

Life & Health



THE NATIONAL HEALTH MAGAZINE

March 1914

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The strained conditions among nations
The unbearable oppression of the poor
The ungovernable grafting municipalities
The church appealing to the government
The dissolution of the Turkish Empire
The increasing desire for "cheap" amusement
The general tendency to lower morals
And hosts and hosts of others

These things are ominous; they mean something; they are signs of the times. Of what benefit is a sign to you if you pay no attention to it? If you disregard these signs and do not know their meaning, you will be unprepared for, and cannot survive, the events to which they point. Knowledge of the way gives choice to the right course.

There is only one place, ONLY ONE, where the meaning of these things can be learned. That is in the Bible—the Word of God. There they are all made as plain as A B C, easily understood by any thinking person. They are there for you, YOU PERSONALLY. Why not take a few minutes' time and look them up? They mean everything to you. You need a knowledge of them in your business, your pleasure, and your home.

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Entered as second-class matter June 24, 1904, at the post-office at Washington, D. C., under the Act of Congress of March 3, 1879. Published monthly by Review and Herald Publishing Assn., Washington, D. C.

PRICES, POST-PAID

Yearly subscription	\$1.00	Three years	\$2.00
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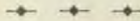
George Henry Heald, M. D., Editor

Give the Baby a Chance

❑ What better inheritance can a child have than good health?



❑ "Character," some one may say, but character is not inherited. Each person must develop a character. He develops it by his reaction to his environment; and to a certain extent, his environment determines what his reaction shall be. And in furnishing the environment, the parents, largely the mother, give a certain tendency to the character building.



❑ And health, though it is not entirely hereditary in a biological sense, is hereditary in the sense that the parents, especially the mother, furnish the environment, the food, and the training that, during the plastic age, condition the future health of the child.



❑ There is no other responsibility on this earth equal to that of maternity, for it is the mothers of one generation who determine the quality of the next generation.



❑ If the following symposium, prepared by mothers and physicians of experience, serves to help mothers rear healthier and better babies, it will have accomplished its mission.

The April Issue—Healthy Homes
The May Issue—Exercise



WHAT I KNOW ABOUT REARING THE BABY

Mrs. Anna Hansen

The First Three Months

THE temperature of baby's bath for the first month should be 98° F., taken with an accurate thermometer, and not judged by the uncertain method of using the bare arm of an adult, with its varying sensibility. After the first month the temperature of the bath may be as low as 85°. The temperature of the room should be 80° in winter. Avoid drafts from windows and from opening doors. Have the tub half full of water, and always have everything ready before baby is undressed. Bathe for three minutes, using special care about the armpits, groins, and genitals. Be sure to use a pure soap. Remove from the bath, and wrap him in a flannel cloth, small blanket, or soft towel. Dry, powder, and dress him. Have all clothing loose. If you wish, put in short clothes at three months.

A two-hour schedule of feeding for daytime should be followed the first three months, from six o'clock in the morning till ten at night. A night feeding should also be given at two or two thirty o'clock for the first six weeks or two months, or longer, if necessary, depending upon baby's condition.

If possible, give him an outdoor nap or two every day, preferably at ten and two. Keep him warm with clothing, and protect his eyes from the sun's rays. The fresh-air program should always be followed whether outdoors or indoors. Even night air is good, but drafts should be avoided.

Feeding

After the first three months the length of time between feedings is increased, as well as the quantity of food; but changes should not be too abrupt. If the baby is breast fed, the matter of feeding may be easily managed until he is weaned. Of course, the mother must eat only wholesome food, and plenty of it, avoiding coarse vegetables, highly seasoned foods, tea, coffee, and all kinds of stimulants. Baby should gain from four to six ounces a week, and any serious lack in gain of weight should receive attention by properly modifying the mother's milk by her own diet. Do not dally with uncertain experiments, but consult a competent physician for advice.

Some trouble may be experienced in finding a suitable food for the bottle-fed baby. All babies are not alike, and what may be just the thing for one may not be suitable for another. Select only such

I know that rearing a baby is not a matter of indifference or carelessness. It is worth all that the mother can put into it. Baby requires systematic and orderly care. Regularity in sleeping, eating, and bathing is absolutely essential. A daily program should be followed. It is far safer to go by the clock than by wish or convenience, either my own or baby's. The program should be adopted at the very beginning. The first two years form a most critical period. What is done, and the way it is done, and when it is done, mean everything to baby at this time, and determine largely the comfort of after years.

foods as give satisfactory evidence of reliability. Follow directions carefully. Always use a fresh, clean vessel and clean spoon, and thoroughly cleanse the bottle after each feeding. The food should be kept in a sealed jar. Baby's life and health are too precious to admit of carelessness.

The constipating effect of some infant foods may be remedied by feedings of malted milk where this is not used altogether. At about one year of age, the range of diet may be gradually enlarged. Cow's milk may be given. Simple gruels may be added, followed by rice biscuit, granose biscuit, orange juice, soft pears, scraped apple, baked apples, baked potatoes with cream, poached egg, peas *purée*, toast, Graham and whole-wheat bread, educator crackers, bread sticks, lemonade, butter-milk, and grape juice.

Sleeping

A baby should have an abundance of sleep, and nothing should interfere with his bedtime. Train him to go to sleep alone in a room anywhere. Rocking, or coddling, or staying with a baby until he is asleep is unnecessary. Put him in his crib, turn the light out, and leave. While observing proper quiet, do not go about on tiptoe for fear of waking the baby. He must get used to this noisy world sooner or later, and the sooner the better; then some unusual noise will not be so likely to awaken him. For the first two years a morning and an afternoon nap are needed, at ten and at two.

Baby can at the beginning be trained not to fear the dark, and it is better that he go to sleep in a dark room than in a light one and then wake up suddenly and find it dark. He should have his own crib or bed, and this is best till well grown. In fact, the single bed is better for grown ups as well as children.

Clothing

A baby is warmer than an adult, and its clothing should not be heavy enough to cause perspiration. It should be evenly distributed, not having the chest heavily clothed and the arms and legs bare. I have never seen the consistency of exposing the baby's extremities to cool and even cold weather by having them bare or nearly so, while older persons feel comfortable only if fully clothed. Baby's chubby arms and legs may look sweet in no sleeves and half socks, but their redness tells of discomfort which he cannot express in words. These parts especially need free circulation of the blood, and to be chilled can only produce harm. And this caution should be observed well up into the years.

I know it means a little more work to see that baby's diaper is always fresh and clean, even though it has only been wet; but washing the diaper each time it has been used goes far toward securing freedom from chafing and toward producing

general comfort for the little ones.

I pay attention to having the shoes comfortable, large enough to let the feet grow naturally. Tight shoes mean restricted circulation at an important point, and cold feet in winter. As baby needs plenty of exercise, freedom in playing should be permitted, and he should be dressed accordingly. A pair of rompers on a baby, and a sand pile go well together.

When Baby Cries

I know that a certain amount of crying is good for babies, it being about the only form of exercise they have for a time; so I am not uneasy about the ordinary crying. But I have learned to watch the crying and to discern its different meanings.

When baby wants food or is thirsty, the cry is continuous, accompanied by



MARJORIE

sucking of the fingers. The cry stops when he gets what he wants.

The cry of pain is spasmodic, with drawing up of the knees and holding the thumbs inside the closed fingers. Look for pin pricking or colic.

Short, easy-like crying may mean that baby is sleepy, that he is uncomfortable because of a wet napkin, or that he is tired of lying in a certain position. Turning him a little may often be all that is needed.

When frightened, the cry will be quick or startled, and may be caused by hearing some sharp or unusual noise. It is best to take him up and soothe him by talking gently to him.

Health Suggestions

The principles of health and hygiene are even more important for babies than for adults. The ills of childhood are usually due to improper care, especially in the matter of diet. Patent medicines are poisons to a child, and should never be given. Little or no medicine of any kind should be given except on advice of a competent doctor. The lining of the stomach and bowels is very tender, and great harm may be done, both for the present and for after years, by the use of drugs.

When the baby is teething, see that the bowels are free and regular, and per-

haps give him a small piece of ice wrapped in a bit of linen to suck and bite upon. The ice will relieve inflammation and help the tooth through. Do not give a pacifier or nipple, which does more harm than good, as it irritates the mouth, is a source of infection, and will force the teeth out of their natural positions, injuring the tender tissues and causing

malformations. Thumb sucking should be prohibited for similar reasons.

A little piece of pure white soap, about an inch and a half long and the thickness of a heavy lead pencil, pointed at one end, will often prove sufficient to move the bowels, if inserted and retained a few moments. A small enema of cool water may occasionally be needed, given on a folded quilt with a newspaper under baby. Two teaspoonfuls of castor oil in orange juice may be given, if needed, to move the bowels.

Withholding food for a day,

or at least giving only a most simple diet of cereal gruel with milk or water, may prevent serious illness by giving the digestive organs opportunity to rest.


I know these suggestions will work. As evidence, see the accompanying pictures of our little Marjorie with her smile that hardly ever comes off.



MARJORIE

WHAT I KNOW ABOUT REARING A BABY

Edythe Stoddard Seymour

HE baby will need three flannel bands for changes, to wear over the navel dressing until this part has healed, and three first-size

shirts of right weight to provide sufficient warmth for the time of year the baby is expected. In the "Gertrude" garments, a very comfortable style of combination underwear, the shirt is extended in length to form petticoat as well. Simplified, it is made by folding the goods at the shoulder line and cutting sleeves in one piece with the body. No bands should be

used on the undergarments, although most ready-made ones have them. Three warm petticoats will be needed for cold weather, and two fine ones for dress occasions. There should be at least three dozen soft absorbent cloth diapers, three plain dresses and two fancier ones,

knit or flannel jackets for cold weather, and soft flannel or fleeced goods squares for the head; two one-yard-square blankets to wrap the baby in, and two pairs of warm booties. For summer, short dresses, worn without petticoats, will do. One can have as many pieces of each kind of garment as desired; but those just mentioned are all that are really necessary, since it is customary to wash daily every piece that goes next to the baby's skin. It is also a good plan to change the shirt again at night. Of course the diapers should be changed as soon as they are wet. A hooded cape of cashmere or of some soft warm goods, makes an excellent wrap for a young

baby, whose outings, in warm weather, can begin as early as the second or third week.

The following should also be in readiness: olive oil or vaseline, for anointing the creases of flesh or parts that are dirty, in order to make it easier to wash off the secretions from the skin; boracic acid¹ powder, to make an eye and mouth wash (five cents' worth lasts a long time, as the quantity that will go on a five-cent piece is sufficient to dissolve in half a cup of hot boiled water. Dilute with an equal amount of cold boiled

water before using it); talcum powder or cornstarch; any mild soap; both large and quite small safety pins; scales, with which to weigh the baby regularly, to be sure of a steady gain. A basin is best to use for the baths until the navel heals; then use the little tub. Old soft clothes and towels or washed new cheesecloth

should be kept for the baby's bath.

After the first bath very little soap will be needed — a little on the cloth to cleanse the buttocks and occasionally the other parts. Then pat the skin dry, and dust the creases of flesh with the powder.

Arrange all articles needed for bath and dressing handy on a chair and a rack in the order these will be used. The bath time will then be a pleasure to baby and mother.

Wash the eyes with the cool boracic acid solution, by dripping it in the outer corner of the open eye so the fluid runs

¹ The same as boric acid.

over the ball of the eye and inner lids. The upper and lower lids are held apart with the forefinger and thumb of one hand. Absorbent cotton or a clean cloth may be used in the solution, using a separate fresh piece for each eye. If there is inflammation (redness) or pus in the eye, cleanse it in this way every two hours for a few treatments; and if the trouble is not improved, notify the doctor and have the eyes examined and treated.

To wash the baby's mouth, roll absorbent cotton or clean cloth round the forefinger and dip in boracic acid solution; go carefully over every part of the mouth to cleanse the inner cheeks, roof, gums, tongue (upper, sides, and under), and inner lips, to prevent sore mouth. Do this after each nursing at first, and at least three times a day all through the nursing period.

The cord should be dusted with dry boracic acid powder and turned up toward the left shoulder; then a clean cloth dressing should be placed over, and the band arranged firmly so it will stay in place. It is better to sew it with a few long stitches to other underwear than to make it painfully tight.

Baby's first sleep should be taken on the right side, and safety pins should

be placed in the clothing so these will not come at the side. If the baby wakes before time for nursing, turn it to the left side to rest the muscles and aid the passage of contents of the bowels along. If the baby's food is right, there should

be no colic. The mother's milk should be given if possible. If her supply seems scant or even almost gone, she should keep the baby nursing out every drop that does come in, and as she gets stronger, the milk will usually come in again. Fresh

milk or gruels with plenty of milk added, drunk about half an hour before nursing, will increase the supply. Usually during the first month, milk or a nourishing drink should be taken during the night. Just before nursing, the flow of milk can be started by stroking the breast from under the arm toward the nipple.

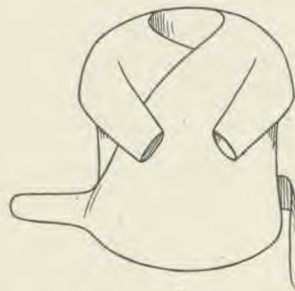
If the milk is plentiful and too thin, draw out the first thinnest part with a breast pump. When too rich, more fruit (not too acid) should be eaten, and more exercise taken. To keep the quality of the milk wholesome, the mother must avoid worry and overwork. Fa-

thers often do the heavier parts of the housework for nursing mothers when they cannot afford help.



A

A is a knitted shoulder strap band to be used in cold weather under the shirt.



B

B is a knitted shirt; folds over abdomen; straps fasten in back. Worn without band beneath in summer.



C

C. "Gertrude" petticoat; worn with or without under band, or without shirt in summer. Smooth and comfortable. Only seam under arms and down sides; bottom hemmed with fancy stitches; neck, tape faced; usually half-wool flannel.

Baby should be nursed every two hours at first, with one night feeding if awake. The intervals between the feedings should be gradually lengthened until at three months the feedings are three hours apart. Baby should, as a rule, take all it wants at a nursing. If considerable milk is thrown up soon after nursing, give less until the right amount is found. After the baby is a month old, do not waken it to take nourishment, but feed later when the sleep is over.

When necessary to put the baby partly or entirely on a bottle, "top milk" can be obtained by letting a quart or more of milk stand on ice for an hour or longer, until the cream has risen. Dip the top off and keep in a clean jar. Stir the prepared food before pouring into the baby's bottle. I shall give the standard table, but each baby is a law unto itself, and the quantity of milk or prepared food needed for a meal may vary from that given.

Full-strength milk is not used until the baby is twelve to fifteen months' old.

During the summer it is often advisable to use one of the ready-prepared foods, and to give a little orange juice for fresh material, between feedings. Gruels and soft foods are gradually added to the dietary of a well baby of nine or ten months of age; but no rich

gravies, pastry, meats, nor such vegetables as corn or cabbage, nor such fruits as cherries or hard pears or apples should be allowed any young child. Care in selecting foods that agree with the baby will do more than anything else toward

building a strong, healthy constitution.

Add to this a daily airing and sunning outside in good weather, ventilated sleeping and living rooms, comfortable clothing, plenty of sleep, and regularity of all the usual daily events, without too much coddling or fuss-

ing ("spoiling"). But do not fail to include a daily cuddling, for no baby will thrive without being "mothered" at times; so even the busiest of mothers will be amply repaid for including a "loving hour" in her daily care of the baby, at a time when she is least tired and least busy.

The author of the preceding article has had an experience both as a trained nurse and as a mother of several promising children.

Dr. Kress writes from the viewpoint of a mother as well as of a physician.

Each mother who has contributed has given what to her seemed most important regarding the care of the baby.

Two physicians, "mere men," have added to the symposium from their professional experience.

Daily Ration From Birth to Four Weeks Old	Amount in Twenty-four Hrs.	Each Feeding	Intervals
Milk, 5 oz. Water, boiled, 15 oz. Sugar, 1 oz.	10 to 20 oz.	1 to 2 oz.	Two hrs.
Two to Three Months Old			
Milk, 7 oz. Water, 22 oz. Sugar, 1½ oz.	29 oz.	2½ to 4½ oz.	2½ to 3 hrs.



D

D is the glass "cell" and rubber "breast" of the best-style nursing bottle. Easily cleaned.



E

E. "Materna" glass is for measuring the bottle-baby's food. All quantities printed in glass.

WHAT I KNOW ABOUT REARING THE BABY

Anne G. M. Neil

FIRST of all, I found out about the baby's clothing—that it was one of the essentials to his well-being. I found that there must be plenty of room around the little neck and wrists; that the flannel band should be smooth without being too tight, so that no wrinkles would chafe the tender flesh; that too weighty flannels should be dispensed with, and that elaborate, lace-trimmed, fussy dresses were absolutely out of place on the baby; that a thermometer should always be kept in the nursery and in the baby's sleeping room, and consulted in order to keep his temperature at the normal—neither too hot nor too cold; that the little feet and legs should be well protected, especially if there was any tendency to colic or bowel trouble; that light clothing, with knitted sacks or light flannel shawls for sudden chilliness, was better than dressing the baby too warmly at all times.

As to the question of food, I found, of course, that mother's milk was by far the best if it was good, but that in cases where it was doing the child harm, where the nourishment was not sufficient, or where it proved positively injurious, a substitute must be provided; and while there are many excellent preparations on the market, all do not agree with

every baby, and the family physician should be consulted and his advice followed to the minutest detail. I found that scrupulous care was necessary in the treatment of the bottles; that after each feeding, bottles and nipples should be rinsed at once in cold water and afterward boiled thoroughly before using again, the bottles being boiled for several minutes, the nipples being thrown into the boiling water at the last moment or two. I found that the utmost care was necessary in keeping the milk constantly on ice (warming it to the proper temperature before feeding) and in taking every precaution to have it fresh and pure and untainted.¹

As baby grew older, I found the necessity for keeping the toys and objects he played with clean and free from dust and germs, owing to babies' mania for putting things in their mouths. Unpainted wooden toys and some of the others I boiled first to make sure they were perfectly clean. Of course, as far as possible, I kept baby from putting anything in his mouth, but sometimes he eluded my vigilance.

I found that one of the most important necessities in the rearing of a baby is that it shall get plenty of fresh air. There are times, I am sure, when fresh air



CECIL

¹ Milk should be kept in its original bottle, unopened, until used. Open milk will absorb germs, even in an ice chest.

saves many a baby's life. From earliest infancy baby had outings in his coach every day in the year, except when it was too stormy; then he was dressed in cap and coat and took the fresh air in his nursery, with windows wide open. His naps were taken in the open air, either on the porch or under a tree in the park. I found how necessary it was to protect his eyes from the glare of the sun, especially while sleeping. So many mothers and nurses seem to disregard this, and the poor baby sits or lies in his coach, blinking his little eyes under the full glare of the sun, which not only causes him pain and discomfort at the time, but often weakens his eyes permanently.

I found that the nursery should be thoroughly ventilated at all times; that the baby's bed should be protected from drafts, but that there should be always a current of fresh, pure air in the room in which he sleeps or spends many of his waking moments. I found that the nursery, to be absolutely sanitary, healthful, and comfortable for baby, should have as little in it as possible, and only such articles of furniture as can be kept thoroughly clean. The sanitary wall coverings now on the market are best for the room which baby occupies, as they may be washed regularly and kept free from dust and germs. The baby's bed should be comfortable as to mattress and clothing, and the latter, while it should be sufficient, should never be too heavy or cumbersome. Many babies pass restless nights for no other reason than that the bed covering is heavy and heating, or that the room is not ventilated.

Regular habits in bathing, outings, and other essentials, I found to be most necessary for the baby. The morning bath, the swift, tepid sponge at bedtime on warm nights, when the little skin was irritated by hives or prickly heat, and the bath with enough baking soda in it to render the water milky, I found to be most healthful and soothing.

I found that little babies need water as well as milk to drink, and that often

the little ones are really thirsty for water, as is evidenced when they are given a little pure, cool (never ice-cold) water in their bottles or from a spoon. I also found that relief is afforded by hot water sipped from a spoon when the little body is doubled up with colic or sudden pain.

I found that baby's environment was one of the greatest importance to his well-being and happiness; that it should be at all times cheerful, comfortable, and pleasant; that the persons who surrounded him should be careful to keep their voices pleasant and well modulated; and that irritability, scolding, or sharp, sudden noises should be avoided, as a baby is more sensitive than is often realized, and a sudden sharp exclamation will not only startle and terrify the little one, but often cause him to cry. The person who has charge of the baby should have at all times a gentle, cheerful, reassuring manner, and should be self-controlled and placid; for baby "feels" the atmosphere of those around him, and is affected by it, physically and mentally.

I found that baby must be kept from all excitement at home and abroad, that traveling and sight-seeing were bad for him, and that babies were often made nervous and ill by too much going about. I knew from observing other babies that the worst place possible for them is a crowded store, where the air is usually poor, and there is such a multiplicity of sights and sounds, of crowds hurrying to and fro, that the babies are bewildered and frightened. I have even known of babies' having convulsions following shopping tours with their mothers. So, from the first, I kept my baby out of the big, crowded stores and away from all excitement. I found that to keep him quiet and happy at home, his only outings being quiet walks or drives in the fresh air, was best for his welfare, health, and happiness.

All these things I found out when rearing my baby. I pass them on to other mothers with the hope that they may be helped thereby.

CARE OF THE BABY

Lauretta E. Kress, M. D.



THE care of the child does not begin with the day of its birth. Through the nine months previous, careful consideration ought to be given to the welfare of the mother and of the expected baby.

The mother should have rest at night, good, nourishing food, exercise indoors and outdoors, proper clothing, and pleasant environment, and should be in a happy mental state.

During this waiting period, the little clothes are prepared for baby's welcome; not long, heavily frilled garments, but simple, plain, light-weight garments made only twenty-eight or thirty inches in length,¹ so that baby need not begin at once bearing heavy weights. These should all be made to hang from the shoulders, and thus leave the waist free with the exception of the undershirt and band. Starched dresses, which are stiff about the little neck and arms, never should be used; soft, washable material is much better for this purpose.

If these preparations are made beforehand; and if baby's drawer is well supplied with safety pins of different sizes, talcum powder, and witch-hazel cream, in addition to all necessary clothing; and if napkins, stockings, booties, blankets, outer wraps, and so forth are in readiness, "Welcome" may be written on a

card and placed in the top of the drawer.

A little nest must be prepared for the nestling,—a small baby crib, an extension cot on the side of mother's bed, a swing cot over the foot of mother's bed, or a bassinet. A simple and comparatively inexpensive bassinet consists of a clothes basket, lined and placed in a frame made of wood, which, prettily draped² with dotted Swiss over some color, makes a cozy bed for baby for three or four months. A large pillow should be placed in the basket, that the child may not be deprived of air by lying too low.

When the little stranger arrives, it must be oiled with warm sweet oil and

kept in a warm blanket. At the end of three days it may be washed with water and dressed in its new clothes.

The physician should instill into each of baby's eyes a drop of a silver solution, in order to be sure no infection is carried into the eyes. The mouth and nipple must be washed with boracic acid solution each time the baby nurses. This will prevent its

having thrush or parasitic stomatitis.

Feeding time should be observed with regularity,—every two and one-half hours for two months; then every three hours during the third, fourth, and fifth months. This same interval between feedings may have to continue till the child is weaned, although there are many children who can have their feeding

¹ Twenty-seven inches is amply long, says one mother.

² One mother says do not line or drape it; the ventilation will be better.

changed to every four hours. Naturally the child's capacity increases as it grows, and its energy increases also, so that more food is used and stored.

Breast feeding is the only natural method for taking nourishment; but where this is impossible, modified milk can be used, although there are some cases when this does not agree, and the attending physician is not infrequently puzzled to get the right kind of food for the frail little body.

Warm water should frequently be given baby to drink, either from a spoon or from a nursing bottle. Many babies suffer with thirst because the nurse or mother has forgotten to give them water. The bottle and rubber nipple should be boiled daily in a weak soda solution to keep them clean and wholesome.

Sleep is nature's restorer. The normal infant sleeps nearly all the time during the early months, waking only long enough for food. Very much depends upon habit as to when it shall sleep and how much sleep it shall take. It can be trained to sleep at night, and if it has any wakeful time, it can be trained to lie awake in the late afternoon, instead of in the middle of the night or very early morning.

Baby should be taught to lie down awake and go to sleep without being rocked or held. When the custom is established of holding the child in the arms until it is asleep, the mother or attendant

can do nothing else until baby is asleep. And the baby soon demands it as a right, and continues to do so until it is quite a large child. If the mother begins early enough, baby may easily be trained to go to sleep by itself in its own bed without being rocked or held. There should be regularity in sleeping as well as in feeding.

When the weather is pleasant, baby should be outdoors on a veranda, to sleep some part of each day. Children trained to plenty of air are much more healthy than those "hothouse plants" that never get outside.

A healthy, normal baby does not vomit its food; it sleeps nearly all night; it is happy, playful, and full of mischief. It is a veritable sun-beam in any home.

Babies twine their little lives around our hearts, and no home is complete without one or more. We wish it were more fashionable nowadays to have fam-

ilies of five or six children. If properly reared, they will rise up and call their parents blessed.

Some "Don't's" Young Mothers Would Do Well to Observe

Don't eat "everything" when nursing a baby. Good milk is not made of improper food.

Don't get angry or worried, as it affects the milk, causing colic.

Don't get hands and feet cold, or, on the other hand, in hot weather, don't get overheated.



HAPPY

Don't eat foods that produce gas in the stomach and bowels, such as peas, beans, cabbage, onions, radishes, turnips, and rhubarb. A diet of cereals, milk, eggs, and sweet fruits^a will create less colic for baby. When baby has colic through some error in your diet, canvass carefully your meals and find out what has produced it. Then eat that particular thing no more till baby is older.

Don't use Mrs. Winslow's Soothing Syrup, Baby's Friend, Mother's Friend, Colic Cordial, or other nostrums, to relieve colic. They are all harmful. Give hot water freely and a warm enema; apply heat to the feet and abdomen. There are small rubber bags for babies, which can be filled half full of water and laid on the stomach. Always see that the feet and hands are warm.

Don't nurse a child after it has had an injury, such as a bump on the head

^a Certain fruits produce gas in some instances.

or jamming its finger in the door. Give it warm water instead, and wait until the shock is over before nursing.

Don't feed a child after a burn until all symptoms of shock are over. He will be more likely to survive if given water instead of food after such an accident.

Don't pick a child up every time it cries. Often changing its position, re-adjusting its pillow, or smoothing its bed, is sufficient to let it know you are near. On the other hand,—

Don't let a child lie so much that its head gets flattened and all the hair worn off the back of the head from continuous lying.

Don't allow a child to form habits for which you will be obliged to punish it afterward. You, rather than the child, would deserve punishment.

Don't bundle baby up with so many wraps that it perspires. It should be clothed warm enough, but the custom of bundling is a great error.



AMUSED

THE CARE OF THE BABY

James Frederick Rogers, M. D.



FIRST and foremost for the unfolding of brawn and brain, the child must have food, the food must contain all the materials needed by all the different structures of the body, and these materials must be in approximately the proportions needed. It is astonishing how the body, even an immature body, will adjust itself to ill-proportioned foods; but though it can transmute compounds to a certain extent, it is not prepared to do miracles—it cannot create chemical elements nor make good ill-balanced proportions of elements.

Babies are by no means alike, but differ greatly as to their degree of perfectness of organs and balancing of functions; and while most of them arrive in condition for thriving on the nutriment which nature intended they should receive, none of them are prepared to select their diet from among the foodstuffs in the world about them. Unfortunately, mothers also are not usually ready to make a wise selection for their offspring; and as no other food is quite equal, for baby purposes, to mother's milk, it follows that most, and especially the delicate, are likely to show (by digestive disturbances or slow growth) some disappointment under the process of artificial feeding.

That the baby "gets along" with the food given him may not signify that it is just what he most needs. On the whole, the average baby is a good sort of fellow, and doesn't complain much unless things are very bad. It would be better for him sometimes if he complained more. The bottle-fed baby is at the mercy of his parents, whose love may

not be balanced by their intelligence. When it comes to food, the best is not too good for the baby, nor is it ever too expensive; for the child demands only substantial and wishes no luxuries in its diet.

Because of her ignorance, and because of the special importance of proper feeding, the mother should not accept the miscellaneous advice tendered by well-meaning friends and relatives who have been "very successful" in rearing their one, two, or three children on this, that, and the other food preparation. She should ask a physician to oversee the feeding in the earliest months, or, at any rate, to see that she is not going wrong

in her methods; for the money spent in expert consultation at this time may be more than saved in the general welfare of the child later. Even the physician may have to do some experi-

menting before finding the most suitable diet.

No physician can set down rules for food and feeding which will fit all infants; and in these pages we can only say that, while not always most suitable, fresh cow's milk, properly modified as to the proportions of protein, fat, and sugar which it contains, most nearly approaches the natural baby diet.

Not only is the quality of food, in these earliest days, of great importance, but the time of feeding and the amount given the child are to be considered. We presume that the well-developed, healthy baby, of well-developed, healthy parents, could be trusted to indicate his hunger and his repletion; but there are such wide variations from the norm in these days, in both parents and babies, that this rule of nature cannot always

The rapidity of development of the child is greatest in its earliest months, and, save for the brief period of acceleration, from about ten to fourteen years, decreases steadily until the process of general bodily unfolding is complete. This being true, it is evident that the care of the child must be most important at the very beginning of its career.

be followed, even in breast feeding. Besides, the adjustment of the child to society must begin early, and requires a more or less regular routine of meal-times, and therefore of quantity at meals. Here, again, the physician may well be consulted.

Next in importance to the feeding of the child comes its clothing. A baby should be kept from losing its heat too rapidly; in other words, should be kept warm. But of all faults in the care of the child, perhaps the most common is that of keeping him too warm. The clothing should not be tight anywhere, and the extremities should always be looked after carefully. Too much clothing is the source of much of the troublesome skin affections, the eczemas of infancy. Moisture from sweating or from wet diapers, adds to the effect of the heat in irritating the skin. The child, when strong enough, usually makes an effort to rid itself of superfluous clothing, and, if parents were more mindful of this cause, they would often have less trouble in keeping their children, of all ages, covered when asleep. Of course, this may not be the only cause of restlessness.

A baby should have every opportunity for exercise. Many are so loaded with clothing and constricting bands that they are hampered in their movements. Formal gymnastic exercises, managed by

the parent, have been advised for bodily development; but the spontaneous movements of the child are quite sufficient. The parent makes the best kind of "exercise," and in handling and carrying the young infant he serves to benefit its general bodily functions. But woe to the parent who becomes a slave to the infantile desire for passive movement.

A child should never be urged to walk

or to exercise in other ways. Bodily movements come spontaneously with the development of the organs concerned. The child should never be unduly excited to play. Play is the result, the outward manifestation, of superfluous nervous and muscular energy. If it does not play of its own accord, it is an indication of the need of rest or of better nourishment.



GRACE

Rest is as important as exercise, or even more important, because adequate rest must precede exercise. Exercise has been carried too far if the child does not sleep profoundly afterward. Children are especially faulty nowadays in having ill-balanced or damaged nervous systems, and nothing else can prevent or help this condition, aside from plenty of good food, as much as abundant rest. If there is a quiet place about the house, that should be the baby's sleeping quarters, and he should not only have quiet, but freedom from strong light. The lack of poise and constant chatter of some moth-

ers must have a more or less abnormal effect upon the nervous system of the infant in its waking hours.

The child needs no rocking or singing to put it to sleep, though there is little reason to suppose that it is any the worse for this entertainment. The mother might have more time for other things if sleep were more spontaneous. The child is apt to become tyrannous in this as in other matters which afford it pleasure.

As the baby grows, it becomes of importance that his bed and his carriage be so made that he can assume a reasonably good posture when lying or sitting. The spine of the young child is wonderfully elastic and recuperative after bad positions, else with our modern condensed vehicles, we should never have any straight backs. It is not merely the back which may suffer from bad posture, for the digestive, respiratory, and circulatory organs do not work so well in a doubled-up condition of the body as when it is straight.

The child should be kept clean inside and out, and the former cleanliness is of vastly more importance than the latter. Children may be healthy without bathing, but never if the bowels are not normally active. If the food is right in material and amount, the evacuations will be normal; and while laxatives may

sometimes be needed, they are the last thing to be thought of, or to be used. Training to regularity in the movements of the bowels is of great importance, saves much work on the part of the mother, and can be begun as early as the third month.

Psychologically the child is thoroughly selfish, and this is necessary for its own survival; but it may be selfish for its own harm later, and for the undoing of its parents. Its cry is either the cry of need or the cry for unnecessary pleasure, and it may be difficult to distinguish which is which, though there is said to be a detectable difference in the tone. The origin of the cry can usually be determined by discovering what checks it. If the satisfying of actual needs, the giving of its food, the riddance of gas from its stomach, the removal of a pricking pin, or the warming of its feet stops the flow of infantile language, well and good. If the mere taking up, or other superfluous attention, checks the vocal utterance, it may well be allowed to spend its force in a wail of disappointment.

The child is a bundle of possibilities, some of which are to be encouraged, some squelched if possible. The earlier and more accurately both processes are begun, the easier and surer will be the results in later life.



EVOLUTION



IN ITS



INFANCY

REARING AN ASEPTIC BABY ON AN ORDINARY FARM

Mrs. Harriet Langdon



HE was aseptic when he arrived,—the doctor saw to that,—and the little soft bundle of sunshine and trouble was delivered to me for safe-keeping. He was my first baby; and as I had been an only child, my experiences with babies consisted mostly in watching the little fellows from a good, safe distance. But, fortified with my newly acquired and much diversified information, I plunged into the task with a courage born of ignorance.

Bob was an ideal baby in many ways, and for several months all went well. One of the first things I had to learn was to recognize his cries. I could soon distinguish his cry of hunger, his cry of pain, and his cry of general discontent. I was not long in perceiving that when the hunger cry came before feeding time, a few sips of warm water would quiet him, and it was not necessary to feed him except at the regular periods, every two hours during the day and once at night. When he was three months old, he could take his water from a cup.

For the pain cry, the remedy is simple: remove the pain,—perhaps an unclashed pin, or possibly the colic. For Bob's few spells of colic, quick relief was usually afforded by giving him a few sips of water, turning him over on his face, and patting his back until the gas imprisoned in his little stomach was released by belching.

The cry of discontent I found might come from a variety of causes; perhaps he wanted his bath, or was tired of his position,

or his feet were cold, or he was wet, or thirsty, or sleepy. Having apparently inherited great faith in the gospel of cleanliness, he was quite inclined to fret if the tubbing act was a little delayed, and peace was not restored until he saw the preparations under way for his morning toilet. Often when he had begun to fuss, a change of position worked like magic. Sometimes I would lay him face down over a pillow in a most uncomfortable-looking position, and he would lie there and enjoy himself for half an hour or more. By that time he would be ready for his accustomed posture. The little fellows are easily chilled, and cold toes always cause crossness, and sometimes colic. In the late afternoon, before I could feel any change of temperature, Bob would get fretful. Investigation disclosed cold toes. A few minutes with the hot water bottle¹ at his toes, and a little extra cover, would restore our jolly little Bob. The same experience was repeated if the room cooled off during the day. A baby who is kept dry soon learns to know when he needs attention, and if his mother learns as soon to understand his language, she will do much to keep him sweet tempered. The main business of a tiny baby seems to be to sleep. Bob would sleep for hours, wake up, eat,

play for a few minutes, and then fuss for sleep. And the little creatures do not seem to know that they can just close their eyes and get all the sleep they need. I had to turn Bob over on his side and tap him a few times,

There is so much scientific baby "raising" on paper that a few experiences with a red-blooded young American may be interesting to the readers of "Life and Health."

You see, Bob—short for Master Robert Ronald Langdon—was to be a really scientific baby. Had not I—his mother—bought or borrowed every book and magazine within reach treating on baby lore? But the trouble began right there. No two authors agreed, and many of them flatly contradicted one another; and it was soon apparent to me that no matter what I might do, I should find it commended by some authorities and condemned by others. Finally, I selected the advice which seemed best suited to my environment, and proceeded forthwith to "raise the baby."

¹ Warm, instead of hot, for a little fellow.

in order to suggest sleep to him. Of course, I never rocked him. I left that for his grandmother to do.

Bob's bed was a clothes basket, and in it he spent most of the time for the first six months. That was contrary to neighborhood ethics, and many a time have I been assured that he would "shoh smother," or "freeze right stiff," but he did neither. A small cotton blanket, pinned around him like a shawl, insured against the covers being thrown off; and on very cold nights, a hot water bottle buried in the bedding at a good, safe distance kept him warm.

Many doctors advise feeding a baby at ten in the evening, and again at four in the morning; but I preferred to put Bob to bed for the night at six or seven o'clock, feed him at two in the morning, and keep him with me the rest of the night.

The water bottle kept him warm until two o'clock. In this way baby was warm with the windows open through the coldest nights.

I early resolved that, except in case of illness, I should not get up with him, no matter how much he might cry. The first week he had two crying spells at night. The nurse handled him enough to be certain that that was all he wanted, and then let him cry. After that, we had seven nights of good rest every week until grandma appeared on the scene. About that time I had him out at night several times and rather upset his habits; and when we left him at

home, he aroused at our returning time, and demanded attention. I proceeded to let him demand it, but grandma arose with mingled wrath and pity in her heart, and rocked him to sleep, saying, as she did so, "For shame! Do you expect to sleep nights with a baby?" I ventured to reply that we always had done so, whereupon she informed us, in

substance, that it was time for us to get over such foolish notions. Of course, Bob wanted to be rocked the next night, and the next, and then he demanded rocking two or three times a night, until even grandma tired of him, and it took a week of unhappy nights for the household to bring the young tyrant to time.

A baby is a bundle of habits. He enjoys just what he is trained to enjoy. I am alone much of the time, and as I do all my own work, I must

of necessity leave Bob to his own devices most of the time. As soon as he was old enough, he would lie and play by the hour, giving me ample opportunity to do my work. All he wanted was regular food, naps, and necessary attention, until late afternoon. By that time he was tired of his bed, and delighted in a little quiet romp before being stowed away for the night. But if company came and played with him, he would soon cry to return to his bed, as a spoiled child does to be taken up.

On two things I have insisted: that no one shall kiss him on the mouth, and that he shall never use a public cup.



LYNN

And that, in a community where even the doctors seem not to be aware of the existence of bacteria and germ life, is a good deal. I had an experience not long ago which strengthened my position. I stepped into a neighboring house where two of the family had colds. I intended to hasten home before Bob had opportunity to become infected; but before I observed what they were doing, the children had given him a drink from the family dipper. Just two days after that he had a cold, and there had been no change in the weather, nor other exposure to account for it, except that infected dipper.

I was careful to have his playthings almost surgically clean. They were scalded every morning, and if one dropped onto the floor it was washed or scalded before it was given to him again; for, of course, no aseptic baby should be allowed to put into his mouth anything that has touched the floor. All went well for about seven months, and I began to pat myself on the back, metaphorically, and to say, pharisaically, "I thank thee that I am not as other mothers are, careless, indifferent, allowing my baby to become infected with worms' eggs and microbes from the floor." By this time I could no longer leave him safely in his basket, so I put him and his playthings on a

blanket on the floor. Then one day—horror of horrors! I came in to find him flat on his stomach,—his blanket pulled up in a snarl,—calmly licking out a tiny knot hole, much as a bee goes after honey in the bottom of a flower. After that I was not so particular about his playthings, and had less to say to the

neighbors on the subject. But though I accepted a somewhat lower standard, I continued to look toward the ideal of a scientifically clean baby. I kept him in either the front room or a little pen with an old blanket for the floor, and I was careful to have that front-room floor scrupulously clean. But one day when Bob, pen, and blanket were outdoors, I failed to observe him for fully five minutes, and then I found that he had discovered



BROTHERS

a tiny hole in the blanket, had enlarged it until he could get his fingers through, and had spent the rest of the time eating dirt and trash as fast as he could pick it up. He laughed delightedly when he saw me coming. One day I caught him eating a mud wasp's nest, one of the kind that is stored with fat spiders and bugs of all sorts for the baby wasps. The next day I grabbed a fuzzy caterpillar he had started to eat. I do not scald his playthings any more. It would be useless.

WHAT I KNOW ABOUT REARING THE BABY

J. L. Buttner, M. D.

NOT too much and not too little of anything is the watchword, with the emphasis on the "not too much;" for in her solicitude, the mother is likely to exaggerate her duty, and cause many uncomfortable hours for herself and the object of her love.

Let him cry. How cruel the thought! Is it not an evidence of discomfort, of pain?—Yes and no. Baby is an utterly selfish little creature. Should it once dawn on his budding consciousness that by crying he can manage his mother, he will certainly manage her, but not with a view to her good. Think of it in the doctor's way. Crying promotes the healthful expansion of the lungs. It is so necessary in the first few minutes or few hours of life particularly, that the doctor, on baby's inception to independent existence, spansk him in order to make him cry. If you have attended to baby's needs carefully, gently, methodically, and still he cries, let him cry, keeping in mind the good it does him. The less attention you bestow upon him, the quicker he will stop. Is there a safety margin to baby's lung-expansion exercise? An hour a day, in installments, is none too much.

Baby is entitled to mother's milk whenever it is possible, and it is pos-

sible more often than it is tried. No child can be reared as well and as safely in any other way. The chances for life are distinctly reduced by bottle feeding, even under the best method. In case the mother cannot furnish sufficient milk, partial nursing should be attempted as the next best course of action.

No two kinds of milk are exactly alike. Each species of animal has its own peculiar product, which is best for its own young, but only a makeshift for any other. Mother's milk is also different at different times in the life of the baby. So nature prepares every day what is good for the growth of the race's offspring. It is a crime to deprive a child of it. Any doctor who countenances bottle feeding for the pleasure or the convenience of the mother, is committing a serious offense. If nursing is impossible, the bottle is the next recourse. But bottle feeding is a science, and

should be at least initiated by one who has made a special study of it. In starting a baby on a *foreign* milk diet, give it at first well diluted. Give too little rather than too much for a while. Increase slowly and circumspectly. Milk modification according to different formulas is in some instances a matter of nice discrimination. One



SERIOUS TIMES AHEAD

formula, or even one set of formulas, cannot suit all babies of all ages. Clean milk production is now universally recognized to mean life or death for thousands of infants. On the whole and to be on the safe side, Pasteurization is best. Even boiling the milk will not change it greatly. The care of the bottles consists in scrupulous cleanliness and frequent boiling. No bottle should be used twice without scalding. Likewise the nipples must be cleaned and kept in saturated boric acid solution when not in use.

This heating process is directed to a very real danger. Disease germs easily find their way into the milk, which is an excellent medium for their immediate and profuse proliferation. All milks, *except mother's milk*, contain a quantity of microbes, some being literally alive with them. Microbes are great destroyers of babies. Heat kills microbes, and cold retards their growth. Therefore keep your milk supply on ice. Do not for any reason keep it lukewarm more than the time needed at each feeding. Microbes develop quickest in lukewarm milk.

Whether nursing or bottle feeding is the regular fare of the baby, a routine is to be mapped out and rigidly adhered to. Baby can be made to feed, sleep, cry, laugh, and what not, like clockwork. Even if you are tempted to think that this is too much like automaton business, do not fail to try it. *It is best for the baby.* None the less, look for unexpected features to enliven the process.

For the first three months feed once every two hours between 6 A. M. and 10 P. M., with one feeding at 1 A. M. After the first three months stop all feeding at night, though you may give water. At 10 A. M. give a bath, feed, and endeavor to secure a stool, after which baby will sleep for three hours. A little piece of soap or a smooth glass rod may be used to induce bowel action, which, if persistently tried, will create a habit the good effects of which I need not discuss. And baby will sleep sixteen to

twenty hours out of twenty-four, for his good and yours.

One of the concessions to bottle feeding that one can safely recommend even if nursing is sufficient, consists in giving, after the fourth or the fifth month, one bottle of milk for an afternoon or an evening feeding, thus securing a longer period of freedom for the mother. Her own convenience is not the only gain. To accustom the baby to the bottle in view of a possible emergency, sickness or other, that would make an abrupt change unavoidable, is good for him.

These truths bear repetition. The mother should nurse her child, because,—

1. It suits him best according to his (human) race.
2. It suits him best according to his time of life.
3. It is free from danger (microbes).
4. It will make the best baby, later the best child, later yet the best man or woman.
5. Last, but not least, it is best for herself.

Beware of shirking! This frequently brings unforeseen results in the shape of ailments which make the life of a woman a burden instead of a joy in the service of her family.

Baby should increase in weight steadily. The amount is less important than the regularity. The scales are one of the best means to determine the health condition of a child. Proper weight, with general good behavior and happiness, means good health.

Too much food is a bane we should guard against with care. Any digestive trouble or other disturbance is best treated at the start by reducing or even stopping all food, water being given at regular intervals instead.

Many other points would require to be discussed in detail; such as, fresh air, exercise, teething, and common ailments. A good doctor should be consulted for *advice*. Keep clear of the man who will not take pains to explain, and will hand you a sirup or a prescription.

May my last injunction not sound un-

THE WASHINGTON SANITARIUM



Location

ABOUT eight years ago, after a careful search in several Eastern States, the present site of the Washington Sanitarium was agreed upon as the most suitable location for this one of a system of seventy or more health institutions. Probably in none of the many beautiful spots around Washington has nature been more lavish in her bestowal of natural beauty. With becoming taste the

skill of man has added extensive building improvements, combining to make this a representative of rational principles of life and health, fitting to its location at the national capital.

That the location of the Sanitarium is ideal is attested by the invariable expressions of pleasure from visitors. The thirty minutes' auto drive from the center of the city brings many sight-seers to this picturesque beauty spot, about eight miles from the Capitol building, the institution being situated in Takoma Park, one of Washington's most attractive and healthful suburbs. The street railway, the B. & O. R. R., and the Sanitarium auto service make the institution readily accessible to any who may wish to pay it a visit. Arrangements can be made by telephone for the Sanitarium auto to meet visitors, who are always welcome.



MAIN ENTRANCE

For Visitors

The proximity of the Sanitarium to the national capital suggests to prospective guests the opportunity of visiting the many places of interest within easy access. Many tourists make the Sanitarium their headquarters from which to make their sight-seeing trips in and about Washington. The mild winter and spring climate makes this a desirable season for visiting the capital city. "Seeing Washington first" is a special privilege.

Vacation

Residents of Washington find they can conveniently attend to business in the city and spend the nights and week-ends at the Sanitarium for rest, recuperation, or health culture, as

Advantages



THE PARLOR

were it not for knowledge to the contrary, one would readily think it a magnificent tourist hotel, so prevalent is the spirit of contentment and good cheer with its excellent class of patrons.

Staff

The Washington Sanitarium is conducted on ethical lines. Though maintaining its own full staff of regularly qualified physicians and surgeons, its work is in cooperation with the family physician. Any one needing the benefit of sanitarium care can secure it, and at the same time be under the observation of his own physician.

The Sanitarium has an excellent corps of well-trained, conscientious, Christian nurses and attendants, who render their service cheerfully and faithfully, showing personal interest in the needs of each guest, without expecting extra reward.

Methods

The system of treatment is based upon scientific research, and includes such methods as have been demonstrated as recognized curative agencies. The attention given patients is not in a mechanical routine order, but with individual consideration to the special requirements of each case, with an investigation that is thorough and exhaustive. Complete laboratory facilities for the analysis of stomach fluids, blood count, urine test, and such other chemical and pathological tests as are necessary, assist our physicians to a clearer and fuller knowledge of the patient's needs than is usually afforded.



SLIGO BRIDGE

desired. With a summer temperature several degrees cooler than in the city, the pleasures and advantages of a summer vacation may be enjoyed here without inconvenience or loss to business interests.

The visitor to the Sanitarium is at once impressed with the absence of the hospital atmosphere, and,

Equipment The equipment is complete in every detail. The buildings are new, and are constructed on modern lines, having in view the comfort of the guests. Broad verandas on two floors, offer comfortable outdoor pleasure to those who cannot take advantage of the groves, lawns, or tennis court.

All treatment appliances are up-to-date, including a complete X-ray department with a very powerful equipment for the examination of any case where its use may be indicated.

Besides the usual facilities of well-equipped bathrooms, there are special appliances for giving various forms of sprays; electric and



VIEW FROM THE PORCH

electric light baths; high frequency, sinusoidal, and galvanic currents; vibratory massage; etc. Our operators in manual massage are highly skillful in the most scientific procedures.

Surgery The facilities for surgery are unusually good, with well-equipped operating room and wards suitably secluded. The quiet of the surroundings, the delightfully pure air, and the generally agreeable conditions with carefully supervised preparatory treatment and special after care are most favorable to early convalescence. While we have our own house surgeons, these facilities are available to the outside surgeon when desired.

Cuisine The Sanitarium bill of fare is one of its characteristic features. It is a departure from the perverse and artificial customs of the day and a return to simplicity and whole-

someness without the following of any dietetic fad. Special attention is given to the preparation of wholesome and palatable substitutes for questionable foods offered in the ordinary bill of fare. The diet provided is very complete, including the best the market affords. Surprise is often expressed at the very full menu served, including as it does a large variety of toothsome, dainty, and easily digested dishes.

Attention is given to medical dietetics; and, when required, a regulated dietary suited to the particular needs of the patient is provided.

General Fuller information will be gladly furnished any inquirer. Descriptive literature may be had on application. Rates will be found to be very reasonable, varying according



EAST VIEW OF SANITARIUM BUILDING

to the accommodations desired or special medical attention required.

The interests of all guests of the Washington Sanitarium are protected by the refusal of the management to receive cases that are offensive or objectionable. It does not receive persons suffering with contagious diseases or serious mental disorders.

Phone Columbia 1097, or address

Dept. C, WASHINGTON SANITARIUM
Takoma Park, D. C.

Or Any "Ask-Mr.-Foster" Information Office.

The Sanitarium uses methods of treatment advocated by LIFE AND HEALTH.

couth,—don't love the baby too much. Love him less with your feeling, but more with your mind. Control your love impulses by your loving discrimination. Love him for himself, not for yourself. Baby is a person from birth; don't make a plaything of him. Your affection he should enjoy, not be the slave of it. Diseases can be transmitted by kissing. Should we, then, abolish kissing? Some think so and say so. Mouth kissing is certainly objectionable. Baby is not in

the world to be made the target for love shafts, clean and unclean. Yet I should not advise that he be reared by impersonal love. Baby is a person, and needs personal affection with all its tokens of attachment. Could a man appreciate universal love if as a baby he had not held his arms toward, and had not been pressed against, the bosom, the tangible proof of that love? What a sad babyhood! One in which he could not kiss mother!



"MORNIN' MAMMA"



HEALTHFUL COOKERY

MENUS FOR A WEEK IN MARCH

George E. Cornforth



S in previous issues, recipes are given for those dishes in the daily menus marked by a superior ¹. If the menu seems too elaborate, some dishes may be omitted, provided one keeps in mind the necessity of supplying an adequate variety, including a sufficiency of protein, fat, and carbohydrate. Recipes which have appeared in former issues are omitted.

Tomato Toast

Serve tomato gravy over moistened slices of zwieback.

Baked Macaroni and Olives

Put boiled macaroni in layers in a baking pan, sprinkling a few chopped ripe olives and spreading a little cream sauce over each layer. Sprinkle the top with zwieback crumbs, and bake till well heated through.

Apple Rose Cream

Quarter and core apples which have red skins, and stew them, without peeling them, in a very little water. Let them cook down quite dry, then rub them through a colander. If apples of the right kind are used, the pulp

will be colored red by the skins. To a quart of the pulp add about one-half cup sugar, or more if necessary to make it sweet enough, a few grains of salt, and one-half teaspoon of rose flavoring. Beat the whites of two eggs very stiff, then beat the apple pulp, a little at a time, into the beaten whites, and beat till the mixture is light, and stiff enough to hold its shape. Serve with apple jelly or with custard sauce, or with chopped nuts sprinkled over it.

Bean and Tapioca Soup

The bean and tapioca soup is made from the left-over baked beans of the previous day.

To make one quart of soup rub enough of the beans through a colander to make one cup of the pulp. Put the pulp into a double boiler with three cups of water, one round tablespoon of tapioca which has been soaked in a little water for one hour, and about one-half teaspoon of salt. Cook till the tapioca is transparent. Add a little thyme for flavoring if desired. A little more of the bean pulp may be used if the soup is liked a little thicker.

Sliced Bananas and Oranges

Serve each person with a dish of oranges and bananas sliced together.

First Day

DINNER

Barley and Tomato Soup
Baked Macaroni and Olives ¹ Mashed Potato
Stewed Corn Graham Bread
Apple Rose Cream ¹

BREAKFAST

Golden Grains with Dates Cream or Milk
Baked Beans and Brown Bread
Tomato Toast ¹ Coconut Rolls
Tangerines

LUNCHEON

Steamed Rice Cream or Milk
Graham Bread
Steamed Figs Canned Pears
Lady Fingers

Second Day

BREAKFAST

Steel Cut Oatmeal Cream or Milk
Poached Egg on Toast
Baked Potatoes Graham Puffs
Sliced Bananas and Oranges ¹

LUNCHEON

Baked Mush Bars with Maple Sirup ¹
Cottage Cheese Rye Bread
Stuffed Dates Dried Apple Sauce

DINNER

Bean and Tapioca Soup ¹
Walnut Croquettes with Peas Baked Potatoes
Boiled Onions Cabbage Salad
Graham Bread Custard Pie ¹

Custard Pie

Custards to be wholesome should not be made very sweet.

For one small pie use —

- 1½ cups milk
- 2 eggs
- 1 tablespoon sugar
- A few grains salt
- Grated yellow rind of one-half lemon

Heat the milk, but not to boiling. Beat the eggs; add the sugar, salt, and lemon rind, and beat together. Stir the hot milk into this mixture. Pour into a pie tin which has been lined with a crust having a built-up edge. Bake in a slow oven. Custards must be carefully baked, and removed from the oven as soon as set. If allowed to bake too long, they will whey. In grating lemon rind for flavoring, care should be taken to grate off only the yellow, outside part of the rind. The flavor is in the yellow, outside part of the rind, the white part underneath being bitter.

Nut Apple Toast

Pour hot apple sauce over slices of zwieback which have been dipped in hot cream, and sprinkle chopped nuts over the apple sauce.

Grapefruit With Grape Juice

Pour a little grape juice into grapefruits which have been prepared for the table by cutting them into halves, then cutting the flesh away from the skin and removing the center and the tough membrane between the sections.

Lemon Snow Pudding

- ¼ cup lemon juice
- 1 cup sugar
- ¼ oz. vegetable gelatin
- 3 egg whites

Mix the lemon juice and sugar. Prepare the gelatin by soaking it in hot (not boiling) water for one hour, then draining off the

water by turning the gelatin into a colander, soaking it a second time one-half hour, draining off the water, and soaking it a third time fifteen minutes, then draining off the water. Cook the drained gelatin in one cup of boiling water. It dissolves after boiling a moment. Strain the dissolved gelatin into the mixed lemon juice and sugar. Allow the mixture to cool till nearly ready to set, then beat it into the three egg whites, which have been beaten stiff. Continue to beat till the mixture is nearly ready to set again, then turn into a mold wet with cold water, or turn into individual molds wet with cold water. When cold, remove from the molds, and serve with custard sauce in which the yolks of the eggs are used.

Apricot Toast

Either canned apricots or stewed dried apricots may be used for this. The sauce should be rubbed through a colander, heated to boiling, thickened slightly with cornstarch, and served over zwieback which has been moistened in hot water or hot cream.

Orange Pudding

- 4 Florida oranges
- 1 pint milk
- ¼ cup sugar
- 2 round tablespoons cornstarch
- 2 eggs

A few grains salt
Pare the oranges, removing all the white skin. Slice the oranges, remove the seeds, and cut the slices into dice (a sharp knife will be required for this), or separate the oranges into sections, and cut the sections into small pieces. Put the diced oranges into a pudding dish.

Save out a little of the milk with which to stir the cornstarch smooth. Heat the remainder of the milk with the sugar in a double boiler. When the milk is boiling hot, stir the cornstarch and milk mixture into it, whipping it in in a small stream. Cook fifteen minutes or longer. (The long cooking more thoroughly

Third Day**DINNER**

- Walnut Bouillon
- Scalloped Potatoes
- Lemon Snow Pudding with Custard Sauce¹
- Lentil and Nut Cakes
- Corn Bread

BREAKFAST

- Hominy Grits with Sirup
- Canned Peas
- Cream Sticks
- Grapefruit with Grape Juice¹
- Browned Potatoes
- Nut Apple Toast¹

LUNCHEON

- Cream Barley Soup
- Apricot Toast¹
- Egg Sandwiches
- Corn Bread
- Stewed Raisins

Fourth Day**BREAKFAST**

- Toasted Wheat Flakes
- Lentil and Ripe Olive Hash
- Stewed Tomatoes
- Sliced Bananas with Cream
- Cream or Milk
- Olive Hash
- Bran Gems¹

LUNCHEON

- Blueberry Toast
- Ripe Olives
- Cream Tomato Soup — Croutons
- Corn Parker House Rolls¹
- Stewed Prunes

DINNER

- Boiled Rice with Maple Sirup
- Lima Bean Salad
- Orange Pudding¹
- Pea Chowder
- Baked Squash
- Rye Bread

cooks the cornstarch and eliminates the lead pencil flavor of the cornstarch.) Separate the white from the yolk of one of the eggs. Beat the whole egg and the yolk. Stir some of the hot mixture into the beaten egg, then stir the egg into the hot mixture. Add the salt. Cool partially, then pour over the oranges. If the mixture is poured over the oranges while hot, the pudding will probably have a bitter flavor. Beat the white of the egg, fold into it one tablespoon of sugar. Spread on top of the pudding, and put into the oven to brown lightly.

Bran Gems

2 tablespoons molasses
2 tablespoons cooking oil
Milk to make one cup liquid
 $\frac{1}{4}$ teaspoon salt
1 egg
1 cup wheat bran
1 cup sifted bread flour

Beat together the molasses, oil, milk, salt, and egg yolk. Stir in the bran and flour. Beat with a batter whip till the batter is smooth and free from lumps, which will require only about one minute. Beat the white of the egg very stiff, and fold it into the batter. Bake thirty to thirty-five minutes in hot, slightly oiled gem irons.

Corn Parker House Rolls

$1\frac{1}{4}$ cups lukewarm water
1 cake yeast, dissolved in
 $\frac{1}{4}$ cup water
1 teaspoon salt
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup oil
6 oz. corn meal
1 lb. 6 oz. bread flour

Mix together the water, dissolved yeast, salt, sugar, and oil. Also mix together in a mixing bowl the flour and corn meal. Pour the liquid mixture into the flour mixture, and mix to a dough with the hands, and knead lightly till a soft, smooth dough is formed. Put the dough

into an oiled bowl, cover, and allow it to rise till a hole will sink into the dough when a sharp blow is given it with the backs of the fingers. Then, without removing the dough from the bowl, knead it down, folding it in from the sides, and turn it over. Allow it to rise again. When it is light the second time, knead it down, and take it out onto a floured bread board. With a rolling-pin roll the dough out about one-half inch thick. Cut it into biscuits with a biscuit cutter. With the side of the hand make a crease in each roll a little to one side of its diameter. Brush a little oil over the smaller side and fold together, pressing the edges together firmly. Place the rolls on a baking pan with the smaller side down. Let rise till double in size. Bake to a nice brown in a rather hot oven.

Cream Corn Soup With Pop Corn

Put a few kernels of popped corn into each serving of soup.

The recipe for Steamed Apple Pudding was given in the October, 1913, number of LIFE AND HEALTH.

The recipe for Apple Cake was given in the September, 1913, number of LIFE AND HEALTH.

Toasted Corn Flakes With Grape Juice and Chopped Nuts

Pour a little grape juice over each dish of corn flakes and sprinkle chopped nuts on top. Corn flakes should always be heated in the oven till crisp, before serving.

Farina Blancmange

1 qt. milk
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup farina
1-6 teaspoon salt

Fifth Day

DINNER

Cream Corn Soup with Pop Corn¹
Savory Rice Croquettes Canned Peas
Boiled Potatoes with Cream Gravy Rye Bread
Steamed Apple Pudding with Vanilla Sauce

BREAKFAST

Rye Mush Cream or Milk
Scrambled Eggs
Baked Potatoes Corn Muffins
Sliced Bananas with Orange Juice

LUNCHEON

Farina with Figs Cream or Milk
Rye Bread and Nut Butter Sandwiches
Buttermilk Apple Cake

Sixth Day

BREAKFAST

Toasted Corn Flakes with Grape Juice and Chopped Nuts¹
Cream Gravy Toast
Hashed Potatoes Citron Puffs
Tangerines Hot Steamed Dates

LUNCHEON

Molded Rice with Custard Sauce¹
Cottage Cheese Salad Scalloped Tomatoes
White Bread Baked Apples
Maple Sugar

DINNER

Cream Potato Soup — Croutons
Pea Cutlets with Nut Crumbs — Chili Sauce
Ripe Olives Baked Parsnips
Beet Salad Corn Bread
Farina Blancmange with Coconut Sauce¹

Heat the milk with the sugar in a double boiler. Stir in the farina and salt, and continue to stir till the milk is thickened and the farina does not settle. Allow it to cook in the double boiler one hour, then pour it into a mold wet with cold water or into individual molds. When cold, unmold and serve with —

Coconut Sauce

1 pt. milk
 $\frac{1}{2}$ cup shredded coconut
 1 tablespoon sugar
 1 tablespoon cornstarch
 A few grains salt

Put the milk, coconut, sugar, and salt in a double boiler to heat. When boiling hot, stir in the cornstarch, which has been stirred smooth with a little cold milk. Cook five minutes. If desired, the sauce may be beaten into the stiffly beaten white of one egg to make a foamy sauce. The yolk of the egg may be used in the custard sauce for the molded rice.

Molded Rice

1 qt. water
 1 teaspoon salt
 $1\frac{1}{2}$ cups rice

Wash the rice thoroughly, then put it into a double boiler with one quart of boiling water and one teaspoon salt. Allow the rice to cook one hour, then turn it into one large mold or into individual molds wet with cold water. When cold, unmold and serve with custard sauce.

Creamy Rice

1 qt. milk (if part cream is used, it will be nicer)
 $\frac{3}{4}$ cup rice
 1 teaspoon salt

Wash the rice thoroughly, put it into a double boiler with the milk and salt, and cook it about two hours, stirring once or twice, or till it thickens to a creamy consistency. Serve hot.

Sabbath

DINNER

Nut and Pea Soup
 Cottage Cheese Creamy Rice
 White Bread
 Fruit Cake Fruit Nectar

BREAKFAST

Grape Nuts with Cream
 Ripe Olives Currant and Nut Rolls
 Strawberry Toast Malaga Grapes

LUNCHEON

Hulled Corn and Milk
 Crescent Rolls
 Stewed Figs Nut Cookies



EXPECTANCY

EDITORIAL

A FIVE-MILLION-A-YEAR CORRUPTION FUND

THE National Wholesale Liquor Dealers' Association of America is back of a "subscription list" perhaps the most gigantic ever started in this country. It is nothing less than a tax levied on all distillers, manufacturers of wines and cordials, wholesale liquor dealers, brokers, and allied trades. The distillers are to pay one cent on every bushel mashed for the production of spirits, etc., and five cents a barrel on whiskies, and ten cents a barrel on brandy; and so all along down the line, there are specified taxes for the wholesalers, jobbers, and other dealers. Traveling men act as solicitors for this fund; and "persuasion," with a veiled threat of boycott, is being used to induce all men in the liquor and allied trades to sign this "schedule;" in other words, to promise to pay the tax, which, as is estimated, will bring into the coffers of the defense or corruption fund of the liquor dealers five million dollars a year.

"Corruption fund," did I say? Rather a hard word; but suppose you that there is a politician, newspaper publisher, or other avenue of influencing legislation and the administration of the law that, if "open to offer," will not get a chance at part of that five million? If you do, you are innocent and unsophisticated.

The liquor men, realizing that the people have awakened and are ready to throw off the shackles of the rum traffic, are making the last despairing effort to keep those shackles in place. No other class in the community could so well afford to pay well for immunity. And think you they will have any scruples as to *how* they accomplish their aim? If you do, you know nothing of the genius of the liquor traffic.

There may be a distinct and large majority of the citizens of the United States who believe in national prohibition, but no matter: if money can in any way defeat the purposes of that majority, money will be forthcoming. The liquor business could well afford to part with half its ill-gotten gains in order to defeat the legislation which is destined to sweep the land.



THE VERDICT REGARDING THE SALOON

DECENT people do not want a saloon in the neighborhood of a school. Even the most superficial observation is enough to convince one that the saloon does not make a proper environment for the growing child. Even of those who drink, many would prefer to keep their children away from the saloon.

Clean, respectable neighborhoods do not want a saloon in the vicinity. This is so plainly apparent that saloon keepers do not want the question submitted to vote. Every one knows that the presence of a saloon lowers the general tone of the neighborhood, and tends to lower property values. A millionaire brewer of

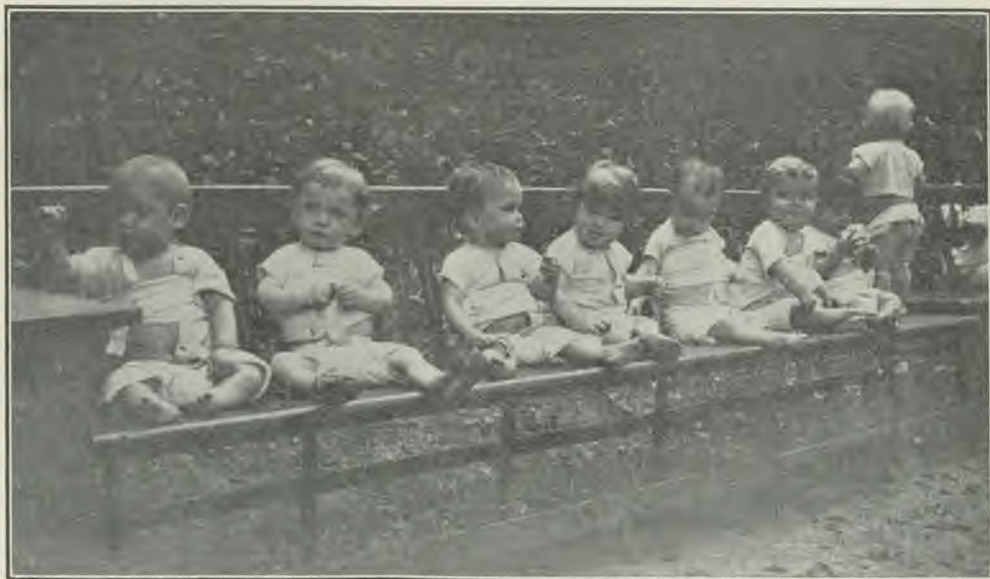
Milwaukee was known to vote against saloons in his neighborhood, even beer saloons.

Manufacturers do not want the saloon near their plants because it lessens the efficiency of the workmen, makes them more irregular, and increases the tendency to accidents involving destruction of property and loss of life.

Railway systems do not want saloons along their lines, and they do all in their power to prevent and discourage drinking among their employees. The Harriman system has, by means of a chain of clubs, or temperance houses to meet the social needs of the employees, done much to keep its men away from the saloons. Every railway officer knows that the saloon is a large factor in the causation of railway disasters.

The saloon finds its most congenial surroundings in the slum. The saloon, the dive with women attendants, the house of assignation, the house of prostitution,— these go hand in hand. They cynically laugh at virtue, and in effect say to decent society, "What are you going to do about it?" These all depend on the influence of the "man higher up," the man (or perhaps woman) who has the front seat in the most prosperous church, who is ostensibly at the head of reforms and benevolences, but who is drawing blood money from the revenues of these agencies of hell, and who by his influence blocks legislation, or else "fixes" the officers who have the execution of the laws. It is these "higher ups" that the decent part of society will have to settle before they can fully control these agencies of evil.

J. H. Heald.



TOTS



The Pellagra Situation

FROM being an obscure disease which most doctors had never seen, and many had never more than heard of, pellagra has come into almost sudden prominence, with an incidence of more than thirty thousand reported cases in the United States, and no one knows how many unreported cases, with a mortality of more than forty per cent, and a terminal insanity in a large number of cases. At first confined to a few localities, it is now reported from every State in the Union, and probably few large areas are free from the disease. The science of medicine, with all its boasted progress, has little or nothing certain to offer as a remedy or preventive of this insidious and sinister disease. Not that medical men are not giving the subject earnest attention; men are devoting their lives to the solution of this most important problem, and doubtless they will be rewarded sooner or later with the knowledge that will enable us to conquer the disease.

The Thompson-McFadden Pellagra Commission read its first progress report at Spartanburg, S. C., one of the great pellagra centers, September 3. The report shows very careful work, and some of the findings are noteworthy. In this report, the commission quotes with approval from a former report by Seiler and Garrison, which appeared in the *American Journal of the Medical Sciences* in July and August (1913). For the benefit of those who attribute pellagra to the use of corn, sugar, or other food substances, a few quotations from the Seiler-Garrison paper, taken from the commission report, follow:—

“Observations on the habitual use of the more common foodstuffs failed to discover any points of difference between pellagrins and nonpellagrins in the county [Spartanburg County, South Carolina], or any foods which would seem to explain the strikingly greater prevalence of pellagra among certain classes of the population.

“The most striking defect in the general dietary of the working classes appears to be the limited use of fresh meats, the animal protein being supplied largely in the form of cured meats, of which salt pork, especially bacon, is the most important.

“Unhygienic preparation of food appears to be a probable important factor in the general health of the population.”

“Investigation of the kind, quantity, and quality of corn and corn products used in the county failed to bring to light any epidemiological evidence pointing to the agency of corn as an etiologic factor in the disease. The presence of two cases in our series giving a definite history of no corn consumption within two years prior to the onset of symptoms, together with several other cases in which corn products were eaten, if at all, only in small quantity and at extremely rare intervals, would seem to argue strongly against any hypothesis that corn products alone are the causative agency of the disease.”

The Thompson-McFadden Commission made careful study of the various possible carriers, and as a result express the opinion that mosquitoes, ticks, fleas, horseflies, lice, bedbugs, and buffalo gnats (*Simulium*) are not responsible for the spread of the disease. They are not so sure that the house fly is entirely free from suspicion, but give reasons why they believe that the stable fly (*Stomoxys calcitrans*) may be the carrier of the infection.

The commission believes that the corn theory is wholly inadequate, that pellagra gives every evidence of being an infectious disease, that the stable fly and not the buffalo gnat is the probable carrier, that insufficient diet may predispose to

infection, and that pellagrins as a rule are using an insufficiency of protein. While recognizing that the lack of these foods may possibly be merely an index of low economic condition, the commission is inclined to the belief that the low protein ration bears a more direct relation to the incidence of pellagra. A poorly nourished community generally shows a higher incidence of the disease than a community on a better plane of nutrition; and further, those individuals in a community who are more poorly nourished seem more liable to develop pellagra. Other weakening factors are recognized as possibly playing an important rôle as predisposing agents. But poor nutrition results in pellagra only when the individual in question has lived in a relatively close association with a previous case of pellagra. The commission summarizes as follows:—

"1. The supposition that the ingestion of good or spoiled maize is the essential cause of pellagra is not supported by our study.

"2. Pellagra is in all probability a specific infectious disease communicable from person to person by means at present unknown.

"3. We have discovered no evidence incriminating flies of the genus *Simulium* in the causation of pellagra, except their universal distribution throughout the area studied. If it is distributed by a blood-sucking insect, *Stomoxys calcitrans* would appear to be the most probable carrier.

"4. We are inclined to regard intimate association in the household, and contamination of food with the excretions of pellagrins, as possible modes of distribution of the disease.

"5. No specific cause of pellagra has been recognized."

Humor at the Expense of the Antivivisectionists

As Ernest Thompson Seton is somewhat of an animal lover himself, the antivivisectionists in their world convention in Washington were doubtless expecting a great speech from him against animal experiment; and they must have been disconcerted when he turned and pointed his guns at them. The situation was so deliciously ludicrous that the *Washington Times* could not forbear some editorial comment, which because of its appropriateness we reproduce:—

"That was a cruel bit of common sense that a speaker hurled into the midst of the antivivisectionists when he suggested that ladies wearing furs were giving countenance and encouragement to quite as cruel a treatment of dumb animals as were the vivisectionists.

"If he had mentioned the wholesale cruelty of deliberately raising fine, fat pigs and beeves for the express purpose of killing them, he would have emphasized it a bit. And to think of doing all that when there is high authority for the contention that we would all be better off—in purse and person alike—if we would quit eating meat!

"Now we are assured, further, that the wicked doctors experiment on human beings as well as animals. Of course they do, more's the horror of it. Jenner had to vaccinate some particular person first, and it was a wicked shame. If he hadn't been permitted ever to try it on any particular person first, it never would have been perpetrated on any of us, and we would yet enjoy the high privilege of dying from smallpox.

"Likewise with, say, the diphtheria antitoxin. It is among the greatest outrages against the business interests of the undertakers, and the sensibilities of the antivivisectionists, that experiments with this fearful concoction were permitted."

The Garden City Movement in 1913

THE garden city idea, originating in Britain, has spread gradually over the world, but it is probably making more vigorous growth in England than elsewhere, for there it seems indigenous; elsewhere it is exotic.

We Americans are apt to think that we have arrived at solutions of the how-to-live problem that may serve as models for the rest of the world. More likely is it a fact that in nearly all our adjustments we might, with advantage, look to other countries for improved methods.

In the matter of housing, our tenant system, in which the landlord makes it a part of his policy to cut down his appropriation for upkeep and repair to the lowest limit, in which the tenant has no interest in the upkeep of the property, and moves from place to place without any thought of permanent home or neighborhood relations, we can well profit by a study of the English movement which places the laboring classes in garden cities or garden suburbs, where the whole influence is to develop permanent homes and neighborhoods with community in-

terests, and to make substantial citizens of the laboring classes. There is no one thing that will so develop in the common man the feeling that he is an active factor in the nation as an active part in such a local organization as a garden city.

Garden Cities and Town Planning,¹ a magazine devoted to this movement, summarizes the garden city movement in 1913 in an article from which we learn that the total area now comprised in garden city schemes is 15,000 acres. The promoters anticipate a population in the future of 300,000. This same area, developed after the style of most cities, would have a population of at least 1,500,000.

For the first time the distinctly rural question has been tackled, and a special organization, the Rural Copartnership Society, has been formed to provide copartnership in cottages for laborers and small holders.

What Was the Distiller's Name? So asks *Collier's* in a recent issue. It appears that a young man was sentenced to the Elmira Reformatory for fifteen years for killing his father, a civil war veteran. Dr. McGuire, the Tombs Prison physician, had given his opinion that the young man was crazy with drink when the crime was committed. The editor of *Collier's* comments:—

"Could not the district attorney's investigators, if they had pressed just a little farther, found out what brand of whisky caused this particular murder? Then we should be able to give the name of the distiller who walks the streets of Louisville or Baltimore in that high respectability which is maintained upon the profits of stimulating crime."

But I do not know why we need to know the name of that particular distiller. Any whisky might have done the same, and all distillers are in the same condemnation, in that they are manufacturing a stuff for gain that is a potential crime breeder. That some particular bottle of whisky, made by, say, a manufacturer in Louisville, is the cause of a

murder is a mere incident. The fact is that any whisky is capable of doing so under favoring circumstances. No man in the distillery business is entitled to the respect of the community, any more than is the man or woman who rents houses for the purpose of prostitution. That many supposedly respectable persons, some of them church members, perhaps, and possibly social workers, obtain revenue from such disreputable sources does not give respectability to the business; and with our awakening national conscience, we shall one day give to the obtaining of income from disreputable sources the moral valuation that it deserves.

The "Outer's Book" Creed *Outer's Book* (Milwaukee) is a well-illustrated exponent of the outdoor life. The following is part of its excellent creed:—

"We believe in fresh air, sunshine, and outdoor life, the tonic that makes for a young old age; . . .

"In conserving the health, improving the disposition, and extending the mental horizon; rather than increasing the fortune, ruining the temper, and becoming sullen and morose—in-tolerable to others and oneself; . . .

"In all wholesome things that make for sane, happy, and healthful living; that the American people may get more out of existence."

We desire in this connection to acknowledge the courtesy of the publishers of *Outer's Book* for the use of the illustration on the front cover of the February LIFE AND HEALTH, "The Joy Riders."

Vegetable Fats SOME time ago, a lard-like substance

was put upon the market which the manufacturers declared to be purely vegetable. For the reason that heretofore it has been difficult to get stable vegetable fats that are solid at ordinary temperature, and for the added reason that the manufacturers of this product were handling large quantities of animal fats, the writer of this article had grave doubts as to the truthfulness of the claims of the manufacturers.

¹ P. S. King & Co., Orchard House, Westminster, London.

But an inquiry directed to the Department of Agriculture elicited the reply that the fat in question was probably made from vegetable oils by synthesis.

Now the Quarterly Bulletin of the Board of Health of New Hampshire, No. 2, 1913, explains that if olein is treated with hydrogen in the presence of finely divided nickel, stearin will be produced; that is, the oil will be turned into a more or less solid fat, according to the proportion of hydrogen used. Examination of a chemical lard substance believed to be a product of this character failed to show the presence of nickel.

From this it would seem that finally a vegetable fat had been produced, which, as far as known, has no deleterious qualities. As we understand it, cottolene and snowdrift are mixtures of vegetable oil and animal fat.

* * *

Buttermilk for Erysipelas . IN the *Practitioner* for May, 1913, Arnold makes an astounding statement regarding his success in the treatment of erysipelas with buttermilk.

Some seventeen years ago he was treating a girl of nineteen for erysipelas of the face and scalp. After an illness of several weeks, in which she had a number of relapses, she finally seemed to recover, and was sent to the seashore to build up. Here a long walk used her up, and she returned exhausted. The next day there was a recurrence of the erysipelas in full force, with a temperature of 104°, and severe pain. A friend suggested the free application of buttermilk, a remedy she had learned from a farmer's wife.

Rags soaked in buttermilk were accordingly applied to the inflamed area, and almost immediately the pain was relieved. As the temperature remained high, the patient drank some buttermilk, with the result that the temperature soon dropped to 99°. She was practically well the next day.

Returning from the seashore, she told Dr. Arnold her experience, which led him to test the remedy in other cases. Since that time he has treated every case of erysipelas by this method, keeping the cloths over the affected parts constantly wet with buttermilk, and uniformly the pain disappears, and the disease process rapidly aborts.

* * *

The Influence of Light on the Nerves

IN the Transactions of the Illuminating Engineering Society for October is a paper by F. Park Lewis, who makes some significant statements regarding the influence of light, from which the following is quoted:—

“The difference produced upon our state of mind by the glaring brilliance of an unshaded Welsbach light, especially an old one, or the soft glow of even a yellow illumination, is felt by every one, although by no means always recognized as a cause of nervous irritation. In some of the most persistent cases of eyestrain, after the ophthalmologist has employed the highest degree of skill in determining the correct combination of lenses to be employed, it will be found that the discomfort is due to a badly placed lamp, to the improper use or absence of shades, to an insufficiency or an excess of light, to some specular reflection or other local fault in illumination about which he has not been advised. There is probably no one simple element that more deeply concerns the welfare of the people than correct lighting.”

The *Medical Record*, commenting on this, says, we believe correctly, that “in these days the fault is generally a too-glamorous light or an excess of light. The object seems to be to have as many brilliant white lights as possible. There is little doubt that a considerable amount of the nerve irritation which is so prevalent is largely due to or greatly aggravated by present-day methods of lighting.”

Where it can be installed without too great expense, there is no light equal to the hidden light that illuminates by throwing its rays first to the ceiling, to be diffused from there over the entire room.

THE MEDICAL MISSIONARY AT WORK



DISPENSARY IN SHANGHAI, CHINA

A. C. Selmon, M. D.

THE first of August Mrs. Selmon and I opened a dispensary in the market place to the east of the mission and press property. The building was rented and repaired with the purpose of running the dispensary until the training school opened, when we should turn it over to Dr. Miller, to be operated in connection with the school. Just before the time set for opening the dispensary, word was received to the effect that Dr. Miller was not to return to China. This left us in some uncertainty as to what would be best to do.

We have had the experience of opening, and later closing, two dispensaries in Shanghai, and wished to avoid a repetition of these experiences. However, the people from the surrounding neighborhood continued to come to our home to be treated, and as it is far from ideal to make a dispensary of one's study, we decided to start work in the village, but not to advertise. The first day there was an attendance of thirteen, and at no time since then have we had less than this number. Some days there are over twenty cases treated in the two hours we are there.

Loh Sien Seng meets the people in the waiting room and tells them the gospel story, and just before beginning work we have prayer with all the patients. Since this work was begun, the people in the market have become much more friendly, and the owners of a large pawnshop adjoining us, who were extremely

gruff at first, are now very friendly, and do a great deal of advertising for us.

My wife recently received from a young Chinese business man of Shanghai, who is well educated, a letter written in English containing the following good experience:—

"I feel exceedingly grateful to you for your kind advice regarding cigarette smoking. I need such advice very much. I know the evil consequences of the habit, and I feel them very keenly. I realize that it is a shame for a young man like me to smoke. I feel the shame most when I am in the presence of men of high moral principles, and my conscience always hurts me when I think of this weakness, which, honestly speaking, has kept me from saying and doing many things I otherwise should have said and done. My soul has been fighting a hard battle with my flesh, and so far the latter has been victorious. The advice you have given me, however, has greatly strengthened the former; and strange to say, owing perhaps to some mental peculiarity, the cigarette has entirely lost its former taste; nay, it makes me very uncomfortable after a few puffs now. When I told this to my wife, she said, 'Dr. Selmon is praying for you.' I believe you do, and can assure you that before long I shall stop smoking altogether. This is my determination, but I am weak. I ask you to pray for me, and give me some suggestions as to what would be best to take to tone up my system a little."

A YEAR IN THE CANAL ZONE

D. E. Blake, M. D.



YEAR ago the writer landed in Colon, having separated from the sanitarium work in Nashville, Tenn., to engage in self-supporting medical missionary work in this field. We were welcomed by the brethren here, this being a very needy field with but few workers.

The town of Empire, an important location about twelve miles from Panama City, was chosen for beginning our medical work; and as there was a small, struggling company at this place, we felt that our assistance was needed.

The Lord has blessed us in the medical work far beyond our highest expectation, and our efforts in the evangelical work have also been very gratifying.

The need of a small sanitarium was one of our early observations, but as the government of the Canal Zone forbids the acquisition of land and the putting up of buildings, we were perplexed to know how to meet this pressing need. We were thus compelled to work with what facilities we had at hand, and await developments of plans we had in view.

Two weeks ago we were favored with the lease of twelve rooms in a large building in Cristobal, the American set-

tlement adjoining Colon, at a very reasonable price, the owner giving twenty-five dollars for the special electrical installation in my section of the building.

The Isthmian Canal Commission maintained a hospital in Colon, but owing to the early completion of the canal, it was decided to discontinue it. This action removed the only hospital from Colon, thus leaving the field clear for our work.

We were privileged to secure the equipment we needed from the commission's Colon hospital, in the way of surgical instruments, beds, bedding, etc., some of these new, and at an exceedingly low price. Thus within a few weeks our institution will be ready for business.

We feel very thankful for these evidences of divine leading. They encourage and strengthen us. We are also thankful for the hearty support of the brethren here.

Our only purpose is to assist in the furtherance of the gospel. Our success is not measured by the money made, but by reaching souls with the salvation found only in Jesus. To this end we solicit your prayers for the success of our work in this needy field.

Empire, Canal Zone.



QUESTIONS and ANSWERS



THE editor can not treat patients by mail. Those who are seriously ill need the services of a physician to make a personal examination and watch the progress of the case. But he will, in reply to questions sent in by subscribers, give promptly by mail brief general directions or state healthful principles on the following conditions:—

1. That questions are *written on a separate sheet* addressed to the editor, and not mixed in with business matters.

2. That they are *legible and to the point*.

3. That the request is *accompanied by return postage*.

In sending in questions, please state that you are a subscriber, or a regular purchaser from one of our agents; or if you are not, accompany your queries with the price of a subscription to LIFE AND HEALTH. This service is not extended to those who are not regular readers.

Such questions as are of general interest will, after being answered by mail, also be answered in this department.

Prescription for Deep Breathing.—“1. What is your opinion of the following method of breathing? Place the finger on one side of the nose, holding it shut, and take seven deep breaths; then place it on the other side and do likewise, exhaling through the mouth. 2. Will deep breathing prevent consumption? 3. Is five minutes, morning and evening, long enough for breathing exercises?”

1. I see no objection to the method of breathing recommended. If this exercise encourages one to breathe more deeply, it is an advantage. In my opinion almost any method that will encourage deep breathing is a good method.

2. Deep breathing I think does a great deal toward the prevention of consumption.

3. Five minutes twice a day is perhaps sufficient, although ten minutes would be better.

“Free Prescription.”—“1. My husband and I are fifty-six years of age. Our eyes are weak and at times water. Please advise concerning this free prescription. 2. I want to keep my eyes clean. Please tell me of something that is perfectly harmless but beneficial that may be dropped into the eye.”

1. The clipping you sent me purporting to be a free prescription, is simply an advertisement of — tablets. I have no reason for thinking that these tablets are any different from any other quack remedy that is sold for the purpose of filling the pocket of the advertiser. Many of these so-called “free prescriptions” advertised in the newspapers are simply proprietary medicines.

2. There is no fluid so good for keeping the eyes clean as the natural secretion of the tear-lands.

How to Take Agar.—“In what form do you advise the taking of agar, raw and dry, or cooked?”

Agar is perhaps best taken stirred up in some

cereal food or mush. For this purpose it should be chopped up about the size of oat flakes. If it is cooked or allowed to soak, it becomes gummy.

Brain Food.—“Give me a list of foods you consider best for mental workers, containing the largest per cent of the elements required for the support of the brain and nervous system.”

Dietitians at present generally believe that there are no foods which may be set down particularly as brain foods for mental workers. The mental worker, as well as the physical worker, should have sufficient of all elements necessary to nourish the body and keep in excellent health. As the muscle worker uses more fuel, it is generally believed that this class should use a larger proportion of the fuel foods, that is, starches, sugars, and fats, but that the amount of nitrogen depends rather on the weight of the individual and his age. While he is growing, he requires more nitrogen than when he has attained his growth. I should suggest the whole-grain preparations as a basis of a dietary, with a certain amount of nuts, some easily digested fat or oil, and a liberal amount of fruits and vegetables, which contain valuable mineral salts.

Effects of Tobacco.—“About five years ago there was an article in your magazine on the bad effects of tobacco on the eyes. Can you give the substance of this statement?”

You probably refer to an article by Dr. T. D. Crothers, which appeared in the December, 1907, LIFE AND HEALTH. The following is a quotation from his article:—

“One of the most common and serious effects of tobacco is amblyopia, or increasing cloudiness of vision due to paralysis and congestion of the optic nerve. It is found that railroad engineers who use tobacco very soon have defective color sense, and this

unfits them for work. It is asserted that no one can use tobacco in any form very long without having defective vision. The poison first dulls the color sense, and produces gradual degeneration of the optic nerves, with increasing cloudiness of sight, and finally total blindness."

Oil Enemas.—"1. Is cottonseed oil as effective an enema as olive oil? 2. What style of syringe is best for use in giving an oil enema? 3. Is the syringe advertised in another health periodical as enabling the oil to reach farther up in the intestine to be preferred?"

1. Probably so.
2. The hard rubber barrel syringe, I should say.
3. I have not seen the advertisement you refer to, and do not know what advantage this syringe could have over the ordinary syringe. The principal benefit in most of these advertised devices is in the fact that they bring money into the pocket of the persons who advertise them.

Food Values.—A subscriber inquires what constituents are found in a long list of articles which he names, and in what proportions. He also desires to know what foods to eat in order to get an adequate quantity of iron.

Information on the subject may be obtained by sending to the Superintendent of Documents, Washington, D. C., five cents in coin (stamps not accepted), and ordering a copy of Bulletin No. 28, Office of Experiment Stations, U. S. Department of Agriculture. This bulletin contains the analysis of practically all foods eaten by Americans. In general, the green foods are rich in iron.

Coffee as a Stimulant.—A subscriber sends a clipping giving the case of a Mrs. Kyle, of Warren, Ohio, who at the age of 114 years estimated that she had drunk with benefit to herself 217 barrels of coffee, and asks that I reply to this article.

I do not know what I can say in reply to a person who has lived for 114 years and has experienced no ill effects from coffee. In such a case, I have heard persons argue that *if* the individual had lived without coffee, he *might* have lived to be 150 years old, etc.; but "*if*" and "*might* have" make a very flimsy foundation for an argument. I am not inclined to doubt that there are persons who are immune to the effects of substances which are quite harmful to others. I do not think it can be successfully shown that coffee or tobacco, or even alcohol, is equally harmful to all persons. In fact, we know that certain persons are particularly susceptible to these poisons, so that they learn from their own experience that they have to abstain completely or be wrecked. If some are more susceptible than the average, it is quite possible that others may be less susceptible than the average.

Appendicitis.—"My sister has chronic appendicitis, with colitis. Should you advise medicine, or would stomach washing be good? and do you think an operation is necessary?"

The physician who has examined a patient is far better equipped to say what should be done than one who has not seen the patient. There are many things to be considered in giving an answer, and one would not be wise to attempt to answer without knowing all the conditions. In some cases stomach washing might do good; in others it might not. Cathartics might be a benefit in some cases, and they might be a great damage in other cases. An operation is necessary in some cases in order to save life; in other cases an operation would not be advised.

Diet for Rheumatism and Endocarditis.—

"I am recovering from inflammatory rheumatism, and have been left with endocarditis. I should like to have you send me a proper fruit and vegetable diet list. I am also troubled with constipation."

Use such foods as agree with you and contain a proper amount of nutriment.

For constipation I should use such cereals or breakfast foods as contain the entire grain, or eat freely of brown bread. As a rule, the coarse vegetables are laxative, as are apples, bananas, dates, prunes, etc.

Indigestion With Gas.—"I have been bothered off and on for several years with gas on the stomach, making my sleep restless and interfering with my work. Bananas and apples, also coffee, seem to cause excessive gas, although I am bothered with gas on almost any diet. Medicines have seemed to do more harm than good."

Try for one week the exclusive use of buttermilk from a good, clean dairy. You will need at least four quarts a day, and should drink it about every two hours. At the end of the week take one meal consisting of some cereal breakfast food and whole milk, continuing the buttermilk for the other meals. In another week eat two meals, morning and evening, of the cereal and whole milk, in this way gradually replacing the buttermilk by the cereal and milk. Next try some spinach or other greens, if you can obtain them. As you gradually add to your dietary, if you find some food causes a return of the gas, let it alone.

Your trouble may come very largely from your teeth. If you have loose or decayed teeth, the suggestions I have given will be useless until your mouth has been put in good condition by a dentist, so that every cavity and every pus pocket is done away with.

Rectal Dilators.—"What is your opinion of rectal dilators for constipation?"

Dilators might be beneficial in one type of constipation. There are many cases of constipation that would not be reached by this means.

Gas Pipe Treatment Again.—"I am sending you some oxypathic literature. The absence of any notice in LIFE AND HEALTH of this twentieth century blessing to suffering humanity suggests the thought that you may not know of the wonderful work this little machine is doing by utilizing atmospheric oxygen for the cure of disease."

You probably did not see the LIFE AND HEALTH of a year or two ago in which we showed up this concern as an unmitigated fake. There would be just as much virtue in a piece of dog chain attached to a piece of gas pipe. No one with the most elementary knowledge of physics or chemistry would be deceived by this contraption. A letter like the above always conveys the impression that the writer has taken the agency and is lending her influence to help perpetuate this fraud.

Deep Breathing.—"I have for a long time tried to acquire the habit of deep breathing, have even taken a course in deep breathing from a breathing specialist; but I have never been able to get into the habit, nor have I noticed any benefit from my practice. Is it possible to form a habit of deep breathing, and is there any benefit to be derived from it?"

There is great advantage in deep breathing; but in my opinion physical culturists who have mail order courses in deep breathing are apt to be faddists. Perhaps no physician doubts the advantage of occasionally filling the lungs with air, perhaps two, three, or four times a day going through a series of breathing exercises that will open up all the air cells, for it is the unused air cells that are first attacked by tubercle bacilli.

But that a person should form a habit of deep breathing I think is contrary to nature, and I doubt that anybody ever forms the habit. No matter how long one practices deep breathing, as soon as the voluntary effort ceases one goes back to the ordinary method of nature.

Breathing exercises for breath control, vocal culture, and the like are excellent, as is any exercise for the general health. But the only deep breathing that can really effect the oxygenation of the body is that which comes as the result of demand for more air, that is, when a person exercises vigorously.

Probably Tuberculosis.—"Last winter I took a bad cold which settled on my lungs, and I have not got over it. My mother died of consumption when I was eight years old; I am now eighteen. During the day my lungs seem all right, but at night a sound from my lungs can be heard a few feet away. When I cough, I raise yellow matter.

I fear from what you write that you have tuberculosis in such a stage that unless you give it very active and earnest attention, it will soon be too late to do anything for you. If your circumstances do not enable you to

employ a physician, there is probably an anti-tuberculosis association in your State or city which will render you any help you may need. You will need very energetic treatment, but it is not treatment that can be undertaken by mail.

Among other things, you need a very nutritious diet, and you ought to live in the open air as much as possible, yet be thoroughly protected against chilling. This would mean that you ought to have personal supervision by some one who is thoroughly familiar with the modern methods of treating tuberculosis.

Vinegar.—"What is your opinion as to the use of vinegar?"

Some believe that vinegar is not harmful, but one is probably better off to use some form of fruit acid—lemon juice, for instance.

Vinegar is a product of the decomposition of alcohol, and there are some who think that in equal quantity vinegar is more harmful to the stomach than is alcohol.

Nut and Fruit Dietary.—"I have been much interested in your articles on nut and fruit diet, and I and my family are going to carry it out to some extent. I should like to ask whether there is any difference in the nutritive value of peanuts, raw and roasted."

Experiment gradually in this line. Remember that peanuts are not nuts; that they are more nearly related to the peas and beans, and with many persons are difficult to digest. The walnut, unless fresh, is apt to be rancid, and you should be careful not to buy any of last year's crop. The pecan is an excellent nut for general use. Remember to masticate very thoroughly and not to use too freely of nuts.

Remedy for Falling Hair.—"Please tell me a remedy for falling hair. Is hair tonic a help?"

Falling hair is usually due to the presence of scalp disease—a failure in nutrition because of atrophy of the skin, or an infection. Infection may be transmitted in the barber shop, by the neglect to sterilize combs, brushes, etc. Everything in a barber shop that comes in contact with the head, unless it has been sterilized, may be a means of transmitting an infection that will result in baldness. In case of dandruff, washing the head with one of the disinfectant washes, and sterilizing one's brushes and combs, may stop further progress. Provided the "hair tonic" contains a disinfectant, it may be of some benefit.

One of the most efficient methods of strengthening the growth of the hair is to shave the top of the head, and keep it shaved for a number of months, rubbing into the scalp once a day a little kerosene or other petroleum preparation. Where the head has become practically bald, even this will not avail.

Soured Milk.—"1. Would a glass of buttermilk do just as much to prevent auto-intoxication as a tablet containing the Bulgarian bacilli? 2. Give directions for multiplying the Bulgarian bacilli in milk."

1. Soured milk or buttermilk from a first-class dairy is of value in the prevention of intestinal putrefaction, but is probably not so valuable as the true Bulgarian bacillus, for the reason that the Bulgarian bacilli can survive longer in the intestinal tract.

2. Tablets of Bulgarian bacilli are usually accompanied by directions for preparing the milk, and it would be better for you to follow these directions than any I might send you. Not all that is sold as Bulgarian bacilli tablets or lactic acid tablets is reliable.

Sugar and Pellagra.—"Is it true, as stated in a recent magazine, that the use of cane sugar causes pellagra?"

Just as true as is the statement that the use of tomatoes causes cancer, that the use of white flour causes appendicitis, and that the eating of watermelons causes malaria. It takes a certain type of mind with only a few facts in view at one time to make such statements.

Meat eating is increasing. Cancer is increasing. Therefore meat eating causes cancer! Why not reverse it and say, "Therefore cancer causes meat eating"?

The consumption of sugar is increasing. Pellagra is increasing. Therefore the con-

sumption of sugar is the cause of pellagra!

In order to show the absurdity of such a form of reasoning, I will give another parallel.

Education is increasing in the South. Pellagra is increasing in the South. Therefore education is the cause of pellagra!

The fallacy is apparent. The fact is that when one has a pet antipathy, it is the easiest thing in the world to attribute this and that evil to it. It works like a charm. It reminds one of the good old days when one needed but to accuse an old woman of witchcraft, in order to have her executed. The accusation was accepted as proof by an uncritical multitude.

Some time ago LIFE AND HEALTH published the experience of Deeks in the Canal Zone, showing that of a large number of pellagra patients under his care, all were using an excess of carbohydrates (starch and sugar) with a deficiency of protein, and that the dietary part of his cure consisted in getting his patients on a more liberal protein dietary, with a restriction of the carbohydrates.

This, of course, does not amount to proof; but on the basis of it, LIFE AND HEALTH advised its readers against carrying the low protein regimen to an extreme. But while we appreciate that an excessive carbohydrate dietary, by disarranging the digestion, may prepare the soil for the disease, we are convinced that the most satisfactory evidence thus far adduced stands in favor of pellagra's being an infectious disease, transmitted, perhaps, by the bite of some insect.



SNOWSTORM, TAKOMA PARK, D. C., MARCH 4, 1909

SOME BOOKS

Nerves, by David Fraser Harris, M. D., C. M., B. Sc. (Lond.), D. Sc. (Birm.), F. R. S. E. Henry Holt & Co., New York. 50 cents net.

A book that can be conveniently carried in the pocket, and read through in one reading, yet containing in simple language the cream of the latest knowledge regarding the structure and functions of the nervous system. Incidentally the author explains the causes of nervous abnormality and indicates some preventive measures. In other words, he gives not only an excellent *résumé* of our knowledge of the physiology of the nervous system, but also a few hints on the hygiene of the nerves.

The author, who has wisely avoided nervous anatomy and technical details which would serve to puzzle the reader without giving him a clearer knowledge of the subject, is to be commended for this excellent popular compendium.

Games for the Playground, Home, School, and Gymnasium, by Jessie H. Bancroft, Assistant Director Physical Training, Public Schools, New York City. \$1.50. The Macmillan Company, New York.

Recently the writer was requested to supervise the play of a school ground. This being a new experience, he made for the libraries, and after some consideration chose from the various books the one under consideration, as being most helpful.

General instruction is given in this book as

to how to organize and make the play successful. The selection of games for various ages, and the purpose and value of games, are carefully explained.

The arrangement of the book makes it especially useful for reference. In the first place, the games are classified, so that one can find all the games of one type in one place, such as active games, quiet games, and ball games. Before the description of each game, is given the number of players that may play, where (playground, gymnasium, or school-room), and what apparatus is needed, as basket ball, dumb-bell, bean bag, etc. The list contains all kinds of games from various countries,—quiet games and vigorous games; schoolroom games and outdoor games; games for the youngest up to the adult; games for the few and for the many; games without and with apparatus.

The directions for playing are clearly given, and where necessary are illustrated by diagrams or photographs.

The complete indexes add greatly to the convenience of the book; for by these one can immediately turn to either the schoolroom games or the outdoor games that are adapted to a certain grade of pupil; to playground games or to seashore games; in other words, one can turn immediately to the kind of game desired for a particular occasion. In addition to the classified indexes, there is a complete alphabetical index. But one must see the book and use it to appreciate it. In the last edition a number of new games have been introduced, making the book more complete.

Pellagra Outstripping Typhoid.—Pellagra during the last two years has been more fatal in North Carolina than typhoid fever.

Fresh Air in the South.—Rome, Ga., is the first Southern city after St. Louis to establish an open-air school. St. Louis already has three such schools in successful operation.

Pellagra Reportable.—In Spartanburg, S. C., pellagra, which ranks second only to diphtheria in the number of cases, is now classed as a communicable and reportable disease.

Smallpox Transmission.—Dr. C. A. R. Campbell, of Texas, holds that smallpox is transmitted by means of the bedbug, and "according to a great many practical experiments conducted by him in the past few years, he has not been able to determine that the disease is transmitted in any other way."

Free Antitoxin.—The board of health, Kalamazoo, Mich., has arranged to furnish diphtheria antitoxin free to physicians, with the provision that they make no charge to patients for the antitoxin, but only for services rendered.

Trachoma Patients Not Deported.—At the port of Philadelphia, immigrants affected with trachoma are not being immediately deported, but are being placed in charge of the medicochirurgical hospital, where they are given treatment according to a new method.

For Outdoor Sleepers.—The January issue of the *Journal of the Outdoor Life* (289 Fourth Ave., New York, 10 cents) has an excellent article by Thomas Spees Carrington, describing new devices for outdoor sleeping. Dr. Carrington has devoted much time to the study and perfection of devices for outdoor living.



NEWS NOTES

Antityphoid in Army.—There was no case of typhoid in the American army in 1913. This is said to be due to the free use of antityphoid vaccine.

Diphtheria Spread by Pencils.—Lead pencils distributed and collected every day in the lower grades of the Bridge Street Normal School, Suffield, Conn., are said to be responsible for an epidemic of diphtheria which occurred among the pupils. The health officer of the town ordered the pencils burned, and forbade the continuance of the custom.

Making Exercise Pay.—A French inventor (may his memory long linger) has so combined a bicycle exerciser with a storage battery that the person exercising during the day accumulates an electrical charge which can be utilized at night for lighting purposes. Where a number of persons use the exerciser, the amount of stored current may be considerable.

Expert Sanitarians From Canal Zone.—The president of the Louisiana State Board of Health, having visited the Canal Zone and noted the character of the sanitary work done by the men there, is anxious to have the State of Louisiana employ one or more of these men to give their time to the work of bettering the sanitary condition of the State. It would be a good investment.

Alcohol in the Spinal Canal.—Two German investigators have ascertained, as a result of an investigation of ten persons who had been drinking alcoholic beverages, that alcohol was present in the spinal fluid of eight of them. In some cases, aldehyde, an oxidation product of alcohol, was present. Several cases showed the presence of alcohol in the cord four or five days after its use had been discontinued.

Alcoholism in Russia.—An editorial in the *New York Medical Journal* of November 29 attributes a large part of the barbarism, superstition, and the low grade of morality in Russia to the prevalence of alcoholism in that country. In the government of Saratof 79 per cent of the boys and 48 per cent of the girls from five to ten drank either spirits or beer. Of the 1,350 boys and the 600 girls questioned, 256 boys and 35 girls admitted that they drank to intoxication. In the government of Pskof, of 5,101 children 83 per cent of the boys and 68 per cent of the girls drank, the ages being from six to eight, and in some cases from three to four. Of 4,034 children, 30 per cent of the boys and 8 per cent of the girls drank to intoxication.

Cocaine in India.—The natives of India, long accustomed to the use of opium and other narcotics, have lately learned the delights of the Western "jag," cocaine, and the use of this miserable drug is becoming widespread among them.

Farm Women.—The Secretary of Agriculture has addressed letters of inquiry to women of 55,000 selected farms in all parts of the country. The answers, as far as studied, show that farm women desire assistance in all phases of home management, especially as to ways of securing running water, introducing household power machinery and labor-saving arrangements, and providing better hygienic and sanitary conditions.

Jaquequina Shippers Fined.—A fine of fifty dollars was assessed against the shippers of a lot of the headache "remedy" jaquequina, because it failed to state the quantity or proportion of acetanilide it contained. An analysis showed that each ounce contained about 230 grains of acetanilide—nearly one half. Acetanilide has not infrequently caused death when taken in the form of headache powders. Remember it is not safe to trust any of the so-called "headache powders."

Food and Drug Prosecutions.—Prosecutions under the Food and Drugs Act, and similar statutes, will be expedited and made more effective hereafter through cooperation of the Department of Agriculture with the Department of Justice, whereby the solicitor of the former department will prepare cases in the form of criminal informations, and place at the service of the United States district attorneys in the control of cases the attorneys of the Department of Agriculture, who are thoroughly familiar with the technical aspects of many of these cases.

Fall in the Tuberculosis Death Rate.—Frederick L. Hoffman, statistician of the Prudential Insurance Company, has recently published statistics showing a lowering of the tuberculosis death rate in the United States in the ten years ending 1910, of more than twenty per cent, amounting to a saving, during 1910, of 37,500 lives, or more than 100 lives a day. So we may be sure that the crusade against the dread disease,—the segregation of the worst cases, the education of the people to a more open-air life, and the improvement of the housing conditions of the poor,—while not accomplishing all that may have been expected, has at least made a substantial beginning. And it is to be hoped that as the education of the masses progresses, the tuberculosis death rate will continue to fall.

Beriberi and Rice.—In Anam beriberi disappeared from among the soldiers when red rice was substituted for white rice; and in Tonkin the disease was checked among prisoners when fresh hand-milled rice was substituted for white rice.

Child Labor Against Man.—Dr. A. J. McKelway, in a recent *Child Labor Bulletin*, gives proofs that child labor reduces the wages of adults. He cites figures concerning the wages of more than 32,000 operators in Southern cotton mills, and says that the wages of the adult are measured by the wages that will satisfy the child worker or his parents.

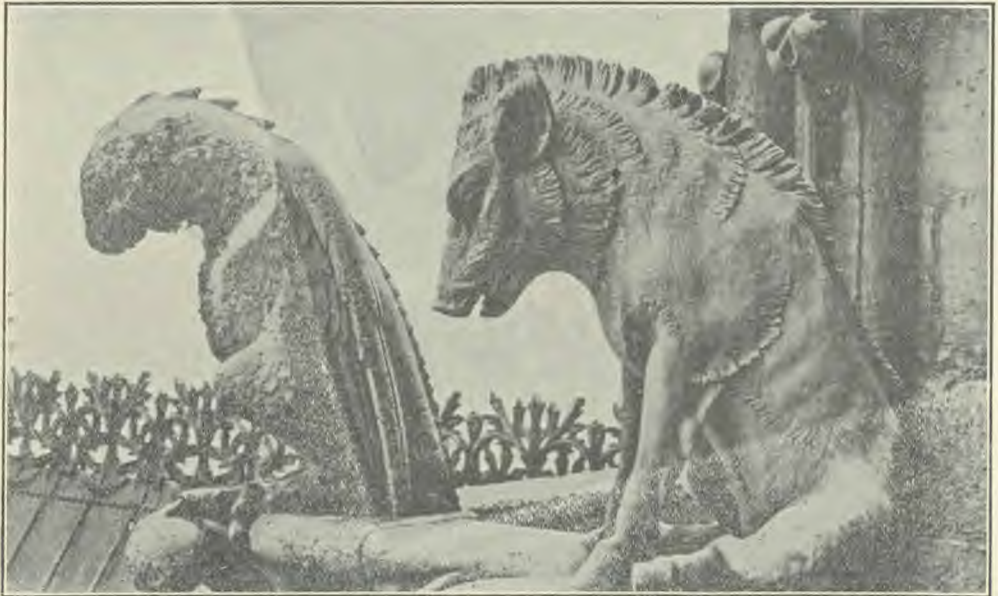
Bread-Making Flour.—Many flours which have a good proportion of nitrogen do not make good bread. Experiments were performed in Paris showing that if a considerable proportion of the nitrogen is soluble, it does not make such good bread as when more of the nitrogen is insoluble. In good flours the ratio between soluble nitrogen and total nitrogen is 1:5.72. When the ratio is lower than 1:5.20, the flour does not produce good bread.

Food Requirements of Children.—Watson, in the *British Medical Journal*, gives the results of analyses of the food of some children in good social condition, ranging from four to seven years. The results gave an average of 72.1 grams protein, 69.1 grams of fat, and 198.4 grams carbohydrates, with a fuel value of 1,751 calories. The author, judging from the excellent physical condition of the children, believes this to be a more nearly correct standard than the one derived from the Atwater standard for man. Such a standard would require more animal food than a large proportion of the children habitually get.

Fake Cures Kinematographed.—The Edison Company has produced a moving picture film showing up the devilry of the fake consumption cures. The film is entitled "The Price of Human Lives," and so skillfully has the work been done that the average person seeing the film will not realize that he is being "educated;" nevertheless, he will leave the show with a better idea of the worthlessness of all so-called consumption cures, and the inhuman and wretched heartlessness of their promoters.

Smallpox.—Eleven of the thirteen patients now in the smallpox hospital of Chicago qualifying for waffle-iron faces, came from a "health institute" [Chimmy McFadden's?—Eb.] which denounces vaccination as wicked, superstitious, useless, nasty, impertinent, and "an invasion of personal rights." This condition is typical. Smallpox has been well named "the poisoned arrow of the fool killer." Those who want to escape these arrows would better provide themselves with the only shield that experience has proved effective—vaccination.—*Chicago Journal*.

Feeding School Children.—Going to school without breakfast, or at least with insufficient breakfast, there were one hundred and thirteen children ranging in age from six to fourteen. These were fed for a period of four weeks at the morning recess with milk and cereal. Fifty of them gained, during the time, an aggregate of 252 pounds. Some of the children did not gain in weight, but gained in color and in the percentage of hemoglobin in their blood; and all gained in spirits and activity, and were less nervous and irritable. They were able to study better, and their work progressively increased in effectiveness, as shown by their grades.



Nobel Prize.—The Nobel prize of medicine for 1913, about \$40,000, was awarded to Prof. Chas. Richet, of Paris, for his work on anaphylaxis.

Alcohol and Tuberculosis.—At a recent conference in Sheffield, England, Dr. Edgar Collis, one of the home-office experts, said, speaking of consumption: "Above all classes of the community as victims of the disease are those addicted to alcohol. Not only does alcohol have this effect on any one, but recent experiments have demonstrated that it also impairs the natural means by which dust is expelled from the air passages of the lungs. Therefore alcohol is doubly harmful to those who inhale injurious dust; it allows the dust to enter more easily, and at the same time it is, in other ways, making the individual less fit to resist infection."

To Prevent Poisoning.—Recently it has been suggested to have bottles which contain poison so distinguished that it will be impossible to mistake them for medicine bottles. One suggestion is to have a bottle of distinctly different shape, say triangular, or to have the surface covered with little knobs, which will immediately warn the holder of the nature of the contents; another is to have the cork provided with a number of needle points, which by pricking the fingers will give the necessary warning; another is to have on every poison bottle a bell, attached by a short chain, which will tinkle as soon as the bottle is picked up.

Antivivisectionists Inconsistent.—Recently Washington was edified by a world congress of antivivisectionists. Perhaps the most sensible talk of this whole congress was one by Ernest Thompson Seton, the naturalist, who startled the convention with the statement that many of the women antivivisectionists present were wearing furs that were typical of the highest type of cruelty. Many of them are willing to have cruelty to animals practiced in order to minister to their love of display, and yet are very bitter against any experimental work on animals that might save the life of infants. Comment is unnecessary.

Sanitary Barber Shops.—Dr. Joseph F. Neff is working for new regulations for barber shops in Philadelphia. His proposed law provides that all shops shall be registered, requires that all articles shall be sterilized by an approved process after each use, withholds barbers' license from persons having skin or other contagious disease, and forbids the use of powder puffs, sponges, and finger bowls. Customers suffering with skin or other contagious diseases must furnish their own instruments. These provisions are reasonable, and should be enforced in every city; and yet there is scarcely a city where the condition of the barber shops is not deplorable. Undoubtedly there is opportunity in a large proportion of barber shops for the transmission not only of itch, diseases of the scalp with consequent baldness, infectious eye disease, and the like, but also of syphilis.

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Almost a Man, by Dr. Mary Wood-Allen. 50 cents.

What a Young Boy Ought to Know, by Sylvanus Stall, D. D. \$1.00.

For Young Men

What a Young Man Ought to Know, by Sylvanus Stall, D. D. \$1.00.

What a Young Husband Ought to Know, by Sylvanus Stall, D. D. \$1.00.

For Men of Mature Years

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Confidences: Talks With a Young Girl Concerning Herself, by E. B. Lowry, M. D. 55 cents.

Almost a Woman, by Dr. Mary Wood-Allen. 50 cents.

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The foregoing books are highly recommended by physicians throughout the country. One of the most important periods in a person's life is when a boy or girl is blossoming from boyhood or girlhood into manhood or womanhood. Their future usefulness and happiness depends to a large degree upon proper instruction at such a time. The books here mentioned have been a great boon to many.

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