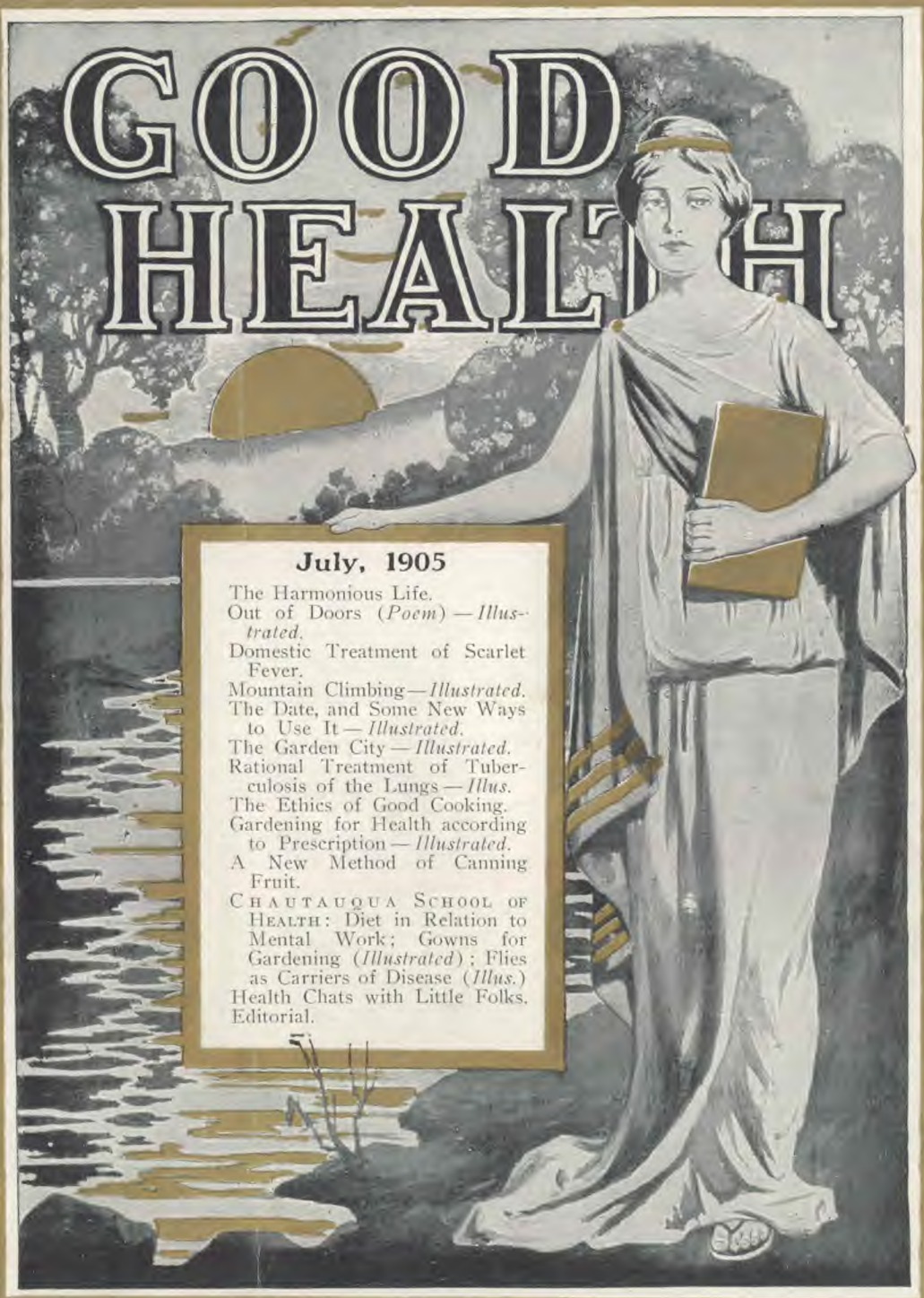
Read August Issue—Mothers' Number

VOL. XL. *Edited by J. H. KELLOGG, M. D.* NO. 7

GOOD HEALTH



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GOOD HEALTH

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Certainly you can put your hands right on that story you once read and thought it was the *best* you ever saw; it was so awfully funny. And that other one that made the tears start in your eyes and the big lump rise in your throat when you read it. You have these in your pocket-book, or in the old scrap book, or possibly in your writing desk. Somewhere, surely, you have one or two that are worth the huge pile of silver dollars that we are eager to exchange for them.

There are no unreasonable conditions. The clipping or copied extract must not be longer than 500 words. You must hasten to send in your contribution as the contest will close and the prizes begin to be awarded on or before Sept. 1st, 1905. NATIONAL subscribers only are eligible to the competition.

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G-H
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OFF FOR A HOLIDAY

GOOD HEALTH

A Journal of Hygiene

VOL. XL JULY, 1905 No. 7

THE HARMONIOUS LIFE

BY J. H. KELLOGG, M. D.

IT is exceedingly interesting to note the manifestations of mind in nature, even in inanimate things. Observe the nice balance between the weight of the air and that of the smoke, by which the poisonous gases are carried upward in a gentle rising cloud, while the pure air clings to earth, where it is needed for the support of animal life.

The more one learns of Nature, the more deeply one looks into the secrets of God's creative work, the more clearly does one recognize the kinship which exists between the human mind and the infinite, between the higher and nobler manifestations of human thought and the divine thoughts which are expressed in the sunlight, the clouds, the flowers, the trees, the fields of waving grain, the fragrant meadows, the rushing torrent, the heaving ocean, the whole moving, speaking universe about us.

The human body represents an instrument, a harp of a million strings, at which two players preside,— the one human, the other divine; the one fallible, erring; the other, infallible, unerring. When these two players move in harmony, the song of life is sweet and melodious, a symphony; when the human player strikes even one discordant note, the harmony is broken, the melody is spoiled.

We are often grievously out of tune because we foolishly attempt to draw a line of distinction between physical duties and spiritual duties, forgetting that everything physical which has a relation to the well-being of the body has a spiritual significance. Life is a unit, not a duality. As manifested in man, life presents various phases which we call physical, mental, moral, or spiritual; but these all spring from one fountain, and are as necessarily related as the several branches of a tree. Nothing could be more absurd than to imagine that the highest welfare of one can be secured while neglecting the interests of the others. As well might two players at a single instrument expect to produce melody by taking care to harmonize a portion of their chords, while striking discordant notes in others. Every note must harmonize. The whole human life, physical, mental, and moral, must conform to the great decalogue which is written upon the human constitution itself, and which is revealed to us through nature, the inspired Word of God, and in human experience. The highest of all human attainments is to reach a state of absolute harmony with the Infinite, to bring the truant human will into perfect accord with all the principles which govern mental, moral, and physical action, including eating, drinking, exercise, and every other physical relation of life.

Out of Doors

Out of doors, 'neath the open sky,
Bathed in the fresh, sweet air;
Out where the birds and the insects fly,
And their songs echo everywhere.

Out of doors, with the trees and the flowers,
Treading a carpet of green;
Or, weary, 'neath fragrant, sun=kissed bowers
On Mother=earth's breast to lean.

Out of doors, where the wind=harp's tones
Attune with the robin's lay,
And the brooklet's purl=ing song with the stones
Chords with the willow's sway.

Out of doors, where the
earth-organ peals
Its tide of melodious
sound,
The heart its vibrant har-
mony feels,
And the soul's discords are
drowned.

Out of doors, when the King of light
Kindles his fire on the hills,
Burns up the murky gloom of night,
And with joy the whole earth thrills.

Out of doors, out of doors — make haste
Out of the shadows to flee
Like a captive bird from its cage, to taste
What a joy it is to be free.

J. H. K.

DOMESTIC TREATMENT OF SCARLET FEVER

BY KATE LINDSAY, M. D.

AS stated last month, scarlet fever is an infectious disease, and very contagious to young children. It is a dangerous infection also in surgical cases, and to women in confinement.

The period from the infection to the onset of the disease is short — from one to five days in most cases, though it is stated to be in rare cases twenty-one days. Children exposed should be under quarantine at least two weeks.

The symptoms come on suddenly,— vomiting, chilliness, fever (102° to 104°), headache, sore throat, and great prostration. In young children there is often delirium and convulsions. Twelve to thirty-six hours after the onset, the rash usually begins to appear on the chest and neck, rapidly extending over the whole body in about twenty-four hours after its first appearance. It remains at its greatest intensity for three or four days, when it begins to fade. In case the patient does well, the rash begins to fade by the sixth day after the onset, and the temperature to fall; and the stage of scaling begins, which may last two weeks in mild cases, and six weeks or longer in the more severe. Therefore, patients should be kept in quarantine at least two months.

The prognosis of even a mild case is very uncertain, as most deaths are due to complications which are the result of infection with ordinary septic germs, to which infection scarlet fever renders the patient exceedingly liable. Most patients die of diphtheritic or septic sore throat, acute inflammation of the kidneys, capillary bronchitis or catarrhal pneumonia, or septic infection and suppuration of the lymphatic glands, especially of the neck.

Often the joints are swollen and inflamed, as in rheumatism. There is usually great disturbance of the digestive organs, vomiting, and diarrhea. Therefore, all food should be withheld for twenty-four or (better) forty-eight hours at the onset, the bowels cleared of fecal matter by an enema, and often a lavage given. Plenty of water should be given to keep the kidneys flushed and to aid in eliminating the tissue wastes and toxins.

The throat should be sprayed with hot salt and water (a teaspoonful to the pint), or peroxid of hydrogen (one part to three of water), or a saturated solution of boracic acid, at least three times a day.

The air in the room should be kept at a temperature of 60° to 70°, and moist by steam. It has been advised to keep a kettle of water boiling in the room, to which should be added a tablespoonful each of turpentine, eucalyptus, and carbolic acid. At the same time the air in the room must be fresh and pure from the outside. No carpets, tapestry, hangings, or upholstered furniture should be allowed in the room to hold infection and defile the air by giving off dust and fabric fibers.

In the chill stage, a bath at 100° or a hot sheet pack will often bring out the rash and relieve the restlessness and fever. In the stage of high fever, the neutral and graduated cool or cold bath should be given, as the case demands, and as often as needed to keep down the fever. The writer has found frequent hot sheet rubbing to give most satisfactory results in this disorder at this time. Wring a sheet lightly out of water as hot as can be borne by the hand, in which

a tablespoonful of soda to the gallon has been dissolved, and quickly wrap it around the patient. Then rub the body briskly and lightly over the sheet. This treatment may be repeated several times, after which give an oil rub.

An ice-bag or ice-collar to the neck for an hour or two, alternated with fomentations once in two hours for fifteen minutes, relieves the throat symptoms very much, as do frequent steam inhalations or the use of the nebulizer with tincture of benzoin or menthol solution. A menthol pocket inhaler will also give relief, often soothing throat irritation and allaying the harassing coughing which results from it.

During the scaling stage, which lasts several weeks, great care and cleanliness are required, and special pains should be taken to keep the scales from scattering, and spreading the infection. Sponging three or four times daily with a soda solution,— a tablespoonful of soda to a gallon of water,— and giving an inunction afterward with massage cream, boracic acid, oxid of zinc ointment, or plain olive-oil or vaselin, will prevent the escape of the scales, allay the itching, and protect the patient from sudden chilling, to which he is very liable during scaling, because the epidermis is cast off faster than it is formed, thus exposing the deeper structures to the effects of cold, causing congestion of the internal mucous surfaces, and predisposing to pulmonary complications and acute inflammation of the kidneys.

During convalescence great care is required in nursing the patient to prevent the onset of some septic complication, the two most common causes being errors in diet and exposure to cold and dampness, which, by filling the alimentary canal with fermenting food elements, or checking skin action, increase the toxins in the blood, cause sudden arrest of the action of the kidneys, with dropsical symptoms, scant, high-colored urine, and in some cases, convulsions, coma, and sudden death, or an attack of catarrhal pneumonia.

Often the middle ear becomes infected, resulting in partial or complete deafness.

When the lymphatic glands become infected, abscesses may form, and general blood poisoning ensue.

To avoid these complications, the diet during the whole course of the disease should be fluid, easily digested and assimilated. After the first day or two, when only water should be taken, the patient may have dextrinized meal gruels, as gluten gruel, granose gruel, barley water, rice water, strained fruit juices, and a moderate amount of milk, malted milk, kumyss, buttermilk, and also malted nuts. Beef tea and all meat broths would better be avoided, as they contain urea and other tissue wastes which overtax the impaired function of the kidneys. This diet should be continued through the four to six weeks of convalescence, gradually adding milk toast, dry toast, soft poached eggs, granose biscuits, and granola, one article at a time, carefully noting the effect, and regulating the quantity and quality so as to avoid upsetting digestion.

To prevent surface chilling, keep the body well oiled, and warmly but lightly clothed. Avoid exposure to evening or morning dampness, but get out as much as possible when the sun is bright and the air is warm and dry.

To prevent ear complications, keep the throat and nose as clean and aseptic as possible, and breathe pure air night and day. Should a cough, rise of temperature, and shortness of breath indicate pulmonary disorder, put the patient to bed at once, give a warm bath, withhold

food for a short time, and relieve the bowels by enema. Foment the chest three times daily, and put on heating compresses between.

If there are puffs under the eyes, the ankles and legs bloated, and the urine suppressed or scanty and smoke-colored, stop all food at once, give water as freely as the patient will take it, free the bowels by enema and saline cathartic, induce a free perspiration as soon as possible by a hot pack or a hot bath, and keep the patient in bed until the kidney function is restored and there is a normal discharge of urine.

When there is earache, defective hearing, and evidence of middle-ear inflammation, a physician should be consulted at once, and every effort made to arrest this grave ear disorder. A hot ear douche or a hot bag with fomentations to the throat may relieve the pain temporarily, but if an abscess is formed, the only relief will be to open it and then keep the ear as clean as possible. No patient should be left with what is known as a "running ear." By careful treatment such cases can be healed quickly.

Swollen glands should be treated with fomentations and "hot and cold," and the writer has had good results from gentle derivative massage around the inflamed organs before suppuration. But when there is evidence of pus formation, as is known by pointing and softening, then the abscess should be opened under aseptic precautions and carefully cleansed and treated, and healed up as soon as possible.

As scarlet fever patients are very subject to purulent infection, also to diphtheria and erysipelas contagion, they should not be exposed to contact with these disease germs.

Since the welfare of the patient and others demands two months' isolation, and since scarlet-fever infection is so persistent, the patient should leave all his infected belongings behind when he is let out. He should take a thorough shampoo, including the head, and put on clean clothing, and remain in a clean room for two days. Then he should be examined for scales and for any purulent discharge from the ears or nose, and for any suppurating gland. Another bath should then be taken, and the clothing again changed, and, if all sound and free from scales or morbid discharges, he may safely mingle with others.

The sick-rooms should be thoroughly fumigated with formalin, and all dust taken up on damp rags and burned. The walls, woodwork, and floors should be washed with five-per-cent carbolic acid, and painted and repapered.

All bedding and any material that can not be washed must either be disinfected by dry heat or burned. If soiled with fecal and other discharges, they should be destroyed, as they can not be made aseptic. All other clothing should be soaked in a five-per-cent carbolic solution and then boiled and washed.

No books, pictures, or toys should be used in the sick-room; only magazines, and cheap toys, as paper dolls, etc. During convalescence a jack-knife and a few shingles, and a pair of shears and a pile of illustrated magazines and papers, will afford ample pleasing and profitable occupation for the little patients. These articles can all be burned when the case is over.

The nurse should be as careful as in the case of the patient about cleansing herself and all her clothing; and for two weeks after caring for a scarlet fever case she should avoid children and surgical cases, also lying-in patients.

Of course, all dishes, silver, and everything used in feeding or treating the

patient, should be carefully cleaned with soap and hot water, and boiled at least thirty minutes before being used for others. Fomentation cloths and the like would better be burned, as they are a possible source of infection.

If care were taken by every family to isolate every case of infection and to clean thoroughly afterward, these diseases would soon be stamped out. Remember that isolation, to be effective, must be complete, and that cleaning and disinfecting afterward must be thorough; that scarlet-fever mortality is due largely to complications; that the three most common causes of these complications are septic infection, errors in diet, and sudden chilling of the skin by exposure to cold and dampness. Remember, also, that the cold-water bath should never be used in the scaling stage, while at this time tepid and warm-water baths are soothing and refreshing.

As there is always much irritation and itching of the skin, put some soft cotton or linen garment under the flannel. The writer has seen this simple measure procure for a patient hours of sound sleep, and mark the onset of recovery in a grave case of this disorder.

MOUNTAIN CLIMBING

BY H. F. RAND, M. D.,

Boulder, Colo.

ONE of the most difficult features of the work of sanitarium physicians is to secure the full co-operation of their patients, especially in the matter of exercise, which is one of the most important things in the human economy.

Exercise induces the inhalation of greater quantities of air, thus improving the oxidation, or burning up, of wastes, and at the same time stimulates circulation, the only medium through which nutrition can be carried into and wastes carried out of the body. This increases the appetite and also the demand for rest, and during rest the nervous system is repaired.

One whose health is impaired, feels tired or languid. If he takes the least exercise, the processes of elimination and oxidation are stimulated, and the circulation increases rapidly, bringing a great load of waste into circulation, which augments the tired feeling for the time being, and the patient really feels worse, and becomes discouraged, thinking he has taken too much exercise.

There are various plans for encouraging patients into paths leading to health along the lines of gymnasium work, both indoors and out,— different forms of gymnastic apparatus and appliances,

PICNICKERS ON THE SUMMIT OF MT. SANITAS

Ossig's Trail

and gymnastic systems; but a person in a morbid state soon tires of any of these, and longs for diversion.

Not so with mountain climbing. Here Nature affords the strongest inducements for such bodily exertion as will absorb the mind, causing the invalid to forget self, and giving the body a chance to use its nerve force and energy as they should be and are used by those in normal health. Here the patient exercises to an extent that it would be impossible to persuade him to do under other circumstances, and his relating the pleasures and beneficial results derived proves an inspiration to those who have not yet tried it. Mountain scenery — rugged points and peaks, monstrous boulders, crags and cliffs, the many gorges, chasms, gulches, and cañons, so grand and majestic — at once lifts one out of a morbid condition, and stimulates the health-restoring processes.

A Mountain Boulder

As shown in the illustration, to make mountain climbing the more attractive, we have here Ossig's Trail,— the zig-zag footway up the side of the mountain, — at the turning points of which, seats have been provided, where one may

pause and rest while enjoying a bird's-eye view of the quiet little city below, as well as of the beautiful and most fertile valley beyond, checkered with groves, fields, silver lakes, and neighboring towns. And Nature provides in their season the ever-changing variety of such wild flowers as the anemone, sand lily, wild flax, wild sweet pea, buttercup, wild rose, primrose, white and yellow, the larkspur, and the beautiful columbine — the Colorado State flower. Here also are found many geological wonders.

After passing to the top of the zigzag, we proceed among the rugged rocks, inhaling the balsam odors of the sturdy pines, finally reaching the summit of Mount Sanitas, whence we look across to the glaciers and eternally snow-capped peaks of the Arapahoe Mountains, the Great Continental Divide, this side of which waters the vast plain to the East.

Those who at first refuse to dress properly for such exercise, especially the women, who persist in wearing the abominable corset, with heavy skirts pinned around the waist, when coming to an altitude of five thousand feet or more, and beginning to climb a grade of about two inches to the foot, soon find they need more lung capacity; that with the customary attire they grow weary and must rest frequently, but that if properly clad in simple gowns and light undergarments suspended from the shoulders, they can endure more exertion with greater ease; hence they readily fall into line, and get the additional benefits of hygienic dressing.

Ordinarily, it is difficult to get people to drink as much as the system should receive (about fifteen eight-ounce glasses daily), but when they begin to climb the mountains and perspire freely, the natural and proper demand for water is developed as it would not otherwise be.

After the strength of the patient has been so tested that he finds it expedient not to go higher, much additional exercise may still be taken (which may also be increased or diminished according to the rapidity of the movements) on the descending trip, and thus, by having the advantage of both the up- and down-

A Mountain Waterfall

grade work, more exercise is obtained than would be at other work.

The pure, sparkling water of Hygeia Spring, some three hundred yards up Sunshine Cañon from the Sanitarium, invites many to take the first steps in the course of sanitary mountain climbing. Another inviting place is our outdoor gymnasium with its ample facilities for exercise, sun bathing, and swimming.

By means of the proper use of these natural agencies, coupled with the simple hygienic Sanitarium dietary and the faithful scientific application of the ra-

A Mountain Road

tional curative agencies in our institution, we are continually restoring the health of many supposed-to-be-incurable cases.

One of these came to us whose only hope was to be made comfortable for a few weeks, which was as long as life was expected to last. The invalid was placed on a cot in the open air, in sight of the mountains, and also in view and hearing distance of the leaping waters of a rivulet just in front of the tent door. Hypnotics had been used until the heart and nerves had reached such a state that the most powerful of these would produce but very little sleep. The stomach could retain no food except a little toasted granose biscuit, dry malted nuts, and a small baked apple. The murmur of the water seemed to have a strengthening and soothing effect, and soon the patient was able to sleep a little, and also to begin walking up a slight incline from the tent on the side of the mountain, increasing the distance from twenty-five to fifty feet each trip.

When he began, his skin had the appearance of an Egyptian mummy. The sweat glands had not been normally active for several years. As the first exercise stimulated the activity of these glands, they gave off a very strong and offensive odor. All these conditions were rapidly improved by the exercise, salt glows, sprays, and rubs. The patient gradually became able to sleep and to digest nutritious food, and at the end of four weeks could walk two miles and up an elevation of over two thousand feet in that distance. After twenty weeks' treatment he was quite recovered.

The Mountain Top

THE DATE, AND SOME NEW WAYS TO USE IT

BY GEORGE E. CORNFORTH

THE date-palm is a native of the northern part of Africa and the southwestern part of Asia. It is most extensively cultivated in Arabia. It is also cultivated in France, and to some extent in California and in the southern part of the United States. The tree grows from thirty to sixty feet high, and bears a head of leaves which are from eight to ten feet long. It thrives best where the climate is hot and sunny.

The plant is dicœcious; that is, the fruit is borne on some trees, while other trees do not bear fruit. But the flowers of the trees which bear fruit must be "fertilized" from the flowers of the trees which do not bear fruit. Our willow is an example of this kind of tree. The root of the date-palm extends straight downward into the ground. This enables the tree to live in a dry climate, because its roots go deep enough into the ground to obtain water.

The fruit is eaten both fresh and dried, and forms a staple article of diet in Egypt, Persia, and Arabia, but in this country it is known mostly as a luxury.

It possesses a high nutritive value, containing fifty-eight per cent of sugar, together with some pectin, gum, and proteids. It might, with advantage, be used more extensively. The following are a few recipes for its use: —

Pumpkin Pie.— A pumpkin pie which needs no spices to add to its toothsomeness may be made as follows: —

One qt. of milk, 1 pt. of sifted pumpkin, 1½ cups of dates (measured after being seeded and ground very fine with a food chopper), ½ cup of sugar, 1 tablespoonful of brown flour, 1½ tablespoonfuls of nut butter, 1 egg, ¼ teaspoonful of salt.

Heat the milk to boiling. Mix the remaining ingredients, and add to them the boiling milk. Pour into two crusts, and bake slowly for three-quarters of an hour.

Date Cream Pie.— Line a pie tin with nut-meal crust, building up a scalloped edge, and bake in it a filling made as follows: —

Three cups of milk, ¾ pound of dates, and 2 eggs.

Seed the dates, and stew them till tender and dry, then rub them through a colander. Heat the milk to boiling. Beat the eggs, and add them to the dates, then add the hot milk and mix thoroughly.

Baked Indian Pudding.— 2 qts. of milk, 7 tablespoonfuls of cornmeal, ¾ cup of sugar, 1¾ cups of ground dates, grated orange peel, ½ teaspoonful of salt. Heat the milk in a double boiler. Add the cornmeal, and stir until the meal does not settle. Cook one hour. Add the remaining ingredients, put into a baking pan, and bake one hour.

Date Bread Pudding. — Soak stale bread in milk, and put layers of the soaked bread and seeded dates in a baking pan. Pour over this a raw custard made of 1 qt. of milk, 1 cup of sugar, 4 beaten eggs, and 1 teaspoonful of lemon flavoring. Allow it to

DATE TREE BLOSSOM

soak thoroughly, and bake till the custard is set.

This pudding is nice served with cranberry sauce.

Fruit Tapioca.— Soak 1 cup of tapioca in 1 cup of water an hour or longer. Cook the tapioca in 1 qt. of boiling water in a double boiler till transparent. Add ½ teaspoonful of salt, 2/3 cup of sugar, 2 tablespoonfuls of lemon juice, 1½ cups of chopped dates, and 1 cup of chopped walnuts. Pour it into molds wet with cold water, and cool. Serve with cream and sugar, or with cocoanut sauce.

GATHERING DATES

Baked Apples Stuffed with Dates.— Core large tart apples. Fill the cavities with seeded dates, sprinkle the apples with sugar, and bake them till they are tender, but not broken.

Stuffed Dates.— These may be prepared by seeding the dates, and filling the cavities with walnut meats, nut butter which has been salted to taste, or with nicely seasoned cottage cheese. The dates may then be rolled in sugar or malted nuts.

Date and Apple Salad.— Two parts diced apple, one part dates which have been washed, seeded, and cut in small pieces. Mix together, and use over it the following dressing: —

Half a cup of apple juice, juice of 1 large lemon, 1/3 cup of sugar, whites of 2 eggs, 1 level tablespoonful of cornstarch. Stir all together and heat gradually in a double boiler, continuing to stir till it thickens.

English walnut meats broken in pieces may be added to this salad, if desired.

Date and Banana Salad.— Use the same dressing, or one in which some other kind of fruit juice, as peach juice or cherry juice, is used in place of apple juice, over two parts diced bananas and one part diced dates mixed together.

In making either of these salads, the dressing should be prepared first and allowed to cool, so that it can be poured over the apples or bananas as soon as they are cut up, to prevent their discoloring.

Date and Celery Salad.— Over equal parts of chopped dates and chopped celery, use the following dressing: —

Rub 1 rounded tablespoonful of almond butter smooth in 1 cup of water. Add 4 tablespoonfuls of sugar, ¼ teaspoonful of salt. Cook in a double boiler till thickened, then add the juice of 2 lemons, 3 eggs, and cook again, stirring until of the consistency of thick cream.

Date Sauce for Puddings.—Seed the dates, and stew them, in just enough water to cover them, till they are soft enough to rub through a colander. After they are put through the colander, add fruit juice (cherry juice is very nice) to thin them to the proper consistency. Heat the sauce to boiling, and let it cook a minute or two, and it is ready to serve.

This is very nice with bread pudding or with cranberry shortcake.

THE GARDEN CITY

BY E. E. ADAMS

THE herding of men together in cities has necessitated their attention being occupied more or less with schemes for the betterment of social conditions. This problem has of late years become a most pressing and urgent one, especially in England, where the rural population tends more and more to stream into the already overcrowded cities, robbing the country districts of the men needed to cultivate the land.

Sixty years ago a great Englishman, Cobbett, likened London to a wen. Referring to this a few years ago, Lord Rosebery remarked: "If it was a wen then, what is it now? — A tumor, an elephantiasis, sucking into its gorged system half the life and the blood and the bone of the rural districts."

"We are becoming," says Dean Farrar, "a land of great cities. Villages are stationary or receding; cities are enormously increasing. And if it be true that great cities tend to become more and more the graves of the physique of our race, can we wonder at it when we see the houses so foul, so squalid, so ill-drained, so vitiated by neglect and dirt?"

The influence of large cities on their

THE BEGINNINGS OF A GARDEN CITY

LAYING OUT NEW ROADS IN THE GARDEN CITY

inhabitants is largely for evil. The vitality of the race is sapped by its divorce from the soil. Most of the effective work in the cities is done by those born and brought up in the country.

There are in London alone 748 factories employing more than one hundred hands. The total number of operatives is 200,000, which, with their wives and families, brings the number up to 600,000 of the population. The problem of housing this vast army in a proper manner is forever to the fore. Dwellings in the suburbs do not meet the case; for the railways are becoming unequal to the growing traffic, and the fatigue and loss of time involved in the long journey to and fro is an economic loss to the nation. The suburbs themselves become so quickly covered with houses as to be no better than the interior of London, and eventually deteriorate into new slums.

The interest and safety of the towns themselves depend on backing the tide, stopping the migration of the people to them, and getting them back to the land. In order to do this effectively, to redistribute the population in a healthy manner, the country districts must be made to offer the attractions of town life. Men should not be forced, on the one hand, to forego the clean, healthy life and keen and pure delights of the country, or, on the other hand, to relinquish the opportunities for employment, prospects for advancement, and social opportunities which the town offers, and be obliged to stifle their love for human society. The wondrous fascination of this last is one of the chief magnets drawing the crowd cityward.

"Trees and fields," said Socrates, "teach me nothing; men are my teachers," when a friend complained that he knew

nothing of the surrounding country, seldom going outside the city walls. In this Dr. Johnson would have agreed with him: "Sir," said he, to a friend who suggested a walk in the country, "when you have seen one green field, you have seen all green fields. Sir, I like to look upon men. Let us walk down Cheapside."

Charles Lamb, after a visit to the Lake Country, wrote thus to his host: "Fleet Street and the Strand are better places to live in for good and all. I could not *live* in Skiddaw. I could spend there two or three years; but I must have a prospect of seeing Fleet Street at the end of that time, or I should mope and pine away."

Carlyle was deeply sensible of this magnetism of humanity. "Hast thou considered," said he, "how each man's heart is so tremulously responsive to the hearts of all men? Hast thou noted how omnipotent is the very sound of many men?"

And even Emerson, with his predominant love of retirement and country life, admits that "we can ill spare the commanding social benefits of cities," though he adds that "the habits should be formed to retirement."

The problem is to inaugurate that town-country life, which shall combine the social benefits of the city with the healthfulness and purity of the country. Plato, More, and Bacon all dreamed of ideal cities — dreams which lacked practicality, and consequently remained but "the baseless fabric of a vision." Nevertheless, they dreamed not in vain, for —

> "It takes a high-souled man
> To move the masses, even to a cleaner stye.
> It takes the ideal to blow a hair's breadth off
> The dust of the actual."

"Great deeds may be born of dreams," and theirs may have inspired the latest dreamer along these lines, Mr. Ebenezer

COTTAGES IN COURSE OF CONSTRUCTION

Howard, the substantiality of whose vision is shown in the fact that it is already beginning to materialize.

Mr. Howard told his dream of a Garden City in a booklet entitled, "To-morrow," and the feasibility of his scheme rapidly attracted the attention of statesmen, philanthropists, architects, manufacturers, merchants, artists, and all interested in the betterment of social conditions. The interest thus awakened soon led to the formation of The Garden City Association, which by means of lectures, etc., aroused public interest, and led to the purchase of a tract of land for the erection of the first Garden City on the lines laid down by Mr. Howard.

His plan is the decentralization of industrial life, the migration of industries from crowded city centers to rural districts, and the laying out of Garden Cities in such a manner and with such provision that they can never be built over. Sir Benjamin Ward Richardson calculated that town life may be quite as healthful as country life if the population is limited to twenty-five to the acre; and Mr. Howard's plan would keep the population well within these limits. His aim is to secure a healthy, natural, and economic combination of town and country life.

"Human society and the beauty of nature are meant to be enjoyed together," says Mr. Howard. He would do away with "the unholy, unnatural separation of society and nature." "Town and country must be married, and out of this joyous union will spring a new hope, a new life, a new civilization."

The idea of the Garden City Association is to take out into the country not only the workers, but their work. The feasibility of removing industries into the

A Pair of Cottages in the Garden City

DR. JOSIAH STRONG ADDRESSING A CONFERENCE ON THE GARDEN CITY ESTATE

rural districts has already been demonstrated by individuals. Bournville, a beautiful Garden Village near Birmingham, containing about six hundred houses, is the answer of Mr. George Cadbury (of cocoa fame) to the appeal made to his heart by the evils of overcrowding and of insanitary dwellings. Here he has provided for his workpeople well-built, healthful, moderately rented cottages in country surroundings. "Nothing," says Mr. Cadbury, "pays the manufacturer better; and it would be the greatest benefit to humanity if it could be carried out to any extent." The same experiment has been tried by Messrs. Lever Bros., soap makers, at Port Sunlight, with equally satisfactory results.

Bournville and Port Sunlight, although on a small scale, illustrate some of the advantages of a Garden City; and one of the objects of this project is to make it possible for numerous small undertakings, which could not go out singly, to secure the benefits of co-operation and well-organized removal. What one person can do on a small scale, a number can, with the necessary co-operation, do on a much larger scale.

In the building of all the houses on the Garden City site the essentials of health will be considered; viz., light, air, and cheerful outlook. The children will breathe pure air, play in green fields, and grow into vigorous and healthy men and women. The workmen, too, will be more efficient, for they will be surrounded by healthful conditions, and will have many opportunities for real recreation. One of the charges against modern industrialism is that with its minute subdivision of labor, it improves the production at the expense of the producer, who suffers from a too limited exercise of his faculties. The possession by each workman of his own plot of ground, to be cultivated according

to his individual taste, will afford means of healthful relaxation and expansion of the mental faculties.

Letchworth, within easy distance of London, is the site selected for the first experiment of a Garden City. Already extensive building operations are in progress there. This month a Cheap Cottages Exhibition is to be held on the Estate, and prizes to the value of £100 ($500) awarded in each class of building competitions, and a further prize of the same amount for the best all-round and cheapest cottage for an agricultural laborer's needs. A number of manufacturers have already secured ground for their works, among them Mr. T. H. Idris, manufacturer of table waters, an enthusiastic supporter of the movement from the first.

This vigorous Association is already spreading its branches over the world, and an International Conference was held last year. One of the most interesting features of the conference was an address by Dr. Josiah Strong, president of the American Institute of Social Service, on "The Industrial Revolution: Its Influence on Urban Development." Dr. Strong has since given a distinct impetus to the propagation of the principles of the Association in the United States.

The prosperous establishment of a single Garden City will doubtless cause the movement to extend rapidly. "The key to the problem how to restore the people to the land," says Mr. Howard, "is indeed a *Master-key*, for it is the key to a portal through which, even when scarce ajar, will be seen to pour a flood of light on the problems of intemperance, of excessive toil, of restless anxiety, of grinding poverty — aye, and even the relations of man to the Supreme Power."

Dr. Strong, Mr. T. H. Idris, Mr. Ebenezer Howard

NATURE'S GRATITUDE

THE lark that mounts the morning sky,
Ere yet the dew dries in the sod;
To drink the light of Heaven's eye,
Finds favor in the sight of God.

The seed that germs within the earth,
Then bursts into the glorious flower—
Thanks God with all its voice at birth,
Proclaiming His Almighty power.

The sea that's cradled in His hand,
Sings low, sweet songs unto the shore.
The birds — the flowers — the sea — the land —
Ring praises loud for evermore!

The sun that ruleth all the day,
The moon that rides in heaven at night,
The glittering stars their homage pay,
To Him who gives us love and light.

Man — only man — forgets his due
To God, who is both life and food;
Whose law is just, whose word is true —
Who "out of evil bringeth good."

—*Josephine Pope.*

RATIONAL TREATMENT OF TUBERCULOSIS OF THE LUNGS

BY HERBERT OSSIG

(Continued)

THE manner of eating is also of the utmost importance. Every particle of food must be reduced to a liquid state before being swallowed. Two ounces of pecans, two ounces of granose flakes, and two ounces of raisins, well Fletcherized, give more strength than double the amount swallowed in chunks. The teeth of consumptives are usually in a very bad condition, and one of the causes of their improper mastication. A good dentist should be consulted at once; for a good set of teeth not only makes possible a thorough reduction of the food, but also improves the health of the mouth and throat, and therefore of the alimentary and respiratory tracts.

Gargling of the throat and washing of the teeth and the gums and tongue must be done frequently: before going to bed, upon arising, and before and after each meal. This scrupulous cleanliness is laudable in health, but in tuberculosis of the lungs it is an absolute necessity. Countless millions of pathogenic bacteria, both specific and non-specific, collect in the mouth cavity and throat of the debilitated patient, and unless washed away at frequent intervals, may at any moment give rise to tuberculosis of the throat and tuberculosis of the intestines by conveyance thither through the food.

Weighing of the food is in my opinion necessary for the successful treatment of consumption. To be sure, I believe that neither Adam nor Eve, as coming from the hand of their Creator, had need of a pair of scales; their normal senses doubtless told them just how much to eat of each article of food. But a consumptive is a degenerate, a half-dead man, who can not with safety rely on his feelings.

By means of the scale the amount of proteids can be determined, and thereby the weight of the patient regulated with nice precision. For instance, if the emaciated patient is not putting on any

THE ABOVE ILLUSTRATIONS SHOW THE WRITER, HERBERT OSSIG, AFTER THREE AND A HALF YEARS OF GRADUATED EXERCISES

flesh on 1½ oz. of proteids, he need only increase the nitrogenous supply to 2, or 2½, or 3 oz. to insure a gain. On the other hand, if after some months or a year or two the patient has regained his normal weight, he will with advantage reduce the proteids to a point that is just necessary to maintain his weight; 2 oz. will then probably be ample.

I myself gained in weight, four years ago, on 3 oz. of proteids. And now, my weight having become normal, I find 2.2 oz. quite sufficient to maintain a constant weight. Even 2 oz. support me now.

Just as a lack in proteids is dangerous, especially when the patient is emaciated, so is the continuation of a high proteid diet injurious when the normal weight has been regained. Not infrequently a tubercular patient becomes "cured" only to die later on of Bright's disease as a result of overtaxing the kidneys with enormous (6 oz. or more) quantities of proteids.

VI. *Alternating rest and exercise;* the proportion of each varying according to the reserve energy left in the individual patient.

Exercise! What a shuddering seizes the invalid when he hears that awful word. How he hates it. How he wishes such a dreadful thing as physical exertion did not exist on this earth! He thinks: "Let the manual laborer work, but give me rest, sweet rest, blessed rest."

And yet, continued absolute rest is fatal, even to the weak consumptive. Movement must alternate with rest in every man, be he strong or weak. A healthy and strong man once conceived the idea that by prolonged sleep and rest he could "accumulate" so much energy as to make him very powerful. So he lay in bed for two months, waiting for

strength to flow into him. But lo! when he arose after sixty days he found himself weak, scarcely able to walk. Now, if continuous rest is debilitating to a strong man, what will it do to the weak consumptive! Weaken him still further? Indeed! It aggravates all his symptoms, and makes him less and less able to resist the disease.

I am often told: "Oh, you don't know what it means to be weak and sick; therefore you can't advise a feeble invalid with regard to exercise." In answer to this and by way of encouragement, I might mention this: At the age of thirteen I suffered from nephritis, which weakened me considerably. Between my fifteenth and eighteenth years I was treated by many physicians for dilatation of the heart and fainting spells, without the slightest improvement. At the age of eighteen and nineteen my weight was as low as eighty-five pounds and my strength almost nil. At twenty I suffered from a fever in the West Indies that brought me as near death as I imagine it is possible for man to approach without actually dying. After twelve days of very high fever, stupor, and utter helplessness, I finally fell into a coma, from which my friends thought I would never awake. And when I recovered consciousness the following day, I could not lift an arm, nor speak a word, nor open my eyes. All I could do was to hear. At the age of twenty-four I became acquainted with tuberculosis of the lungs, which robbed me of what little strength I had accumulated during the previous three years. Suffering from a continual sinking feeling in my chest, congestion of the lungs, very shallow and gasping respiration, incessant cough and expectoration; a rapid and weak heart, cold and blue extremities; high fever and subnormal temperature; night sweats, loss of sleep due to frequent coughing; pain in the throat, whispering voice; pain in the region of the heart; prolapsed viscera, curvature of the spine, and flat chest; swollen and painful knees — in such wretched state I commenced the "strenuous life" in October, 1901.

Not very promising the outlook appeared to others, but having unwavering faith in the power of the Creator of heaven and earth to heal all manner of diseases, and remembering his promise that he will give whatsoever we may ask him, I went to work with great enthusiasm. That I have not struggled in vain, the reader can gather from the fact that now, after three and a half years of daily exercise, I enjoy good health (with the exception of a continuous dull pain in the region of the heart, of which I hope, however, to be freed, too, in the course of a few years), being able to run six miles and to swim one hour day after day and week after week.

One hears and reads occasionally of this or that consumptive who killed himself by exercise. This I readily believe, for exercise is a two-edged sword, which, if carelessly handled, will destroy the friend instead of the enemy. But I am fully persuaded that this happens very seldom (the tendency of man being more in the direction of laziness), and that the danger of overtaxing the digestive system through forced feeding is much greater than the possible injury resulting from overuse of the muscles.

The question now arises: Shall every consumptive take refuge in the movement cure? And if so, what forms of movement shall he go through in order to build up vital energy? The second question I will consider in detail in the August number of GOOD HEALTH. With reference to the first query I would say: That depends entirely upon the aims

which the individual patient sets for himself. If he desires to be rid of just his worst symptoms, otherwise, however, is satisfied with a wheel-chair life, a condition in which he is a nuisance and burden to his relatives and of use to nobody, then don't urge him to begin the struggle at all; for defeat is sure to follow. On the other hand, if he loathes an inactive, invalid life; if he feels he has a mission yet in this world; if he possesses a great store of determination to overcome his lethargy and to try again in case of temporary failures, then I say: By all means let him give the movement cure a thorough trial.

The solution of the whole problem, then, centers in the mental attitude of the patient. If he is satisfied with little, he will make only a slight effort, death being the result. But if he expects much, he will put his whole soul into the struggle, and victory will reward his efforts.

The consumptive is notorious for his hopefulness; but mere hoping to get well and strong again won't make him so. He has to do more than hope and fold his arms!

Is it worth while fighting the battle? Sure, it is! Why lie in the grave doing nothing when you can just as well live and be of use to your fellow-men! A Herculean work lies before you, it is true; and as the boy in "Casabianca" cried aloud in utter despair when the flames rolled on: "My father, *must* I stay?" so you will often exclaim: "*Must* I exert myself?" Yes, you *must*. But unlike the brave boy who perished at his post of duty, you will, if you weary not, triumph, and once more feel that after all it is a good thing to live on this beautiful earth.

(To be continued)

THE ETHICS OF GOOD COOKING *

BY MRS. S. T. RORER,

Washington, D. C.

WE are no longer in the guesswork period of diet. Thinking men know full well that the regulation of the diet helps in medical cures. Preventive medicine is becoming fashionable, and we hope that in a short time we shall be able to prevent disease rather than to cure. Prevention is always hopeful, and it is at the end of only a very short road. Cure is doubtful, is always beset with anxiety, and is at the end of a very long and tedious road. So, from the standpoint of selfishness alone, it is wiser to prevent disease than to allow it to progress and then try so hard to cure it.

I try not to be radical; I have tried for many years to keep my feet on the ground no matter how my thoughts did soar. I am not purely a vegetarian in practise, though I am by conviction.

I am sure if I could always get an egg well cooked, it would fully take the place of meat. I have cut off red meats entirely, and eat meat not more than once a day, and often not more than two or three times a month. If you observe at all, you must notice that the people who are sick and the people who have ailments just at the treacherous middle time of life, are the heavy meat-eating and sugar-eating people. Now, people of that class are always in the hands of physicians or they are always under the weather — in that condition in which you see so many peo-

*A talk given in the Battle Creek Sanitarium Gymnasium, May 5, 1905.

MRS. ROREB AT THE RIGHT SIDE OF THE CARRIAGE

ple, " just tolerable." In such cases something is wrong, because Nature intends us all to be well. Pure air, pure water, and health, it seems to me, are the inheritance of mankind. Ruskin says that it is as easy to be well as it is to be ill, and that every child has the right to be well born. Now, if we have the right to be properly born, we certainly have the right to go on and keep ourselves in a healthy condition. It seems to me that if we are properly born, it reflects against our own judgment if we lose our health. Some persons come into this world very ill-born, and under those circumstances it is vastly harder than for those who come in well born.

It would give some man an everlasting monument in the world to come, if instead of spending thousands and thousands of dollars to support professors in this country to establish colleges at every turn, he would send out teachers to teach the American people how to live, especially those away from the large cities. People in large cities have a great opportunity; there are always plenty of places where they can go to learn something that will lead them on to better ways of life. But the poor country people must always take that which is given them, and they fill the insane asylums of the United States until they are overcrowded. In the great State of Pennsylvania, in which I have lived for many years,— a State rich in all the mineral products, and containing some of the richest agricultural counties in the world,— we have three large hospitals for the insane, every one of which is crowded to overflowing; and if you go in and look over the people there, you will not find mental workers, heavy

brain workers, but you will find these hospitals crowded with people who have lived on bad food.

A great deal of our bad food is due to ignorance on the part of the housewife, on the part of the teacher, on the part of the mother. We have never been taught to take care of our bodies; we have paid so much attention to the spiritual side of life that we have forgotten the physical. You know that you can not have a perfect soul in a casket that is irregular. The stomach is the hub from which every other organ of the body radiates. I feel like saying man is first his stomach, and everything else comes after. If his stomach is in good condition, he can do good work.

By some method, I do not know just what, cooking has been relegated to women, and I am sorry to say it has degenerated immensely since it came into her hands. In the olden times, when women were not supposed to be quite equal to men in brain capacity, man did the cooking. The profession was so high, it required so much study, that women were not equal to the work. You will find in the old countries still that every position of importance in the way of cooking or domestic science, is occupied by men. I have often thought that from a financial standpoint, as there are so many women in this country who are obliged to take care of themselves, it is a wonder they do not prepare themselves for professional cooks. I know of only four women who are superintending large establishments in this country, and from a financial standpoint they are doing well, as they each receive $8,000 a year, a salary equal to that of almost any chef in the city of New York. Then, from a financial standpoint and from a standpoint of progress, it seems to me that cooking is a good profession for women. But women, as a class, do not like to cook. I should like to ask every woman here who is devoted to cooking and who prefers to do her own cooking, to hold up her hand. Well, that is just about what I thought. Now, in an audience of this size (about three hundred) we have five who like to cook. You never do a thing well in which you are not thoroughly interested, and a reason why women do not like to cook is that they do not know how to cook, nor do they know how to arrange the cooking apparatus.

If I am stopping at a house, and am invited into the kitchen to make a dish, I seem perfectly lost. The mechanism of that kitchen is all wrong to me. The woman who invited me there runs here, there, and everywhere, to get her cooking utensils together, and by the time she has done this, she has walked miles. Have your kitchen small, and utilize every particle of wall space; have small floor space and have everything within reaching position. I always say that my cooking is done simply by arm motion, for I can stand in the middle of my kitchen and reach every ingredient I am going to use and every utensil. I do not have to take three steps.

I saw the other day, in one of our comic papers, a scene like this. A new cook had arrived late one night. The next morning, while the mistress was sitting at the table eating her breakfast, the new cook told her she was going to leave. "Why do you leave so soon?" "Well, ma'am, I bought a pedometer last night, and I find I walked eight miles in getting breakfast, and I can not stand the walking."

That describes the average kitchen. Make a kitchen the laboratory of the house. Don't fix it up, and don't put things away; but keep it as a man would keep his chemical laboratory, everything at hand. Have your table in cabinet fashion,

so you can open the drawers, take out the utensils, and have all your cooking materials right at hand, so you have to walk neither to the closet nor to the cellar. I really think that closets in kitchens are great drawbacks. Have everything in a sanitary condition. Have the walls, if possible, washable, the floor of hard wood, and don't have any tacked-in closets. They collect vermin, dirt, and dust, and in that way propagate disease. See that everything is at hand, and spotlessly clean.

Now I am going to say just one word about housekeeping which will interest you all. Send away everything that is in any way annoying; put it out of your kitchen, out of your dining-room. I dislike to use the words "simple life," because this expression has been so abused recently by the books that have been published about it. But the time has come when every one of us ought to have just the things we need, and everything else should be relegated to the shed or to the bonfire, that we may be perfectly comfortable and perfectly happy while we live. Let us live while we live. Let us be alive while we are living. Do not let us have this lingering life that really is scarcely living and hardly death.

I suppose every new country has to go through different stages of civilization, and pass through the stage which holds hand work as degrading. We are at that stage now, and we are passing out of it very rapidly, I am glad to say. We have preached that hand work is degrading. We have made domestic science almost an artificial training in many of our schools, until we have sent away from us our domestics. We now have no domestics, and so, sooner or later, some of us will have to turn in and do our own work. Domestics have gone, never to return. We have pushed them away, pushed them down as low as we can get them. Those who were domestics are now occupying positions as bookkeepers and clerks, many of them in stores and places of that kind. Something must be done to dignify domestic work, to make it attractive and lucrative, so that a better class of people will take it up.

We naturally turn to co-operative housekeeping, to which I object most seriously, for more reasons than one. To me the home is the heaven of mankind. I can not feel that any man ought to be without a home. It seems to me that the very highest position in the world that can be occupied by women is that of wife and mother. I can not think of any other word that means so much to me as "mother." I can not think of any duty so pleasant to me as the care and the rearing of my children. It seems to me every woman ought to feel it her duty to have a home, and for that reason I object seriously to co-operative housekeeping. But where I have seen it tried, it certainly relieves the housewife of duties that she dislikes, and I have just told you that all dislike cooking. It is because you do not know anything about it. I am sure if I could go into your houses and stay three weeks, you would all think that even laundry work was the most delightful work you had ever done.

There is nothing menial about work unless you take a menial spirit into it. You will always find in any work just the same spirit that you take into it. If you go into your kitchen and think about the delightful results you are going to get and the pleasure it brings you, you certainly must get pleasure out of it. But if you go into the kitchen with dread and horror, that dread and horror remains with you as long as you stay, and it follows the food to the table, and with the food is transmitted to the people who eat it. Later on, it produces sickness.

I am so much in earnest about the home that I should like to say just another word about the kitchen. I was taken to the kitchen of this institution this morning, and there I saw this same arrangement that I have always preached into every housewife. Every housewife should have a simple storage kitchen with good ventilation, with an abundance of light, no matter if it is only eight by ten feet. Our kitchens might be turned into laboratories, which they truly are. With all the cooking that is done in this great place there is not a spot up there in that kitchen; it is perfectly clean and perfectly attractive, and there is no reason why every private house should not have a perfect kitchen.

(To be continued)

KITCHEN OF THE BATTLE CREEK SANITARIUM

THE WELL-SPENT DAY

IF we sit down at set of sun,
And count the things that we have done,
And, counting, find
One self-denying act, one word
That eased the heart of him who heard;
One glance most kind,
That fell like sunshine where it went,
Then we may count that day well spent.

But if, through all the livelong day,
We've eased no heart by yea or nay;
If through it all
We've done no thing that we can trace
That brought the sunshine to a face;
No act most small,
That helped some soul, though at little cost,
Then count that day as worse than lost.

— *Sel.*

GARDENING FOR HEALTH ACCORDING TO PRESCRIPTION

BY CAROLYN GEISEL, M. D.

GLENDALE, the home of prescription gardening, is one of this old earth's beauty spots: a little garden of orange groves and roses shut away from the clamor and dust of this work-a-day world, from the burden and care of life's responsibilities, protected from all intrusions or disturbances by mountains that rise majestically on every side,—monster mountains that take on strange glory-shapes when they array themselves in color to say good-night to the setting sun; sensitive mountains that hide themselves behind a veil of mingled mist and haze when the ardent summer sun ventures to embrace them too warmly. They encircle and tower above the valley until we who are down here at their feet get a shielded sense of protection that comes to most mortals but twice in life; first, in that long-ago time when by mother's own hand we were tucked away in our trundle beds, and again in this now, when as tired grown-ups we are led to this cosy corner and covered in by a Father's hand of love.

There is an axiom, much quoted at the Glendale Sanitarium, to the effect that if a man's health be insufficient to his needs he may get more if he will but dig for it; and when we arrive, we are met by an energetic little soul who is waiting to help us put this motto into motion. She is Miss Reed, the physical director, all armed with shovel and hoe, and backed

THE HOME OF PRESCRIPTION GARDENING

up by handfuls of authority in the shape of prescriptions from the head physician, Dr. Winegar-Simpson. She greets us with a very critical expression; in short, she "sizes us up," not in the same sense as does the treasurer, but equally shrewdly. She takes note of every muscle, of carriage, gait, and expression; she even remarks upon the style of our gowning, and mentally conjectures from this whether we will elect to go here into the vegetable garden, or there to the posy bed, but to one or the other we surely will go as soon as ever our examinations are complete; for there is but one soul among us who is permitted to escape the garden: Mrs. Wiggs of the cabbage patch is supposed to have had too much gardening in her lifetime, so for her is prescribed a wheel-chair, and flowery beds of ease. She is given many bouquets, but they are all cut and tied for her. But there are three others among us who "catch it." Insistently, promptly, and unceasingly our prescriptions come in. The first one is he who has spent all his youth sowing wild oats; the next is the man (but he is not from the plantation) who has lately occupied himself raising Cain; and the third is this dainty creature, who has traveled all the way through life, up to the present minute, on flowery beds of ease. Oh, how we three are made to work out our physical salvation! Sweat, and sunburn, and calloused hands,— all these griefs are ours, and many more. But we are not alone. There are others, as you see by the accompanying picture. The Tomato-lady and the Cucumber-lady, standing not so far apart at the right of the picture (the one in the background with the sunbonnet on; the other, near the front, hoe in hand, have prescriptions of such length that they have ample time to hoe, and water, and train their plants, or even to hold umbrellas over them, as need may require. But the Sweet-pea-

Receiving Her Prescription

The "Olive Branches" in the Garden

lady frets because her forty-five-minute prescriptions are insufficient to the proper training of her vines. The Radish-lady is recovering rapidly, but she stoutly affirms she will not be sent home until she has eaten of the fruit of her labor; while the dear, genial Morning-glory-lady may be compelled to leave us before the seeds she has put into the ground can show us the beauty of their blossoms.

The Breathing-man, he of the light hat at the left of the picture, has increased his chest expansion an inch and a half in four weeks. He is familiarly known among us as the Breathing-man because of his faithfulness to the breathing exercises, which have wrought for him the good we mention. Another, not with us in the picture, Mr. Man-from-Lansing-Mich., escaped from the snowdrifts with hemorrhage and a diagnosis of tuberculosis, but by taking to his heels and the Golden State Limited he arrived at the garden. His prescription was a wholesale one. He was given the whole garden for the whole time, and as a result he has increased his chest expansion, taken on flesh, the hemorrhage has ceased, T. B. germs have disappeared; in short, he is called a well man.

You have examined this picture of us, and have noticed the lady in the wheel-chair. No, that is not Mrs. Wiggs; that is one of us, and she has her duties in spite of her chair. She has charge of the seeds. When you want some to plant, you may get them of her, or if from your home garden you want to bring us some, just put them in her care. Slips and cuttings are hers to look after, as well. You see them in a large pail at her feet. But this is not all that she does. With the help of her nurse she has planted seeds all around the wheel-chair incline, and the rapid growth of these delicate vinelets bids fair to make this slanting roadway a perfect bower of beauty.

The dear little man at the front of the

GARDENERS AT THE GLENDALE SANITARIUM

picture, with the hose in his hand, is our "rain-maker," and it is his pleasure to tell us when our gardens are calling for water. (In California is a boaster who calls himself a rain-maker. You may have seen his name in the *Times*.)

Although we are a houseful at the Glendale Sanitarium, so full that we ran over a bit into cottages and tents, still we are not a cumbersomely large family, just enough of us for wholesome companionship; and there is always a sense of regret on both sides when one and another recovers sufficiently to return to the dressing of his own olive branches.

So much has been written and said about gardening for health since first our parents were bidden to sweat in the Garden of Eden that I am persuaded I have said nothing new. All that remains is for the reader to apply the prescription and get results, as we did.

After the Day is Over

Better than gold are the sunbeams that brightly
Smile on sod when the storm-cloud is riven;
Better than gold the cool dew that falls nightly,
Heaven's soft blessing so silently given.

Treasures far richer than mines ever yielded
Generous Nature flings wide o'er the land;
By her maternal hand nurtured and shielded,
Earth pours her fulness on every hand.

Better than gold is a heart where contentment
Scatters its sunshine to lighten and bless,
Treading its path with no thought of resentment,
E'en though than others its share may be less.

— *M. C. Brown.*

A NEW METHOD OF CANNING FRUIT

BY CORINNE MOOERS

THE berries selected for canning should be fresh and firm. Place in a clean, cold jar as many as possible without crushing the fruit. Seal the jar without the rubber, and place in a *cold* oven, with an asbestos mat between the can and the floor of the oven.

When the oven is filled with cans, so placed as not to touch one another, it should be gradually heated, care being taken not to heat too quickly, especially if gas is used. After ten minutes, increase the heat of the oven until it is quite hot, and allow the fruit to remain from twenty to thirty minutes. Hard fruits, such as pears, peaches, apples, and plums, require longer cooking.

While the fruit is baking, prepare a syrup, allowing one cup of sugar to each quart of water used. Very acid fruits may require more sugar. Let the sugar dissolve, and bring the syrup just to the boiling point.

When the fruit is cooked, fill the cans to the brim with the boiling syrup, seal them in the usual way, and allow them to stand until cold. While cooling it will be found possible to seal them a little tighter at intervals, as the glass contracts.

When the can is perfectly air-tight, dip the top in liquid paraffin wax, deep enough to cover. When treated in this way, the fruit will keep for years.

For the saving of time, and the excellent results obtained, this method has been found superior to any other.

How Holidays are Spoiled.

Not every one knows how really to enjoy a holiday and at the same time make it profitable. Many know what it is to return from a holiday or pleasure excursion feeling like the man who expressed the hope at the close of his summer vacation that he might get rested enough during the year to enable him to take another next summer.

Mrs. Poyser's remark to her husband as they were returning late at night from the Squire's birthday feast, well expresses the experience of many, though few trace their ill feelings so directly to their source: "I'd sooner ha' brewin' day and washin' day together than one o' these pleasurin' days. There's no work so tirin' as danglin' about and starin', and not rightly knowin' what you're goin' to do next; and keepin' your face in smilin' order like a grocer o' market day for fear people should not think you civil enough. An' you've nothin' to show for it when it's done, if it isn't a yallow face wi' eatin' things as disagree." These last words let us into the secret of much of the trouble. It's "eatin' things as disagree" that takes much of the enjoyment out of life on work days as well as holidays; only on holidays people usually eat more than on work days, without having so much exercise to work off the effects.

A Warning against High Collars.

Those who object to the discomfort of wearing stiff, high collars may be glad to learn of a physiological reason for discarding them. Dr. F. B. Brubaker states in the *Medical Mirror* that such a collar may press against the pneumogastric nerve to such a degree as to cause serious symptoms, as loss of strength, neuralgic pains, nausea, and even anesthesia. His

researches along this line were stimulated by the experience of a patient whose difficulty was undoubtedly caused by the pressure of his collar along the pneumogastric nerve. He believes this to be the cause of at least transitory symptoms in such people as bookkeepers, writers, professional men, and others whose various callings require constant and interrupted stooping and bending of the neck.

Meat Eating in the United States.

The American likes to talk of "the beef-eating Englishman," and his consequent choleric temperament, in blissful ignorance of the fact that in the consumption of meat the United States heads all nations. The enormous quantity of 11,000,000,000 pounds of meat — 147 pounds to each person — is used here yearly. Of this amount, 5,000,000,000 pounds are beef, 4,000,000,000 pork, and 800,000,000 mutton. Great Britain stands next, with nearly one-third less — 100 pounds per inhabitant. Norway uses 80 pounds; France, 77; Spain, 70; Germany, 64; Switzerland, 62; Belgium, 61; Austro-Hungary, 60; Russia, Portugal, and the Netherlands, 50 pounds each; Italy, 24 pounds.

The Remedy for Gout.

The *Journal of the American Medical Association* says that there is nothing better to be offered to people afflicted with gout than a well-regulated diet, appropriate bathing, and regular exercise. The diet should be "carefully chosen and rather spare." There should be copious water drinking, but all alcoholic liquor should be tabooed. At least two hours' exercise in the open air should be taken daily. Where there are gouty deposits about the joints, the best treatment is hot applications and local massage.

It is worthy of note that the highest medical authority in the United States recommends these simple hygienic measures in preference to drug medication. The advice given is equally good for those who have only a tendency to gout, or for those who are as yet wholly free from it; for a well-regulated life is preventive as well as curative, and it is easier to prevent than to cure.

A Hot-Weather Hint.

A hint with regard to hot-weather diet may be taken from the experience which made M. Ferdinand de Lesseps an earnest advocate of a vegetarian dietary. When constructing the Suez Canal, he found that the Englishmen and Frenchmen who depended upon meat as their principal sustenance quickly succumbed to the unfavorable climatic influences. The date- and barley-eating Arabs, on the contrary, were well able to endure the necessary labor in that excessively hot region. De Lesseps publicly stated that he could never have constructed the canal without their aid.

"Flat" Life and Insanity.

"London physicians say that flat life is driving women insane by its monotony," says *Public Opinion*. "Their theory is that the economies of flat life have taken from women a large part of the work that used to occupy their attention, while the restrictions with regard to children have reduced to a minimum the duties of motherhood. If a woman does not take up with books, work, art, business, or church work, she is seized with ennui, and may, as many have done, become a nervous wreck."

But this is not a necessary consequence. There is something for a woman to do besides cooking and cleaning, or

even "business or church work." Let the woman who finds that life in a flat has relieved her of a great deal of household responsibility, improve the time thus gained by getting out of doors into the woods and fields, or at least into the parks. Living with the birds, the grass, and the flowers, observing the works of the Creator, she will find that her mind, instead of becoming narrowed or wrecked, will be enlarged and strengthened.

Religion and Health.

The appearance of a little book on the mutual relations and Influence of Religion and Health, by Dr. Norman Porritt, is an encouraging sign of the times, in that it shows that the medical profession is becoming more and more alive to the fact that the care of the health is a religious duty, and that the consideration of health can not be divorced from religion without detriment to both.

Referring to the facts, well attested and generally recognized, that the Jews "live longer and multiply more quickly than Gentiles, and are freer from diseases which decimate other classes," the writer rightly attributes the cause to the food restrictions and other sanitary regulations which are rigorously enjoined upon that people. But that which makes these restrictions and injunctions effective is that their observance is secured by their inculcation as a religious duty. "The religion of the Jew enters into every act of his life. His regard for the Sabbath, his temperance, his control of his appetites, and the observance of the preventive and hygienic measures to be found in Leviticus, are made easy and clear, not because he knows that they are hygienically expedient, but because they come to him with all the force of Divine commands." The Doctor well says: "Let man learn that he has no more right to damage the form on which God has stamped His image than he has to debase the coin bearing the king's superscription, and the battle of health, as well as of religion, is more than half won."

Indigestion and Madness.

Nearly one hundred years ago, Dr. Abernethy, lecturing on madness to the medical students at St. Bartholomew's Hospital, said: "The object we should bind our attention to is to settle nervous inquietude, to tranquilize the vital actions of the cerebrum, to cut off any cause of irritation affecting it, and I take the putting into order the digestive organs to be one grand point toward accomplishing this end. I tell you honestly what I think is the cause of the complicated maladies of the human race: it is their gormandizing and stuffing, and stimulating those organs to an excess, thereby producing nervous disorder and irritation."

With such a clear recognition of cause and effect so long ago, insanity and nervous disease ought to have greatly diminished instead of increasing. But the report of Dr. Abernethy's lecture, which is reprinted in a recent number of the *Lancet*, shows that the statement was greeted with "laughter," the students apparently thinking it was one of the Doctor's eccentric notions.

In this connection Mrs. Rorer's statement in our columns this month, that the lunatic asylums are filled with those who have been brought there through eating ill-chosen and badly cooked food, is worthy of note.

LET every action tend to some point, and be perfect of its kind.—*Marcus Aurelius.*

Chautauqua School of Health

DIET IN RELATION TO MENTAL WORK

BY J. H. KELLOGG, M. D.

MEN long ago learned that muscles are made out of food, and that there is a most intimate relation between food and strength, between eating and capacity for muscular work. From the times of the ancient Greeks, when men were trained for public games and other contests, down to the present day, men in training for a special effort of any sort requiring an unusual exhibition of muscular power, have been required to submit to a rigorous restriction of their dietary to such foods as experience has shown to be best adapted to support the highest degree of muscular activity and endurance. The most ignorant and unobservant peasant recognizes the intimate relation between the quality and quantity of the food supplied to his horse or his ox and the work which the animal can do.

It is strange indeed that so little attention has been given to eating in its relation to mental work. The majority of men give little or no attention to their eating except to secure a sufficient amount of food possessing the right sort of palate-tickling flavors to satisfy hunger and taste, without considering what quality or quantity of foodstuffs will best support the muscle and nerve activities in which they may be engaged. A starved brain must be a weak brain, and incapable of the highest degree of activity. Nevertheless, in a starving man the brain remains active when the muscles have lost their power, by reason of the fact that, recognizing the paramount importance of cerebral activity, nature robs the rest of the body to feed the brain. The brain of the overfed man, on the other hand, may be crippled through the clogging influence of the imperfectly oxidized waste substances which paralyze the brain cells and cloud the intellect.

The body is like a furnace. The food substances taken into it are burned, or oxidized, in the body just as is coal in a stove or furnace. The products of combustion escape from the furnace through a smoke pipe or chimney. So the products of vital combustion or oxidation escape from the body through the lungs, skin, and other excretory organs. When too large an amount of food is taken, the condition of the body is the same as that of a stove or furnace which is overcrowded with fuel; the combustion being incomplete, volumes of smoke are produced which choke the fire, and may extinguish it. An excess of food fills the body with organic smoke or imperfectly oxidized waste substances, of which uric acid is the best-known representative, and of which rheumatism, neurasthenia, or nervous prostration, neuralgia, nervous headache, bilious attacks, apoplexy, paralysis, and various other disorders, are the natural results.

The body is a factory of poisons. If

these poisons, which are constantly being produced in large quantities in the body, are imperfectly removed, or are produced in too great quantity, as the result of overfeeding, the fluids which surround the brain cells and all the living tissues are contaminated with poisonous substances, which asphyxiate and paralyze the cells, and so interfere with their activity. This fact explains, in part at least, the stupidity which is a common after-dinner experience with many persons, and with some people who are habitually gross eaters, is a confirmed, ever-present state.

This is as true of the brain as of every other organ. A brain which receives impoverished blood is hampered in its activities. A brain surcharged with blood is, on the other hand, overexcited. The result may be sleeplessness and irritability, even frenzy, mania, or insanity. If the blood is charged with irritating substances, the organs through which it circulates will naturally be exposed to abnormal irritation, excitation, and disturbance of function. A brain receiving too large a supply of blood must suffer first and most in this regard. Whatever is taken into the stomach and absorbed, enters the blood, and circulates through the body. The odor of nicotine which hangs upon the breath of the smoker, the alcoholic odors which emanate from the body of the inebriate for many hours after he has ceased drinking, are evidences of this.

GOWNS FOR GARDENING

BY CAROLYN GEISEL, M. D.

IN venturing upon prescription gardening, or gardening for health, one danger confronts the gardener in California which she probably will not meet in other States. This danger, the joy of the producer, because of the very rapid growth, the profuse and early flowering of plants, so fills the worker with enthusiasm for results that she is prone to think of her garden as the end to be achieved, and not the means to an end.

If the object to be attained is health, there are some details of the gardener's equipment which must be taken into account to insure a harvest. And in this matter of equipment no one thing is of such material importance as the matter of dress. Motion should not be restricted by her clothing, nor should she be cumbered by its weight. To secure the first point, the clothing should be as free as possible from bands. This is easily arranged by making use of the union undergarment, the freedom waist, and the skirt with circular yoke, buttoned to the loose freedom waist, all of which have been shown in previous numbers of this journal.

Then comes the Ideal Garden Apron, which is shown herewith. This is nothing more than the long-sleeved apron we wore when we were little children. It

THE IDEAL GARDEN APRON

should be cut a trifle low in the neck and finished without band or collar, to insure free play of the muscles of the neck. It is more serviceable if made short, for in the stooping position taken in weeding or even hoeing a bed of plants, a long apron will touch the ground and quickly become soiled. Good-sized pockets for seeds, scissors, cord, etc., add to the usefulness of this very practical garment. A pair of comfortable, stout shoes, to protect the feet from the wet earth, and yet not tire them, and an old pair of gloves to protect the hands, complete a most practical dress for this popular and common-sense health effort.

The writer prefers not to cover the hair at all, for light and air, of which the hair is often deprived, are great health producers for this crowning glory which most women covet from a beauty standpoint. However, the wide garden hat or the sunbonnet may often be found very comfortable when it is desirable to work in the garden in the bright sunshine. If you are near the beach or any other bathing resort, the natty swimming suit has all the points of freedom which recommend the apron just described, and for most women it is very becoming, and therefore an altogether effective gardening gown. A gymnasium suit may also be used, and will be found comfortable and pleasing to one who is accustomed to other gymnastic exercises than gardening.

Any style of garment that insures freedom of motion and is light in weight, will answer health purposes if the above-described apron does not please the taste.

FLIES AS CARRIERS OF DISEASE

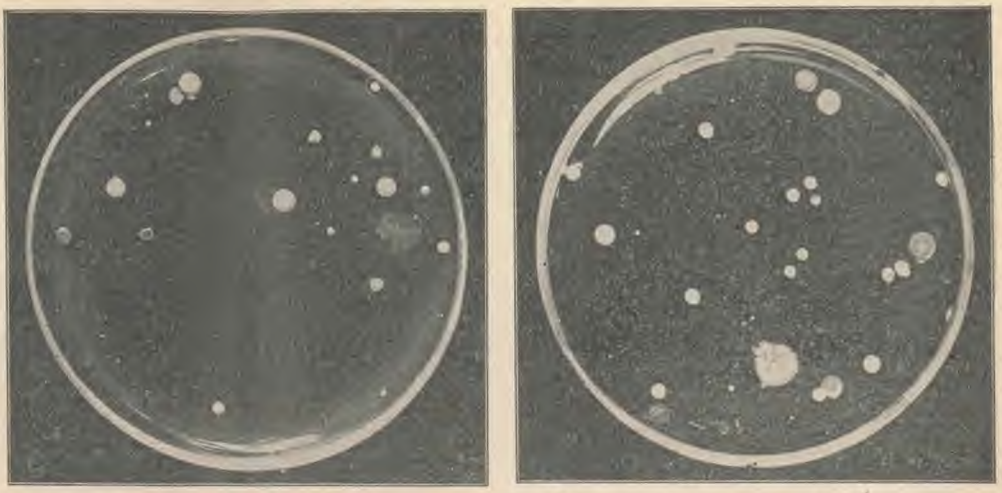
BY F. J. OTIS, M. D.

IT is a little surprising that the common house-fly, which is the most widely known insect, was not thoroughly understood until in recent years. Although this insect is found in every habitation, from wigwam to castle, no one watched it closely enough to understand its habits completely. It was not until the past century that we began to collect our present knowledge of flies.

Muscæ Domesticus is the scientific name for this common insect.

During winter the habits of the fly are very much the same as those of the mosquito. They leave the house, go into the fields and secrete themselves well down in the roots of grass, or conceal themselves beneath the branching twigs of shrubs. Their ability to conceal themselves is quite wonderful. They do this in such a way as to protect themselves from wind and weather, and the first sunshiny days quicken the bodily activity thus stagnated during the winter.

They do not enter the houses at once, but go in search of breeding places, the most favorable ones being in the manure about the barnyard. The temperature here is always excellent for the development of their eggs, which are deposited in little clusters in a way to be quite overlooked by the usually careful ob-



CULTURES ON GELATIN PRODUCED BY GERMS ORDINARILY FOUND IN THE AIR

server. The eggs hatch, giving birth to a worm one-eighth to one-fourth inch long, rather blunt at one end, and tapering toward the other. The eggs usually hatch in a day or two after being deposited. These small worms, or larvæ, permeate the decaying mass, and, after a time,— from three to five days,— change into the pupæ. They remain in this stage but a day or two, when the fly escapes from the pupa house. The length of the period from the laying of the egg to the development of the new fly is from one to two weeks. The fly grows to its full size the first day of its life history. The small flies seen about the house are not young flies developing, but a different kind of fly.

Flies have long been known to be scavengers, but it is only since we have understood the nature of infectious diseases that the fly has become more important because of its relation to the cause of disease. The Bible records the difficulty the ancient worthies had in keeping flies away, and of late years we are learning that this is absolutely imperative.

Recent investigation on the part of Dr. Alice Hamilton proved that the large number of typhoid cases in the Ghetto and similar districts in Chicago was due to the carrying of germs from insanitary privies and sinks to the kitchens and pantries of nearby residents. It is evident that the fly has no right place in connection with civilization, either indoors or out. *It must go,* or typhoid fever will reign.

Half the battle necessary to exterminate typhoid fever will have been fought when the fly has been managed as thoroughly as has the mosquito. *All* flies have to be dealt with, while in the case of the mosquito there is but one variety to consider — the *anopheles.* As in dealing with the mosquito we destroy its breeding place (pools and vessels of water), so with the fly we must destroy every heap of manure, every decaying carcass, and every accumulation of moist, decaying material.

In the case of the mosquito it required quantities of petroleum to destroy the swamp breeding-places, but dry earth is evidently the material most essential to destroy the fly's breeding-place.

Dry earth is strictly an economical disinfectant, and, consequently, there is no reason why, if the public at large

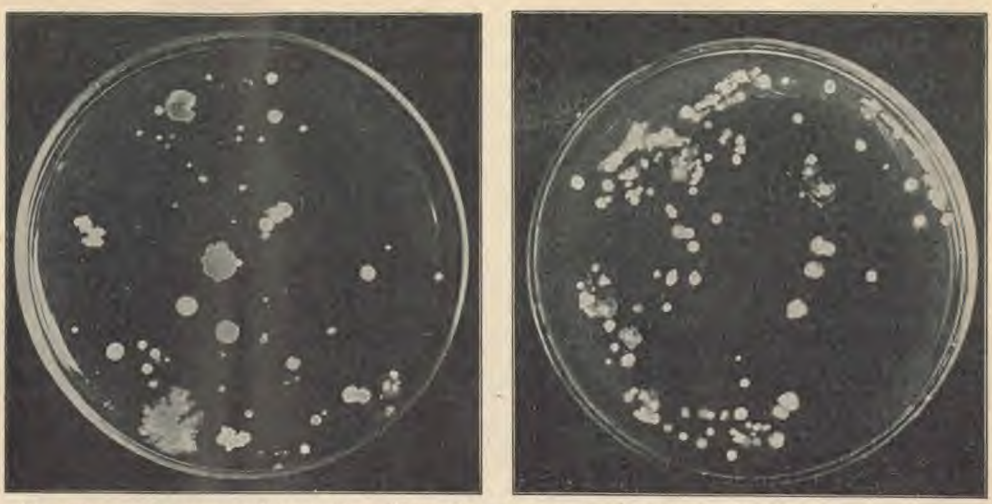
understood its value, the fly could not be almost entirely eradicated. Moses understood the dangerous significance of the fly when he provided his soldiers with a paddle on their weapons, and instructed them to place fresh dry earth in the sinks immediately after using. If it was necessary to be so cautious in a desert country, how much more careful should the people be in a country where thorough drying can not take place so quickly.

When this subject is understood as thoroughly as it will be some day, livery stables will be required by law to have large, hermetically sealed tanks in which the manure may be kept until cremated or until transferred to the field, to be plowed into the soil without delay. As at the present time in the stockyards they handle the diseased meats that are dangerous to health, so, then, these tanks will be under city inspection. It will be necessary then to keep all moist garbage in insect-tight cans. The cities are approaching this point with reference to the garbage, but there is room for much improvement. Already our cities, in investigating every case of typhoid fever, ascertain from what dairy the milk is secured. In the future they will ascertain whether all manure is transferred twice daily to sealed tanks; also whether it is possible for a fly to gain access to the dairy utensils. Typhoid fever germs grow in milk without souring it or producing any physical change whatever. The germs may be as thick and lively as you ever saw pollywogs in a puddle, but there is no way for the housewife to detect it.

We now understand that the germ of the almost incurable dysentery of tropical countries is identical with the germ that produces mild diarrhea in the United States. It is the same germ, also, that produces summer complaint or diarrhea in children. It is this germ that carries away thousands of helpless infants in this country. This germ is most frequently carried to or from sinks and old-fashioned privy vaults. How often the observer has seen a baby hopelessly ill, the mother watching every movement and breath, fearing it is baby's last. In the woodshed or on the rear porch he has noticed this insect on baby's soiled napkins.

This same observing eye has witnessed next door a healthy baby sleeping sweetly on the front veranda, while a half-dozen or more ruthless flies have stolen up in the absence of the mother, and are endeavoring to feast on baby's lips. Is it surprising that a week later this baby, too, is fast losing its strength because of the dreaded summer complaint; that this mother, too, wonders why "kind Providence" should be dealing so recklessly with her child? "Kind Providence" has given us knowledge of how some diseases spread, and it is certainly time that our knowledge was being more practically utilized.

These are not the only diseases in which the fly plays an important part. Koch and his colleagues were able to secure living consumption germs from fly-specks on a chandelier in a house where a consumptive had dwelt. Some consumptives think they are very careful when they destroy expectorations in the house, but will expectorate anywhere about the yard. Through this outdoor carelessness and the agency of the fly, those very germs may in a few hours be lying in large numbers about the pantry dishes, dining-table, and chandeliers about the house, to be incorporated in the dust, and breathed by other members of the family, who eventually succumb to this dreaded disease.



CULTURES ON GELATIN TO WHICH FLIES HAVE CARRIED THE GERMS WHICH CAUSE THE DECOMPOSITION OF MILK AND CHEESE

It is now generally understood that the mosquito is the greater disease-carrying insect, but when Science shall have completed her work with reference to the fly, it shall be said of the mosquito, he has "slain his thousands," but of the fly, he has "slain his tens of thousands."

At the present time the death rate in early life is exceedingly high; in middle life it is least, and in old age again higher. When the fly shall have been conquered, that seeming half-circle on the chart will be decidedly straightened, the death rate of the babies being far less, while death in after-life will be put off for a number of years.

In closing, I wish to say to my readers that too much can not be said, too much can not be feared, too much can not be done, with reference to the fly as an agent in encouraging insanitary surroundings and producing dreadful scourges.

A Physician's Charges against Alcohol.

At a recent meeting of the Women's Union of the Church of England Temperance Society, Sir Frederick Treves stated that alcohol is a curiously insidious poison, producing effects which seem to be relieved only by taking more of it — as is the case with morphine or opium. Referring to the statement often made, that alcohol is an excellent appetizer, he said that the appetite needs no artificial stimulation; if the body wants feeding, it demands food. Again, it is supposed to be strengthening, whereas the acme of physical condition is impossible if any alcohol is used. Its stimulating effect is only momentary, and after that the capacity for work falls enormously. As a work producer it is exceedingly extravagant, and likely to lead to physical bankruptcy. In the Ladysmith relief column, which Sir Frederick accompanied, he observed that the first men to drop out were the men who drank. The fact was as clear as if they had been labeled.

In making these statements he was not speaking of excessive drinking. No man is at his best who works on even a mod-

erate amount of alcohol. Fine work can not be done under that condition. That the use of alcohol is absolutely inconsistent with a surgeon's work, or any work demanding quick and alert judgment, is becoming more and more recognized by professional men, who are discontinuing its use. Having spent the greater part of his life operating, Sir Frederick Treves is prepared to say, with Sir James Paget, that those he most dreads to operate on are the drinkers.

MIDSUMMER DAYS

WITH a ripple of leaves and a trickle of streams,
The full world rolls in a rhythm of praise,
And the winds are one with the clouds and beams.
Midsummer days! Midsummer days!

The wood's green heart is a nest of dreams,
The lush grass thickens and springs and sways,
The rathe wheat rustles, the landscape gleams—
Midsummer days! Midsummer days!

—*W. E. Henley.*

SCHOOL OF HEALTH SEARCH QUESTIONS

DIET IN RELATION TO MENTAL WORK

1. In what condition is the brain of the underfed man?

2. Why does the brain remain active when the muscles have lost their power?

3. Describe how the brain is affected by overeating.

4. To what is after-dinner stupidity due?

GOWNS FOR GARDENING

1. Mention the essentials for an ideal Gardening Gown.

2. How may perfect freedom of motion be secured?

3. Why should the Ideal Garden Apron be made short?

4. Why is it advisable to leave the head uncovered if possible?

FLIES AS CARRIERS OF DISEASE

1. Where do the flies conceal themselves during the winter?

2. Where do they find the most favorable breeding-places?

3. What disease has been traced to the agency of the fly?

4. By what means may flies become agents in the spread of consumption?

5. What is the most effective method of destroying their breeding-places?

6. What material is best for destroying their breeding-places?

Health Chats with Little Folks

A WOODLAND SCHOOL

THESE are happy days, when school is over, books and slates put away, and you are free to run out of doors in the woods and fields. One little boy said that if he could do as he pleased, he would never go to school at all, but he would go off into the woods, lie down beneath a tree, and coax the birds and beasts to tell him their secrets. If he could do this, however, he would only be at a different sort of school, the only school that young Indians and other children of Nature know anything about.

It would be a very good thing for all children if they could spend more time in the school of the woods. They would be healthier and happier in the fresh air and free life of the woods, and would learn many useful lessons. Try it during this vacation, and see what you can learn from the birds and the beasts.

The fields and woods are Nature's school, where all her children are busy learning their lessons. Little birds are learning to fly and soar, to find their food, and to hide from their enemy the hawk. The young kingfishers and ospreys are learning the mysteries of fishing. Baby otters are also learning to fish, and to swim deep and silent. Young rabbits are learning to lie quite still when a snake or a hawk is near, and to dodge the sly old fox and lead him into the prickly thorn bushes. Yes, each little bird and beast has its life lessons to learn. The summer woods and fields and streams are a great kindergarten, with many classes, where wise mothers are training their little ones.

Are there no lessons that we can learn in this great summer school? Harken to the thrush, so full of gladness that he almost bursts his little throat with song. What makes him so joyous? It is because he is full of life. His body is so made that it can be filled with air. He has very large lungs and air sacs, and even his bones are

hollow, and can be filled with air from the sacs. This makes the bird so buoyant that he is more like some blithe spirit of the heavens than a thing of earth.

In this there is a very important lesson for us. It is that the more life-giving oxygen, the more of God's free, fresh air, we can get into our bodies, the more full of life and power and the brighter and happier we shall be.

Those who live out of doors in the pure air are quick and lively, light and free, in all their movements. Besides this, it has been found that the power to do mental work, to use the brains, depends upon the amount of air that one is able to take into the lungs. Those who breathe deep and full are able to do more and harder work than those whose lungs are small and weak, or who have not learned to use them properly. The more air we take in, the more life we have.

If we could hear a Bird Lecture in the woodland school it would be something like this: —

"Do open your windows and let in the air —
I know you'll feel better and look far more fair;
Now just look at me, why, I never take cold,
And in excellent health I expect to grow old.

"I have known in my day
A great many birds all reared the same way;
Their cradles were rocked to and fro by the breeze,
And the roofs of their houses were leaves of the trees.

"But I never have known a birdling to droop,
Nor, old as I am, seen a case of the croup;
Nor heard a bird say that so sore was his throat
That he for his life could not raise the eighth note.

"And one with dyspepsia, too gloomy to sing,
That we should consider a terrible thing.
Consumption has never unmated a pair ——"
Here the bird commenced warbling an ode to fresh air.

Here are two little brothers that you may find in the woodland summer school. How glossy and sleek their coats are, and how strong and firm all their muscles! They leap from bough to bough almost as if flying. Have they no lesson for us?

Some one has told the story of an old Indian named Mosonee: —

"Famed was he for strength and lithe-ness,
Famed for deeds of strength and daring.

. . . . . .

He was young compared with many
Who had seen but twoscore winters.
Black and glossy were his tresses,
Strong and supple were his muscles.
All who played with him in childhood
Long ago were dead and buried."

Wrinkled old men and women who were little children when he was a man, came to him and said: —

"Tell us, Mosonee,
Why no mark of age is on you,
Though you've lived through years an hundred?"

Then the little children, the young men and the maidens, gathered together to hear him tell the secret of his living. And this is the story he told: —

Long ago, when he was a little child, Mosonee wandered in the forest, and talked with beasts and birds and insects. He grew to understand their language and to love them; and because they knew that he loved them, none of them would hurt him. He was sad because his people ate the flesh of bear and bison, of fishes and birds. So he made a vow that he himself would never live by killing.

But this was in the springtime, and there was no corn, no ripe nuts, no berries. Mosonee had nothing to eat, and he pined and grew weak. When the animals saw that he was suffering for their sakes, they called a meeting of all those who lived in brotherhood, and did not live by killing, to come and give counsel to their little human brother.

The mother-bison said that Mosonee could not live on grasses and twigs as they did, but she would give him freely of her milk to make him strong, and he could plant corn and harvest it when it was ripe.

The birds did not give him any advice about food, but they promised to cheer him with their singing. While they waited in silence for some one else to speak, the squirrel was heard in the tree-top, chattering and laughing. The blue-jay, who was the herald of the meeting, called to him,—

"You are always
Frisking, chattering, and laughing:
If you can not tell our brother
How to be as gay as you are,
Lithe and strong and sleek and happy,
Then be silent while our brothers
Give to Mosonee their counsel."

Then the squirrel, from his storehouse in the oak-tree, brought forth walnuts, beechnuts, butternuts, and hickory nuts, and from the pouches of his cheeks filled Mosonee's hands to overflowing. Perching upon his shoulder, he said,—

"My brother,
Wisely spake the mother-bison;
Plant and eat the maize, mondamin,
Eat the berries and the melons,
Eat the grapes and watercresses,
But for food that will sustain you,
Strengthen, nourish, and enliven,
Make your muscles strong as iron,
Keep you well and make you happy,
Keep you young and sleek and handsome,
Nuts are best, and these I give you.
You can gather them and store them,
They will keep throughout all seasons.
Rightly said the herald bluejay
I am always chattering, laughing,
For I'm always well and happy.
Eat the nuts, my human brother,
And you need not live by killing."

This was Mosonee's secret. He had not lived by killing, but had heeded the counsel given him, and lived on nuts and grains and berries.

Perhaps the best lesson we can learn from the squirrel is the value of nuts as food to make us strong and supple and lively. There is far more nourishment in nuts than there is in meat, without any of the poisons that all flesh foods contain. None need "live by killing," for there is abundance of much better food than the flesh of other animals. Those who live on the pure food that the earth brings forth are healthier, and live longer and happier lives.

The birds and the squirrels and all the other woodland creatures drink only water, pure water, God's drink for all his creatures. In this also there is a lesson for us.

E. E. A.

. . By the Editor . .

THE NEED FOR RECREATION

City population is rapidly increasing in this country, and along with the increase of city population is an increase of disease, and an increase of the numbers of people suffering from degenerations of various kinds.

At the present rate of increase of degenerative disorders, in fifty years from now some diseases, such as diabetes, for example, will be increased to ten times their present frequency; cancer will be three times as frequent as it now is, and Bright's disease six times as frequent. Death from old age will be five times as frequent as now, but the people dying from old age will not be nearly so old as they now are. It has become fashionable to die of old age at about fifty or sixty. In reality one ought not to die of old age until at least one hundred and fifty years old, and there is good evidence for believing that the normal length of life of the human race, even in this degenerate age, might be increased to from one hundred and fifty to two hundred years within less than three centuries of the present time. Men have been known to live to the advanced age of one hundred and eighty-seven years.

Neurasthenia is especially a disease of highly civilized life. Any conditions in which the nerve centers become exhausted and do not readily recover themselves, are capable of producing neurasthenia. A man who is tired may be said to be neurasthenic for the time being, for when one is completely exhausted his nerve cells are worn out. But let him go to bed and sleep long enough to repair his nerve cells, and he awakens fully restored.

We are recreated when we sleep. Rest restores again the energy which has been consumed in work. So long as a man is able to restore his lost energy by sleep and rest he can not become neurasthenic. But when a man comes to the point where he can no longer restore by rest and sleep the loss of energy which has occurred, he necessarily becomes neurasthenic, because his nerve cells remain chronically in that exhausted condition.

This is the reason a vacation sometimes does so much for one, completely replenishing the exhausted store of energy, and saving one from a complete breakdown.

Neurasthenia in the majority of persons is simply due to the exhaustion of nervous energy which can not be restored by rest. So long as it can be replenished by moderate rest of a week or two, or a little vacation once or twice a year, it is not real neurasthenia; but when the time comes that sleep or a week or two of rest does not repair the losses that have occurred during the working days; when the annual holiday does not replenish the store of energy again, then one has neurasthenia.

A good many men look forward for months to their annual vacation of three weeks in the summer as their salvation. For about six months afterward they enjoy very good health. Then their store of energy is exhausted, and the next six months are simply misery, waiting for the breathing-spell to come again. When the business man finds at the end of his three weeks' vacation that he has not yet recovered his natural energy, and he has to go back to his work in almost the same

condition in which he left it, he has chronic neurasthenia, and is going to have a tremendous, perhaps an almost irreparable, breakdown, if he keeps on in that way. When a man discovers that he has reached that point, he ought to stop at once.

One of the most wonderful things in the world is the fact that the sick man can get well; that the man who has been for years drifting into disease can be reclaimed and have the bloom of health restored to his cheeks, the sparkle to his eyes, and the ring of health to his voice. Every man who recovers from sickness is the subject of a miracle.

But my faith in the recovery of the sick man is based on his obedience to the laws of health. The man who is sick is so because he has been working contrary to the great beneficent law that is responsible for all living things. God has said, "Obey and live." One can not recover so long as he is disobedient. He must cease doing wrong, and do the things that are in harmony with the great Intelligence that created us; and the moment we do this, that great Power begins to work with us. Although we have indulged in bad habits and worked against God, the moment we turn about and begin to work in harmony with him, we have all the creative power in the universe working with us for our restoration.

Healing power can not be corked up in a bottle. Healing power is creative power; it takes the Power that upholds the world to reconstruct the sick man, quietly working month after month promoting growth and development, and the putting off of the old man and putting on of the new. It is the same Power that works this change physically as morally. There is only one great beneficent Power that is the Healer of souls and bodies.

Temperance Instruction in England.

A large medical conference was recently held in London at which Sir William Broadbent, the eminent English physician, presided, the purpose of the conference being the discussion of the question of temperance instruction in the elementary school. Attention was called to the alarming tendencies to degeneration in England, and the fact that intemperance was in large measure responsible therefor. Sir Victor Horsley, the pioneer in brain surgery, called attention to the favorable results of the interest which has been manifested in temperance education by English medical men. Dr. Robert Jones also emphasized the influence of alcohol in producing physical deterioration, as shown by the report of the committee on physical deterioration which has recently been making a thorough investigation of this grave subject, and some encouragement was found in the fact that more correct views were now entertained respecting the nature of alcohol. Sir Thomas Barlow mentioned that medical observations had shown that the value of alcohol in the treatment of disease had been enormously overestimated, and it had been clearly shown that alcohol was of no value as an article of diet. The very interesting fact was pointed out that through the efforts of the army temperance association, fully one-fourth of all the soldiers in the army had been enlisted on the side of temperance. It is certainly very encouraging to see that this great country is waking up to the importance of medical education in the public schools. A movement is on foot to secure the better education of teachers in temperance principles, so that they will be prepared to give more thoroughgoing and effective instruction.

Hydrotherapy in the Treatment of Tuberculosis or Consumption.

Professor Brieger, superintendent of the great Hydriatic Institute of Berlin, asserts that the judicious use of water is indispensable in the treatment of diseases of the lungs, particularly consumption. By the

use of water the resisting powers of the body may be greatly increased, and thus the encroachments of microbes may be combated. He relies upon hydriatic applications as a means of cure in bronchial asthma and catarrhal pneumonia. By the use of hydrotherapy consumptive patients may be built up so that they are able to endure their ordinary home climate, and thus obviate the necessity of an expensive journey and sojourn at a climatic resort. In asthma, Brieger applies very hot compresses or friction to the chest, with cloths wet in very hot water, after first immersing the feet or hands in very hot water. This treatment relieves severe attacks. In the interval between the attacks the patient is given half-baths at 90° with vigorous rubbing, followed by general shower or douche baths at 70°, alternating hot and cold douches, and general rubbing of the body.

The Tallest Man in the World.

An interesting illustration of the capacity of the human race for growing tall has recently appeared in London in the person of a Mr. Machnow, a Russian, who, according to the London *Times*, measures nine feet and eight inches in height, and weighs four hundred and forty-eight pounds. Mr. Machnow finds it very inconvenient to be so tall, as he had to remain on the deck of the steamer in crossing the Channel, there being no place below where he could be made comfortable. The giant was measured for a suit of clothes at a tailor shop on the Strand. The tailor was obliged to use a step-ladder to take his measurements, and found that fifteen yards of double-width cloth were required for a suit, or four times the amount used for an ordinary man.

Machnow's measurements are as follows: —

Neck to waist, 32 in.; total length of coat, 65 in.; across the shoulders, 31 in.; shoulder to elbow, 36 in.; total length of sleeve, 55½ in.; across the chest, 30 in.; around the chest, 60 in.; around the waist, 55 in.; side seam of trousers, 72 in.; side seam inside the leg, 50 in.; thigh, 40 in. around.

Another State Bars the Cigarette.

The Wisconsin senate recently passed a bill making unlawful the sale, gift, or importation into Wisconsin of cigarettes or cigarette materials. This is right. Tobacco is a poison the sole effect of which is the destruction of American manhood. A similar law recently passed in Indiana was the occasion of a large number of bonfires in which cigarettes were the chief combustible. It is to be hoped that the Wisconsin law will be enforced with the same rigor which characterizes the enforcement of a similar law in a neighboring State, where a man was recently arrested for permitting a monkey to smoke a cigarette in a side-show.

Danger in the Toothbrush.

Attention has recently been called to the fact that the toothbrush may become a serious cause of disease by lacerating the gums, and so opening the door for the entrance of tubercular germs and other destructive microbes. The teeth may be cleansed with a brush covered with cloth.

The Tuberculous Hog.

The impression seems to be generally prevalent that the hog is little subject to tuberculosis. One reason for this notion is probably the fact that the hog is generally very fat, whereas tuberculous human beings and tuberculous cows are usually found in an emaciated condition. The tuberculous hog is fat only because he is not allowed to live long enough to become emaciated. Burton R. Rogers, D. V. M., in an address published in the *Bulletin of Iowa Institutions*, for October, 1904, declares that hogs are very extensively infected by this disease. We are glad to give the following statement, according to which many hundreds of these tuberculous hogs are annually slaughtered in this country: —

"In my four years' work as inspector of meats I have seen no less than ten thousand such animals, to say nothing of the like proportion which two hundred other federal inspectors have seen. The high-bred, high-priced, pedigreed animals and those in a prime fat and apparently healthy condition are often as thoroughly saturated with the disease as is the scrub. But some people believe that a very fat animal or person is not healthy. While in Chicago I saw an inspector condemn and render an animal for this disease that was one in a prize carload lot of cattle at the International Live Stock Exposition. Again, at abattoirs where there is federal inspection, all animals are inspected before death as well as afterward, and among the 750 hogs which he discovered to be tuberculous after being slaughtered, we were not able to discover on our antemortem examination a single hog that we could say positively was tuberculous, and we were not able even to suspect more than fifty."

When it is recollected that federal inspectors see but a very small proportion of the hogs that are annually slaughtered in this country, it must be apparent that a vast multitude of tuberculous animals are killed and eaten without the slightest suspicion of their condition. Here, as Dr. Rogers has pointed out in his address, must be a very prolific source of human infection.

Probably raw pork is eaten in larger quantities than any other kind of raw meat, in the form of sausage, sandwiches, and other preparations. Enormous quantities of tuberculous meat must be eaten annually by unsuspecting men and women who regard hog meat as wholesome. Indeed, not a few medical men have recommended pork as a remedy for consumption, declaring it to be "impossible for the hog to acquire the disease." The fallacy of this opinion is clearly shown by the facts pointed out by Mr. Rogers. The hog is a scavenger, and a short-lived one at that, though the butcher almost always manages to get the start of nature by a few days, so that the diseased hog rarely finds its way to the rendering establishment, but instead is buried in that vast sepulcher of dead beasts — the human stomach.

Nothing New.

Our modern conceit is often considerably disturbed by the discovery that most of our so-called new discoveries were discovered long ago. The governor of Ceylon recently announced that the modern theory that the mosquito is the source of malarial fever is really very old. He states that the Cingalese medical books published thirteen hundred years ago describe more than sixty varieties of mosquitoes, and over four hundred different kinds of malarial fever caused by them.

A New Fashion Craze.

The bicycle and the athletic fads which appeared a few years ago gave quite an impetus to the dress-reform movement by persuading a multitude of women of the necessity for more breathing space; but fashion has now decreed that the hour-glass figure is the ideal shape for woman. The National Dressmakers' Association, which recently held a meeting in Chicago, insisted that although a woman may have the shoulders of an athlete, she must have a waist like a wasp, and if she has not such a waist by nature, it is the duty of the dressmaker to produce it by a process akin to that by which the Chinese woman remodels her feet.

How the Dog Was Saved.

A lady who was lunching on a railroad train with a little boy and dog, suddenly discovered that her little boy was offering a bit of pickle to the dog that was sharing his meal with him. In great alarm and in tones which revealed deep solicitude for the dog, the lady exclaimed, "Stop, Tommy. Don't feed that pickle to the dog. It will make him sick. Eat it yourself."

. . . Question Box . . .

10,215. Clover Tea.—J. A. W., Rhode Island: "1. Is there any virtue in the use of clover tea for humors, as for cancers? 2. Should one with catarrh spend the summer at the seashore? 3. Do most oculists agree that astigmatism should be corrected? 4. Is a salt bath beneficial to the eyes?"

Ans.—1. No.

2. Out-of-door living is necessary, but it is not necessary to go to the seashore.

3. Yes.

4. In a general way, all tonic baths will be found beneficial to the eyes, as well as to any other part that may be weak.

10,216. Infant's Diet.—G. W. T., New York: "My baby, twenty months old, has been fed modified milk almost from birth, and has frequent bilious attacks, refusing his food, and passing green stools, although there is little, if any, curd. 1. What foods and how much of them shall I use to take the place of this milk mixture and supplement other articles taken through the day? 2. How can I cure a small spot of eczema on his chin caused by rubbing on his carriage robe last winter?"

Ans.—1. You would better discard the use of ordinary milk entirely. Give your baby a mixture of malted nuts and cream. Try the cream in different proportions; also try a mixture of the Sanitarium Food Company's gluten with cream and malted nuts. The baby will like the food, and will thrive on it.

2. The cause of eczema is indigestion. Bathe the eruption with a hot solution of resinol soap, then apply both of the following lotions:—

DERMATITIS LOTION NO. 1.

℞	Menthol	1 dr.
	Carbolic acid	2 dr.
	Proof spirit q. s. ad	12 oz.

DERMATITIS LOTION NO. 2.

℞	Ichthyol	1 dr.
	Sodium Carbonate	½ dr.
	Oil of Sweet Almond	2 dr.
	Glycerin	3 dr.
	Distilled Water	3 dr.

First apply No. 1, then No. 2. No. 2 should be applied in such a way as to make a brown coating. If necessary, a little talcum powder may be used.

10,217. Corns.—A. E. W., Canada: "What is the cause of and cure for corns?"

Ans.—Corns are caused by pressure. Roomy shoes are required. Corn plasters can be used advantageously for temporary relief. In some cases the corn, including the entire thickness of skin, must be removed.

10,218. Catarrh.—W. F., Oregon: "1. Will the presence of uric acid cause catarrh? 2. Does the use of tea and coffee aggravate the disease?"

Ans.—1. Yes.

2. Most certainly.

10,219. Internal Support for Prolapsed Womb.—Mrs. J. L. A., Manitoba: "1. Do you advise the wearing of an internal support for prolapsed womb? 2. What treatment do you recommend?"

Ans.—1. Not usually; only in the most extraordinary cases.

2. An operation is probably required. You should consult a skilled specialist.

10,220. Exercise and Digestion.—H. B. B., District of Columbia: "You say, 'It takes an active brain to insure good digestion, and an empty stomach to insure good sleep.' Also, 'If one eats a late supper, the brain must be active for seven hours before the stomach is empty,' etc. From observation and experience it seems to me that one never feels the brain to be less active than after a hearty meal. The fact that every animal is more or less lazy or sleeps after eating seems to substantiate the fact that the brain is less active at that time. The most brainless and stupid people we know have the best digestion. In regard to sleep after eating: 1. Is not the chemistry of digestion carried on by the involuntary nerves and muscular systems, solar plexus, etc.? 2. If so,

how can sleep hinder, to any great extent, the digestion of wholesome food? 3. Suppose a business man eats a moderate dinner at 5:30 P. M., and retires at 10:00 P. M. Don't you think that time is best? — when brain or physical work is over, and a great quantity of blood can be drawn upon by the stomach, where it is most needed, at a time when the brain can rest and the whole body relax. 4. Can not a man work hardest, morning and afternoon, when he eats very lightly during working hours, and eats his dinner after his work is done? Last spring I started at 6:00 A. M. with a friend and walked seventeen miles, sat down and ate a lunch, and twenty minutes later walked back by a different course twenty miles, making thirty-seven miles in all without rest, except at lunch, and on a vegetarian diet. I ate dinner on my return and was very ready for it. Had I eaten it at noon instead of the bite of lunch, I would have greatly compromised my energy in coming home."

Ans.— 1. Yes, but the brain centers are involved, and the whole brain is more or less excited reflexly while food remains in the stomach.

2. Intestinal digestion does not seem to produce the disturbance of the brain as does gastric digestion.

3. Five-thirty P. M. is not so good an hour for dinner as an earlier hour, but is better than a later hour; 3:30 or 4:00 would be better. A physiological arrangement of the day's program would complete the heavy work of the day before the hours named.

4. Yes. Your idea is practically correct.

10,221. Indigestion — Dark Spots under Eyes — Pimples. — C. T. H., Texas: "Am a boy of sixteen attending school, and am troubled with indigestion, red nose, dark spots under eyes, and pimples on face. 1. What diet will be beneficial, and also increase weight? 2. Are two or three meals per day best? 3. At what time should meals be taken on a two-meal plan? 4. Would you advise a fast in my case?"

Ans.— 1. We recommend, first, that you discard the use of flesh food, and adopt the Battle Creek Sanitarium system of diet. Malted nuts and Sanitas food candy will be found especially helpful in increasing your weight.

2. The number of meals depends upon the amount you take at each meal.

3. Eight A. M. and 3:00 P. M. are good hours.

4. No.

10,222. Pan-Peptogen — Malt Honey Candy — Smoking — Cocoa — Syringe. — F. M., Minnesota: "1. Are Pan-Peptogen and malt honey candy a good remedy for constipation and coated tongue? 2. Would you advise an after-dinner smoke if it causes movement of the bowels? 3. Is cocoa a wholesome drink at meals? 4. Is it better than tea or coffee? 5. Does it tend to constipation?"

Ans.— 1. Yes.

2. By no means. Constipation can be relieved by more wholesome means.

3. Ordinary cocoa contains theobromin, a poison which is practically the same as uric acid. If Sanitas cocoa is employed, this objection is removed.

4. Essentially the same.

5. Yes, ordinary cocoa tends to produce constipation on account of the large amount of tannin which it contains. Sanitas cocoa contains little or no tannin.

10,223. Dr. Lewis's Viav Treatmen — Growth on Stomach. — A. A. L., New Brunswick: "1. What is your opinion of Dr. Lewis's Viavi Treatment? 2. Is there any virtue in it? 3. A girl of fifteen has for six months had a growth at the pit of her stomach, about seven inches square. It is movable, and sounds as if it contained water. There has been no pain until recently. Give cause of and treatment for same."

Ans.— 1. We have nothing to say in commendation of it.

2. We have never found any occasion to recommend it.

3. This case should be placed at once under the care of an experienced and skilled physician. It is one that requires immediate attention.

10,224. Cocoanut Cream. — Mrs. C. B. F., Oregon: "1. What is the recipe for cocoanut cream? I am very thin, and need some food that will produce heat and flesh. 2. What shall I eat?"

Ans.— 1. Grind cocoanut meats; add twice its weight of soft water. Allow it to stand one-half hour, squeeze through a cloth, and set the juice away in a cool place. The cream will rise to the top and can be skimmed off as ordinary cream is skimmed.

2. Food which you can most easily digest will be the best for you. Masticate every morsel thoroughly.

LITERARY NOTES

WHEN Edward Everett went as Minister to Great Britain from the United States in 1841–45, he was accompanied by his two young daughters. They were bright young women, very much amused and impressed with the novel social conditions, and they wrote vivacious letters to their relatives in this country, and also kept journals, as was the manner of young women of that day. In the June *Scribner's* extracts from these letters and journals are published, adding another to the long list of successful Letters which have appeared in *Scribner's* from the days of the Thackeray Letters to Madame Waddington's.

The *Cosmopolitan* announced in the June issue the most novel and interesting idea that any of the magazines has put forth in some time. It regards the disposal of John D. Rockefeller's fortune. David Graham Phillips, whose books have amply shown that his humanity is as strong as his economics are sound, discusses "What He Could Do with It," the "he" referring to Mr. John D. Rockefeller, Jr., the oil magnate's only son and heir. In July, Alfred Henry Lewis tells "What He Will Do with It." These subjects, handled by two such brilliant writers, are going to arouse the widest interest.

NEW BOOKS.

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WHEN Samuel Osgood, the first postmaster-general in Washington's cabinet, was in office, he presided over seventy-five post-offices. There are now over 76,000 offices, though there is a tendency at present to decrease rather than increase this number, on account of the successful rural free-delivery plan, which has resulted in abolishing many of the smaller offices. Each rural carrier, however, is virtually a traveling postmaster.— *From "In the Trail of the Traveler," in Four-Track News for June.*

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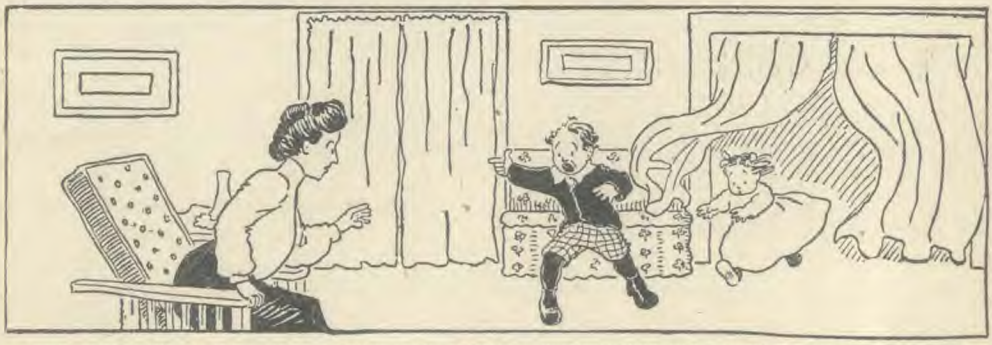
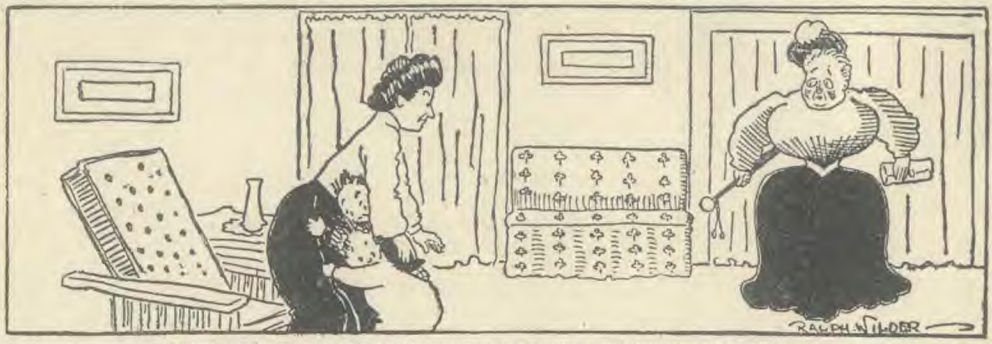
IN the thirty-two pages which comprise the June *American Boy* there is not a dull line; and both in variety and class of matter the paper is head and shoulders above any other periodical for boys. The cover page, entitled "Texas Bids Good-by to the President," showing a great throng of happy, smiling faces, makes an appropriate index to the high-class stories and articles in the magazine.

THE NEW RULING OF THE DRESSMAKERS' CONVENTION.

MRS. BJONES, SR.—"'WOMEN SHOULD STRIVE TO ATTAIN THE HOUR-GLASS FIGURE, WHETHER STOUT OR THIN.' I'LL SEE MY DRESSMAKER AT ONCE."



THE CHILDREN (A FEW DAYS LATER)—"OH, MAMMA! SOMETHING'S RUN OVER GRANDMA, AND HER NOSE IS ALL RED!"



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ON another page of this issue our readers will find the announcement of the A. W. Straub Company, of Philadelphia and Chicago, manufacturers of health food mills, who will send — to all who request — a handsome booklet and a valuable recipe book, free. We hope our readers will avail themselves of this opportunity.

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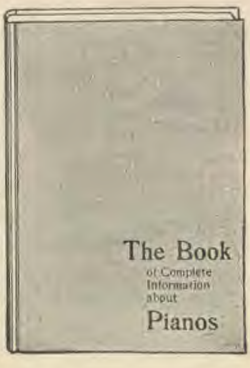

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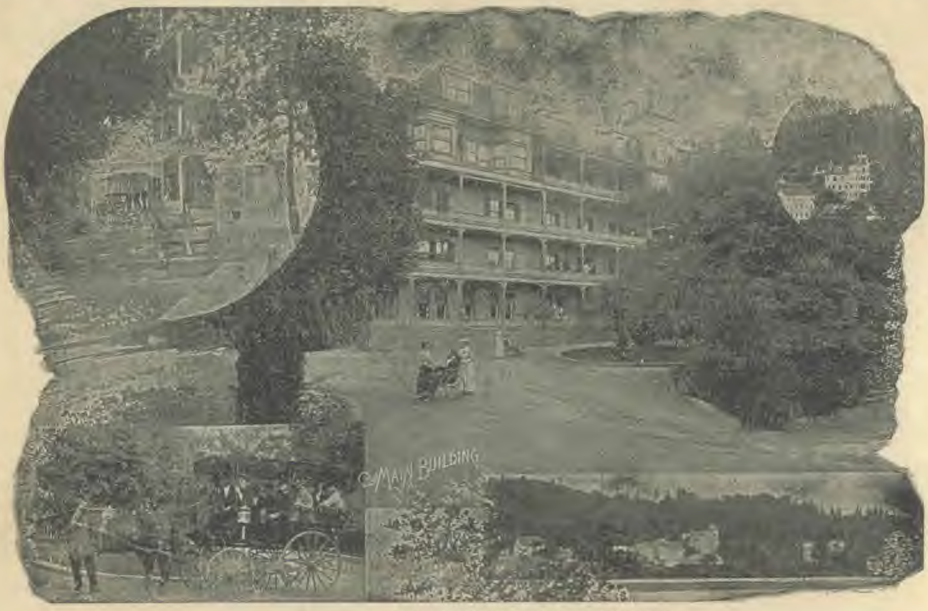

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