a child shouts and yells, and hops and jumps, he is enlarging his blood-vessels, flushing his system, and clearing his lungs of residual air. When the pleasurable excitement of play acts on the heart, the muscles are strengthened; but when children are compelled to go through exercises which they detest, the brain becomes depressed, the heart weakened, and no good is obtained.

I can envisage the time when there will be no infants' schools as we now know them. Mothers and fathers will have sufficient time to educate their children themselves, up to the age of seven or eight. Young children want mothering.—*John Arrowsmith, in The Paedologist (abstracted).*



HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Diet of School Children

MRS. D. A. FITCH

It is a well-known fact—known to the sorrow of too many parents—that the schools graduate many invalids and semi-invalids. The cause?—Some one has made a mistake. It is not the fault of the child, and perhaps not of his grandparents, but probably the fault lies at the door of an overfond, but in one respect ignorant or careless mother. Too much school work is required of the children. No teacher who requires study work out of school hours could have the custody of my child. At that time his energies must be given to physical betterment and work, which will be to him a potent factor in carrying on the world's manual work.

Mothers and fathers should become intelligent on health principles so as best to conserve the strength, both mental and physical, of their children. The dress, recreation, sleep, and occupation of the child all tell for or against his welfare. Especially should the diet be carefully guarded. Regularity of meals, no eating between meals, thorough mastication of only proper food, should be insisted upon, even from infancy. That the diet has much to do with the health of the child is well set forth in the following extract from an article written some time ago

by Dr. Mary F. Bissell, then Professor of Hygiene, Women's Medical College of New York Infirmary:—

“How many children, for instance, are allowed to make an entire breakfast upon griddle-cakes made of fine wheat flour—which is so refined as to have lost the larger part of its nutritive elements except starch—to which molasses has been added. The molasses in this case, only adds more carbon, like the starch, and here is an entire meal furnished to a little, active body, which contains hardly a vestige of nitrogen,¹ or

¹ Where it originated, we know not; but we find it possessing the proverbial nine lives. We refer to the belief that white flour is deprived of its nitrogen. A glance at any table of food values will show that the nitrogen content of white flour or white bread is only a trifle less than that of flour (or bread) from whole wheat. Flour consisting of starch would not make raised bread. It is the gluten—the nitrogenous part of flour—that holds the imprisoned gas, and causes the bread to rise. Superfine flour, or pastry flour, is deficient in gluten, and therefore makes poor bread, but makes good pie-crust with less shortening than is required for strong flour. Even of the superfine flour it would hardly be right to say that it “contains hardly a vestige of nitrogen.”—Ed.

muscle-maker, and very little of other most important nerve food, and on this poor meal the child must study the whole morning. Not infrequently he is too tired on returning home at luncheon time to eat the meal provided, and perhaps satisfies his appetite with baked apples and gingerbread, the latter being made, as was the morning meal, from 'highly refined' wheat flour, and therefore mainly a starchy food. Such food will not make brawn and brain for our children."

Dr. Bissell further emphasizes the necessity of using more of the wheat than its starchy portion, since the material for building brain and muscle is found in the outer layers of the little grain. This would be a saving to the organism of the child, and to household economy as well. She also advocates the free use of fruit as an adjunct—fresh when it is obtainable, or well cooked at other times.

About the flour of which Dr. Bissell speaks, notice it is *white* flour. This is quite a different article from the *strong, yellow* flour of which the so-called white bread is more usually made. A fine flour of decided yellow tints has in it nearly all of the wheat kernel, as is shown by the toughness of bread made from it.

Besides being composed of proper food, the luncheon should be packed in a dust-free receptacle. There should be comparative freedom from knickknacks, pie, cake, and candies, and absolute absence of pickles, cheese, and the like. An abundance of fresh fruit and nuts will in many respects more than compensate for things injurious. Let the child carry a napkin, and use it properly. If convenient, it is well for the teacher to participate in the luncheon-time picnic, and by example, as well as by occasional precept, help the children to understand the principles of a correct dietary.



MRS. D. A. FITCH writes in a recent letter: "Last Tuesday my son, a lady friend, and I walked the burrow trail of Mt. Wilson, which is eight miles long. We started about 9 A. M., and were back at the foot of the mountain in time for the 7:15 P. M. car. We took time to rest on the way, and to eat two meals. We spent one-half hour at the observatory. I think it was doing very well for one in her sixty-third year to

traverse sixteen miles of mountain burro trail in one day. I spent the next day washing and ironing, and watering the garden. I have been a vegetarian for seventeen years, and I am sure I could not have done so creditably before I was a vegetarian." [Mrs. Fitch has for years been a staunch teacher of temperance, and her rugged health witnesses that she has consistently practised the principles she teaches.—ED.]

A Few Recipes

MRS. LUELLA B. PRIDDY

Vegetable Hash

TAKE equal parts of cold boiled or baked potato, dry bread crumbs, and cold bean patties. Crumb the bread, slice the potatoes and patties thin. Turn into a skillet, and add seasoning. Pour in hot water or milk, as much as the food will absorb. Set back on range, and cook slowly without stirring, until all the liquid is taken up and the hash has a light, spongy appearance. Serve hot. Cold bean roast may be substituted for the bean patties. This is very good.

✽

Panada

Have ready a skillet with hot milk. Crumb in small pieces of dry bread; season with salt and a pinch of sage. Set back on range to cook slowly until the milk is absorbed. Water may be used in the place of milk, and nut butter, hickory nut meats, or other nut foods may be used as seasoning.

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Crackers

Take one cup of butter to two of water. If pastry flour is used, take two and one-half cups of water. Mix very stiff, much harder than you can roll out. Knead thoroughly. This will take a little wrist muscle, but the crackers are very good when made. It is not much more trouble to mix a large quantity than a small one, and they keep well. Cover the dough, and let it stand about an hour, when it will have become soft enough to handle.

Roll out thin, and cut round or square as preferred. Bake in a moderate oven until thoroughly done. If the oven is too hot, they will brown over before they are dried through the inside, and will not be so tender. These are better after they have been kept a few days. Probably cooking oil, instead of butter, could be used by adding salt.

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Rice and Pea Soup

Take a half cup split peas. Cook for one hour, then add one-half cup of rice, and cook until tender, using enough water to make the soup of proper consistency. Season with salt and nut butter. Just before serving, add toasted bread crumbs.

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Steamed Fruit Loaf

To one pint of stiff corn-meal mush add one teacupful of light bread sponge. Then work in enough white flour to make stiff. Have ready a basin partly filled with sliced apples, or if preferred, fresh blackberries or other berries may be used. Put in a layer of dough, and pat down with a wet spoon until the dough is spread over the fruit. Add another layer of fruit, and cover again with dough, patting smooth as before. Then let rise until light, steam two hours, put in the oven, and bake until the top browns over. If not used until the following day, it can be heated in the steamer before serving. Slice and serve with lemon sauce or other dressing.



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

The Fad of Home Work

I SAW a boy, a little boy
 But ten (or scarcely more),
 Come staggering home beneath a weight
 Of text-books that he bore.
 In school from nine to three he toiled,
 From seven to nine with tears
 He fagged at "home work" sleepily —
 This boy of tender years.

"What do you learn, O little boy?"
 He answered dolefully:
 "Why, hist'ry, word analysis,
 Advanced geography,
 Physiology and language,
 And art and music — well,
 And physics and arithmetic —
 Of course we read and spell."

"When do you play, O little boy,
 Of years and text-books ten?"
 "'Bout half an hour, because I've got
 To do my 'home work' then."
 His head was large, his face was pale;
 I wondered how the nation
 (Whose hope he was) could ever use
 This slave of Education!
 — Ella M. Sexton, in the *Examiner*.

Parent and Child

[In this issue we give a number of brief abstracts from parents and educators, on the proper relationship between parent and child. These, it will be seen, all bear on the same truth — the importance of respecting the individuality of the child. Happy is that child whose father is an elder brother, whose mother is a grown-up sister, leading, rather than driving, recognizing the child as an individual.

Too many parents resemble the hen

that attempted to keep her brood of ducks out of the water, till she finally learned that the water was the best thing for them; and, then, with her added experience, forced her next brood of chicks into the water. The ducklings and the chicks were guided by an instinct that was superior to the knowledge of the mother hen. Parents should be careful that in planning for the life-work of their children, they do not attempt to fit a square block into a round hole.— Ed.]

“Home”

I KNOW a family where “mother” is always a part of all the frolics. “Come on, mother, we’re going to have some fun,” is always the invitation, and mother goes, approves when she can, and if she must interfere, does it in a manner that makes every one feel that hers is the best way.

“Let’s have a circus in our barn,” said one boy to another. “O, no, let’s have it in our house; mother can help us, and tell us what to do.” So the troupe of boys ran to mother, and she counseled and planned, and turned the “circus” into a harmless entertainment where good manners ruled, and only proper language was heard. “Isn’t she bully!” was the enthusiastic, if not elegant, compliment of the boys.

A truer valuation of the character of companions is obtained if they are seen under the eye of father and mother. It



is wonderful what a difference this makes in the judgment. “I thought he was a real nice boy, until I took him home with me, then I felt that he was rude and coarse as soon as he came where mother was.”

“How different her conversation sounds to me when I know mother is

hearing what she says, even though mother makes no comment. I seem to hear through her ears, and that changes things.”

The greatest safeguard for youth is that its friends shall be entertained in the home circle. Alas! too often young women receive in the home parlor young men whom the parents do not even know by sight.



An idea sometimes maintains that home is the place where one may be careless in dress or in manners. “I want to be comfortable at home,” is the excuse. But if we were brought up to personal neatness, to courtesy and careful behavior in the home, we should feel only comfortable when conforming to these conditions. Then we should find ourselves comfortable in the best of society. I know a young woman of twenty-five who is never at ease because she was not trained to good manners in youth. She does not know how to perform an introduction easily, to leave a room gracefully, to receive a kindness courteously, although a girl of good sense, yet, not knowing how to conduct a conversation, she always giggles when spoken to in society. She talks slang at home, consequently she has no elegant vocabulary to use in social life. She is careless of her person at home, therefore is ill at ease when “dressed up.” She can not readily say “please” and “thank you,” or “good morning” or “good night,” for her tongue was not trained to those formulas of courtesy in youth.

Home, then, should be the center of

social life, the foundation of social joys, the school of social virtues.—*Mary Wood-Allen, M. D.*



Less Command and More Trust

GEORGE FOX tells us to forbid nothing in our children but that which is wrong. We can not always do this, because we



often have to forbid things in them which would give inconvenience to other people, and yet are not in themselves wrong; but I think that quite little children even, very often lose the feeling that you are a comrade and friend, because you can not look at things from their point of view, and feel perhaps that you must forbid some perfectly delightful game because of a little dirt and untidiness.

I think we often do not trust them enough. Quite little children like to have confidence placed in them; and unless a child habitually disobeys, we should take it for granted that our wish is carried out, and not watch always to see that it is done. It is most sad to hear a child say, "Mother always expects me to be naughty."—*John W. Rowntree, in Parents' Review.*



Unprofitable Table Talk

THE safe rule, either for dyspeptics or well people, is to taboo rigidly the sub-

ject of dietetics as a topic of conversation at meal-time. Incalculable injury is often inflicted upon the children of healthy households by the incessant watchfulness of parents over their diet, especially in regard to desserts or other luxuries of which they are particularly fond. A due amount of caution is necessary, but it should be exercised when ordering the bill of fare.

Nine tenths of the talk to children about the hurtfulness of food is prompted by motives of economy. It is a constipation of the pocket-book rather than the hurtfulness of food, that causes many a child to be tortured by the presence of luxuries that he is not permitted to enjoy in common with the older members of the family.—*Hudson.*



When a Woman Nags

A DOCTOR expresses the opinion that nine times out of ten the woman who nags is tired. Once out of ten times she is hateful. Times out of mind her husband is to blame.

The cases that come under the physician's eye are those of the women who are tired, and who have been tired so



long that they are suffering from some form of nervous disease.

They may think they are only tired, but in fact they are ill. In such cases

the woman often suffers more from her nagging than her husband or the children with whom she finds fault.

She knows she does it. She does not intend to do it. She suffers in



her own self-respect when she does it, and in the depth of her soul longs for something to stop it. The condition is usually brought on by broken sleep, improper food, want of some exercise other than housekeeping, and enough of outdoor air and practical objective thinking.—*Family Doctor*.



Development of Our Youth

As our children grow up, we must more and more frankly respect their individuality, and more and more frankly encourage them to make the most of all their days. . . .

In treating adolescents like reasonable beings, my own policy, whether at home or at school, would be to secure a healthy and generous natural environment, touching real life at every possible point, and then encourage an active participation in

all the problems presented. . . . When children are of the company, they must be taken—if they are interested—into the company's confidence. To leave a growing boy or girl, in their presence, out of the talk is almost worse than setting them to eat at a separate table.

At school, which exists only for its scholars, everything must be subordinated to the needs of those scholars. I should myself, if I were quite free, consult my senior children on nearly all matters connected with the organization of the school.—*John Russell, in Parents' Review*.



ELBERT HUBBARD, in introducing his article in the September *Cosmopolitan*, which is quoted more fully on another page, has this to say regarding expression in children: "I wonder if there is a more preposterous admonition than that which has been dinned into the ears of innocence for centuries, 'Children should be seen and not heard.' The healthy, active child is full of impressions, and



that he should express them is just as natural as for a bird to sing. It is nature's way of giving growth; no one knows a thing for sure till he tells it to some one else. We deepen our impressions by recounting them, and habitually to suppress the child when he wants to tell of the curious things he has seen is to display slight acumen."

THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park.

Jottings from a Missionary's Note-Book in China

RAP! tap! tap! at the door. "Teacher Laird! Teacher Laird!" "Well, friends, what is your desire?" "Please, teacher, come and save the life of our friend. He



has two little children, one a boy of five, the other a girl about three. Last night a friend of his came, and took some of his clothes, and pawned them. The man 'lost face,' and has swallowed opium. We are afraid he will die." "But why did you not come last night? You live on the same street." Whether from superstitious fears or not, they reply, "We

did not know about you until to-day. We came as soon as we heard." "Well, all right; we will come; but there is very little hope of recovery."

The man was found in a sitting posture, propped up by cotton quilts. It was easy to see he could not live long. I asked my teacher to join me in individual prayer. The poor man soon breathed no more. The little children could not understand it at all. Had we had a school, we might have recommended that they be sent to it, so that they might be taught "the Way, the Truth, and the Life." Ringing through one's ears came the solemn refrain, "Not willing that any should perish." If you and I really believed that statement, there would soon be many vacancies in England and the United States, made by those who had "gone to the front."

A little girl of twelve summers was carried to the dispensary. On examination, it was found that, owing to her feet being bound, the nutrition supplied to her legs was so poor as to cause them to bend on one side as she tried to walk across the narrow room. Directions were given for home treatment, but we have not seen our little friend again.

From the age of three until eleven or twelve, sometimes longer, the great majority of Chinese girls are never free from pain, on account of this cruel custom of binding the feet, with the idea that the smaller the feet, the prettier the ladies appear when walking along the street.

Should we not be thankful, and praise God, that we were born in Christian lands? And shall we not pray that the light of the gospel may shine into our Chinese sisters' hearts, causing them to break from such terrible customs? We are glad to tell you that some are unbinding their feet, while some mothers are kind enough to allow their girls to have natural feet.

A Chinese proverb says: "Each pair of bound feet costs a water-jug of tears." When I went to England, I called to see a policeman. When his little daughter saw a pair of these tiny shoes, she was greatly shocked. Some time after, a lady who visited the house told me that the little girl prayed daily for me and the poor little

Chinese girls. She was less than seven years old. If you begin to pray for China's four hundred millions, if Jesus does not come back so soon, he may send you to China to tell them of the Saviour.

It is not uncommon to hear the Chinese spoken of as altogether and absolutely void of feeling or sympathy. To one who has traveled many thousands of miles through China's borders, in the course of seven years of evangelistic labors, seeking to win them to Christ, it seems that this statement should be put at the doors of persons such as one met here on Christmas day. His home was decked with garlands of wreaths, in commemoration of the incarnation of Jesus Christ at Bethlehem. This man

was born in a professedly Christian land, amid pleasant surroundings, probably of pious parents, yet how little of the love that animated Jesus Christ dwells in his heart, the following will show:—

When asked how he had managed to get the Chinese to follow his directions, seeing he could not speak their language, he replied, "O, I usually carry a thick whip, and when they do not do as I want, why, I just lash them. To-day being

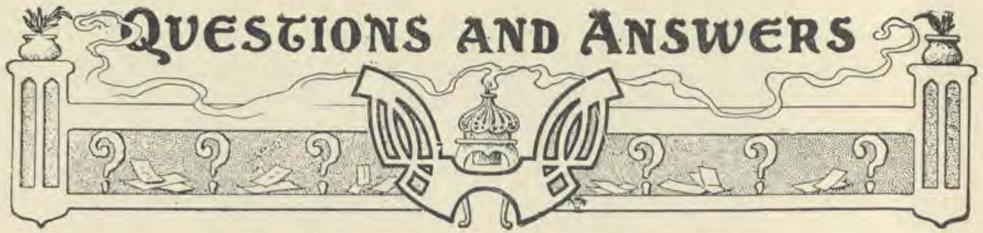


Christmas, I have left the whip at home; but I shall have it every day after this." Can you wonder that foreigners are sometimes called "devils" by the Chinese?

A mother had been bringing her little twelve-year-old daughter for treatment. It was a terrible case of tuberculosis in the scalp and hip. We missed them for a week. Two or three days ago we met the mother on the street, and asked her why she had not been to see us, and inquired after the health of the daughter. With great emotion, and great tears coursing down her cheeks, she told us that against her will, her relatives had taken the child to a village some distance away, preferring she should be treated by a Chinese quack.

P. J. LATRD.

QUESTIONS AND ANSWERS



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

289. Cause of Erysipelas—Is Gelatin Wholesome?—Is Slippery Elm Nutritious?—V. S., Wash.: "1. What is the cause of erysipelas? 2. Is it due to bad blood? 3. Is gelatin wholesome to use in desserts, or is it harmful? 4. Is there any nourishment in slippery elm?"

Ans.—1. The specific cause of erysipelas is a germ, the streptococcus erysipelatosus. It is an infectious disease.

2. No; but impure blood lessens the resistance to any disease, and invites an attack. Bad naso-pharyngeal catarrh and decayed teeth are very common causes of erysipelas.

3. Gelatin as ordinarily used in the preparation of desserts may be considered harmless.

4. Yes; the mucilaginous substance in slippery elm is nutritious, and will support life for a time.

290. Diet in Rheumatism.—J. L., Iowa: "Please prescribe a diet for a person suffering from rheumatism."

Ans.—In the acute stage where there is decided fever, use but little food, but give an abundance of water, especially during the first few days. Fluid foods only should be used. Corn, celery, or vegetable soups, gruels, milk, mild fruit juices with carbonated water, will be found acceptable foods. In some cases a milk diet will agree well with the patient.

When the acute stage is past, solid foods may again be given. These should consist of simple, but well-prepared articles, such as rice, granola, flake foods, unfermented rolls, toasted bread, or zwieback, potato, poached eggs, beans, peas, celery, lettuce, cottage cheese, cream, milk, and mild fruits, fresh, canned, or dried. Nut foods and good butter may be used in small amounts.

Avoid all highly seasoned foods, spices, condiments, and flesh foods, tea, coffee, greasy foods, pastries, overeating, hasty eating, mental depression, and all other in-

fluences that interfere with good digestion.

In some cases of rheumatism it is best to make a decided change of diet even where the diet is of an excellent character. Simply changing to other foods, which are equally good, but different, will so change the process of nutrition as to be very helpful in overcoming a rheumatic tendency. Select only such wholesome foods as will agree with you; eat slowly, and do not overeat.

291. Obesity, or Fatness.—Mrs. E. D., Iowa: "Please send me a cure for obesity. I am large through the hips, not proportionately right. I am five feet seven inches in height, and weigh 165 pounds. I should weigh 135. My general health is good. I have heard that drinking sassafras tea will reduce weight. Is it so?"

Ans.—You are about twenty-five or thirty pounds heavier than you should be—a case of fatness, not obesity. If, as you say, your general health is good, you can reduce your weight to normal provided you will lessen your food and increase your exercise sufficiently. Eat barely enough food to keep up reasonable strength. Omit all strong, fattening foods, such as cream, butter, fat foods of all sorts, sugar, cakes, nuts, etc. Use foods of low nutritive value, such as lettuce, spinach, cabbage, turnips, celery, skimmed milk, apples, peaches, pears, oranges, lemons, and ripe fruits of all kinds except prunes and grapes; cereal coffee may be used freely; bread and potato should be used only in very small amounts. When bread is used, it should be in the form of dry toast, and should be eaten dry. The hunger for food may be greatly lessened by chewing a piece of orange peel before meals.

Take all the exercise you can endure every day. This does not mean one or two hours' hard work, but it means active exercise all day,—ten or twelve hours,—and kept up continuously. Any form of exer-

cise will do if it is thorough. Walking, climbing hills, doing vigorous housework, or better still, working in the garden, is an ideal method of getting good exercise. Put energy and vim into it, and go to the limit of endurance. Work, in the sweat of your brow, if long continued, will reduce your weight. A cold bath once or twice a day, followed by a heavy massage, is very helpful, but must not be taken when very tired. Wear light clothing, barely sufficient to keep comfortable.

The use of sassafras and many other medicines is said to reduce weight temporarily, but none will take the place of the above simple program, which, if followed energetically and persistently, will reduce your weight, and keep it normal.

292. **Rheumatism and Neuralgia.**—W. L. W., Cal.: "1. What is the cause of rheumatism and neuralgia? 2. Does diet have anything to do with bringing on these diseases? 3. What will cure them? 4. Please prescribe a diet that will take away the pain. 5. Does poor drinking water cause rheumatism?"

Ans.—1. The real cause of rheumatism is not known. Whether or not it is caused by some form of bacteria is as yet undetermined. But it is well established that bad food, improper clothing, exposure to changes of temperature with sudden checking of the secretions of the body, damp living-rooms, lack of sunshine, and other unsanitary surroundings, are conditions which favor the development of rheumatism. Habitual overeating of flesh foods or other nitrogenous foods may produce an attack of rheumatism. Contrary to the generally accepted idea, the overeating of starchy foods may produce the same result. Faulty nutrition and an impoverished diet, are also sometimes associated with this disease. Neuralgia may also be due to any of the above causes, or to a bad stomach, bad methods of eating, mental depression, decayed teeth, constipation, bacterial poisoning from the mouth, stomach, or bowels, or from any inflammation accompanied with the formation of pus, or from any one of a hundred other causes.

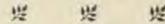
2. Yes; it is the most important of all causes in both these diseases.

3. The four essentials of home treatment of these painful diseases are proper feeding, increased elimination, healthful sur-

roundings, and a hopeful, cheerful mental attitude.

4. No diet of any sort will take away the pain. When a person ceases the transgression that may be causing these diseases, nature will undertake to eliminate the accumulated poisons that are causing the pain, and the pains will cease. Right methods of living will then keep one free from these diseases. See answer to question, "Diet in Rheumatism," in this number.

5. No; not directly. Bad drinking-water will injure the health, and so render an attack of any disease more liable.



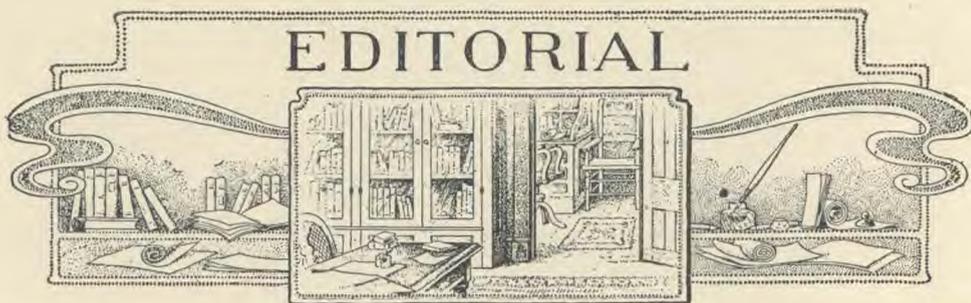
ONE of the notable results of the **decline in religious faith**, especially in the intellectual classes, is the **increase of suicide**, says Dr. Robert Gauff in a Berlin paper.

THE St. Louis Society for the Relief and Prevention of Tuberculosis held several **open-air meetings** in the school yards this summer. Moving pictures attracted crowds, to whom were taught the **principles of preventing tuberculosis** by fresh air and cleanliness.

PROF. GEORGE JOE, a Virginia man, **restores to life** asphyxiated animals that are, to all intents and purposes, dead; that is, animals which physicians, after a careful examination, pronounce dead. He uses a double pump, by which he pumps oxygen into the animal's lungs, and pumps out the asphyxiating gas, whether ether or carbon dioxide or acetylene. His method may prove valuable in the restoration of persons who have been drowned, or asphyxiated by gas, provided the patient is treated early enough.

GOLDWIN SMITH, in addressing University of Toronto **students**, **advised them not to overwork**; and he attributed his own longevity to the short hours he put in at school. The human mind, however, is not like a pot into which anything can be poured. It must have receptivity, or it can not digest what it has received. He considered that athletics have gone beyond all limits. When at Eaton, he played football; and nothing was kicked but the ball. Now everything is kicked but the ball. There is now also great danger in hazing, a most ignoble and unmanly thing that makes strong boys tyrants and weak boys cowards.

EDITORIAL



The School Hygiene Congress

In the Second International Congress of School Hygiene, held in London in August, earnest consideration was given to the importance of physical exercise, fresh air, and sunshine in the child life. Educators, physicians, and all who are making a careful study of the rising generation, are coming to realize that the basis of all true education is physical education.

Without fairly sound health, proficiency in the various branches taught at school is of little value to the young man or woman. In fact, it is now evident that a large part of the so-called "backwardness" which has kept many young people from advancing with their grades, is due to physical defects. Often the removal of adenoids or overgrown tonsils or the proper fitting of glasses may be all that is needed to convert a supposedly "dull" pupil into one of at least ordinary intelligence.

The work of the medical inspectors in our large cities has, in this line alone, been the means of saving to spheres of usefulness children who, through no fault of their own, were rejected as dullards. Without medical assistance, such children, not knowing the real cause of their supposed inefficiency, have gone through life handicapped, with scarcely the rudiments of an education.

But medical inspection is not confined to rendering aid to the physically deficient. Another important work is the

protection of those who are in health, by removing from the school all children coming down with what gives promise of being an attack of infectious disease. Here the rights of the many are considered as being paramount to the rights of the few. The most efficient inspection is that which excludes every child which has any of the early symptoms of diphtheria, scarlet fever, measles, etc., until it is *certain* that the child is *not* suffering from infectious disease. "Better be sure than sorry" is the safe rule here.

And an efficient system of medical inspection will not permit the child to re-enter the school until a competent physician has certified that all danger is past. It is to be extremely regretted that parents are often so short-sighted that they are willing and anxious to send their children back to school immediately after an attack of some infectious disease, and resent it as an infringement of their personal liberty if they are not permitted to do so. An efficient system of medical oversight protects the many against the thoughtlessness and selfishness of the few.

A third line in which medical inspectors can do excellent service, provided they have the authority, is in the oversight of the ventilation and sanitation of school buildings, the lighting, seating, etc. Students spend a very considerable proportion of their time in the school-room. At the very best the ventilation is poor enough; and where no attention is

given to it, it is often decidedly vicious and life-destroying.

While in some cities the work of medical supervision of schools is progressing satisfactorily in some of these lines, there is much yet to be done. Probably the greatest want at the present time is in the line of proper instruction to parents and the people at large that they may understand the prime importance of the physical part of the public-school work — under skilled supervision — that the present attitude of apathy, or even antagonism to medical supervision, may be replaced by one of hearty co-operation.

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An Epidemic of Crime

THE newspaper has the credit of being the popular educator. It has come to stay. We can not get along without it. It is an integral part of our civilization.

Man once lived in a condition of comparative isolation. Outside of one's family or tribe there was little to interest him. Now the entire world is becoming one immense family, and we are as much interested in a congress in Paris, or a battle in South Africa, or an insurrection in Cuba, or a discovery in the polar seas, as our forefathers were in the doings of their next-door neighbors.

The characteristic of the small town is gossip. Every one knows every one else, and the "private" affairs of each are known to all. This is usually due largely to the activities of one or more self-constituted gossip-mongers. The entire world is now partaking of the same characteristic, and the newspapers are the gossip-mongers. I mean gossip in the bad sense. They purvey all the base, all the low, all the vile. Look at the flaming headlines of almost any newspaper, and the chances are that you will find most of the space devoted to the crime and devilry of the world.

Yes, the papers are educators, but not

always in the best sense of the word.

A recent number of the *Independent* attributed the wave of crime in New York which recently startled the world, to the publicity given to such acts by the newspapers. *The Journal of the American Medical Association* comments:—

"In and around New York there has been a series of assaults on little girls and of strangulations which has sent a wave of horror through the country. The newspapers generally have spoken of it as a wave of crime. There seems to be no doubt, however, that it deserves the name of an epidemic of crime. There are a number of morbid individuals in all large cities in whom there exist, in a more or less dormant way, impulses to the worst forms of crime. As a rule these impulses are not put into action because of the personal abhorrence of the individual, in spite of his morbid condition, and also for fear of the punishment that will surely be meted out for such a crime. When such people read accounts of crimes of this awful nature, their former temptations become almost obsessions to the commission of them. When they realize, further, that the criminals have escaped justice and are not likely to be captured, such an obsession may degenerate into what is practically an uncontrollable impulse if the opportunity presents itself. . . .

"It is evident at a glance that the widespread publication of the details of such crimes is eminently injudicious, to use no harsher term. . . . If we would take up seriously the question of moral prophylaxis against the occurrence of these gruesome outrages, we must have some regulations to limit the publication of details of unnatural crime."

Men do not conduct newspapers for philanthropic purposes. The aim is *success*, and you know what that means. The policy is to make a paper that will *sell*. And as a rule, the paper that can

best meet the hankering for that which is low in man and woman will be the most popular.

There are a great many shades of yellow from the great saffron-colored metropolitan scare-head monstrosities to the more delicate straw-colored sheets of lesser pretensions; but there are few that can pass as pure white.

If the black roller of the Russian censor could be passed over some of these yellow blots on the papers, the result might possibly, in the course of time, be the elimination of the dirty sheet, and the substitution of a clean newspaper.

But the remedy must be applied farther back. The newspapers furnish what their readers are greedy for. It is true, in a measure, that they have created this appetite, but not altogether. Legislation would do little to remedy the evil, with an apathetic public opinion. The people themselves, especially the fathers and mothers, must come to a realizing sense of the danger they face in bringing an unclean sheet into the home.



"How to Spoil Children"

SOME one has sent us a clipping bearing the above title. In this, Annie Laurie says:—

"It takes a selfish mother to bring up unselfish children, and all of the cold-hearted, ungrateful children I have ever known have been the children of mothers who oversacrificed themselves.

"Whenever I see a woman dressing like a dowd to buy fine clothes for her daughter, I know before I meet the daughter just exactly the kind of girl she'll turn out to be—precisely the sort of girl, to be sure, that her mother has made her—vain, selfish, and calculating. How can she be anything else?

"Do you know a woman who lives in a little hall bedroom in a cheap boarding-house to save money to keep her son in

college? Does she wear shabby clothes, walk in the rain to save car fare, and hang over the stairs from morning until night, waiting for the postman to bring her a letter from her son? Have you seen her son? Wait till he comes home for a day or two's visit, and you will see enough of him. He'll be dressed in the very latest fashion; he won't walk to save car fare.

"Cabs are good enough for him, and he will patronize his mother and laugh at her, and do everything he can to show the other boarders that he knows she's a good little creature, and he will only spend the shortest kind of time with her that he can possibly manage.

"I know a woman who works for her living. She's a cook, and the other day she told me that she had saved enough money now to keep her daughter's music lessons up for two years longer.

"Daughter is married to a decent mechanic in decent circumstances, and she has just about as much use for music lessons as a fox terrier has for a pipe-organ.

"I asked my friend, the cook, why she didn't give her daughter dressmaking lessons so she could learn to make her own clothes and help her husband save that much money, besides learning a very useful trade which would come in handy if husband died.

"Every time I think of the look my friend, the cook, gave me when I asked her about the sewing lessons, I hate to taste of the soup.

"Fathers do very little of the spoiling: half the men in America are dragged through life helpless and protesting at the heels of some half-baked youngster whose mother has taught him that there is only one way in the world to be considered for one moment, and that is his own sweet way. If you want unselfish children, be a little bit selfish yourself;

that's the surest way in the world to get them."

The illustrations given by the writer are true to life; they are typical; they illustrate a great truth.

But I am inclined to think the writer mistakes when she thinks the mother who slaves for an unappreciative child is unselfish. This would mean that children inherit opposite traits from their parents. I can not believe that a good trait in a parent will be followed by its opposite in the child—unless it be in very exceptional cases. The mother who slaves for her child is most intensely selfish. She has an inordinate ambition for her child. She takes pride in the child. She lives in the child, and her highest hope is to see the child succeed socially. She has no ambition to see the child unselfish, and serving others. Her whole selfishness is bound up in that child, and the child shows it developed a hundredfold and intensified. Like produces like. The unselfish mother does not produce a selfish child. The mother who has a spirit of real unselfishness will instil in every child a spirit of service, of self-forgetfulness. She will require the girl or the boy to do his or her share of the housework, realizing that thereby she is giving the highest kind of education,—the education that makes practical, thoughtful, resourceful people, who are a blessing to themselves and others.

Such a policy, properly carried out, requires more care, more self-denial, more forethought, than the so-called self-denial themselves and to others.



Resolutions of the American School Hygiene Association

AT the American School Hygiene Association's first meeting, held in Washington, D. C., May 6 and 7, this year, the following resolutions were adopted:—

"Whereas, The maintenance and de-

velopment of the health and vigor of school children is a matter of paramount importance, and,—

"Whereas, Experience in all great cities has shown the importance of health inspection; be it—

"Resolved, That in every city and town adequate provision should be made both for sanitary inspection of schools and for medical inspection, the latter to include not only inspection for contagious disease, but also of eyes, ears, teeth, throat, and nose, and of general physical condition.

"Whereas, The improvement in the health of and the hygienic conditions surrounding school children depends largely upon the intelligent co-operation, the competency, the interest, and the faithfulness of teachers and principals in matters of hygienic importance; therefore be it,—

"Resolved, That all schools having courses for the training of teachers should give instruction in (a) personal and school hygiene, and in (b) the principles and practise of physical training, and that each of these subjects should be given as much time as the major subjects of the course.

"Resolved, That examinations for licenses to teach should include questions upon these subjects, and that answers to such questions should be given equal weight with the answers to questions upon any other subject."

We have ceased, in a measure, to say, "Am I my brother's keeper?" when it comes to matters pertaining to the public health. Those who have studied into the nature and cause of disease have learned that the seeds of fatal acute diseases and of incurable chronic disorders of various kinds are largely sown during the period of school life, and in the schoolroom. The time to extinguish a prairie fire is when the match first drops. It is easier then, and there is less damage done.

The little disorders of childhood, unnoticed by the parent, perhaps, may develop, five, ten, twenty, or thirty years later, into that which will take the life of the victim, or at least render life a failure.

It has also been observed that many defectives, mental and moral, may be rendered normal by timely and adequate medical attention. Is this not better work than to build more jails and hospitals and poorhouses to take care of these defectives a few years later?

A selfish motive also suggests the importance of restricting communicable disease by careful inspection. Scarlet fever, measles, and other diseases of infectious nature, including tuberculosis, if not carefully restricted, are a menace to the entire community. In fact, the entire community suffers more or less as the result of every case of inefficiency and incapacity.

These resolutions, passed in Washington, are an indication of what is taking place in all civilized countries — a revolution of sentiment relative to our duty to take public control of the health conditions of the growing child.



The Proper Food for Babies

WHATEVER may be said about food for adults; whether we believe in an all-round diet, or a vegetarian diet, or a fruit-and-nut diet; whether we believe that starch in some form should form the bulk of human food, or that bread is the "staff of death," as some enthusiasts would have it, we must all agree that the food for infants is mother's milk. Grown-up people manage to keep reasonably well on all kinds of wild fads, but the chances are all in favor of the baby whose mother is a mother indeed, and who does not have to adopt a cow as a foster-mother. Physicians, especially those who have large experience with children's diseases, see and lament the

tendency of the times to surrender to the cow one of the most important functions of a mother.

On this point the editor of the *Journal of the American Medical Association* writes: "There is no substitute for mother's milk. No modification of cow's milk, no matter how carefully or scientifically made, even approaches mother's milk for the healthy nutrition of infants. . . . No two women give milk that is absolutely the same, any more than their children are alike. The milk provided by nature for each infant is, as a general rule, of the precise composition that is best suited for the particular nature of the child. . . . In the face of this, the statistics with regard to nursing mothers are little short of appalling."

Statistics show that the proportion of mothers who are capable of nursing their children is constantly diminishing; and almost invariably the mother who has herself been brought up on the bottle proves to be deficient in power to nurse her own children — if she has any. A curious fact is noted that those who are themselves given to the bottle — that is, women who are victims to alcoholism — are unable to suckle their infants, and so must feed them on the bottle.

It would seem that the inability of mothers to properly nurse their children is, at least in many cases, an evidence of race degeneration; and the mother who finds herself weak in this respect, should attempt by all means to develop her power of lactation for the benefit of her progeny.

What must we say of the unwillingness of a mother to nurse her child when she is physically able to do so? It is one of the "signs of the times," and is destined to bear fruit. The writer above quoted lays the fault partly at the door of the doctors. "Physicians are probably more ready to find excuses for women not nursing their children than was formerly the case, and this has had a widespread

influence in strengthening the present fashion which proclaims it quite the thing for a woman not to nurse her own child. There would seem to be in this a serious duty of instruction as to maternal obligations, which the medical profession must take to heart, if the present unnatural tendency to give the infant over to the dangers of artificial feeding is not to be allowed to work even more harm in the future than it has in the past."



Unlawful Pleasures and the Consequent Reaction

IN his booklet, "The Philosophy of Hope," President David Starr Jordan in a few words preaches against the use of stimulants a powerful sermon, which merits repetition.

"Long ago, in the infancy of civilization, man learned that there were drugs in nature, cell products of the growth or transformation of 'our brother organisms the plants,' by whose agency pain was turned to pleasure. By the aid of these outside influences he could clear 'to-day of past regrets and future fears,' and strike out from the sad 'calendar unborn to-morrow and dead yesterday.'

"That the joys thus produced had no real objective existence, man was not long in finding out, and it soon appeared that for each subjective pleasure which had no foundation in action, there was a subjective sorrow, likewise unrelated to external things.

"But that the pains more than balanced the joys, and that the indulgence in unearned deceptions destroyed sooner or later all capacity for enjoyment, man learned more slowly. [Has he yet learned the lesson, or profited by it? — ED.]

"The joys of wine, of opium, of tobacco, and of all kindred drugs are mere tricks upon the nervous system. In greater or less degree they destroy the power to tell the truth, and in propor-

tion as they have seemed to bring subjective happiness, so do they bring at last subjective horror and disgust. . . .

"All subjective happiness due to nerve stimulation is of the nature of mania. In proportion to its intensity is the certainty that it will be followed by the '*Nuit Blanche*,' the 'dark-brown taste,' by the experience of 'the difference in the morning.' The only melancholy that drugs can drive away is that which they themselves produce. It is folly to use as a source of pleasure that which lessens activity and vitiates life."

A certain amount of joy is ours as a result of living a right life. This joy is legitimate, and is followed by no reaction. But he who attempt, by means of drugs or in other ways, to increase his pleasures above what nature has vouchsafed him in the proper performance of his functions, may have enjoyment for a time; but with every such enjoyment, there must come a corresponding retribution. Pitiably is the creature who, through unlawful indulgence, has rendered himself incapable of enjoying the lawful pleasures of life. After a time, even the unlawful pleasures fail to satisfy, and then life is a miserable drag. He whose chief end is sensual pleasure, ends with senses blunted to all pleasurable sensations, and a body racked with misery in proportion to his unlawful indulgences.

The greatest pleasure of this life comes to him who, forgetting himself, devotes himself to the uplift of his fellows. Jesus said, "Whosoever will save his life shall lose it." Is not this eminently true of the pleasures of life?



Prohibition a Failure?

THERE are some people who enjoy repeating the formula, "Prohibition does not prohibit." They refer in support thereof, to the fact that in large cities the lawless element defy the liquor laws.

They overlook the fact that there is not a law on the statute-book that is not violated by the criminal class. That is no argument against the law. Would you use the same argument against New York's laws prohibiting the violent attack of young women, or would you rather place the blame on those whose duty it is to enforce the law?

There is one class of men who *know* that prohibition laws are not a failure. The editor of *Beverages*, the well-known New York liquor paper, the official organ of the National Liquor League of America, makes the following significant comments on the prohibition success in Georgia:—

"The result in Georgia presents no pleasant outlook for any section of the business.

"We dislike to acknowledge it, but we really believe the entire business all over has overstayed its opportunity to protect itself against the onward march of prohibition, which in some sections of the country is advancing like a prairie fire with not a hand raised to stop its progress.

"For years we have sounded the warning of the impending storm. For years we have argued for organization, and for years we have, in season and out of season, pleaded for unity, harmony, and co-operation among all branches of the business, but all effort on our part and on the part of others has resulted in no good.

"Five years ago a united industry might have kept back the situation that now confronts it, but to-day it is too late."

You may rest assured, the liquor dealers were well pleased as long as the majority of the people said, "It's no use

to attempt to stop the liquor traffic by prohibition. The only recourse is moral suasion." Moral suasion is good enough if it persuades men to vote "no license."



Medical Advertisements

Do the newspapers serve the people, or do they serve "interests," or in other words, the heavy advertisers? Samuel Hopkins Adams, in his exposure of "The Great American Fraud" some months ago, gave a list of twenty-two fatalities reported by the daily papers as a result of using headache powders and bracers containing acetanilid. "Some of these victims," says Mr. Adams, "died of an alleged overdose, others from the prescribed dose. *In almost every instance the local papers suppressed the name of the fatal remedy.*" Significant, isn't it? The best-paying patrons of these newspapers are the medical concerns that advertise in their columns.



A FRIEND in Philadelphia has sent us some stanzas, entitled "A Protest." Its length, and our modesty are the excuses we offer for not publishing it entire. We thank the unknown writer for his kind suggestions, and give our readers the benefit of the first two stanzas:—

"September LIFE AND HEALTH has come,
Replete with wisdom, it's the sum.
It fights that old octopus—drink—
Till not a soul who reads can think
That any strength or vim is found
In alcohol, the world around.

"It makes one's heart leap up with joy
To get right out and help destroy
The ignorance so wide-spread now.
I'll help wipe out this curse, I vow.
These pages that with truth brim o'er,
I'll take around from door to door."



Alcohol and Drug Habits

A two-year-old child, of Swansea, England, whose mother had frequently given him liquor, was taken to the workhouse in an alcoholic stupor. He died from alcoholism, and the autopsy revealed the presence of cirrhosis of the liver.

Excessive tea drinking caused the death of a Manchester woman. At the post-mortem examination her stomach was found to be hard and leathery, having been actually tanned by the tannin in the tea. Thus the interior of the drinker, if she indulges to excess, is gradually turned into leather.

A CANVASS of the insane asylums of France shows that about one seventh of the seventy-one thousand insane owe their insanity to the "personal abuse of alcohol." A French weekly says that the full influence of alcohol is not shown by these figures, as cases due to alcoholic heredity without alcoholic excess are not included.

An international bureau against alcohol, was one of the notable results of the eleventh World's Anti-Alcohol Congress, which closed its sessions at Stockholm, Sweden, August 6. Its head office is to be in Lausanne, Switzerland. Dr. Crothers, of Hartford, Conn., is the American representative in the bureau, the purpose of which is to collect anti-alcoholic documents and supply them to governmental, municipal, sociological, and scientific societies and others interested, and to work for international anti-alcoholic reform.

CRAEMER, after extensive research and as a result of a large clinical experience, is convinced that smoking and excessive tea and coffee drinking have an injurious effect, not only on the secretions of the stomach and intestines, but also on their peristaltic movements. "Spastic symptoms in the intestines can frequently be traced

to abuse of tobacco, and chronic intestinal catarrh is frequently kept up by the influence of the weed. The patients must be warned that benefit does not follow immediately on suspension of the tobacco, tea, or coffee. Weeks may elapse before the symptoms show marked subsidence."

A LADY has compared the drink habits of Washington thirty years ago, when it was quite respectable to use liquors freely, and now, when a young man who is known to drink can not get a place either in the government or in a prominent business establishment. She says that this change in sentiment has come about largely through the influence of women. Let the good work go on. Prohibitory laws can never be enforced when public opinion is not favorable to enforcement. The public must be instructed as to the advantages of abstinence and the dangers of drink; but it is inconsistent to carry on such instruction, and then license saloons to carry on a propaganda of vice.

In some of the schools of Newark, N. J., cocain has been introduced to the older students through the agency of three depraved youths, who were conducting a thriving business by selling the drug for the pennies the youngsters had received to buy candy or lunch. In some cases children not older than ten years had become addicted to the drug. By means of this discovery, teachers were enabled to explain the marked falling off in the scholarship of some of the students. Naturally teachers and parents are thoroughly aroused, and demand stringent laws. But why not license the sale of cocain, and then use "moral suasion"? Even a liquor seller would have sense enough to tell you that wouldn't work. They did better than that. One hundred cocain sellers were arrested in Essex County in July. And even in New York they are prosecuting the illegal sell-

ers of the drug. Possibly, if there were a powerful trust back of the manufacture of cocain, it would be in order to license the sale of it.

Public Hygiene

THE thirty-fifth annual session of the **American Public Health Association** will be held at Atlantic City, N. J., September 30 to October 4.

THE Metropolitan Traction Company of New York has provided thirty out-of-date trolley-cars, which have been utilized for the **summer camp** for the girls of the Downtown Ethical Society.

DURING July and August the Montreal Street Railway Company gave **free special cars** for the use of the children, as well as the old and infirm of the city. The trips consisted of a ride around the city and Mount Royal, lasting about four hours.

THE city of New York has an old ferry-boat in use as a **day camp for consumptives**. Patients are sent there from the dispensaries, and remain until five o'clock, when they return home. During the day they receive from three to eight eggs, and from three to eight glasses of milk.

DURING the heated season, the department of health and charities of the city of Philadelphia distributed **free ice to the worthy poor**. Tickets for ice in quantities of twelve and thirty pounds were placed in the hands of the district physicians, with instruction to give preference to homes having sick children.

MASSACHUSETTS has a **hospital for habitual drunkards**, where excellent results are reported as the result of open-air work for periods not exceeding two years. There is apparent cure in nearly half the cases. Treatment by imprisonment without work has been a failure. It is recognized that chronic drunkenness is a disease, and must be treated as such.

Education in Hygiene

DR. SYKES, a London health officer, has established a **school for mothers** in which married women are to be instructed in clothing, feeding, and treating children, "by means of object-lessons on the babies of the pupils." Dinners will be provided for underfed mothers at a nominal price, in

order to encourage breast feeding of infants. This is a practical philanthropy.

The **School Hygiene Association** of America was organized in Washington, D. C., May 6, this year, and is in affiliation with the International Congress.

DR. ENGLISH, the health officer of an English town, has established a system of house-to-house **visiting and teaching mothers** how to rear babies healthfully. A public meeting was held in which mothers were instructed in the importance of breast feeding and the avoidance of alcohol, and the names of twenty volunteers were secured to continue the work of instruction under direction of the health officer.

The **Second International Congress on School Hygiene** was held under the patronage of King Edward, at the Imperial Institute, London, August 5-9. England's eminent physician, Sir Lauder Brunton, presided. There were some five hundred delegates present, from all parts of the civilized world. Among important topics considered were: Medical Inspection of Schools, Physical Training, Food Suitable for Brain Development. The last has been a perplexing topic in England, where many of the children of poor parents are sent to school improperly nourished. The next congress is appointed to meet in Paris in 1910.

Food and Dietetics

SINCE the pope adopted a **vegetarian diet** last January, he has been free from the gout, to which he was previously subject. He attributes his freedom from gout to his new dietetic habits.

A **PROMINENT** Paris physician has recently started a **goat dairy**, for the supply of goat milk to Paris customers. The demand so far exceeds the supply that the doctor has in contemplation another importation of fifty animals, in order to increase his output.

ONE investigator has observed that **sleep during digestion** always weakens the muscular activity of the stomach, and increases the acidity of the gastric juice; that repose in the horizontal position after meals, not accompanied by sleep, stimulates the functions of the stomach without increasing the acidity. This would indicate that one who

is subject to acidity of the stomach might be benefited by rest after meals, but decidedly injured by sleep after meals.

ENGLAND has a Bread and Food Reform League which has held a meeting recently for the purpose of directing the attention of the poor to **economical, healthful foods** that are now much neglected. Attention is called to the fact that a large proportion of the insufficient nutrition of the poor is due to ignorance on these lines—an ignorance which results in infant mortality and degeneration. It was shown, for instance, that a pound of tissue-building food can be obtained from peas for fourteen cents, and from oatmeal for fifteen cents, which, if obtained from beef, would cost sixty-four cents. The League advocated the use of whole-wheat bread in preference to white bread, because of the alleged poverty of the latter in protein. But in this they would do well to consult some modern tables, comparing the protein of roller process bread with whole-wheat bread, and especially the reports of the comparative digestibility of the two. They admit the indigestibility, and advise that the whole meal be finely ground to obviate this difficulty.

FOR the week ending July 27 there were in New York City an average of nearly **eighty baby deaths a day**, from "summer complaint," or diarrhea, as against eight a day for the week ending June 15. The hot weather, of course; but where investigation is made, it is found that nearly all the deaths are among the bottle-fed infants—the poor little fellows who have to take their chances on stale milk that has been on the road many hours, and has had numerous chances for contamination. The report of deaths under five years from diarrhea, for the weeks ending July 29 and the four following, are, respectively, 73, 118, 209, 378, 550.

HEALTH OFFICER GOLER, of Rochester, says: "Milk and eggs are the cheapest foods we have to-day, but **milk is too cheap to be clean**. The housewife is preventing the milkman from keeping the milk as pure and clean and wholesome as possible by not paying him enough to allow him to do so and make a living. And we are paying the

penalty in a long list of babies that die from no other cause than an improper milk supply. Some it does not kill, but many a child grows to manhood and womanhood, puny, ill-nourished, and with a weak constitution, because at the most vital and critical time of its life, it was fed on impure or unwholesome milk. Many are beginning to see that it is cheaper to demand better care of milk and pay the slight increase than to wait and pay doctor bills throughout their lives."

THE term "**certified milk**" is copyrighted, and is used by medical milk commissioners in the East, in order to designate milk produced under the supervision of the commission in such a manner that it is known to be pure and healthful. Such milk ought to bring a higher price than dirty milk. But as all milk looks white, and more or less innocent, most people prefer to buy the cheaper milk and take the chances. The fact is, much of the so-called milk furnished in our large cities is a dear food at any price.

MANY cases of **ptomain poisoning** have occurred in Buffalo as a result of eating cream puffs and chocolate éclaires. The poisoning seems to be traced to the white of the eggs, which is beaten up raw. This, with the sugar and gelatin, forms an excellent medium on which the germs can thrive with the production of poisonous alkaloids. The investigators say that in hot weather the cream puffs and chocolate éclaires should be eaten within twenty-four hours after they are made. How about the healthfulness of leaving them alone altogether? Would that not be the safest?

A WRITER in a medical exchange has some **good words to say for skim milk**. He calls attention to the fact that we do not usually consider fat meat to be desirable. The cream corresponds to the fat of meat, while the casein—the part which forms the curd—corresponds to the lean of meat, and is the muscle-building part of milk. An advantage of skim milk over whole milk is its more ready digestibility. Cottage cheese, prepared from the curd of skim milk, is a muscle-building food par excellence, but the writer of this note confesses to a preference for cottage cheese to which cream has been added.

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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WE advise those interested in the topic, The Medical Use of Alcohol, to secure a set of the tracts on this subject published under the auspices of the W. C. T. U. These tracts may be obtained from Mrs. M. M. Allen, Superintendent of the Department of Medical Temperance for the World's and National W. C. T. U., 20 Cayuga St., Homer, N. Y. Mrs. Allen has an article in this number of LIFE AND HEALTH. Send her 2 cents

for a copy of the 16-page tract, "Does Alcohol Sustain Life?" containing a list of medical temperance publications.

ONE of our agents sold 2,000 copies of the September number of LIFE AND HEALTH. A large number of agents sold 500 copies each.

THE September number had some appreciated criticisms, but the constant flow of praise, the repeated compliments of our solicitors, lead us to believe this Temperance number has accomplished much for the temperance cause, has been a real help to many drink-cursed individuals, and that its general effect and good influence will continue to bear fruit.

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A PENNSYLVANIA four-year-old child was **stung by a bee**, contracted **lockjaw**, and died in a few days.

A RECENT report of the Austrian Department of Commerce shows that the best **average health of workers** is that of the dweller in the city, as against the country dweller.

HEALTH OFFICER EVANS, of Chicago, says that during the last year twelve thousand men and five thousand women have died in that city. As the two sexes are nearly evenly divided in Chicago, this means that the **mortality rate is much higher among the men than among the women**. Dr. Evans attributes this to the strenuous life of the men, the quick lunches, the constant exposure, dissipation, and careless habits. The remedy, he says, is a return to the simple life of our forefathers.

A RECENT paper read at the Atlantic City session of the American Medical Association states that a large proportion of the "**involuntary race suicide**"—the unfruitful marriages—is due to the diseases contracted by the men usually, as a result of

loose "morals" before marriage. These loathsome diseases have been characterized as the chief moral and physical pest of our age, and have been called, in contradistinction to tuberculosis, "the great black plague."

DR. HENRY DAVY, president of the British Medical Association, in a recent address given before that body, called attention to the fact that civilization, with all its labor-saving devices, manifests a distinct **tendency toward physical deterioration**. He cited the Japanese nation, where physical culture has become a fundamental part of the national system of education, with the result that there is already a noticeable improvement in the stature of the Japanese. The notable freedom of the Japanese from disease during the recent war was also cited as an evidence of the effect of national hygienic education on the health of the masses. Dr. Davy called attention to the tendency, in England and America, to make athletics the profession of the few, while among the masses the manly physical exercises have become almost extinct.

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