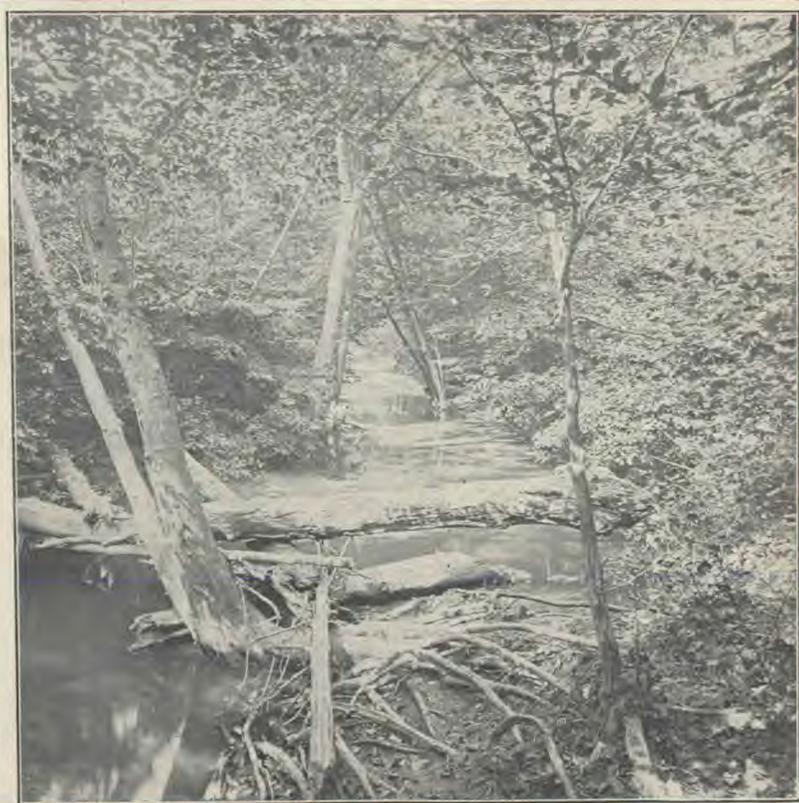


Patent Medicine Frauds

LIFE
and
HEALTH

5¢ 25¢



Directory of Sanitariums

THE Publishers will be glad to be notified promptly of any corrections, so that this Directory may be kept up to date.

Please note that the list is alphabetically arranged by State and city.

These are all institutions for the rational treatment of disease. Surgical cases are also received. Some of the sanitariums in this list are the oldest and most thoroughly equipped in this country.

- ARIZONA:** Phoenix, 525 Central Ave., Arizona Sanitarium, Supt., E. C. Bond, M. D.
- ARKANSAS:** Little Rock, 1623 Broadway, Little Rock Sanitarium, W. C. Green.
- CALIFORNIA:** Eureka, Cor. Third and J Sts., Eureka Branch Sanitarium, Supt., C. F. Dail, M. D.
Los Angeles, 317 West Third St., Los Angeles Sanitarium.
Pasadena, Arcade Block, Pasadena Sanitarium.
San Diego, 1117 C St., San Diego Branch Sanitarium, Supt., T. S. Whitelock, M. D.
San Francisco, 1436 Market St., San Francisco Branch Sanitarium, Supt., H. E. Brighthouse, M. D.
Sanitarium, Napa County, St. Helena Sanitarium, Supt., T. J. Evans, M. D.
- COLORADO:** Boulder, Colorado Sanitarium, Supt., H. F. Rand, M. D.
- DISTRICT OF COLUMBIA:** (Temporary Address) Washington, 222 North Capitol St., Washington (D. C.) Sanitarium, G. A. Hare, M. D.
- ILLINOIS:** Chicago, 28 Thirty-third Place, Chicago Sanitarium, Supt., David Paulson, M. D.
Moline, 1213 Fifteenth St., The Tri-City Sanitarium, Supt., S. P. S. Edwards, M. D.
Peoria, 203 Third Ave., Peoria Sanitarium, Supt. J. C. Froom, M. D.
- IOWA:** Des Moines, 603 East Twelfth St., Iowa Sanitarium, Supt., J. E. Colloran, M. D.
- MASSACHUSETTS:** Melrose (near Boston), New England Sanitarium, Supt., C. C. Nicola, M. D.
- MICHIGAN:** Battle Creek, Battle Creek Sanitarium, Supt., J. H. Kellogg, M. D.
- Detroit, 54 Farrar St., Detroit Sanitarium, Supt., H. B. Farnsworth, M. D.
Jackson, 106 First St., Jackson Sanitarium, Supt., A. J. Harris.
- MISSOURI:** St. Louis, Fifty-fifth St. and Cabanne Ave., St. Louis Sanitarium, Supt., Howard Truex, M. D.
- NEBRASKA:** College View (near Lincoln), Nebraska Sanitarium, Supt., W. A. George, M. D.
- NEW YORK:** Buffalo, 922 Niagara St., Buffalo Sanitarium, Supt., A. R. Saterlee, M. D.
- OREGON:** Mt. Tabor (near Portland), West Ave., Portland Sanitarium, Supt., W. R. Simmons, M. D.
- PENNSYLVANIA:** Philadelphia, 1809 Wallace St., Philadelphia Sanitarium, Supt., A. J. Read, M. D.
- TENNESSEE:** Graysville, Southern Sanitarium, Supt., M. M. Martinson, M. D.
Nashville, 447 North Cherry St., Nashville Colored Sanitarium, Supt., Lottie C. Isbell, M. D.
- TEXAS:** Keene, Keene Sanitarium, Supt., P. F. Haskell, M. D.
- UTAH:** Salt Lake City, 122 1-2 Main St., Salt Lake City Branch Sanitarium, Supt., W. L. Gardiner, M. D.
- WASHINGTON:** Seattle, 612 Third Ave., Seattle Sanitarium, Supt., A. Q. Shryock, M. D.
Spokane, Spokane Sanitarium, Supt., Silas Yarnell, M. D.
Tacoma, 1016 Tacoma Ave., Tacoma Sanitarium, T. J. Allen, M. D.
Whatcom, 1016 Elk St., Whatcom Sanitarium, Supt., Alfred Shryock, M. D.
- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., H. P. Farnsworth, M. D.

LIFE AND HEALTH

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“It was not unusual to hear on the streets, the voice of angry controversy from learned doctors of the law.” See “Days of Ministry” p. 470.

LIFE ^{AND} HEALTH

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

Vol. XIX

Washington, D. C., July, 1904.

No. 7

U. S. Government Vs. Patent Medicine Frauds

George A. Hare, M. S., M. D.

It is refreshing to learn that the United States government is beginning to turn the light on the patent medicine business. The work recently undertaken by the United States Bureau of Chemistry, of the Department of Agriculture, of analyzing and publishing the composition of many of these fraudulent "cure-alls," and the action of the postmaster-general in forbidding the use of the United States mail for the advertisement of fraudulent preparations, sold under the name of medicine, will meet the hearty approval of all lovers of health and temperance reform.

The ruling will apply not only to frauds sold under the name of medicine, and to their advertisement by means of circulars, but will also include newspapers containing advertisements of the same.

Through the courtesy of the office of the assistant attorney-general, I learned that the following are among the medical concerns that during the present year have been forbidden the use of the United States mail on account of fraud: the Heidelberg Drug Company, of St. Louis; The Chicago Drug Company; Davol Medicine Company, of San Francisco; the Denver Drug Company; Missouri Drug Company, of St.

Louis; and the English Restorative Company, of Denver.

At the request of the Post-office Department, the Bureau of Chemistry analyzed their vile compounds, and found them such unmitigated frauds that they were excluded from the mail. Numerous other medicines have been analyzed by the Bureau of Chemistry; among them Tissue Food, found to consist of an emulsion flavored with lavender. The government chemists state that "there is no such virtue in this article as claimed for it in the advertisement."

Tuberculozyne was analyzed by the Bureau. One of the samples examined consisted of water, alcohol, copper oxid, and glycerin, and the other of water, alcohol, sodium phosphate, tartaric acid, sugar, and glycerin. The chemists state in their report that "not one of the ingredients or a combination of the same contained in the two packages examined is recognized as of any service in the cure of tuberculosis."

The report further states that "the fourteen samples submitted by the Post-office Department involved twenty-one separate analyses. These articles, with a possible exception, were of a highly fraudulent character."

It may be of interest to the readers

of this journal to know something of the methods employed by secret nostrum swindlers in securing certificates of the marvelous "cures" which they advertise. The facts of the following case will serve as an illustration. This case was reported in the section of Hygiene and Sanitary Science of the American Medical Association at its recent meeting held in Atlantic City, in substance as follows:—

A poor woman in the last stages of consumption called on the doctor for an examination of her lungs, and for treatment. Finding her so utterly hopeless, the doctor naturally inquired as to where she had been taking treatment. Her statement was that she had been taking some secret medicines given by tuberculosis specialists. She had treated with them until they had taken all her money, and turned her away penniless and hopeless. She said, however, that they offered to continue treatment *provided* she would sign a certificate, stating that she had been examined by three eminent specialists, and all had declared her to be in the last stages of consumption; but that she had been treated by these tuberculosis specialists, and *that their secret medicines had entirely cured her*. It is needless to say that the poor woman revolted at such a dishonorable proposition, and was turned away from them to die.

If the whole truth were told, one might read of similar unwritten crime in almost all the certificates of marvelous "cures" which are sent out by the venders of these patent medicine frauds.

That the medicine habit is one of the greatest barriers to the progress of health and temperance reform, no one familiar with the facts can doubt. The powerful hold which this immense

traffic has upon the people is mainly due to two factors: first, the profound secrecy with which the composition of these nostrums is shrouded, and second, the large amount of alcohol which many of them contain. Those which depend for success on the blind faith which their secrecy inspires, are frauds; and those which depend for their success on the deceptive influence of the alcohol which they contain, are worse than frauds.

Public advertisement of the worthless character of the ingredients of these nostrums will antidote the first factor, and the deceptive influence of alcohol can be counteracted by making the physiological effects of alcohol which science has so abundantly demonstrated, a part of our common knowledge.

Agitation along these two lines will prove a most powerful factor in combating this gigantic evil. As an illustration of the first class,—the worthless "cure-alls" which have become popular only because the composition has been kept secret,—we might mention "Radam's Microbe Killer," of which millions of gallons were sold as a *specific cure* for diphtheria, croup, pneumonia, malaria, typhoid fever and "*all other germ diseases.*" Its composition is approximately—

Sulphurous acid U. S. P.	4 oz.
Sulphuric acid, commercial	4 dr.
Muriatic acid	2 to 10 drops
Red wine	1 oz.
Water	1 gal.

Practically nothing but a gallon of acidulated water! The secret composition of this worthless compound enabled the manufacturers to sell carloads of it at one dollar per gallon jug. When the analysis was made public, it is needless to say the business career of this enterprising firm collapsed.

Just now a preparation known as "Liquezone" is on the high crest of popular favor. This preparation is claimed to be a profound secret. It is supposed to cure almost every known disease, guaranteed to kill every living germ, and to exterminate from the human system every invading microbe. I am told that train-loads of this concoction are being distributed throughout the world, from which its enterprising proprietors are doubtless reaping a rich harvest of golden shekels. The writer predicts that when the analysis is published, it will prove to be a preparation whose merit will equal that of "Radam's Microbe Killer."

I wish to call particular attention to that large deceptive class of concoctions whose composition largely consists of alcohol. The analyses of many of these have been published before; but we still have such preparations as Peruna, Lydia Pinkham's Vegetable Compound, Drake's Plantation Bitters, Warner's Safe Tonic Bitters, etc.,

exploited in many of the religious and temperance journals, yet they are stronger alcoholics than port wine; while in other columns of the same journals may be seen the bold advertisement of Parker's Tonic, Baker's Stomach Bitters, Goldeura, and Hostetter's Bitters, etc., etc., all of them strong as ordinary whisky, and some of them recommended in wine-glass doses.

The following list contains some of the most popular of these so-called medicines. We call attention only to the one element — alcohol — which they contain.

Bearing in mind that good (?) beer contains from four to eight per cent of alcohol, according to the United States Dispensary, pure wine eight to twenty per cent, pure whisky fifty to fifty-eight per cent (ordinary whisky anywhere from thirty to fifty per cent), the reader will readily appreciate how "harmless," and "free from alcoholic stimulants," are these "cures."

Drake's Plantation Bitters, said to contain more than	32	per	cent	alcohol.
Parker's Tonic	41	"	"	"
A Famous Catarrh Remedy	27	"	"	"
Warner's Safe Tonic Bitters	35	"	"	"
Peruna	28	"	"	"
Hostetter's Bitters	44	"	"	"
Lydia Pinkham's Vegetable Compound	20	"	"	"
Goldeura No. 1	41	"	"	"
Goldeura No. 2	28	"	"	"
Atwood's Quinine Tonic Bitters	29	"	"	"
Baker's Stomach Bitters	42	"	"	"
Faith Witcomb's Nerve Bitters	20	"	"	"
Carter's Physical Extract	22	"	"	"
M'Lean's Strengthening Cordial, approximately seven-tenths whisky.				

The first nine of these percentages are taken from a recent number of *American Medicine*, the remainder from "Secret Nostrums."

These startling figures emphasize as stated by Dr. George M. Gould, in the fact that the patent medicine habit a recent editorial in *American Medicine*: —
is very similar to the whisky habit; or,

taste of a person whose taste and smell are obliterated by fever. We still have the sight to depend on. If the food can not be made to appeal to the taste or to the smell, the appearance must be made so appetizing that the digestive juices will be stimulated in that way. In Pawlow's experiments the mere sight of food that appealed to the appetite would excite an abundant flow of gastric juice in the animals upon which he was experimenting.

Cooking for invalids and convalescents and those without much appetite is therefore a nice art. If the invalid must eat, he must be led to have an appetite for his food; he must relish it. There was sense in the notion of our mothers and grandmothers, who tempted the sick to eat by various appetizing though indigestible and unhygienic sweets and dainties, as jellies, and other rich goody-goodies. The principle of creating a desire for food is right, though the food they gave may not have been best. The efficient cook for the sick will aim to have such dainty, toothsome food, yet withal prepared in such a wholesome way as not to hinder a feeble digestion. The food must be seasoned, but not with spices or condiments, but rather by bringing out the natural flavors of the foods themselves.

So daintiness in preparing and serving must be one of the fundamental rules in the feeding of the sick. A tray full of sloppy things disorderly arranged, with soiled napkins and full dishes, will take away what little appetite the sick may have. The very appearance satisfies, and the tray is pushed away without being touched. But a clean, orderly tray, with as dainty dishes as can be had, clean linen and very small amounts of food,

will appeal to the appetite, and what little is eaten will be digested.

When no appetite or relish can be elicited, and nourishment must be administered, partially predigested food must be given, always then in a liquid state. There are many forms of predigested or partially predigested food which can be used. Malted nuts has proved one of the most serviceable, lasting longer without palling on the appetite than others, and supplying every need of the system. Malted milk is another good preparation. Peptonized milk is frequently prescribed. This is made according to directions which come with the peptonizing tubes obtained from any drug store. There are also a number of infant foods on the market, many of which can be used with advantage in securing changes in diet.

Eggs may be prepared in a number of wholesome ways, and fill an important place in the diet of the sick. Raw or lightly cooked, they are valuable when easily digested concentrated food is required. Raw eggs may be served in several ways. Variety in serving is very essential, since one who is sick quickly tires of any one thing.

One method of serving is as follows: separate the white and yolk, and whip each separately. Add to the yolk one half glass of milk which has previously been made very cold by being placed on ice; season with a pinch of salt, and if desired a very little sugar, next stir in the well-beaten whites, serve with a glass drinking tube.

Another way is to use crushed ice instead of the milk. For those not able to use milk, or for a change, or especially where there is much fever, the egg given in crushed ice is grateful to the patient.

The egg may be given in lemonade or

in the juice of an orange in the same way. To the fevered patient without any desire for food, this is usually the most pleasant method of serving.

Sometimes it is best not to separate yolks and whites before whipping, as to some people the frothiness resulting is very objectionable. Sometimes the whites only are used, when they should be very lightly whipped, just enough to break them, and not to make them frothy.

The whole egg, unbeaten, taken directly from cup or glass, is not objectionable when one becomes accustomed to it, though it is digested with more difficulty; or the egg may be dropped in a few tablespoonfuls of orange juice, and taken that way. Eggs so used are very valuable, especially for convalescents.

Eggs cooked for the sick should always be soft, either boiled or poached. The best way to boil the egg is to drop it in about one pint of boiling water, then set it away from the stove and let it stand ten minutes. At the end of that time it will be like jelly all through, and yet no part hard.

Dextrinized grains, as granose, tender, crisp zwieback, or corn flakes, can usually be used whenever there is appetite or relish for food. They should always be well masticated. Soft boiled or soft poached egg

dropped on zwieback which has been dipped in hot milk or water, makes a quickly prepared toast; or the egg may be served on nicely toasted granose flakes. These are good dishes for convalescents.

Gruels, which are very valuable as food for the sick, require care and skill in the making. Various grains may be used. Oatmeal is probably most commonly used, though the other grains are equally good, and can be used for variety. At times rice gruel is especially demanded for certain conditions. The grains should be cooked at least four or five hours, in water, using not more than one-half cup of grains to one and one-half quarts of water. When done, strain through a wire sieve or strainer, and then thin the gruel with milk, or if milk can not be used, with water, to the required consistency. The common mistake is to make the gruel too thick. This point must be governed somewhat by the taste of the patient and the circumstances of the case, but gruels should usually be thin enough for drinking from the cup or through a drinking tube. Always be sure the seasoning is just right. Salt should be used, and if desired a very little sugar. Gruel should be freshly made every day.

1436 Market St., San Francisco, Cal.

Some Causes of Indigestion in the South

J. E. Caldwell, M. D.

THE decadence of the stamina of the human family may well be assumed, owing to the light of history and the personal observation of men of mature age. Its causes are doubtless general, dietetic errors being among the most prominent. Some of these are peculiar to races, while others are more or less sectional.

Here in the South, among old residents, many domestic habits are found that are both peculiar and pleasing. But the common daily food of the people, particularly in the country, calls loudly for improvement, in the light of advancing knowledge.

Hot bread, often made of soda and sour milk, and fat pork, are very commonly found on family tables, and are eaten with little knowledge or thought of the fearful consequences, though dyspepsia may be found in almost every family.

Pawlow, the Russian physiologist and writer, has recently contributed valuable data upon the effects of soda and fat in digestion. He is one of the leaders in what may be called a school of investigators in this most important field of research.

Under the subject, "Water, an Excitant of Gastric Secretion," he shows, by methods that are new and convincing, that water in the stomach excites the activity of the peptic glands. Then he adds: "To sodium bicarbonate an inhibitory influence must be ascribed. Not one of the soda solutions when brought in quantities of 150 c. c. into the large stomach were able to expel even a drop of juice from the small cavity. At most a little mucus es-

caped. Hence the presence of sodium bicarbonate prevents the stimulating properties of water."

Many of us had before believed that soda is injurious to the health, when used with food, but it remained for Pawlow to discover just how it does its harmful work, namely, by preventing the flow of gastric juice. Of course it is not supposed that the harmful effects of soda are limited to its restraining influence here named, for I have known acute gastritis to be set up by soda placed in vegetables for the purpose of preserving their green color. With these facts before us, can we wonder that indigestion and dyspepsia are often found in those who eat daily of hot soda biscuit?

Concerning the effect of fat in the stomach, after having introduced 100 c. c. of Provençe oil into the stomach of a healthy dog, Dr. Pawlow says:—

Instead of the usual five to ten minutes, we had to wait half an hour to one hour before the beginning of the secretion. When the flow at length commenced, it was very scanty. In the space of two or three hours, instead of the usual 10 c. c. to 15 c. c., we collected only 3 c. c. to 5 c. c. per hour, and it was very much later when the normal quantity appeared. . . . A new and very striking fact is here before us. Fat depresses—that is, inhibits—the normal energy of the secretory process.

Large quantities of fat, and particularly fat pork, have long been known to be injurious to those in feeble health, yet few of us have fully appreciated the extent of the injury which follows its free use.

THE MEDICAL MISSIONARY AT WORK

Medical Missionaries' Experiences in China

SINCE our arrival, our small chapel, which is at the entrance of the mission compound, has been filled with sick people who want to see a doctor, and we have had to station a boy at the door of the chapel to keep them from crowding into our house. Whenever one of the workers goes out into the city, he is followed by a crowd of people, and is often stopped by the sick, who ask for help. The people are in a pitiable condition, suffering from all manner of diseases, the great majority of which are curable.

Two days ago a woman from a country home came to see us. She told us that there were eight in her home, six of whom were sick and wanted help. A man suffering with palsy wanted to be cured. The next day he came to the compound with a large company of sick people, and pounded on the door of the chapel, asking for help. He has come several times since, with similar companies.

The Lord has promised in Mark 16: 17, 18, that "these signs shall follow them that believe. . . . They shall lay hands on the sick, and they shall recover." We have seen the Lord make this promise good. A young man was brought into our mission having an affection of the bone of the left forearm. The arm was greatly swollen. We found, upon examination, that the swelling was caused by pus. The pain was very great, and the fever high. We made an opening down upon the cavity, and gave exit to a large quan-

tity of decayed flesh and bone. Amputation was the only recourse to save the man's life. There was no place to perform the operation except the open courtyard, where we had already been treating patients.

Having already begun to treat this case, and it was very evident that the man would soon die, we came to a place of great need. It was our extremity and God's opportunity. So, calling in two of our Chinese converts, we united in prayer, asking the Lord to heal the man. We explained to him that only Jesus could heal him, for we of ourselves could do nothing for him.

After prayer, we told him that Jesus had done the work, and immediately he stopped groaning for pain, and his face brightened up. The arm had been growing worse from day to day, but following this, recovery was very rapid. The man's arm was saved as a result of the Lord's work. Had he been treated in the best hospital in the United States, he would now be minus one arm, and in all probability would not be living.

H. W. MILLER, M. D.

A. C. SELMON, M. D.



The Medical Mission Needs of China

THIS vast country is not only reopening, but is actually open, and to a much greater extent than ever before, and there is an urgent and immediate call for a considerable increase in the number of medical missionaries in every province of the empire.

The needs and claims of the women of China are vast. In the China Inland Mission we have a considerable number of fully trained nurses, and their services are invaluable, but we have at present only one fully qualified lady doctor.

Fifty years ago I was myself preparing at the London Hospital for medical missionary service, and the most fruitful year of my service in soul-winning was the year in which I had the sole charge of a hospital of about sixty beds, and about that number of in-patients, including opium-smokers. Sixteen were baptized that year, and more than thirty were candidates when my health broke down.

"It is something like treason to the unveiling of the infinite love of Christ in the preaching of the gospel,—treason to the Great Healer,—if in seeking the conquest of the world for Christ, we do not make manifest the greatness of his compassion to the suffering multitudes, through the pitying hearts and tender hands of those who are skilled to heal or to nurse the sick."

One striking illustration of the success of the missionary physician in gaining access for the gospel is that of the late Dr. Southon, of the London Missionary Society, at Urambo, Central Africa. Dr. Southon, on his way to join the missionaries at Ujiji, had to pass through Urambo. Mirambo, the king, hearing that the new missionary was a doctor, sent messengers with the request that he would visit him, and relieve him from a painful tumor on his arm. Dr. Southon proceeded to Urambo, saw the king, and at once proposed to remove the tumor. Chloroform was administered, and the opera-

tion successfully performed. The king, very grateful for the relief afforded, earnestly requested Dr. Southon to remain at Urambo, and establish a mission at the capital; promised to build him a house and hospital, to provide everything necessary for his comfort as well as for the work, and to give him as much land as he needed. "The country is before you," he said, "choose where you will, it is all yours." Dr. Southon selected a very luxuriant hill near by, where a good spring of water and plenty of trees made it a very desirable station, and henceforth his letters were dated from "Carlton Hill," Urambo. He succeeded in establishing a most hopeful mission; his relations with Mirambo continued friendly till the last, and he won for himself the confidence of the people. The seeds of divine truth were sown broadcast, and when he was so suddenly and mysteriously cut down in the midst of his usefulness, there was bitter mourning among the Wanyamwezi, and none manifested more profound grief than did King Mirambo.—*J. Hudson Taylor.*



BROTHER L. R. CONRADI pays this tribute to the medical missionary worker: "The two phases of our missionary work — evangelical and medical — connect pretty well. But what we want is medical missionary men who can preach this gospel with power. They may be doctors or ministers. In Africa and in Asia I have seen medical missionary men who were preachers, and they are the men that are doing the great work to-day. God will use them. Such men he will send forth and endow with his power."

Days of Ministry

Mrs. E. G. White

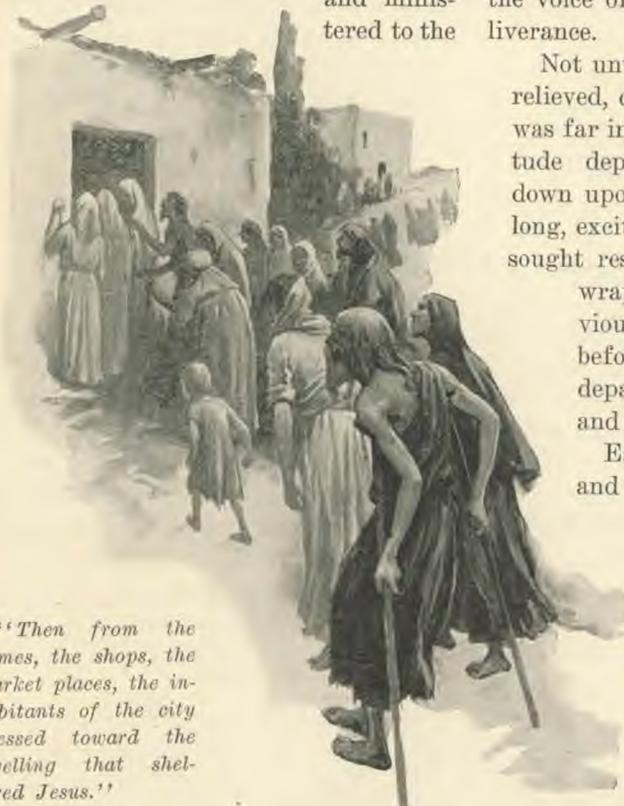
IN the fisherman's home at Capernaum, the mother of Peter's wife is lying sick of "a great fever," and "they tell Him of her." Jesus "touched her hand, and the fever left her," and she arose and ministered to the

Hour after hour they came and went; for none could know whether to-morrow would find the Healer still among them. Never before had Capernaum witnessed a day like this. The air was filled with the voice of triumph and shouts of deliverance.

Not until the last sufferer had been relieved, did Jesus cease his work. It was far into the night when the multitude departed, and silence settled down upon the home of Simon. The long, exciting day was past, and Jesus sought rest. But while the city was wrapped in slumber, the Saviour, "rising up a great while before day," "went out, and departed into a solitary place, and there prayed."

Early in the morning, Peter and his companions came to Jesus, saying that already the people of Capernaum were seeking him. With surprise they heard Christ's words, "I must preach the kingdom of God to other cities also: for therefore am I sent."

In the excitement which then pervaded Capernaum there was danger that the object of his mission would be lost sight of. Jesus was not satisfied to attract attention to himself merely as a wonder-worker, or as a healer of physical disease. He was seeking to draw men to him as their Saviour. While the people were eager to believe that he had come as a king, to establish an earthly reign, he desired to turn their minds from the earthly to the spiritual. Mere worldly success would interfere with his work.



"Then from the homes, the shops, the market places, the inhabitants of the city pressed toward the dwelling that sheltered Jesus."

Saviour and his disciples.

Rapidly the tidings spread. The miracle had been wrought upon the Sabbath, and for fear of the rabbis the people dared not come for healing until the sun was set. Then from the homes, the shops, the market-places, the inhabitants of the city pressed toward the humble dwelling that sheltered Jesus. The sick were brought upon couches, they came leaning upon staffs, or, supported by friends, they tottered feebly into the Saviour's presence.

And the wonder of the careless crowd jarred upon his spirit. With his life no self-assertion mingled. The homage which the world gives to position, wealth, or talent, was foreign to the Son of man. None of the means that men



“It was not unusual to hear on the streets,

employ to win allegiance or command homage did Jesus use. Centuries before his birth, it had been prophesied of him, “He shall not cry, nor lift up, nor cause his voice to be heard in the street. A bruised reed shall he not break, and the dimly burning flax shall he not quench: he shall bring forth judgment unto truth. He shall not fail nor be discouraged, till he have set judgment in the earth.”

The Pharisees sought distinction by their scrupulous ceremonialism, and the ostentation of their worship and their charities. They proved their zeal for religion by making it the theme of discussion. Disputes between opposing sects were loud and long, and it was not unusual to hear on the streets the voice of angry controversy from learned doctors of the law.

In marked contrast to all this was the life of Jesus. In that life no noisy disputation, no ostentatious worship, no act to gain applause, was ever witnessed. Christ was hid in God, and God was re-

vealed in the character of his Son. To this revelation Jesus desired the minds of the people to be directed, and their homage to be given.

The Sun of Righteousness did not burst upon the world in splendor, to dazzle the senses with his glory. It is written of Christ, “His going forth is prepared as the morning.” Quietly and gently the daylight breaks upon the earth, dispelling the darkness, and waking the world to life. So did the Sun of Righteousness arise, “with healing in his wings.”

“Behold my servant, whom I uphold; mine elect, in whom my soul delighteth.” “Thou hast been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shadow from the heat.”

When God gave his Son to our world, he endowed human beings with imperishable riches, — riches compared with which the treasured wealth of men since the world began is nothingness. Christ came to the earth, and stood before the children of men with the hoarded love of eternity, and this is the treasure that, through our connection with him, we are to receive, to reveal, and to impart.

Human effort will be efficient in the work of God just according to the consecrated devotion of the worker, — by re-



“Supported by friends they tottered feebly into the Saviour’s presence.”

vealing the power of the grace of Christ to transform the life. We are to be distinguished from the world because God has placed his seal upon us, because he manifests in us his own character of

Teaching and Healing

THE Lord's people are to be one. There is to be no separation in his work. Christ sent out the twelve

apostles, and afterward the seventy disciples, to preach the gospel and to heal the sick. "As ye go," he said, "preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have

received, freely give." Matt.

10:7, 8. And

as they went forth preaching the kingdom of God, power was given them to heal the sick and cast out evil spirits. In

God's work,

teaching and healing

are never to be separated.

His command-keeping people

are to be one. Satan

will invent every device

to separate those

whom God is seeking

to make one. But the

Lord will reveal him-

self as a God of judg-

ment. We are working under the eyes

of the heavenly host. There is a divine

Watcher among us, inspecting all that

is planned and carried on.—Mrs. E.

G. White.



love. Our Redeemer covers us with his righteousness.

In choosing men and women for his service, God does not ask whether they possess learning or eloquence or worldly wealth. He asks: "Do they walk in such humility that I can teach them my way? Can I put my words into their lips? Will they represent me?"

God can use every person just in proportion as he can put his Spirit into the soul-temple. His followers are to bear, as their credentials to the world, the ineffaceable characteristics of his immortal principles.

His going forth is prepared as the morning, quietly and gently the daylight breaks upon the earth, waking the world to life.

QUESTIONS AND ANSWERS

Conducted by George A. Hare, B. S., M. D., Takoma Park, Washington, D. C.

THIS department is designed to be a "Bureau of Information" on topics pertaining to health. To that end we invite questions from all our readers. As these may sometimes be of a nature that it will be preferable to answer by mail, it is requested that all questions sent in be accompanied with two cents for return postage.

Please also give name and address. These will not be published if the writer prefers otherwise; but we can not pay any attention to unsigned communications.

1. Color of Clothing.—1. Is there any truth in the statement that white clothing is cooler in summer than dark? 2. Does the same apply to tents?

Ans.—1. Yes. A white surface reflects a larger proportion of light and heat than does black. A black surface, absorbing the most heat rays, becomes itself warmer than a white surface. A familiar illustration may be seen any winter when the ground is covered with snow. The snow melts much more quickly about a black object than a white one.

2. Yes.

2. Peanuts.—I am told that peanuts have a very high food value, and that they contain important elements which are deficient in the ordinary vegetarian diet; yet when I eat more than a very small quantity, either of the roasted nuts or of the prepared foods, I suffer from it. Can you tell me why, or how I may avoid this?

Ans.—Peanuts do not belong to the nut family, and should not be classified as such. They contain a large amount of nourishment, but are very hard to digest.

In selecting a line of diet, it is well to know that the food selected contains a large per cent of nutritious matter; but it is far more important to know that our stomachs are able to digest the food we select. What we *digest*, and not what we swallow, determines our nutrition.

Nuts, unlike fruits and other foods, are put up by nature in small amounts, and enclosed

in a shell. They are excellent food, but should not be eaten in large quantities by any one. In your case we would advise you to select some other foods that will agree with you better.

3. Water or Fruit Juice.—Should one drink water largely, or depend on fruit juices for the liquid the body requires?

Ans.—Water is the natural drink of all animal bodies, and should be used in sufficient quantities to fully meet the demands of the system. Fruit juices contain agreeable flavors, and some fruits acids and sugar. They often give an agreeable flavor to water, and make a very pleasant summer drink, but should not be relied upon to take the place of water.

4. Colds Infectious.—When I am at home, I never contract a cold; when I travel on the cars, I nearly always return with a cold. It does not seem to be due to drafts, because I am in a draft at home as much as on the cars. Is it an infection?

Ans.—Taking cold is nearly always due to an infection. It is not simply letting cold air strike the skin; in fact, neither a change of temperature nor a draft is at all a necessary factor in taking cold. Many of the worst colds are contracted in badly ventilated audience rooms, the temperature of which may be kept even. Nearly all colds are now considered as more or less contagious.

5. Soda-Water — Soft Drinks.—1. What is your opinion of the free use of soda-water and other "soft drinks" during the summer? 2. Is it harmful to have drinking water iced?

Ans.—1. Soda-water, contrary to its name, contains no soda. It is simply water charged with carbon dioxide gas, and usually flavored with sirup. Carbonated, or so-called soda-water, is more agreeable to many stomachs than plain water. The only objection to the free use of such a drink is the quality and amount of sirup used. The value of other "soft drinks" depends wholly on what they contain.

2. Water should be cold, but not ice-cold.



HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

A Dyspeptic's Dream

O LAND of grease and kitchen slops O, sometimes in my dreams I see
Of roasts and stews and mutton-chops, A land of health and purity,
 Is there no haven here, Soft-bathed in heaven's light;
Where we may taste of nature's food, No taint of murder lingers there,
And finding only what is good, Of foul disease, of sin and care,
 Eschew those horrors drear? No trace of sorrow's blight.

O radiant land! On crystal streams!
Fair lilies nod in languorous dreams;
 And from each sun-kissed
 height
We catch of fruit the shim'ring gleam
In tints of rose or purple sheen,
 To tempt our appetite.

—*E. M. Winston.*



Home Happiness

A Way to Secure It

Good housekeeping has far more to do with domestic happiness than most people dream of, and it is a melancholy fact that love is often killed by bad cooking. Without good housekeeping even the most romantic devotion will often fade and die, and therefore it behooves every woman, and all maidens especially, to make a study of housewifery before they take upon themselves the duties pertaining to the mistress of a household.

Nowadays, more than ever before, perhaps, women need to remember that their best and most beautiful work is to be done in their own homes.

The man who marries a woman

merely because he wants a lady to sit at the head of his table, and to look after his house, does not deserve to be happy; but it is not of such cases that I am thinking. In my mind I see rather those married lovers, who perhaps by slow degrees, but none the less surely, become alienated because of the friction caused by the wife's failure to govern her household rightly.

A wife should not degenerate into a superior sort of maid-of-all-work; no, but at the same time she should not despise the social, moral, and spiritual influence that she may exercise by ruling her household wisely.

No matter what a girl's scholastic attainments may be, her education is incomplete if she has not a practical knowledge of every branch of household work. Equipped with this and adding to it a large amount of tact and sympathy, she may possibly become such an ideal mistress that she may escape the servant worries that are the trials of so many of her friends. Even if the mistress of the house is never required to dust, cook, or mend, she ought to know how everything should be done, that she may be able to direct her helpers; for she will never command their respect as an employer if they think that she does not know good work from bad.

For the Housekeeper

Never send a jelly that has been once to the table a second time in the same form. Break it up and serve in jelly glasses, or divide it into rough pieces, and heap it up in a dish as rock jelly. The appearance of a dish makes a wonderful difference.

An Excellent Furniture Polish

The woodwork should be first carefully wiped with a dry, soft cloth, and the dust thoroughly removed from corners and carvings. Then apply the following reviver: Raw linseed-oil and spirits of turpentine, in the proportion of two-thirds oil and one of turpentine, which should be applied with a small brush, wiping off with a soft cloth, and rubbing till thoroughly dry.

It will be found that dents and scratches lose their prominence under this treatment. Should this method be pursued regularly, the furniture will retain a fresh appearance.

The Care of Oilcloth

Clean it with yellow soap and water applied with a house-flannel, and then dry it with a soft cloth. Occasional rubbing over with a mixture of linseed-

oil and vinegar will help to preserve the colors, or they may be brightened by a simple application of milk. Polishing oilcloth or linoleum with beeswax and turpentine makes it look very nice, but in houses where there are children or old people, the slipperiness which results may be considered objectionable.

Choosing Carpets

When choosing carpets, preference should be given to those of small pattern; for they are much more easily turned about and mended than those of large design, and therefore are much more economical.

Renovating the Carpet

Rub your carpets with a clean cloth wrung out in ammonia water, after sweeping them. This will improve the appearance of an old and dingy carpet, and is much to be recommended for refreshing the air of a sick-room and for preventing dust.

Washing Lace Curtains

Before washing the curtains soak them for two hours in cold water. This will remove the dust, and help to make them a good color.



It is an excellent plan to have a book in which you prepare a ready reference index of all items you think it likely you will have occasion to refer to in the future. Under the general heading "Care of the Sick," you would have "Food for the Sick," LIFE AND HEALTH, July, 1904, page 464.

Such an index would be of more value to you than the printed indexes commonly furnished at the end of each volume of the larger magazines, as it would contain in one place the index of all articles likely to be of interest to you, and nothing else. Such an index will amply repay for the trouble of keeping it up.



Health by Many Processes

BY means of "health foods," with their advertisements in every newspaper and magazine and on every bill-board, physical culture schools, and health publications, the twentieth-century people are being strenuously educated in the principles of healthful living. One would think that the people would learn to keep well, but they don't. Possibly one reason is that there is such a babel of tongues proceeding from these reformers that the public are in perplexity as to which voice to follow, and so stand still.

If you have not known what leader to follow in order to keep well, you still have a large number of ways to get well. Take your choice. One will cure you by placing you on a proper diet, it may be of vegetables, or fruits, or lean beef, or milk; for the advocates of the diet cure are by no means agreed as to what constitutes a proper dietary. Another will accomplish the desired result by flushing the colon. Another will do it by a certain system of exercises. Here again you have a choice, for there are many such "systems," each claiming to be superior to the others. Another will practise "divine healing" — so called — as in the case of the Zion community. Others will cure by instilling the doctrine that there is no such thing as evil or sickness, another by "suggestion," another by hypnotism, another by drugs, perhaps a shotgun prescription consisting of a

number of poisons, or perhaps a sugar pellet moistened with a potentized dilution of nothing; another by the electric current, or by the X-ray or the Finzen ray, or perhaps the Radium ray; another by applications of water, another by serums and animal extracts, and so on *ad nauseatum*.

The marvel of it is, *they all cure*. It must be so, or they would have to go out of business; unless we accept the alternative that the people like so well to be hoodwinked that they do not know whether they are being cured or not. The latter may be largely true, but cures doubtless follow the practise of each of these methods. Do not understand me to say that cures necessarily follow as the result of these methods. The cure is sometimes the result of the treatment, wholly or partly; sometimes merely a coincidence, and sometimes it occurs in spite of the treatment.



One element is common to all of these methods, namely, the psychical or mental. This in some cases is clearly perceptible, in others it is masked; but it is always an important, and often the most important, factor in the cure. Faith, hope, and courage will not cause the restoration of an amputated limb or of broken-down lung tissue. It will not restore the destroyed cells of a shattered kidney, but it will put more vitality into the cells that remain, so that they will in a fair way perform

their work. A few words of sympathy and cheer will cause a tired and discouraged worker to proceed with her work with lighter heart and quicker step. The cells and organs of the body are not less susceptible to such impressions than the entire body.

The following quotations are perhaps familiar to most of the readers of *LIFE AND HEALTH*: "Sickness of the mind prevails everywhere. Nine tenths of the disease from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul, and weakening the life forces. Remorse for sin sometimes undermines the constitution, and unbalances the mind."

The writer is more convinced each day that due importance is not given to the effect of the mind in the production and in the cure of disease. Mrs. Eddy understands it, and is rapidly adding to the number of her followers intelligent people, even people of eminence, through her cures. Her philosophy sounds like nonsense to us, but it cures. But she makes the mistake of not understanding that there are limitations to this method of treatment. It will not set a broken leg, neither will it cure diphtheria in a child. Mr. Dowie understands it, and so as a result of his prayers, he has hundreds of crutches and other trophies from people who have been restored to health. But you will not find him restoring legs and arms to old war veterans. He knows better than to attempt that. Some physicians understand it, and are combining suggestive therapeutics with their other treatment, either with or without hypnotism. All physicians who are successful make use of this factor, the mental influence, either consciously or unconsciously. In a large proportion of

cases, it is the mental condition of the patient that determines what the result of the treatment shall be.

Fortunate is the physician who, in making his diagnosis, can determine the mental condition of the patient, and its bearing on the progress of the disease. The mental and physical conditions are interactive, and the progress of the one depends on the progress of the other. Sometimes it is impossible to make any progress in a case of stomach disorder until the mind is put at rest. Again it is impossible to relieve a morbid state of the mind until the stomach is in better condition. Often, and perhaps usually, the treatment of the mental and the physical condition should proceed simultaneously. No one can have the best success who ignores the bearing of the mental condition on the health. And one can not be successful who attempts to cure entirely through the mind, irrespective of physical means and the observance of hygienic rules.



The effect of the mind on the body is well illustrated in the case of young men who have at some time of their lives been addicted to vicious, degrading habits. They may not have noticed any particular results from the habits, but coming across the publication of some charlatan giving a graphic account of the fearful results that are sure to follow their indiscretion, they immediately become self-conscious and notice slight symptoms that were before not thought of. Not daring to expose their condition to their own physician, or thinking that he would not understand their case so well as the "specialist" who has written the cunningly worded advertisement, they place themselves

under the care of one or more of these human bloodsuckers to be relieved of all the money they have and can borrow, and left with the additional damage wrought by the drugs they have been taking, and the despair that is, more than anything else, dragging them down to ruin. All the horrible symptoms that they have read of in this pernicious advertising matter now afflict them, having been brought on almost entirely as the result of what they have read.



Do not understand me to say that there are no evils resulting from these evil habits. There are, and they are bad enough. But I have yet to know the first person to apply for relief of any of these conditions who has not first been frightened by reading some of the quack advertisements. In these cases, there is a morbid condition of the mind, a fear of some dire results, of impending insanity, a conviction that life is bound to be a failure. Any method which includes the observance of proper hygienic measures, simplicity of diet, the abandonment of alcohol and tobacco, with meat and all stimulating foods, and the use of such measures of treatment as will inspire the patient's confidence, will usually result in a cure.



Even the charlatans might accomplish something in this line, with their crude methods, but they are not in it to cure people, but to get money. From the very nature of the case, their patients are bound in secrecy because they would not for the world have their friends know their condition. So if a quack should cure a patient, it would not be an advertisement for him,

and if he robs him, the patient dare not make an exposure.

I have wandered from my subject a little, but if this caution serves to warn some young man never to go to an advertising "Specialist" whatever his claims, I shall have accomplished some good.



A young man has written in, inquiring what medicines we would recommend for certain losses. He has a book on hydrotherapy, but finds it difficult to understand and impracticable to follow. If we could only recommend some drug, he would take the prescription to the nearest drug store, and begin his course of treatment with hope and rejoicing. Such is the faith most people have in drugs. Whatever I might recommend he would take in absolute confidence. But if I write to him and tell him the truth, that there is no drug known to the medical profession which possesses one iota of virtue for the relief of his trouble, he will not believe me. The first quack that visits his town and promises to cure him will get his money. It is hard to know what to do in such a case; for a reply is simply the waste of a postage-stamp.



If I could say something to cause our young men to realize that there is no royal road to health through drug taking,—that there is nothing in store for the person who consults advertising quacks but a bitter experience,—if I could lead some few to realize that health can only come through a compliance with nature's laws, a foregoing of bad habits, a hopeful, clean life, I would feel that I had not lived in vain.

I am sure every conscientious and intelligent physician will back up what

I have said. When they give drugs for such troubles, it is because the patient demands something of the kind, and would not think he had his money's worth without it.

You will never find a young man looking for remedies of this kind unless he has been reading some of the miserable, lying, conscienceless advertisements of the brazen-faced harpies who grow fat on the miseries of the young men who have been so unfortunate as to read these advertisements.

Some day in the near future, a paper which desires to be considered respectable will not dare to publish such advertisements, and it will not be long before it will be more hazardous for these irresponsible adventurers to ply their nefarious business.

If any of our readers have been bitten by one or more of these concerns, we shall be glad to take up the matter, provided we can get the data, to give the swindler an unenviable publicity; and we shall not divulge the names of our informants.



The Patent Medicine Fraud

ONE visitor to the St. Louis World's Fair said that the shows on "the Pike" reminded him of Barnum's expression, "The American people like to be humbugged." A still greater evidence that the people, not only of America, but of other civilized countries, desire to be duped, is the monstrous growth of the patent medicine business.

Not one in a hundred of these abominations has any reason for existence. Their advertisements are glaring falsehoods, their mixtures are inert or else harmful concoctions, having no virtue whatever, and serving no purpose except

to enrich the conscienceless proprietors, and to a certain extent the druggists, at the expense of their customers.

Were it only the money that is lost in buying these preparations, it would not be so bad; but many people, depending on these measures, neglect to take proper steps to get well until it is too late; so their lives are sacrificed on the altar of the patent medicine man's avarice.

Fortunately some of the most glaring examples of this work have been under the watchful eye of Uncle Sam, and now the Post-office Department is refusing the use of the mails to some of these concerns, and as a result they have to close up.

But the work has as yet only begun. There are hundreds more of these swindlers yet to be dealt with.

Meantime we would caution every person who will heed a caution, not to make use of any patent medicine whatever. Their claims are lies. You can not rely on what is said as to their composition; and their effects are uniformly harmful, if they have any effect at all.

The paper in this number, by Dr. Hare, on the work of the government in the suppression of this evil will be read with interest by all.

Of especial interest is the fact that the government purposes to throw out from the mails all newspapers and periodicals that carry the advertisements of some of these frauds. This, probably, is the most important move the government has made in the suppression of the patent medicine evil.

It is a shame that we can not bring a newspaper or a magazine into the house without placing before the eyes of our children advertisements for the cure of

weaknesses of men, or something worse.

In their eagerness to share the ill-gotten gains of the medical fakirs many newspapers have prostituted their sheets to an unholy purpose, and insulted their readers. Perhaps competition has compelled some publishers to stoop to this who would otherwise have preferred to maintain clean sheets. It is fortunate for these that the government will assist them to stiffen their backbone.



The Curse of Sensational Literature

IN the mental as well as in the physical realm there is great variation in appetites, in the quality of food, and in the effect of foods on the health. There are the simple "hearty foods" palatable only to the hungry man, but furnishing to his simple needs the greatest amount of energy at the least expense. There are foods more delicately prepared, to tempt those with more dainty appetite; then there are foods, so called, that yield practically no nourishment, which are eaten only to whip up a flagging appetite, which cause a growing distaste for more solid foods, and whose use invariably ends in intractable dyspepsia. These last so-called foods vary in their power for harm, but all are more or less harmful.

Among mental foods, the novel occupies this position. It quickly causes a distaste for more profitable reading, and at the same time the passion for light reading increases. I am not prepared to say that fiction has never accomplished any good; but the evil that has resulted from the reading of fiction so far outweighs the good that the world would undoubtedly be much better off if no fiction had ever been written. As an evidence of the downward tendency of modern fiction, I

will quote from the literary department of the *Independent*, a magazine which no one would accuse of being radical in this line:—

Fiction is becoming more and more the record of our immoralities. The average novelist appears to find his greatest inspiration in demonstrating whatever is perverse or decadent in the times. Just now there are a number of books on the market written for the express purpose of alarming every hope for the advancement of the race. . . . These are not the kind of people we need to confirm our hopes and establish our faith. Rather they give the reader a literary preparation for a life of vice or despair.

We do not think that any one acquainted with the facts will say that the *Independent* has put this danger in too strong a light. The article above mentioned is a discussion of a certain divorce novel, and in it the writer goes on to say:—

The trouble about the divorce evil is that it can not be dramatized in fiction without introducing scandalous situations and portraying indecent emotions. It is a subject, therefore, that should be left to the coldly impersonal discussion of those who write upon social economics. The right people would thus become acquainted with the facts, and the others, the young and innocent, would escape much licentious information.



As to the evil effects of novel reading, we may quote from a recent address by President Henry Hopkins, of Williams College, the following significant words:—

The novel, also—not only the yellow-covered variety, which has not lost its sway, but also the more pretentious literary productions—is in evidence as hostile to what is purest and best in family life. A literature saturated with the materialistic pagan philosophy of life fosters crime by sug-

gestion in the way simply of imparting ideas and giving knowledge of evil and its seduction, and putting low notions before the mind.



J. CUTHBERT HADDEN, in the June *Fortnightly*, New York, says:—

Last year, no fewer than eighteen hundred and fifty-nine novels were published in this country [England]. It will hardly be contended, even by the most ardent lover of fiction, that this enormous output of so-called "light literature" is a commendable thing. The trouble is the great bulk of our current fiction is so bad — so utterly and so appallingly bad. The real offenders are the people. The public seem to want fiction as much as they want bread and butter, and they will have it.

We may deplore the ever-increasing flood of novels; but so long as the reading public continues the preference for light literature to the almost total neglect of other forms of reading, so long will the publishers, and novelists, good and bad, continue to supply the demand. When the public awakens to its shameful neglect of the higher and more serious forms of literature, then the plague of novels will be somewhat stayed. Meanwhile the public gets in fiction exactly what it asks for.



To parents, I would say, If you have never given the matter much thought, consider what may be the possible outcome of your child's acquiring a taste for light reading. The taste once formed becomes a fascination, and then it is next to impossible to avert the result. Nearly all realize what folly it would be to allow a child to form a taste for liquor in the hope that as it grows older, it can be reasoned out of indulging to excess. It is no less a folly to allow children to get a taste for fiction with the hope of controlling this taste later on. "By beholding we become changed."

We Are Still Learning

It is not wise to generalize too much from personal experience. What is one man's food may be another's poison.

A quack doctor or an old woman has good results following the use of a certain remedy (possibly a coincidence), and is sanguine that the remedy will cure all similar cases. Immediately the remedy is heralded with a great sound of trumpets as Mother A's sure cure or Dr. B's magic remedy.

Some one discovers that after he has eaten potatoes, he has sour stomach, and ever after when he eats potatoes, he notices the same symptom. Possibly in the first instance the stomach soured from something else, or because the potato was eaten with some other food which formed a wrong combination. After that, the expectation that potato would produce such a result may have contributed to that end. At any rate, whenever he eats potato, he has the same trouble. He warns all his friends that potato is unfit to eat, and he continues a vigorous crusade against the innocent tuber. Later on, he may discover that the potato is not so harmful after all; in fact, that he can eat it not only with impunity, but with benefit.

Even doctors of more than national reputation have done such things. I have known an eminent physician to condemn the potato as unfit to use, and later on to recommend it very highly as an article of diet. I do not blame him for changing his opinion. I change mine occasionally.

The point I would suggest is that the study of dietetics is in its infancy, and we should not be too positive and sweeping in our statements; for if we do, we may overstep the mark, injure

some of those who confide in us, and cause others to lose respect for us and our work.



There are certain foundation principles which a man can tie to: beyond that it is not best to be too dogmatic. It is safe to say that it is one's duty to observe the laws of health; but to define just what the laws of health are for any one individual is not so easy.

For instance, I must not make the statement that sugar, or white flour, or milk is unfit for human consumption; for some day I may awake to the fact that there are people habitually eating these things who enjoy better health than I do. Then I would have to take back my statement.



We say the laws of nature are unchangeable. That does not mean that because it snowed the first week in January this year, it will snow the first week in January every year. It does not mean that because a certain place had a rainfall of thirty-six inches last year, it will have the same amount this year. The laws of nature are many and complex. There is a reason why we had a thunder-storm last night; and if we knew perfectly all of nature's laws, we could predict with exactness the time and nature of every event years and centuries in advance. Now we predict storms and other weather changes a few hours in advance, and not very perfectly at that. But our knowledge of weather conditions, imperfect as it is, is worth millions of dollars each year to the country in the saving of crops and ships from ruin.

So with our knowledge of the laws of health. The laws are immutable; but they are so complex that we under-

stand them very imperfectly. There are reasons why one person can eat fruit with impunity, while to another it acts like poison. There are reasons why strawberries make some persons break out all over with hives. There are reasons why milk, which with most people is constipating, acts on others as a laxative.



If we knew all these laws in their many ramifications, we could prescribe for an individual the climate, the nature of work, the nature and exact amount of food and drink, the nature and amount of clothing, and a score of other things which contribute to make up the sum total of long life and sound health, with the certainty that the desired result would follow. Physicians now enter into these details, but they themselves know that each case is a matter of experiment, and they rely largely on the mental effect of the prescription on the patient.

We are learning more each day, but what we know is insignificant when compared with what is unknown. Sometimes we forget this, and become dogmatic. We take positions, and sometimes we have the privilege of changing these positions.

I get some new knowledge occasionally in a way that I least expect, and from a source that I least expect. A few facts may knock the underpinning out from under some theories that have been weeks and months in framing. Then it is necessary to reconstruct; but next time I try to avoid building so high without fact for a foundation.



As I said, there are a few foundation principles that we can tie to.

The laws of health are immutable.

This does not mean that what would be a violation of nature's law in the case of one person would necessarily be so in the case of another person, or even of the same person at some other period.

One person suffers if he attempts to eat more than two meals a day; another is more comfortable and in better health on three or four light meals. One person does better to omit breakfast; another does better to leave off the supper. One person can not eat vegetables; another thrives on vegetables, and can not eat fruits.

But I do not need to refer to these things. They are matters of common observation. The experienced physician knows that he must regulate the diet, exercise, etc., to suit each individual case; and often he must experiment carefully before he can be certain as to what diet will be most suitable.



How do we know that the laws of health are unchangeable? — In the same way that we know that the laws of nature are fixed. To the ordinary observer rain and sunshine, hot weather and cold, storm and calm, seem to follow one another in a haphazard way, regardless of any law. But students of these phenomena learn that each change in the weather is the result of certain causes, and is never a matter of chance. So students of the human body find that its varying conditions are the result of the operation of invariable laws. A certain combination of conditions will surely produce a certain result. In case of apparent exception some of the conditions are lacking or changed. We are unable to understand because we do not grasp all the conditions operating in the case.

Advice, Good and Bad

A PATIENT comes to me saying, "Doctor, I have been trying to live 'health reform' for months. I have been most careful regarding my diet, and have conscientiously followed all the light that has come to me in this regard, and yet I seem to be losing ground. I am always conscious that I have a stomach, and often it is as sour as a swill barrel. I do not seem to get the good out of my food that I used to, and I tire out very easily; in fact, I am afraid that if I do not soon get relief, I shall have to give up my work altogether."

Now what am I going to say to that patient? I do not want to shatter his faith in health reform. Health reform is a good thing. It is a splendid thing; but it is often misunderstood. This patient has evidently misunderstood it, for he is ruining his health, instead of improving it. And hundreds of my readers, perhaps thousands, can testify from their own experience that this is not an isolated case. If this journal, LIFE AND HEALTH, can not step in right here and help these conscientious, well-meaning people so that they will have a health reform that is practical, that yields results in increased health, it has no reason whatever for existence, and had better be defunct.

There is this difference between a man and an animal. An animal, a horse for instance, if turned out where he can freely select corn, oats, green food, and dry food, will likely make a very fair selection. If he has been starved in a certain direction, he may overeat; but perfectly free, he will make a very intelligent choice. Within him is an instinct which leads him to choose that which is best. Man, to a certain extent, has this

instinct, especially when he has not departed too far from nature's methods; and that instinct is never entirely obliterated; but it is greatly modified or hidden by two principal causes, first of which is habit. As a child, he naturally craves foods which are good for him, but he can learn to like limburger cheese, piccalilli, Worcestershire sauce, vinegar pickles, concentrated sweets, and many other abominations. In fact, he can so far destroy the natural appetite that nothing but these titbits seem like food.

Each nation has its own delicacies, which to those accustomed to them seem delectable morsels, while to others they are repulsive. Such is the power of habit. A second factor which obscures the natural instinct for the proper selection of food is the willingness of man to take advice. Now there are two kinds of advice in this world, good and bad; and probably the latter greatly preponderates. And from what I have written before, it will be understood that advice applicable to one person is not by any means of universal application.

My patient has been taking advice, — good, perhaps, in certain circumstances, but not good in his case. He has left off this article and that article, and limited himself to a diet at which his digestive apparatus rebels. Horse sense would have told him long ago that when he had changed his diet and begun to grow worse, something was wrong. He would even do better on the diet he was on before he ever heard of health reform. But it will not be necessary, probably, for him to go back to that.

We are not here to advocate the free use of animal foods of any kind. We are not in this work to uphold the use of eggs, milk, cream, butter. Vege-

tarianism is the ideal diet, — the cleanest diet, the diet prescribed by the Creator; but we are not living to bolster up a theory, but to get results. The man who can not live so well without milk and butter and eggs as with them had better have them. If a fruit diet causes distress, flatulence, and general misery, drop it! Don't abuse the gray matter that the Creator has given you by being martyr to a theory when it does not fit the facts in your case! Be a man; use the good sense which has been given you; observe carefully the results of your diet; decide what is best for you, and then act in accordance with the dictates of an enlightened conscience. As you do this, resolved to be true to the best interests of your bodily health, you will find the original instinct asserting itself more and more, and you will find that it will become more and more trustworthy.



Living Versus Existing

LIFE is more than existence. Sea-urchins and oysters exist. Life is action. There are Indians who live (as we say) for nearly a century and a half. They merely exist. Life is measured not by years, but by results. On the death-bed there will be no comfort in the realization of the fact that one has lived his fourscore years, unless those years bear a record of usefulness and helpfulness to his fellow men.

Were LIFE AND HEALTH to deal merely with the proposition of conserving the physical and mental health of its readers, it would but partly fulfil its mission. Unless it helps them to have a fuller, more complete, more useful life, so that the world will be better for their having lived in it, LIFE AND HEALTH will to that extent be a failure.

We are not here to push hobbies, to

ventilate theories, to tear down what others are trying honestly to build up. We are here to be helpful to the extent of our ability.

This is an age when the winner is the man of strenuous life; when determination and push place one on top. Colossal fortunes are piled up in a few years, and men by sheer force and dogged push rise above their fellows. Often it is at the expense of their less fortunate neighbors. We are not here to admire, nor to imitate, nor are we here to criticize. Our sympathies are rather with the unfortunate; and there we want to help, and there we want to point others to the true source of enjoyment; for to the sincere soul nothing affords so much unalloyed pleasure as the consciousness of having been a real help to others.

We believe the articles from Mrs. E. G. White, which are selections from her forthcoming book, "The Ministry of Healing," will be most helpful in this line, as will also the missionary reports and the suggestions for home treatment which will be given from time to time.



HERE are two statements apparently contradictory, yet each containing a great truth:—

"There is no excellence without great labor."

"No great intellectual thing was ever done by great effort; a great thing can only be done by a great man, and he does it without effort."

The principle involved in each of these statements, not being seen in its relation to the other, has been a snag upon which young lives have been wrecked. Young men and women, ambitious to succeed, have struggled earnestly at the expense of health to attain some end just a little out of reach, and have gone into early graves, the victims of inordinate ambition, or have sunk

back in despondency and despair when they realized the utter hopelessness of their efforts.

Others, believing they were "not cut out" for any great work, have settled back to a life of ease and contentment, and failed to reach the point of usefulness and distinction to which they might otherwise have attained.

It is true there is no excellence without great labor. But one has a greater capacity for work than another. A locomotive can pull a larger load than a horse, and not make any effort. One man may be able to do many times as much mental or physical work as another. The man with small capacity makes a grievous mistake when he attempts to exceed that capacity. He works at a disadvantage, and soon wears out. "Burning the midnight oil" is not usually a practise which can be safely followed.

On the other hand, ambition, well directed, acts as a tonic. An end to be attained spurs the worker on to renewed efforts; and if these efforts are within the worker's capacity, they will serve to develop and increase the capacity for usefulness.



How Are Your Arteries?

WE are told that a man is no older than his arteries. The condition of the arteries determines, to a great extent, the age to which one will live. Arteriosclerosis, a degeneration characterized by a loss of the elasticity of the arteries, is one of the chief signs, and we might say a chief cause, of the condition known as "old age." It may seem more proper to say "old age causes arteriosclerosis," but the truth is arteriosclerosis produces old age; not length of life,—for it does the opposite,—but that condition of decrepitude which

is erroneously attributed to old age. What are the causes of arteriosclerosis? Dr. James N. Anders, at the recent meeting of the American Medical Association, summed up the present knowledge of the subject by dividing the causes of arteriosclerosis under three general heads: (1) those due to toxic or poisonous agencies in the blood, as chronic alcoholism, lead poisoning, diabetes, syphilis, gout, rheumatism, and other infectious diseases; (2) the use of an excess of either nitrogenous or carbohydrate food; (3) excessive muscular exercise, as in certain laborious occupations and competitive sports.

The preventable causes of arteriosclerosis, then, are alcoholism, overeating, overexercise. Regarding alcoholism as a cause of early death I need say very little, as it is so generally understood; and as a rule, the man who uses it, even if he knows it will shorten his life, will prefer a short life with "fun" to a longer life without it. He little realizes that the latter end of that "fun" will be bitterness.

The vegetarian and the meat eater who habitually overeat are alike subject to arteriosclerosis. It were better for a man to live moderately on a diet including flesh than to overeat on a vegetarian diet or a meat diet. It were better still, to live on a vegetarian diet, well selected, and in accordance with the demands of the body.

The man who is attempting to lead a strenuous athletic life; who is exercising so as to show photographs "before" and "after" taking a certain system of exercise, who is training to perform marvelous feats of strength, who is straining himself on the track or in some of the games of violence, is preparing for an early grave. Is such training, such athletics, such development, in harmony with our highest

ideals of life? Is it accomplishing any good purpose?



The Fourth

It is to be hoped that this number will be in the hands of its readers in time to caution regarding Fourth-of-July dangers. Last year a large number of children — some four hundred, if I remember right — died of the terrible disease, tetanus, or lockjaw, caused by wounds from toy pistols or firecrackers. Parents who love their children should see to it that they give these dangerous things a wide berth.

It would seem that sensible people would realize that patriotism is not measured by the amount of noise one can make, or the amount of valuable money one can burn up on the Fourth. A patriotism that rises no higher than this is not worthy of the name. How much truer patriotism would be shown if the fifty million dollars, to be squandered this Fourth on demonstrations which will surely result in the destruction of much property and the loss of many lives, could be devoted to some permanent improvements, as the improvement of parks, the cleaning up of sink holes of filth, corruption, and disease in our congested cities, or for some other useful purpose. Such a use of the means raised for this occasion would be a mark of true patriotism. But let me whisper something in your ear. It is not love of country, but love of a good time, that prompts this expenditure.



"So long as we are at war with our town, our relatives, our family, our station, and our surroundings, so long will much of the force of our lives be spent uselessly, aimlessly."

Literary Notices

"DIAGNOSIS FROM THE EYE." A new art of diagnosing with perfect certainty from the iris of the eye the normal and abnormal conditions of the organism in general, and of the different organs in particular. A scientific essay for the public and medical profession. By Henry Edward Lane, M. D. With original illustrations. Kosmos Publishing Co., 765 North Clark St., Chicago. Cloth, 156 pages. Price, \$2.

By this comparatively new doctrine, a change in any part of the body is supposed to be accompanied by a change in the color of some portion of the iris. By noting the location and character of the markings of the iris, it is claimed that the physical condition of the individual can be accurately determined. The fundamental doctrine is, "Azure blue is the normal color of the iris in all nations of the Caucasian race." Any departure from this means that something is wrong. "The history of the world teaches us that blue-eyed men and women are superior to the others in every respect." "Only out of the blue eye the fascinating power of a forceful spirit can speak," and so on. So any of you who have off-colored eyes will now know, if never before, why you are making a failure of life. The question naturally arises, What is the normal color of the iris in the Mongolian race? And is black, which might be a sign of degeneracy in the Russian, a sign of vigor in the Jap?

The ideas advanced regarding pathological processes will not appeal to most readers. For instance, diphtheria is said to be the result of vaccination, never occurring in those who have not been vaccinated. The diphtheria germ is only an accidental accompaniment.

The itch mite is not the cause, but only an accompaniment of the itch. Head lice, it seems, appear suddenly as the result of "an acute or violent elimination of morbid matter." The saying, "Don't drive away the lice; a sickness comes out with them," is quoted with approval.

I have not the data at hand to warrant a statement as to whether or not the colors of the iris indicate the conditions of the body. But the claims put forth in the book are not convincing to me. Propositions are stated, but the substantiating facts seem to me to be lacking.

Wherein the book tends to promote simplicity of life and a return to nature's methods, I gladly bid it God-speed; but like many other books, it takes such positions as will be likely to weaken its influence; and those who might otherwise get good out of it are apt to throw it aside before they have fully investigated it.



"The Foundation of All Reform: A Guide to Health, Wealth, and Freedom." A popular treatise on the diet question. By Otto Carque. Kosmos Publishing Co., 765 North Clark St., Chicago. Cloth, 66 pages. Price, 50 cents.

The first chapter attempts to define man's position in nature, basing an argument in favor of vegetarianism on the supposed descent of man from the ape. The Biblical account of the creation is regarded as a myth. The second section is devoted to a consideration of the chemistry and physiology of digestion. This, on the whole, is well written, but the statement regarding white flour is not entirely correct. He says, "Such flour is disorganized food, because the best parts of the wheat.

the gluten and the nutritive salts, have been separated from it by our modern milling processes." It is true that the salts have been largely separated, as they are in the outer hull of the grain: there is some doubt, however, as to whether they are utilized when eaten, as the outer hull seems to pass through the intestinal tract practically unchanged. It is not true that the gluten is removed to any great extent. When we desire to obtain gluten to make gluten foods, we wash out, not graham or whole-wheat flour, but a strong white flour from winter wheat.

The third section considers the raw-food question. We agree that the cook-stove is used altogether too much, and that greater simplicity in the matter of diet would be a blessing, but we do not agree that cooking is an unmixed evil. Does the writer mean by the phrase, "Pasteurizing the milk to kill the hypothetical germs," that he doubts the existence of germs, or doubts that germs live and multiply in milk, changing its character? Does he mean that he believes that fermentation goes on in milk without the aid of germs? If he does, I would suggest that he take time to study into the facts as they are known to all who have given the matter any study. A few facts are worth multitudes of theories.

The fourth section points out the superiority of a dietary of fruits. The statement is made: "Not only in the prevention, but also in the cure of all diseases, the most important factor will always be the immediate return to a simple and frugal diet, consisting mainly of the delicious, enlivening fruits, just as we receive them from the hands of nature." Fruit was undoubtedly an important part of man's original bill of fare, and a return to this dietary would probably be a great

advantage to a large proportion of those who are now suffering from digestive and other disorders; but we are satisfied, from observation, that there are those who do not do well on a fruit diet. Some who are fond of fruit, and who would like nothing better than a diet of this kind, find that they are in much better health when they use a comparatively small amount of fruit. What diet reformers seem never to have learned is that because a food or class of foods agrees with one or more persons, it does not necessarily follow that it will agree with everybody. In the matter of diet, each one must to a certain extent work out his own physical salvation, and give theories a wide berth.

The last chapter, "The Ethics of Diet Reform," is the best in the book, and contains many excellent thoughts.



DR. ALBERT ABRAMS, of San Francisco, has recently published a book in blue cloth cover, entitled "The Blues." It is an excellent description of neurasthenia, — especially one phase of it, — and would be profitable reading for any one who is subject to this unfortunate malady; for it specifically points out the causes and the cure, devoting considerable space to the self-treatment of the disease.

The doctor makes some very pertinent remarks regarding the effect of the use of alcohol, coffee, tea, and tobacco in this disorder.

"Alcohol," he says, "is one of the greatest scourges of the nervous system. Consumed even in the smallest amounts by persons of a nervous temperament, it will induce organic changes in the nerve tissues like those of old age. The habitual use of alcohol stands foremost, after heredity, as a single independent cause of insanity. The psychic degen-

eration of alcoholism is characteristic, and consists of gradually weakening memory and will, slowness of perception and judgment, loss of the moral and esthetic sense, with paroxysms of depression, anger, and irritability.

“The neurasthenic must be especially warned against ‘nerve foods’ and other preparations advertised under fascinating names by unscrupulous manufacturers; for nearly all of them contain powerful sedatives which are merely palliative in their action, and ultimately conduce to some pernicious drug habit.”

Speaking of tea, coffee, and cocoa, he says: “Many nerve affections are wholly attributable to their use; in fact, they may duplicate all the symptoms of neurasthenia. Nervous individuals display a definite idiosyncrasy toward these substances, hence they should never be employed by such persons.”

Dr. Abrams is no faddist, but an observant physician whose practise and study compel him to make the above statements.

Considering what a large proportion of Americans have a decidedly nervous tendency, if this advice were heeded, the dealers in these beverages would have to go out of business.

The Union College Year Book

THE Union College Year Book will soon be ready. It will contain the usual information concerning facilities, plan of work, courses of study, expenses, etc., which will be of interest to those who think of attending school the coming year. Our German, Swedish, and Danish-Norwegian people will be especially interested in the description and courses of study of the Bible school, conducted in each of these languages for the training of gospel workers; because these are the only schools of the kind in the United States. All who are watching the working out of the educational problems of the denomination will want to study the announcement of new plans (*a*) for industrial classes, (*b*) for promoting self-government among students, (*c*) for adapting the courses of study to the training of laborers for the missionary departments of the third angel’s message, (*d*) for the conduct of the college homes, etc.

Union College is the only school in the denomination which still offers courses leading to degrees. Many will want to see what these courses are. Let all who wish copies of the new Year Book address at once the President of Union College, College View, Neb.



LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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Salutation

THE caterpillar settles down in some snug corner, spins a cocoon, and to all appearances is dead; but soon the cocoon bursts, and a new being emerges, different in appearance, different in name, yet it is the same caterpillar, transformed.

The *Pacific Health Journal* has gone through a chrysalis transformation, and now as it emerges in a new locality, with a new name, to meet new friends, it is hoped it will still be recognized by old friends as the same old health journal.

The size is materially increased, and while matter of a new nature in the line of missionary work is added, it is not intended to lessen the amount of practical instruction in the prevention and treatment of disease. Suggestions from our subscribers are invited.



MRS. M. H. TUXFORD, who had charge of the Cooking Department of the *Herald of Health*, Australia, and conducted successful cooking schools, has consented to take charge of the Household Department in LIFE AND HEALTH.

The first article in this number, "Home Happiness: a Way to Secure It," is a selection from the manuscript

of her forthcoming cook-book, as are also a number of the household hints and the verse "A Dyspeptic's Dream."



KEEP this number for future reference.

The time may come when the article "Cooking for the Sick" will be of more value to you than all you have ever paid in subscription for health periodicals. Read it carefully so as to have a general idea as to what to do in case of sickness, but preserve the article. Some day you will probably have occasion to use it.



THE front cover illustration for this issue is from a photograph of one of the many charming views of the Sligo Creek as it passes through the Sanitarium grounds in Takoma Park, Washington, D. C. It is surprising that for a single car fare one in the heart of Washington can reach a place so wild and romantic. The Sligo is about a mile outside of the District line, and runs nearly parallel with it. The Sanitarium people are to be congratulated on having secured a site for their plant having so many picturesque spots as are to be found along the banks of the Sligo.



THIS number of LIFE AND HEALTH has been made up under rather unfavorable circumstances, and will therefore reach our readers a few days late. Hereafter we shall have more time in which to prepare, and will have our work better organized. We expect to devote more space to the Household and the Missionary departments, and to the Question corner, and also to Editorial matter, a change which the editor is certain will please our readers.

Treatment Rooms

UNDER the head of Treatment Rooms are given institutions which, though not so completely appointed as sanitariums, are prepared to administer the ordinary water treatments, electric-light baths, massage, etc. These are under competent trained attendants.

CALIFORNIA:

Sacramento, 719 1-2 K St., Sacramento Branch St. Helena San.

COLORADO: Colorado Springs, 320 Tejon St.

Denver, 1543 Glenarm St.

INDIANA: Fort Wayne, 136 Washington Blvd.

IOWA: Cedar Rapids, 214 Granby Block.

Council Bluffs, 123 Knepper St.

Waterloo, 621 Commercial St.

MICHIGAN: South Haven, 110 Quaker St.

MINNESOTA: Minneapolis, Corner Franklin and Bloomington Aves.

OHIO: Cleveland, 230 Euclid Ave.

Columbus, 112 East Broad St.

Findlay, 123 Sandusky St.

Mount Vernon, South Main St.

Newark, 103 East Main St.

Toledo, 236 Michigan St.

VERMONT: Burlington, 308 Main St.

WASHINGTON: College Place, North Yakima, 317 No. First St.

WISCONSIN: Milwaukee, 160 Wisconsin St.

West Superior, 1714 Winter St.

Vegetarian Restaurants and Cafes

PLACES where healthful, appetizing food is prepared and served, all flesh meats being discarded.

CALIFORNIA: Los Angeles, 315 West Third St., Vegetarian Restaurant.

Oakland, 44 San Pablo Ave., The Vegetarian.

San Francisco, 755 Market St., Vegetarian Cafe.

COLORADO: Colorado Springs, 322 1-2 North Tejon St., Vegetarian Cafe.

Denver, 1543 Glenarm St., Vegetarian Cafe.

DISTRICT OF COLUMBIA: Washington, 1209 G St., N. W., Hygienic Dining Rooms.

ILLINOIS: Chicago, 5759 Drexel Ave., Hygeia Dining Rooms.

IOWA: Des Moines, 607 Locust St., Pure Food Cafe.

LOUISIANA: New Orleans, 2234 Magazine St., Restaurant.

MASSACHUSETTS: Boston, Room 316, 100 Boylston St., Boston Health Restaurant.

MICHIGAN: Battle Creek, Washington Ave., The Hygeia.

Trois, 54 Farrar St., Hygeia Dining Room.

MISSOURI: Kansas City, 410 East Twelfth St., Pure Food Cafe.

NEBRASKA: Lincoln, 145 South Thirteen St., Good Health Cafe.

Omaha, 2129 Farnum St., Pure Food Restaurant.

NEW YORK: Jamestown, 105 East Third St., J. B. Stow, Manager.

New York City, 11 West Eighteenth St., The Laurel.

PENNSYLVANIA: Philadelphia, 1017 Walnut St., Hygienic Cafe.

TENNESSEE: Nashville, Cor. Church and Vine Sts., Sanitarium Dining Room.

UTAH: Salt Lake City, 13 South Main St., The Pure Food Cafe.

WASHINGTON: Seattle, 616 Third St., Good Health Restaurant.

Spokane, 170 So. Howard St., Vegetarian Cafe.

WEST VIRGINIA: Fairmount, 307 Madison St., Ellen V. Vance, manager.

WISCONSIN: Madison, 426 State St., Hygienic Cafe.

WYOMING: Sheridan, Hygienic Restaurant.

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