

Diet of a Famous Athlete

# LIFE *and* HEALTH

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# Directory of Sanitariums

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.

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.

- 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, 122½ 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.  
Whateam, 1016 Elk St., Whateam Sanitarium, Supt., Alfred Shryock, M. D.
- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., C. P. Farnsworth, M. D.

## 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, 719½ K St., Sacramento Branch St. Helena Sanitarium.  
Riverside, Hotel Glenwood, J. R. Leadsworth, B. S., M. D., manager.
- COLORADO:** Colorado Springs, 320 Tejon St.  
Denver, Rooms 230-233 Temple Court (Fifteenth and California.)
- INDIANA:** Fort Wayne, 136 Washington Blvd.
- IOWA:** Cedar Rapids, 214 Granby Block.  
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.  
Superior, 1714 Winter St.

137 Oneida St.

# LIFE AND HEALTH

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Health is relative, and not absolute. I consider the man who is becoming healthier than his past self to be, in one sense, truly healthier than the man who is becoming less healthy than his past self, even if the latter appears to be absolutely healthier, man for man. In other words, health is to be judged by the tendency as well as by the state at any given moment.

— E. H. Miles, in “*Avenues to Health.*”





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

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No. 10

## *The Pace That Kills*

*J. R. Leadsworth, B. S., M. D.*

It does not take even a careful observer to note the increased frequency in the record of suicides as furnished by the daily press; but one can hardly believe the alarming increase furnished by reliable statistics. For instance, a writer in the *Independent* shows that in twelve years there have been over seventy-seven thousand suicides recorded in the United States. The number has increased from 3,500 in 1891 to 8,600 in 1900. Many cases, no doubt, failed to reach public knowledge, and doubtless many other cases of suicide were reported under other causes of death. Had all cases been reported, there is little doubt that our country would show at this time fully ten thousand cases of self-destruction for the year. Chicago is reported to have had fifty per cent more suicides in 1903 than in 1902. The same condition no doubt exists in other large cities. A leading insurance society of New York reports fully three per cent of its losses as due to suicide, and recognizes that many cases of death are reported from other causes, because of a suicide clause in their policy. No race is exempt, and no age except that of infancy.

As a sad commentary upon our boasted civilization, one writer says: "Only those communities or races that have made progress in civilization present a high rate of suicide; for suicide is a crime which results, in a great measure, from the personal and social influence of civilized life."

Commenting upon the causes of the increased frequency of self-destruction, Dr. Davis strikes right at the heart of the matter in the following lines: "Our American strenuous life is having a disastrous result on the physical condition of our people; they are becoming physically unbalanced. And this feverish intensity and eagerness to excel begins almost at the cradle, and ends only at the grave. The poor little tot in the kindergarten is ambitious to win prizes, and to surpass in his little games the other infants. The schoolgirl must be at the head of the class, even if winning the position brings on brain fever, a stunted growth, or a ruined disposition. The fellow in college will outstrip the others in the foot race, even if it results in an overstrained heart. The business man is bound to have a bigger company than his competitor, although to effect it he

works nights, and Sundays, too, and for months and years at a time he deprives his deserted family of his questionable society. And what is the use of it all? His fitful life is ended prematurely, and his neighbors are glad he is out of the way. The fundamental mistake we make is in our misconception of the purpose of life. We exalt the inanimate thing — financial success — rather than man himself. Until we earnestly believe that man is more than raiment, our feverish, unbalanced career will move madly on."

Reference is also made to the daily press in creating a familiarity for these things in furnishing elaborately illustrated reports of these unfortunate events. Still others are influenced to take their own life by being afflicted with a supposedly incurable disease. Being endowed with a somewhat sensitive nature, they find that through an act of indiscretion they have contracted a vile disease. Their very nature recoils at the thought of bringing such disgrace upon themselves, and then perhaps transmitting its baneful results to offspring. Only one alternative is seen, and that is to put an end to their existence.

Perhaps a more common cause of suicide than any of those already mentioned is the pernicious influence of drugging. In the reports of insane asylums a large percentage of their inmates have forms of insanity directly traceable to the habitual use of such drugs as alcohol, opium, bromides, coal-tar products, etc. It is said that over one hundred thousand people in the United States are addicted to the use of opium in some form. The finer sensibilities are benumbed by these poisons. When the influence of the drug partially wears off, the user experiences a period

of great darkness and depression. Relief is sought by taking more of the drug. Soon the habitue realizes that a huge octopus is tightening its grasp upon him. In order to conceal the disgrace of the habit a fatal dose is taken. These are cases known to almost every practising physician.

In suggesting a remedy Dr. Davis has well said that "where suicides are most common, there is found an element most potent in discouraging it. I refer to religion — not any special creed or dogma, but to the pure, reverential spirit which has faith in God and his righteousness."

The same condition has existed through all the past history of mankind. After it had been said of Saul that he had rejected God, we find him desperate enough to fall upon his own sword. Judas took his own life only after he had delivered up the Prince of Life. Men to-day reject the Spirit's wooing, and seek by surfeiting, or the cares of this life, or by some baneful habit to stamp out that desire for the better life; to smother that divine spark "that lighteth every man that cometh into the world." And when they have succeeded, they are "without hope and without God in the world." But instead of these conditions becoming better, as many would have us believe, we are told by the never-failing Word that such things shall grow worse and worse.

Well it is that a few such journals as *LIFE AND HEALTH* stand, sentinel-like, to say to the people: "As I live, saith the Lord God, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live; turn ye, turn ye from your evil ways; for why will ye die?"

*Riverside, Cal.*

## Diet of a Famous Athlete\*

At the age of twenty-seven or twenty-eight, Mr. Miles, who previous to this time had worked hard and considered himself in good health, began to notice that violent exercise was followed by cramp and tiredness, and that he was getting too fleshy. He had always been a poor sleeper, and now he could not get sleep without taking whisky just before retiring.

A doctor, finding he had serious kidney trouble, told him he must give up the use of alcohol. This cost him a great struggle, and he learned for the first time the immense power of habit.

About this time a friend told him of Dr. Haig and his dietetic teachings, so he gave up the use of flesh except on rare occasions. At the first he was guilty of a number of errors, principal of which was that he did not secure enough proteid. Nevertheless he liked his new food about as well as his old regime. He made the matter of diet and other habits a subject of constant experiment until he had established to his perfect satisfaction the foods that furnished him the greatest amount of mental and physical vigor.

To his surprise, he found his appetite for alcohol diminishing. He found that he was spending less money, that he was losing his superfluous flesh, that his skin was a better color, that his skill was increased in tennis, racket, and other games, that his memory was improving, that he was developing a power for observation, and that he could work for long stretches without breakdown. The amount of work he is now carrying

is stupendous. He says he has never felt so happy as he now does on his new diet. The system of diet as advocated by Mr. Miles is thus summed up by him:—

“Drink at meals is hardly good;  
Eat enough of proteid food.  
*Grains, milk products, milk, and fruits.*  
*Vegetables, pulses, and roots,*  
Slowly eat; avoid excess,  
Avoid “AS DEFECTS\* (more or less).”

He also avoids (a) drinking at meal-time or within one-half hour before or two hours after meals, (b) excess of food, (c) extremely hot and cold food, (d) bad quality or poor preparation of food, and (e) bad combinations of foods.

Mr. Miles says that he has been enabled, as a result of his change in manner of living, to do much more and better work, both mental and physical, than before; and that “a return to the former foods meant, time after time, a return to something of the old level of ill health.” This, he says, was not due to imagination; for even after the first five experiments, he was hard to be convinced. It was only after repeated alternated trials of the new and the old method, with unvarying results, that he finally decided to abandon altogether the old method of living. Mr. Miles believes that the use of “the simpler foods,” as he calls them (he objects to the name “vegetarian”), results in an economy of time, energy, and money, a greater earning power, absence of fat, increase of health, morality, and enjoyment, and of activity, skill, and endurance, both physical and mental.

He does not hold that his system is equally applicable to all. He has found it excellent for himself. He believes it

\*The diet of Eustace H. Miles, M. A., (Camb.), the amateur tennis champion of England and America; the amateur racket champion of the United States and Canada; winner of many prize medals; athlete, teacher, author, etc.

\*Alcohol, Smoking, Drugs, Extracts of meat, Flesh food, fowl, fish, Eggs, Coffee and cocoa, Tea, Sauces and savories.

will prove a boon to many others who, like himself, have been handicapped by wrong methods of eating. He invites each one to try it for himself, and especially he requests that no one condemn the system without having tried it.

Mr. Miles believes that every one should have a certain practical knowledge of physiology, and of food values. In this he differs somewhat from Dr. Dewey, Mr. Fletcher, and others who believe that with proper care one will soon reach that condition where his hunger will be the best guide as to his requirements.

Mr. Miles objects to the name "vegetarianism," as suggesting a diet consisting of potatoes, cabbage, and a few similar articles. He believes that the derivation of the word—from *vegetus homo*—signifies nothing, inasmuch as the overwhelming majority of people do not read vegetarian literature, and if they think at all in regard to the name, they naturally suppose it means people living on vegetables. He believes "vegetarians" are more zealous than wise in their methods; that they make extravagant claims not warranted by the teach-

ings of science; that they grossly overstate their case; that they are too dogmatic.

He says: "It had been better for the cause of vegetarianism not only that it had chosen some other name, but also that it had never been defended by such sadly ignorant (even if conscientious) men as these, and by such extraordinarily unpleasant men to boot."

He thinks the food of most vegetarians has not been wisely chosen. In this regard he says: "The greatest mistake that vegetarians make is to take too little proteid. The importance of proteid can not be overestimated." He also says, "Starch is the backbone of many vegetarian dietaries. It should not be, especially when much sugar is eaten, for sugar hinders the digestion of starch. Vegetarians must educate themselves and the public as to the value of proteid in contrast to starch."

Mr. Miles, like some other diet reformers, believes that the moral powers, as well as the physical and mental, may be regenerated through proper dietetic habits.



"THE idea that some substances are more digestible than others, is gradually losing many adherents; for we are gradually coming to the conclusion that the digestibility of foods varies in each individual case. This illustrates the uselessness of our basing our dietetic measures solely upon the digestibility of various foods. Clinical experience must teach us the principles of dietetics."—*Boas.*

"THE quantity of food which it is necessary to take at each meal is not a matter of so much importance as the regularity and simplicity of diet." "Whoever will govern himself by dietetic law—eat plain food, not more than three times a day, give time for food to digest, take proper exercise—will find little difficulty in settling the question how much he ought to eat."—*J. K. Anderson.*

# A Great Evil

Margaret Evans, B. S., M. D.

WE should be seriously alarmed at the inroads which the drug habit is making into the prosperity, health, and morals of the people. Patent medicines and poisonous drugs go rampant throughout the land, deluding alike the wise and the foolish, the rich, and worse than all—the poor. A more terrible curse to humanity does not exist. Every druggist's window is filled with signs and announcements recommending tonics, consumption cures, "lost manhood" fakes, headache powders, "successful prescriptions for women," and all sorts of nostrums, few of which have the right to bear the name of medicine, and nearly all of which contain as much alcohol as is ordinarily sold as whisky in the saloon.

Steps should be taken to prevent the retailing of harmful drugs. Their inadvertent use is undoubtedly the cause of a large proportion of the life-long sufferings and premature breakdowns to which the human race is subject. Many an invalid would be well to-day had she been taught in her youth to shun patent medicines. It is true that all are called upon to suffer pain and fatigue at times; but these have been borne by man for countless ages. Our sufferings differ little from the sufferings of thousands before us, and it is far better and wiser to bear the pain than to resort to stimulants, anodynes, and patent medicines of whose fatal allurements many of us are not aware. A drug is placed on the market, and a fanciful name given it; its marvelous effects elaborately described; samples are generously distributed to physicians; testimonials endorsing the new preparation soon appear; also clinical reports of wonderful cures.

For a time the preparation is "for the profession only," but soon it is given to the laity through the advertising columns of the newspapers. City and county sign boards, and dead walls bespeak its wonders. No one but the manufacturing corporation knows of what this wonderful medicine is composed. Sometimes a pretense at publicity is made by naming some of its constituents, or by giving all of them and omitting their proportions. The unrestricted sale of these and other more dangerous drugs has wrought universal havoc. It is unscientific, non-professional, and illegitimate for the profession to prescribe any drug whose composition is not publicly known. A physician is doing a positive injustice to his patients if he fails to counsel them respecting medicines of concealed composition.

The work of the druggist is the filling of prescriptions, and the proper dispensation of drugs. Shame on the druggist who presumes to prescribe for his patrons, or give them medical advice, and the indicated remedy(!). There should be laws everywhere regulating and restricting the sale of patent medicines and poisonous drugs. Ignorance respecting the dangers incident to this evil has brought dire results. It is sad to think of the immense consumption of pills and other remedies warranted to cure, or to alleviate all the ills to which human flesh is heir.

The American lives too fast. The tendency of the age has been too much toward mental training, and far too little attention is given to physical improvement. Instead of developing strong lungs and a vigorous digestion, he overtaxes his already worn-out nerves,





# THE MEDICAL MISSIONARY AT WORK

## *Result of Medical Missionary Efforts in East Africa*

SINCE arriving at Momba, our station, my work has been unusually crowding, almost from the very beginning. At first the people were very shy of us, owing to the fact that they have received a very bad impression of Europeans from the immoral conduct of the military and government officials. While we worked daily with the men who had to do all the work, we became better acquainted with them and gained their confidence, but that did not open the door for us to reach the masses, but only those who had learned the value of coin money—to get possession of which every African will risk his life.

As time passed, one or another became injured, or had a cold, or some other ailment. I took a warm interest in bandaging up their sores and in treating their colds, and they soon saw friends and helpers in us. They then began to invite me to their homes, where a child, the wife, or some friend, lay sick. At first they would show me only those upon whom they had either exhausted all their medical skill, and that of the sorcerers, or they would come with the slightest ailments, such as a slight cold or a small scratch, not having any confidence in the white man's medicine.

As soon as the doors were open thus far, I began to make visits to those who had to stay at home, the women and children, who, during the months of January, February, March, and the first half of April have to watch their corn. The monkeys, which are very numerous, if not watched will steal every ear of

corn as soon as the kernel is developed. I would go to a place near several huts and speak to some woman or child on the watch, and in less than five minutes would have an audience of from ten to twenty hearers, or beggars, usually the latter, as all expect a coin or something pretty.

Between day and night the temperature changes from one hundred and twenty degrees to fifty, or even forty degrees above, Fahrenheit, some nights, so I could any day find numbers of women and children with a cough. For these I would use some cough pellets, not being able to treat them on account of their shyness. After using this bait once, I had no trouble in getting a company together, which was my hospital or free dispensary, where I treated from ten to twenty patients a day for every conceivable ailment.

With the help of God, in two weeks I had the pleasure of greeting a large number of cured patients, who for months had had to sit in their huts with some loathsome, suppurating sore, or were having their feet devoured by sand-flees, and even by maggots. The former is a tiny insect, the female of which causes all the mischief. It burrows under the epithelium of the foot, or rather prefers the toe-nail or finger-nail, where it grows to the enormous size of a bean. After it has developed to its full size, it deposits its full-grown young, which immediately continue the work of burrowing deeper and deeper, until the whole foot is deformed and infested with maggots. It is sometimes a dreadful sight to see, but thanks be to God, through his healing power, I have

seen some marvelous cures wrought in just a few days. By this work I soon won the good-will of the people.

A. C. ENNS.

(To be concluded)



### China

NOTWITHSTANDING the Chinese fear of foreign medicine, we have had large numbers of sick coming to us daily with all manner of disease — dyspepsia, skin eruption, eye diseases, smallpox, leprosy; and tuberculosis being the most common diseases. A large number receive benefit, while there are still many who come to us in the very last stages of disease. We have had patients brought from the country, five, ten, fifteen miles, on a wheelbarrow, who died the same day, others in a very short time. Without a place to keep the sick under our care in the past, we have met many difficulties. For instance, after sending a man away with his ulcer washed and nicely bandaged, the next day we see him returning with the bandage in his hands. He must take it off to show the family the foreigner's medicine. In dispensing medicine we can not give but the one dose to the patient, for he will take all you give him at one dose, notwithstanding instructions to the contrary.

Very little surgery is permitted inland. If we were located at a treaty port, we could operate and be safe; but in the interior, if we should lose one life, our lives would be in danger. Most tumors and cancers are left to develop till an operation would be very serious and of little benefit to the patient. But it has been our privilege to reveal the living God to some of these afflicted heathen, and to place portions of the Word of God in the hands of nearly all who come to us. For a Gospel of John, or the book of Acts, we charge them

eight cash (one-half cent American money). This is all the remuneration we get from the medical work, and is all they can afford to give, as the laboring man receives only six cents a day. We now have a native evangelist, who gives gospel talks to the sick while they are waiting for treatment. In a short time we expect to have a place fixed up to keep a number of patients. It does not require many conveniences — a board bed with a sand pillow is most comfortable to Chinamen.

H. W. MILLER, M. D.



### Colombo, Ceylon

MANY quiet ways of ministering have been found since we came, and it is because of these openings that many are inquiring from us. I have visited a good many homes of sickness, and in some cases have been able to advise and do for them such things as have brought immediate relief. Access has been gained to a company of seekers for truth, through a typhoid patient. The Lord blessed our care for him, and the quiet influences of the fragrance of the life of Jesus were made manifest. Another case was a man suffering from paralysis. He came to live near us, and we visited him and did what we could, so that he was greatly relieved. His family attended our meetings, and one day he expressed a desire to come also, and was carried by his servants. The test, "If any man be in Christ, he is a new creature," or creation, was a message of life and health to him, and from that day he has been able to walk alone.

HARRY ARMSTRONG.



### Calcutta, India

WE are now getting quite well settled in our new quarters, and in many ways

they are preferable to the ones we have been occupying. If we crowd a little, we shall be as able to accommodate twenty indoor patients here as eight or ten in our old place. Our treatment rooms and accommodations for workers are also more satisfactory, and, upon the whole, we feel that we shall be able to do better work here. We trust that the Lord's blessing may attend our efforts.

R. S. INGERSOLL, M. D.



DR. A. J. HETHERINGTON, who has been laboring in the island of Ruatan, sends this message: "We feel very deeply for the advancement of the medical missionary work. We have withstood the bluntest part, so to speak, in meeting the prejudices and ignorance of the people in trying to get the work recognized and established. We have now reached the time when it is looked upon with favor, and people are asking us to establish the work and make it permanent. There is still pioneering to do, and some battles to be fought here in the forefront, and victories to win. But God lives, and is near his workers in this field. We can speak from definite experience. The influence of our methods is felt and recognized among the best people of the islands, as well as by many of the common people. We expect to see the work go forward."



BROTHER W. C. BARLOW writes from the Santal Mission, Simultala, Bengal, that they treated twenty-five sick cases during July. Cholera has lately broken out. They give treatment and medicines to as many as will take them, and the efforts are being blessed of the Lord.



WE never know the value of health till we are sick.

### *Value of Medical Missions*

FACTS and testimonies of the value of medical missions, such as have been adduced, are in themselves sufficient evidence that this department of service is no mere experiment.

We can conceive of no more hopeful or inviting field for evangelistic effort than that of a well-equipped medical mission. Details of one case in India will best illustrate the nature of the work, and the success which attended it.

This was an outdoor patient, "a man of much influence, and having many, both old and young, in his employment. He was seized with a severe attack of rheumatic fever, and being too ill to be removed to the hospital, which was fully eight miles distant, we visited him at his own home. Though he was dangerously ill, and his case considered hopeless by his native physician and friends, the Lord blessed the means used for his recovery, and at the same time subdued his heart, and induced him, his wife, and several of his friends, to lend a willing ear to the truths of the gospel. . . . He made a slow but good recovery, and loud were the expressions of gratitude bestowed upon us, both by the patient and by his friends.

"More pleasing than all, however, was a message received from the patient, a few days after we had ceased attendance upon him, asking us, on a certain day, to come to his house along with our assistants, in order to receive from him his devil ornaments, cloths, and clubs, and to demolish for him a devil-temple (which he had built on his property only a few months before), as he no longer had any confidence in his idols, and had resolved, along with his wife and several of his relatives, to join the Christians. We gladly accepted the invitation, and on the afternoon of the

day appointed went to our patient's house, where we met with a most cordial reception. A goodly congregation having gathered within the court, we held a short service, and then set to work with pick-axes, hatchets, and spades, and for some time we all worked like navvies, till the devil-temple was leveled to the ground. Many poor, superstitious heathen stood round us, trembling with fear, and prophesying all kinds of evil; the patient's wife, too, was very nervous, and fearful that some dreadful calamity would that very night befall them; but her husband was very bold, and, while watching our work, he denounced the foolishness and vanity of his previous confidences, and expressed, almost in the language of Joshua of old, his determination that henceforth, 'As for me and my house, we will serve the Lord.'

"Having finished our iconoclastic work outside, we adjourned to the house, where we again had a short service, and after resting for a little, were regaled with a sumptuous feast of curry and rice, milk, plantains, sweetmeats, etc. Having arranged that one of our dressers should remain with the family all night, in order to comfort and encourage them, we returned to Neyoor, carrying with us the visible signs of that day's victory over the devil in one of his own strongholds. After a few months' probation, the whole family were baptized, and it is gratifying to be able to add that through this man's influence, and by his faithful efforts, a large number of the villagers have been led to forsake their heathen worship, and to attend regularly on the means of grace." — *Selected.*



THE degradation and wretchedness that comes to millions of human beings through the opium habit, is an appeal —

which by its piteousness becomes almost a wail — for deliverance from the awful curse of opium. The injury is insidious, and the poor victim gives in, like the moth flying around a lighted candle, each time coming nearer ruin. Opium, by its benumbing and painless effects, often invites suicide, and too frequently a quarrel results in one or both parties thus ending life. Wretchedness and misery, wasted lives and ruined homes, with this pernicious drug as the cause, fill the land, and the call now sent is primarily for medical help, that lives may be saved, and that consciences may be awakened to the certain injury to body and soul of this curse.



THERE is certainly no such field for evangelistic work as in the ward of a hospital in a land like China. One of China's statesmen said in a public address: "That which, above all else, has opened the way for missions in China is the presence of the medical missionaries, with their hospitals and dispensaries. They are revolutionizing Chinese ideas of the proper treatment of the sick."



Of a medical missionary, the following incident is related: "One day, while the name of the patient was being written down in the register, a hand was stretched out and put lovingly on the writer's, and a voice gently said: 'Mem Sahib, you are like the Lord Jesus.' The question was put, 'Why do you say so?' Pointing to the curtain which divides the veranda from the dispensary, she replied, 'Out there have I not heard that Jesus healed the sick, went about preaching in the villages, and said kind words to women?' There was no denying the fact. 'Well, you do all that, so you are like him.' "

— *From Lux Christi.*

## *My Experience with Water Treatment*

[The following incidents were related to the Editor by a man whom he knows to be truthful. The narrator is not now himself practising hydrotherapy, but he has two sons who are successful treatment hands. I give the incidents as they were related, but give fictitious names.—ED.]

WHY do I have faith in water treatment? I'll tell you. I have never had any instruction in giving treatments, and I have never attempted to give treatments except in emergencies. But my experience in this line has been followed by results at once remarkable and convincing.

My first experience was with myself as patient. I was sick with typhoid fever,—burning up, emaciated, famishing for water, my tongue parched and cracked, my brain on fire. I begged for water, but my nurse had been given strict orders not to give me any water lest it be followed by fatal results. My agony was intense. I am sincerely thankful that nowadays no one is required, through the ignorance of medical attendants, to undergo such an ordeal. I was given powders at regular intervals, but they seemed rather to increase my distress, so I refused to swallow them. Finally I became desperate, and insisted on having water. My nurse said, "You know what the doctor says. It will kill you." I replied that I would rather die comfortable than to live in agony, and finally I prevailed on my nurse to give me a drink. As my symptoms did not get worse, but rather better, I persuaded the nurse to give me more liberal quantities, the result being a steady and quite rapid improvement in my condition.

The doctor called, and expressed himself as quite pleased with the result of his powders. I was still very weak, but my indignation seemed to strengthen me to express my opinion of that doc-

tor and his powders with a force that he could not fail to appreciate. However, old heads take slowly to new ideas, and I suppose he went on treating typhoid and other fevers as he had always done.

But the lesson was not lost on me. I resolved then and there that I would never allow a fever patient to suffer for want of water when it was in my power to help.



Later, I was in the army hospital in Chicago on sick leave. A patient was brought in with delirium tremens. He was raving at times, but constantly he muttered, "Watah, watah, watah." From his flushed face and bloodshot eyes I knew he was burning up with fever. I did not do anything for the man's relief, as the nurse had been cautioned by the attending physician, whom I will call Dr. Snarly, not to give him water under any circumstances, as it would be likely to end disastrously. But the nurse being obliged to go to town, he requested me to keep my eye on the case. There the poor fellow lay moaning piteously between his attacks of delirium, and calling feebly for water. It brought back the memory of my typhoid experience and my resolve. The nurse had cautioned me not to heed the man's call for water; but he had no more than disappeared, when I went out where there was a spring of water, and secured a large dipper of the deliciously cold water. I let the man drink all of it, and more at intervals. I wrung cloths out of cold water and applied to his forehead and face, renewing them quite frequently (it was a severe tax on me, as I was just off a sick bed). You may not believe it, but I could see the steam rise two feet from those cloths, the water evaporated so fast.

The nurse, being unavoidably detained, did not get back until well along in the afternoon, so I had opportunity to continue my applications, internal and external, for a considerable period of time. Mind you, I had never had any instruction whatever in the use of water in treating the sick, but it would seem to me that ordinary horse sense would lead any one to give water internally and externally in such a case.

By the time the nurse returned, the man was quite rational and comfortable. As he was doing so well, the nurse went off the next day again, and I continued the same line of treatment. It would be considered crude alongside of more modern methods of applying water, but it was the best I knew, and it was effective. The man was soon out of danger.

Dr. Snarly, making his rounds, noticed the marked improvement in the patient, and said, "There, I am glad to see that the medicine has been working so well."

The patient then turned loose on the doctor, and berated him unmercifully for failure to accomplish any good, and began telling how the water had brought him out. Seeing from the looks of the doctor that he was getting me into trouble, he tried to turn the matter off, but the doctor had taken in the situation. He vented his spleen by tearing up a discharge which had been made for me by the officer in command.



My next case was in the great — Sanitarium, which was then in its infancy. Dr. G., who is now in charge, and who has a reputation in two continents, had just been graduated from medical college, and had come to take charge in place of Dr. F.

In a room across the hall from the one I was occupying was placed a man

who had had delirium tremens twice before. This, the third time, he was a raving maniac. The doctors down-town had given him up, and sent him up to the sanitarium rather as a joke, because they believed the case to be hopeless, and wanted to see what the "water-cure men" would do with it.

In the night I was awakened with the impression that my help was needed across the hallway. As I started across, I heard a crash indicating that a large window pane had been broken by violence. Opening the door, I saw Dr. F. crouched under the window, and the madman with a club uplifted to kill him. I learned afterward that he imagined that Dr. F. was a great serpent coming to devour him, and he was doing his best to defend himself.

Taking in the situation, I pinned both his arms to his side, and together we soon had him on the bed, and bound hands and feet with pieces of the sheet. I then sent Dr. F. for ice and ice-water, gave the patient all he would drink, and applied the ice to his head. It was not long before the patient showed signs of improvement, and after a course of careful treatment with cold water and ice, he was restored.

Dr. G had come in shortly after I began treatment, and was going to administer some medicine, but I begged the privilege of continuing the treatment which had had so successful a beginning.

Only recently I met Dr. G. after years. He did not know me. Said I, "Don't you remember, Doctor, the man who saved the delirium tremens patient for you by cold water?"

"O, yes," said he, "I have often wondered what had become of you. That incident was the first feather in my cap."



# HEALTHFUL COOKERY

## AND HOUSEHOLD SUGGESTIONS

### *Health and Wealth*

I HAVE a wealthy neighbor who  
Is rich in land and gold.  
His grand and costly houses do  
Some priceless treasures hold,  
Yet he would trade them all if he  
Could only proudly share  
The many things contentment brings,  
Surcease from pain and care.  
He's quite unhappy; for his wealth  
Has never brought the blessing health.

I have a healthy neighbor who  
Has muscles sound and strong;  
His head is clear, his heart is true;  
A thankful, happy song  
Wells up within his breast, because  
He lives in harmony  
With nature's laws; there are no flaws  
That greed has wrought, you see.  
He's quite happy; for his wealth  
Is summed up in the blessing health.

— Benjamin B. Keech.



### *Breakfast Dishes*\*

*Mrs. M. H. Tuxford*

BREAKFAST, as the word itself implies, should be the breaking up of a fast, not the goading of a jaded stomach, with a cup of strong coffee, from its fatigue of a late and hearty supper.

The custom of swallowing a cup of coffee and "snatching a bite" before going to business, and calling it breakfast, can not be too strongly deprecated. It is doing much to lay the foundation for dyspepsia and nervousness, of which the world already has too much. Indeed, it may be said that it not only lays the foundation for these diseases, but contributes largely to their superstructure.

A frequent drawback to the healthfulness of a breakfast, consists in the haste in which it is prepared. It is a fact that in many families no meal of the day has awarded to it so little time and

thought, and hence the result is disappointing. "What to get for breakfast" is one of the most puzzling problems which the majority of housewives have to solve. The usual limited time for its preparation requires that it be something easy and quickly prepared; and health demands that the bill of fare be of such articles as require but little time for digestion. The custom of using fried foods, and other foods almost impossible of digestion, is bad, and the thirst-provoking quality of salted and peppered foods makes them an important auxiliary to the acquirement of a love for intoxicating drink. A prominent temperance writer says: "It very often happens that women who send out their loved ones with an agony of prayer that they may be kept from drink for a day, also send them with a breakfast that will almost make them frantic with

\*Taken from the manuscript of Mrs. Tuxford's forthcoming book.

thirst before they get to the first drinking saloon." Indeed, our modern kitchen, with its condiment boxes, is responsible for a great deal of the drunkenness that reigns all over this fair land of ours. All this may be avoided by careful forethought and preparation.

The meal should be planned and partially prepared the previous night. No careful housewife should retire at night without having first formulated her next morning's meal, and made such preliminary arrangements as will insure its success. In fact, this principle holds good with regard to household work in general. Much of the worry and vexation of the domestic circle might be prevented by a very little deliberation on the part of the manager. The ability to "turn off work" for which some housekeepers are celebrated, often consists less in physical ability to perform labor than in skill to plan for its execution. Indeed, many a woman becomes a mere drudge for want of what some call "faculty" to plan. This lack is not always a mental want, for which there is no remedy; on the contrary, it is frequently a habit which can be, and sometimes has been, entirely cured. Young matrons into whose hands these pages may fall, will find it an excellent help in the formation of good habits in this respect, to begin to plan for breakfast; while some whose habits are already fixed, may succeed in a reform by careful attention to this point. With breakfast a success, the remainder of the day is made easy.

As an introduction to the morning meal, fresh fruits are most desirable; such as oranges, grapes, melons, and peaches, some one of which is obtainable nearly the entire year.

For the second course, some of the various cereals,—such as oatmeal, bar-

ley, rice, granola, and germea,—well cooked and served with milk or cream, together with bread, with some cooked fruits and simple toasts, are quite sufficient for a healthful and palatable breakfast.

The foundation for the simple toast is zwieback, or twice-baked bread, prepared from good fermented bread, cut in uniform slices, not more than half an inch thick, placed on tins and baked in a slow oven for half an hour or longer, until it is browned evenly and dried through. The zwieback may be prepared in quantities, and kept on hand in readiness for use. It will keep for any length of time if packed away in spare biscuit tins, and kept in a dry place.

Zwieback, which may also be purchased in one-pound cartons, is serviceable in so many ways that it should form a staple article of food in every household. For the preparation of toasts, the zwieback must be first softened with some hot liquid, such as milk or fruit juice. Put the slices, two or three at a time, into it until softened. Arrange neatly upon your dish, cover, and keep hot until ready to put your prepared mixture on, and serve.



#### *Gravy Toast*

Heat a pint of milk to boiling, add salt, and stir into it three small tablespoons of flour, which has been rubbed to a smooth paste in a little cold milk. Moisten slices of zwieback in hot milk, and arrange neatly on a hot dish. Pour the sauce over each slice, and serve.

#### *Dry Toast with Hot Cream*

Nicely prepared toast served in hot individual dishes, with hot cream poured over each, makes a most delicious breakfast dish.

#### *Tomato Toast*

Moisten slices of zwieback in hot cream or milk, and serve with a dressing made by heating a pint of strained stewed tomatoes to boiling, and thickening with one tablespoon of

corn-flour rubbed smooth in a little water. Season with salt and a little butter.

#### *Snowflake Toast*

Heat to boiling a quart of milk, to which a little salt has been added. Thicken with a tablespoon of flour rubbed smooth in a little milk. Add one well-beaten yolk (but must not boil after the yolk is in). Have ready the whites of two eggs beaten to a stiff froth. Add by spoonfuls so that it will look like snow. Leave a few minutes, but remember that it must not reach the boiling-point — just hot enough to coagulate the albumen. Serve on nicely moistened slices of zwieback.

#### *Nun's Toast*

Take two eggs, boil them ten or fifteen minutes, take out, and put them into cold water. Remove the shell, cut the eggs in halves, and take out the yolk. Chop the whites into small pieces, and put into a milk sauce prepared by boiling one pint of milk, and thickening it with one tablespoon of flour rubbed smooth in a little cold milk. Season with salt. In the meantime, rub the yolk through a sieve. Put your toast on a hot dish and pour the sauce over it, dust finely all over the sauce the yolk of the egg, and put a border of the same all round the dish. This is an appetizing and pretty dish.

#### *American Toast*

Take one small onion and fry it until a light brown. In the meantime have three or four hard-boiled eggs. Chop them, and put into a sauce prepared as for "nun's toast." Put in your cooked onion, and allow it to simmer on the stove for a few minutes. Serve on hot toast, with parsley sprinkled freely over the sauce, and a border of granose flakes, prepared by the Sanitarium Food Co.

#### *Apple Toast*

Pare and slice six apples. Put in a sauce-pan some butter, then put in the apples with a little sugar — according to the tartness or sweetness of the apples — and two table-spoons of water. Let the apples stew quickly, stirring often with a spoon; a few minutes will cook them. When they are tender, cut three slices of bread half an inch thick, moisten in a little milk; put a little butter in a frying-pan, and when hot, add your moistened bread, and fry till a light brown. Place the slices in a dish, put a little sugar over them, and the apples about an inch thick. Serve hot. A most delicious toast.

A BOOK purporting to teach hygiene gives directions "To Preserve Fruits, Vegetables, and Liquids by the California Cold Process." "As soon as convenient after packing, take what fruit is sound and clean (wash if necessary) and pack in crocks, jars, kegs, barrels, or whatever vessels you wish to use. Put it in as closely as you can without injuring the fruit, as the more compact it is packed, the less liquid it will take to cover it. Then take one two-ounce package of compound extract of salyx and twenty-five pounds of sugar (coffee C is the best), and dissolve the salyx and the sugar in six and a half gallons of hot water," etc., etc.

Now that is just how not to do it if you want to keep well. Such a mixture is poisonous to all germ life, but the poisoning does not end there. I trust California is not responsible for the origin of this process. Chemical preservatives and embalming processes are always unsafe. This method is said to be the "cheapest as well as the best" method known, as it does away with the use of cans, sealing wax, and all the labor connected with canning.

It also does away with the health of those who use it.

H.



#### *Dietetic Don'ts*

DON'T jump too suddenly in making changes in your diet; you *may* "jump from the frying-pan into the fire." "Look before you leap."

DON'T give up a practise which has worked fairly well for an untried theory, until you have good reasons for doing so.

DON'T get the idea that you must live differently from everybody else in order to be a health reformer. You may adorn a funeral procession before some of the others.



### *Pecuniary Interests*

IN this day of progressive advertising, the advent of a new system of health culture is apt to suggest the query, Is there some "health food," or health apparatus, or health garment whose sales will be increased by the new system? and are the promoters of the new movement financially interested in these "health goods"?

Has Mr. Miles a pecuniary interest in the foods he recommends? So far as I can learn, he has not. He is a strong advocate of the use of proteid in considerable quantities. He has found glutens more or less unsatisfactory, and recommends the foods protene, and Hovis Bread (made in England), especially the former. In his earlier books he recommended plasmon, but he now regards protene as superior. He says it is the backbone of his diet, yet he criticizes the manufacturers for some unwarranted claims they make for their product.

But if the manufacturers of protene become so enthusiastic over the merits (and incidentally the pecuniary profits) of their product as to indulge in language containing many beautiful examples of the figure of hyperbole, they do not thereby differ from many other manufacturers of "health foods."



### *Patent Medicine*

WE have been criticized for our attitude toward patent medicines. The

question is asked, Are we not too sweeping in our condemnation? May there not be some patent remedies that are of real value, and that are not harmful?

Patent medicines are used as a short-cut escape from the results of physical transgression. It is easier to spend a few cents and swallow some mixture of unknown composition than it is to reform one's habits. This is a great evil applying to all patent medicines alike. An unskilled person, who does not know the cause of his trouble, takes some remedy, the composition and properties of which he knows nothing, except that it will relieve some of his symptoms. If he has temporary relief, he continues to use the nostrum until its effects wear out, then he tries another, and so on until he becomes a confirmed drug habitue.

A successful physician individualizes. He uses one remedy for one form of constipation, another remedy for another form. Certain ingredients which he uses at one time, he must omit at another time because they would do more harm than good.

How is it with the patent medicine man? He can not individualize. He does not care to individualize. He gets up a mixture that will be pretty sure to bring "results," and then advertises so as to catch every gullible fish that comes in reach of his bait. He guarantees a "sure cure." "All other preparations are base imitations." He has "thou-

sands of testimonials," of which he "has only space to publish a few."

There is not one of these fellows who cares a cent for the health of his customers. It is simply a business proposition. The question with him is, "How can I advertise so as to make the largest sales of my preparation?"



We haven't much more faith in the prescribed medicines to cure disease than we have in the patent medicines. But we can at least respect the physician as being sincere,—as endeavoring to suit the individual case by the most appropriate drugs, as supplementing the drug prescription with some wholesome hygienic advice.



I once knew one of these patent medicine fellows in embryo. Whether he ever hatched out, I never learned. He was a half-baked medical student who had a concoction over which he was enthusiastic. It contained a heart tonic, a stomach tonic, a liver regulator, a kidney and bladder regulator, and a bowel laxative. Whatever the patient had, he was pretty sure to strike it. But how do you think a well person would thrive on such a dose? If you have any doubts, just have your physician make you such a mixture, and try it; and then decide what would be the fate of some one who, having some disturbance of one of his organs, would take such a dose into his system.



The truth is, the whole patent medicine business is built up on an entirely wrong conception of the nature of disease and the proper means of cure. It is cupidity and disregard of the

sacredness of life on the one side, and credulity and ignorance of the laws of life on the other.



The writer once thought that any one who was simple enough to bite on such bait ought to be caught—that perhaps the patent medicine man was the "fool-killer" commissioned to improve the general intelligence of the world by a process of "survival of the fittest."

He thinks differently now, realizing that there are intelligent people—that is, people who give evidence of intelligence in other matters—who through early training are thoroughly imbued with the belief that there must be some virtue in drugs. They are reasoning beings, but reason makes slow headway against life-long prejudices.



### *Moderate Drinking and Life Insurance*

IN the September number, an account was given of Cornaro, who, from a condition of hopeless invalidism at the age of thirty-six, managed, by the adoption of a simple diet, to live to the ripe age of one hundred and three years, enjoying, all that time, excellent health, except at one time when, through the solicitation of friends, he increased his bill of fare, and brought on an alarming illness.

The article mentioned, suggested that as Cornaro was not an abstainer from meat and wine, some might say that on a diet free from these articles he might have lived longer, better, and happier; but such a position would be only guess-work. It is impossible for any one to say how long Cornaro would have lived had he abstained from the use of wine and flesh.

One thing we may know, however; that science has conclusively demonstrated that *on the average* the life of the abstainer is much longer than that of the moderate drinker.

For the past fifty years, life insurance companies have been gathering data from their mortality tables which show that abstinence tends to longevity. A summary of this work, up to 1901, appears in Funk and Wagnall's *Cyclopedia of Temperance and Prohibition*; but the most exhaustive work in this line was undertaken by the United Kingdom Temperance and General Provident Institution, giving the full experience of that company for its sixty-one years of existence, and including the study of 125,000 individual cases. This most stupendous work required the services of a small army of clerks for many months.

The results are published in a paper read last November by the actuary of the company, entitled "The Comparative Mortality Among Assured Lives of Abstainers and Non-Abstainers from Alcoholic Beverages."



When it is remembered that this is not a comparison of abstainers with excessive drinkers (who are barred from life insurance), but of abstainers with moderate drinkers,—men who are usually received by insurance companies as good risks,—the report is all the more significant.

His conclusion is "that the abstainers show a marked superiority to the non-abstainers throughout the entire working years of life, for every class of policy, and for both sexes, however tested."



The figures for each decade, through the working years of life (computed on

the same number of lives beginning the decade in each class), are as follows:—

| Ages  | Number of Deaths |                   | Excess Deaths among Moderate Drinkers |          |
|-------|------------------|-------------------|---------------------------------------|----------|
|       | Total Abstainers | Moderate Drinkers | Number                                | Per Cent |
| 20-30 | 4,221            | 4,677             | 456                                   | 11       |
| 30-40 | 4,201            | 7,041             | 2,840                                 | 68       |
| 40-50 | 6,246            | 10,861            | 4,615                                 | 74       |
| 50-60 | 13,056           | 18,524            | 5,468                                 | 42       |
| 60-70 | 29,078           | 34,568            | 5,490                                 | 19       |

These appalling figures mean that if we begin with an equal number of abstainers and moderate drinkers, for any age, the ratio of deaths between the two classes will be as follows: at the age of 30 to 40 there will be 168 deaths among moderate drinkers to 100 among abstainers. From 40 to 50 the ratio will be 174 to 100. From 50 to 60 the ratio will be 142 to 100.



Some progressive insurance companies, including several in England and Australia, and the Provident Savings Life Assurance Company in this country, seeing the advantage to be gained by giving abstainers the benefit of a lessened premium, have divided their risks into two classes, insuring the abstainers on much more favorable terms than the non-abstainers.

Neither sentiment, charity, nor humanitarianism is the motive leading these companies on in this comparatively new departure. Conservative life insurance companies move slowly, and only after science has clearly demonstrated the wisdom of the move. The difference is made between abstainers and non-abstainers because it is a business proposition. If their calculations prove true, they gain by the move.

Abstainers will soon learn the advantage of insuring in companies which give them an especially low premium. Should these calculations prove incorrect, the companies would lose by it. Therefore

they make sure they are correct before making such an important move as this.

There is no doubt that other companies, seeing the best risks flocking to the companies that discriminate in favor of abstainers, will sooner or later do the same.



### *Shall We Return to Nature?*

THERE is a belief among some people that everything wherein we differ from the animal is wrong; that we should divest ourselves of clothing, wallow in mud, and in other ways return to the condition of primitive man. We should, perhaps, cease to use table linen and dishes, and eat everything in the state of nature, just as we find it. We should not read nor write, we should not run printing-presses, we should not build houses or ships, or operate railroads or factories. We would, of course have no use for fire. For animals do not use fire. I suppose these people would find the ideal conditions for perfect manhood with the baboon in his native forests. There are communities of such people whose watchword is "Return to Nature." I have no doubt, if they keep up the practise for a few generations, it will not be difficult to find specimens which could easily pass for Darwin's "missing link."

Many of our fruits and grains have by cultivation been vastly improved in productiveness, in quality and in length of season; many of our domestic animals have been improved by breeding processes and selection. Cattle, for instance, have been improved in various directions, to make better milkers, to make a larger percentage of butter, to make better beef. Horses have been improved in speed, they have been improved in weight, strength, and endurance. Poultry have been improved in the line of pro-

life laying, in size, and in many other ways.

In many ways "nature" has been improved upon both in the plant and in the animal world. But according to the "return to nature" theory this work is all in the wrong direction. We should go back to the common, original stock, and discard fast horses, early fruits, and other cultivated varieties as "unnatural."



I do not believe a word of it. And they don't, either, when the logic of the situation is carried out. The whole proposition is a *reductio ad absurdum*. We do not want to return to nature. Civilization is an improvement on barbarism. It is true that civilization has its drawbacks. A highly bred herd of cattle is more liable to tuberculosis than a common herd. Its powers of resistance are lowered. Our advanced civilization has brought in a nervous instability not seen in less civilized tribes. Our asylums and other institutions are witnesses of this. We are living at high pressure, and many are unequal to the strain. It is sad that this condition is rapidly growing worse. But, granting this, do we want to return to the condition of our forefathers? If so, we can readily do so by going to one of the savage native tribes and adopting their customs; or if we think they are removed from nature, we can form a tribe of our own — but, mind you, let us be consistent. Let us go naked, and houseless, and eat our food direct from the tree or bush; or if carnivorous in our nature, let us grab some helpless animal and devour it while still warm. (I think, though, that these people are not carnivorous as a rule.)

To state this is to show the absurdity of it, and yet it is not absurd to some people. There is a truth contained in

this proposition. There is a sense in which we should return to nature. There is so much of the conventional, so much of the artificial, so much of life devoted to appearances, that we hardly have time to rest and recuperate.

While we would not be back beside the old log fire, trying to read one of our few books by means of the meager and uncertain light furnished by a pine knot, we would gladly have more of the contentment and peace and restfulness of those times.



There are some ways in which we can with advantage return to more simple ways.

The mother can dispense with snow-white garments for the little one. The attempt to keep a child on dress parade as though she were intended for a wax figure in a show window, is a foolish sacrifice of comfort and health to pride.

The attempt, when there are children in the family, to keep the house so that all visitors whenever they may call will find it in faultless condition, means an unnecessary tax on the mother, and a continual restraint on the children, which makes home seem anything but home to them, and they are glad to have the chance to get over to Smith's, where they are not being continually dinned at about the varnish on the furniture.

The attempt to set a table with an almost endless series of sweetmeats and desserts is not only a weariness to the wife, but a source of ill health to all who partake of it.

The attempt to keep carpets and furniture fresh by shutting out sunlight and air, is trading golden health for leaden appearance.



In these four ways one can simplify and not sacrifice any of the real pleasure of life, and not lose any of the

benefits of the most advanced civilization. But it will require courage. It requires great courage to adopt simple methods when one is living among neighbors who are following a more elaborate and stylish plan. But if one values good health more than a good appearance, the change should be made, no matter how much it may sacrifice the feelings.



### *Dietary Standards and Individuality*

Most books on hygiene illustrate the fact that error and truth often travel side by side. Nearly every writer on health generalizes too much from his personal experience. The man who can not eat tomatoes without distress, is very apt, in writing on dietetics, to give tomatoes a bad name.

It is difficult for one to realize that the action of certain foods in his case may be an exception to the general rule. For this reason we occasionally see some article of diet condemned in terms not at all warranted by the facts in the case. I have in mind a German writer,—Gustav Schlickeysen,—whose book was considered of enough value to translate into English,—a most excellent book, on the whole. Of honey and sugar, he says: "Of other articles injuriously added to our food, honey and sugar are as objectionable as they are popular. Both generate an unnatural acidity in the stomach, which is apparent in the disagreeable eructations which they cause."

Many people — perhaps most people — experience no such trouble from any ordinary amounts of these substances. On the other hand, a diet of fruit will often cause flatulence or bowel disturbance. The editor is a lover of fruit, and he was a long time discovering the relation between fruit and flatulence in

his case; but he has found that sometimes it is necessary for him to abstain for weeks at a time, especially from certain kinds, as the apple and the pear.

Now Mr. Schlickeysen praises the apple as the king of fruits, and probably he is right in this. At any rate, the editor has no right to question the truthfulness of Mr. Schlickeysen's statements, nor condemn the use of apples by others, because of his personal experience with the fruit.

Mr. Schlickeysen believes that when people find that fruit disagrees with them, their stomachs are out of order. He also states that a true test of the condition of digestion is a clean, sweet mouth. Now with many the use of sugar and honey in moderate quantities leaves nothing but a "clean, sweet mouth."

Because we experience no difficulty in eating honey and sugar, shall we say that any one who has trouble from eating these foods has digestive disorder?

It is easy enough for one to select the particular foods that agree with him, and to say that if these same foods do not agree with others, they have stomach trouble. It may not be so easy to prove it.

Some people seem well in summer, enjoying the weather that wilts others down. In winter, when others are being toned up by the sharp weather, these exotics are constantly suffering from the cold. Again, some are better in a comparatively moist climate, while others thrive best in a dry climate.

A little study will convince any one that we are more or less individualized in our ability to digest certain foods, as well as in our capacity to stand the vicissitudes of the weather.



### *White Flour*

THE statement is sometimes made in

health magazines and other publications that white flour has been robbed of its gluten. This is an error. Raised bread can not be made from flour unless it contains a good proportion of gluten.

Any one can experiment for himself and learn by experiment the approximate amount of gluten in a certain lot of flour. Water should be gradually added to the flour until it can be worked into a dough, then more water should be added, a little at a time, carefully washing the dough until it will no longer render the water white. The gummy mass that remains is as near pure gluten as can be obtained by any simple process. This, in fact, is the process on a small scale, used by food factories in obtaining gluten for the manufacture of gluten foods.

Now it is worthy of remark that a factory never uses whole-wheat or graham flour in the manufacture of gluten, but a white flour made from hard winter wheat. Different flours differ greatly in proportion to the gluten they contain. Baker's flour always contains a larger proportion of gluten than family flour. For this reason it is known as a "strong" flour. It requires more force to knead it, and, on the other hand, it will take up more water. So while it costs more per barrel than family flour, it is cheaper for the baker, for he does not have to use so much flour to make the proper-sized loaf.

It is difficult, if not impossible, to make as light a loaf from graham or whole-wheat flour as from good white flour. For this reason and also for the reason that the outer shell of the wheat contains much indigestible material, a much larger proportion of whole wheat and graham bread passes through the bowels undigested than of white bread.

But it is not only the part that is gen-

erally recognized as indigestible — the outer glassy husk — that passes off as waste, but quite a proportion of the nitrogenous matter — supposed to be nutritious but inclosed in woody cells which protect it from the digestive juices. And the question is raised by some as to whether the phosphates in the husk are utilized to any great extent in the body, as they can be very largely recovered in the waste.

Now graham and whole-wheat bread are good if well made. Especially are they advantageous for people who have a tendency to constipation; but they are *not* good when they are heavy and poorly made. Good, light, white bread is much better.



### *Admissions Regarding Flesh Food*

SIR HENRY THOMPSON, Bart., has published a work entitled "Diet in Relation to Age and Activity" which has passed through several editions in a short time. While the author has no sympathy with vegetarianism as such, and considers it rather a fad, he is free to make the following significant admissions regarding the use of flesh food:—

"But I can not help adding that there are some grounds for the belief that those who have throughout life, from their earliest years, consumed little or no flesh, but have lived on a diet chiefly or wholly vegetarian, will be found to have preserved their teeth longer than those who have always made flesh a prominent part of their daily food."

"It is a common error to regard much meat in any form as necessary to life."

"To revert once more to the question of flesh-eating, it should be remarked that it appears to be by no means a natural taste with the young. Few children like that part of the meal

which consists of the meat, but prefer the pudding, the fruit, or the vegetables, if well dressed, which unhappily is not always the case. Many children manifest great repugnance to meat at first, and are coaxed or even scolded by anxious mothers until the habit of eating it is acquired. Adopting the insular creed, which regards beef and mutton as necessary to health and strength, the mother often suffers from groundless forebodings about the future of a child who rejects flesh and manifests what is regarded as an unfortunate partiality for bread and butter and pudding, nevertheless, I am satisfied, if the children followed their own instinct in this matter, the result would be a gain in more ways than one. Certainly if meat did not appear in the nursery until the children sent for it, it would be rarely seen there, and the young ones would as a rule thrive better on milk and eggs, with the varied produce of the vegetable kingdom."

"A preference for the high flavors and stimulating scents peculiar to the flesh of vertebrate animals, mostly subsides after a fair trial of milder foods when supplied in variety. And it is an experience almost universally avowed, that the desire for food is keener, that the satisfaction in gratifying appetite is greater and more enjoyable, on the part of the light feeder, than with the almost exclusively flesh feeder."



KEIGHTLEY, in his book, "The Recovery of Health," says: "General knowledge of a subject and continual thinking about that subject, are two very different things. We know that fire will burn us, and we act instinctively in accordance with that knowledge. We do not spend time in planning how to avoid being burned, should fire come

our way. Once a patient has certain physiological laws well in mind, and has embraced them with his reason,"—excellent thus far, but right here he gets side-tracked, and continues,—“he should leave details to the physician, who will do the thinking about them.”

To go back to his illustration. We know that fire will burn us. Do we employ some one to protect us from the fire or does our good sense and instinct keep us out of danger? Once armed with physiological laws, why should one let his physician do his thinking for him? He need not be constantly thinking, “What shall I do to avoid disease?” If one learns that certain acts are healthful and others are unhealthful, a steady, unswerving adherence to the healthful practises, whether in eating, breathing, exercising, bathing, sleeping, or what not, will render them more or less habitual and automatic, and the result will be, he will have sound health without ever thinking about it. But if one hesitates between a knowledge of what is right and a desire for indulgence, so that a dilly-dallying habit is formed, that person will always be thinking about health, and will never be well. Such a person had better be in the hands of a conscientious medical adviser who will be able to furnish him the moral backbone necessary to enable him to do what he knows he ought to do.



THE *Twentieth Century Practise* recommends the following as a cure for boils: “An almost exclusive fruit diet should be adopted for a few days, and the plan of making one meal a day entirely of fruit should be followed for a few weeks at least. A daily warm bath followed by a short cold bath, plenty of outdoor exercise, and care to secure prompt, regular, daily movement of the

bowels, are other measures of importance. A boil may generally be aborted by injecting into it a few drops of a one to twenty per cent solution of carbolic acid. Hot applications are useful in relieving the pain.”

[A boil begins by germs getting down in a hair follicle. When one starts, it can be aborted by dipping a sharp toothpick into pure carbolic acid and pushing it down into the hair follicle. This will cause a little pain, but will save much pain later on.]



TOM MASSON, in the *Washington Star*, says some things about “controlling health,” which at first sight may appear rank nonsense; but read again, and perhaps you will get some thoughts you did not at first reading. Possibly you may conclude that it contains considerable truth after all:—

Health is a peculiar condition known to primitive man and a few undomesticated animals. Health existed sporadically up to the time doctors came in. Since then it has not been dangerous.

Fresh air has been known to make for health, and hence has been gradually tabooed by the authorities, being found only in remote country districts. Food factories and hospitals do the rest.

Health, at one time contagious, is now strictly limited, and being kept isolated, causes little inconvenience.

We need have no fear for the future, health now being under control. In the hands of able surgeons it has ceased to be a menace.

We are almost dead sure now to be unhealthy, wealthy, and abnormally wise.



WHILE health lasts, we imagine the supply of vitality to be inexhaustible.



WEALTH is a poor compensation for loss of health.

## News Notes

THERE is a newly invented device in Germany for milking cows by electricity. Rubber hoods are attached to the udder of the cow. The hoods are connected with the receiving vessel by means of a rubber tube. The air from the vessel is exhausted by means of the electrical device. The suction, being similar to that of the calf, it is said, causes the cow to let down her milk freely. It is also said that the milk can be kept absolutely clean by this method.

PROFESSOR WILEY'S "poison squad" are experimenting on foods which have been subjected to cold storage for varying periods. That is, they eat such foods, observing the effect upon themselves. The *New York Medical Journal* suggests that as the citizens of New York have for years eaten largely of food so treated without an alarming death-rate, it might be more profitable to experiment — "if subjects willing to undergo it are to be found" — on "pork, hot biscuit, and pie, which form the dietary regimen of an immense proportion of our rural population."

THE pure food commissioners have begun a crusade in Philadelphia against the use of impure fruit sirups in soda-water. The "fruit sirups," on analysis were found to be composed of injurious chemicals. A number of the dealers are being prosecuted. It is probable that the sirups in Philadelphia are no worse than in any other city. The only thing that will improve the conscience of the average soda-water dispenser is a wholesome fear of a heavy fine or imprisonment. As other cities follow the example of Philadelphia, it will do much to lessen this menace to health. Soda-water properly made is not necessarily injurious to health; but as ordinarily made and served, it is often decidedly injurious.

### Patent Medicines

THE board of managers of the National Temperance Society intend to ask Congress to prohibit the issuing of patent or proprietary rights for any remedy containing alcohol or opium or other narcotic drug, in which there is danger of forming a drug habit, also to cause all proprietary or patent medicines to have a label on which are printed the ingredients of the preparation.

The effort will also be made to secure legis-

lation subjecting institutions for the cure of alcohol, opium, or drug habits to regular inspection.

Another aim of the society is to secure the appointment of government chemists whose duty it shall be to analyze patent medicines, with a view to withholding proprietary right if the preparation contains objectionable ingredients.

### Communicable Diseases

TUBERCULOSIS.— At Newport there was recently organized an association for the relief, control, and prevention of tuberculosis. Their purpose is to disinfect houses and personal effects, furnish nurses, distribute printed matter, establish a camp for tuberculous patients, and provide good food.

ST. LOUIS has a recently organized society for the prevention of tuberculosis. It is proposed to publish widely the fact that in St. Louis tuberculosis is on the increase, with the suggestion that measures now in vogue in New York and Philadelphia be applied in St. Louis. It is predicted that if St. Louis follows the example of these cities, the result will be the saving of forty thousand lives in the present generation. An educational campaign is to be carried on by means of medical tracts, personal instruction in hygiene, and by public lectures and demonstrations to the children in the public schools. Effort will be made to secure the enforcement of the anti-spitting law; and inspections will be made in the tenement house districts, records being collected and published concerning the location of tuberculosis centers and infected houses.

THE Illinois State board of health has issued a circular entitled "The Cause and Prevention of Consumption." The board, through its investigations, has ascertained that it is not necessary to leave the State in order to be cured. The circular gives directions to tuberculous patients for the relief of their condition. The board offers to examine free of cost, any suspected sputum sent to them.

It has been shown that tuberculosis has vastly increased among the blacks in the South since the abolition of slavery; the blacks in this region living, it is asserted, in a much more unsanitary condition than in slavery days.

THE surgeon-general of the navy has perfected plans for an outdoor hospital for men of the navy who have contracted tuberculosis. The intention is to secure for this purpose a farm near the coast, at an elevation of about two thousand feet.

A BILL providing for a commission to investigate consumption and make reports of progress at stated intervals has passed the Georgia Senate.

SMALLPOX continues to crop out in epidemic form in various parts of the United States. Though the State of Maryland is now practically free from the disease, the State board of health urges compulsory vaccination of school children before allowing them to begin school.

THE health officers of the State of Pennsylvania, in view of the continued prevalence of smallpox in that State, have authorized the local health officers to refuse admission to the schools without a certificate of successful vaccination from a reputable physician. The penalty affixed for failure to comply with the law is a fine of from five dollars to one hundred dollars, or an imprisonment not exceeding sixty days. Dr. Lee believes that had the law been properly enforced five years ago, the record of 20,286 cases and 1,585 deaths from smallpox during that period, would have been well-nigh prevented.

IN North Adams, Mass., after a wake had been held over the body of a factory girl, it was discovered that she had died of smallpox. The attending physician had suspected smallpox, but was not sure. Five cases of smallpox soon developed in the city. The health board provided a hospital for the patients, and quarantined houses where cases had been found or suspected. This and the enforced vaccination caused considerable protest. It would seem a case of criminal negligence where a doctor suspects smallpox, and permits the exposure of scores, and perhaps hundreds, of persons before the matter becomes known. If he was too uncertain as to his diagnosis to warrant a quarantine, the possibility that it might be smallpox should have led him to have called in other medical aid to establish the diagnosis.

**TYPHOID FEVER.**—A large number of typhoid fever cases have developed in Port Chester, N. Y. The health officers believe the epidemic to be due either to impure milk,

to pond ice, or to the contamination of the water-supply by Italians living just out of the town. The health officer of the town has forbidden the use of natural ice.

THE city of Washington is having an unusual number of cases of typhoid fever. The water-supply of the city is the Potomac River. At Mt. Savage, Md., there have been 120 cases of typhoid fever, the population being 2,645. The town has no sewerage system. The drainage from the closets must necessarily get into Wills Creek, a branch of the Potomac. For this reason the health officer of Washington, as soon as he learned of the epidemic, warned the people of the city against drinking un-boiled Potomac water; but the warning was evidently too late to prevent mischief.

This incident shows the necessity of more ready communication between the health officers of adjacent districts. In case of an epidemic of typhoid on a river, it would seem the part of wisdom to notify the health officers of all communities farther down the river.

Individually, the lesson should be learned that it is unsafe at any time to drink river water which has passed other settlements. Many drink and escape. Some drink, and forfeit their lives as the result.

Two German investigators have published their belief that cholera and typhoid fever are transmitted by soil, and not by water. They say that the germs of these diseases are destroyed in water by the animal micro-organisms present, while they grow rapidly in the soil in the presence of nitrites. They convert nitrates into nitrites, and the nitrites increase their disease-producing power. Vegetables contain nitrates, especially so in dry years. So these men believe they have found an explanation for the observation of Pettinkoffer a number of years ago, that cholera and typhoid are more prevalent when the ground water is low; that is, in dry seasons. If this theory proves to be true, it will suggest an additional reason for cooking all vegetables as a preparation for the table. But the observations of these men will have to be confirmed before their theory is generally accepted. Meanwhile a safe way is to cook vegetables, especially if there have been typhoid fever cases in the neighborhood.

A LONDON health officer ascribes a certain epidemic of typhoid fever to the eating of fried fish. In fact, he believes that six dis-

tinect epidemics can be directly traced to that cause. Some complained that the fish had a disagreeable odor, and even that it made them sick. It is supposed that,—as is often the case in cheap fish, the entrails had not been perfectly removed. The heat of frying does not seem to destroy the bacteria on the inside of the fish.

MISCELLANEOUS.—The public schools of Philadelphia were, during April, May, and June, subjected to a medical inspection. There were 105,707 pupils, with a total of more than six hundred thousand examinations. As a result, nearly seven thousand pupils were excluded from the schools. Nearly four thousand were sent home because they had something else besides thoughts running around in their heads. The rest were dismissed on account of communicable disease or other cause which would make their presence at school objectionable. In cases of disease where the children were not excluded, the parents were advised as to the treatment necessary. Many cases were of eye trouble, and in one third of these cases parents profited by the medical suggestion. Inasmuch as the public schools constitute one great means of spreading contagious diseases, municipalities, great and small, could make no better investment than in the employment of competent medical inspectors of schools.

THE Minnesota State board of health advises every township that has no special isolation hospital to secure at least one double tent, which, in case of communicable disease, can be erected in the yard of the family of the quarantined person, thus lessening the danger of spreading the disease to other members of the family, and simplifying the matter of disinfection afterward.

As a result of fourth of July celebrations a year ago, there were over four hundred cases of lockjaw. This year there were only about one fourth that number. This is said to be due partly to the fact that there were fewer accidents, people having been warned of the danger from this source; and, second, because the wounds were better cared for. Where wounds were thoroughly cleansed and antitoxin injected, no bad results were reported. But it is to be remembered that when the symptoms of lockjaw begin to manifest themselves, it is too late to use antitoxin.

THE people in the vicinity of Cape May are rejoicing over the fact that the State entomologist who has done so much to rid other parts of New Jersey of the mosquito pest, in his annual report publishes his opinion that this region can be rid of mosquitoes at a trifling expense,—not over two thousand dollars for the entire work.

THE Isthmian Canal Commission has begun an active crusade against the mosquito in the canal zone. Towns are being cleaned up, ponds and pools are being covered with kerosene, marshes are being drained. It is estimated that one hundred thousand yards of netting will be required to screen the houses along the canal, and afford protection to the officers and employees.

#### Sanitation

CHICAGO'S death-rate is lowering—due, it is said, to the greater purity of its drinking-water, as shown by bacteriological examination. The sewage is gradually being diverted into the drainage canal, thus lessening the pollution of Lake Michigan, the source of the city's water-supply. It is predicted that Chicago will soon have the purest water-supply of any large city.

THE Kentucky State board of health has declared war against plush seats, and is preparing to make it warm for railroad officials who persist in operating cars so upholstered. The plush is an excellent germ catcher, and wicker or leather, though less comfortable, is preferable from a hygienic standpoint.

It will now cost a person twenty-five dollars to spit on the sidewalks in Seneca—if he is caught at it. But it would be better to have a fine of five dollars, and enforce it, than a larger fine, and not enforce it.

THE State board of health of Mississippi has published an order forbidding expectoration in any public place or building, or in any public conveyance.

A BROOKLYN health officer has devised a simple method of ventilating street-cars without causing a draft. By the motion of the car, the air, deprived of cinders, dust, etc., is forced in and upward against the roof, whence it gradually diffuses downward. At the same time, a suction, caused by the motion of the car, draws out the heated, impure air. If it proves successful, it will be a great boon to the traveling public.

HEALTH officers in large cities are directing their attention to the condition of public vehicles. The crusade against spitting in street-cars and other conveyances has been well inaugurated; and now attention is being called to the ventilation of these public conveniences, for it is realized that with close confinement in such small space, there is much added risk of the transmission of infectious diseases if the air is not often renewed. During the warmer weather this problem solves itself in the open cars; but during the winter months, when wind and sleet prevent the opening of windows, the ventilation of cars is apt to be bad. The health officers of some of the large cities are already grappling with the problem, determined that conditions in public conveyances shall be better the coming winter.

#### Education

THE *Journal of the American Medical Association* suggests that large cities establish museums for the instruction of people in medical subjects, especially on the subject of tuberculosis. The suggestion is made that maps, tables, and curves be used to show the extent, distribution, and death-rate of the disease; that drawings, cultures, and microscopic preparations be used to show the nature of the germ; that anatomical preparations of organs be secured to show the effect of its ravages upon the human body; that apparatus be shown for preventing and limiting the disease; such as systems of ventilation and disinfection, spitting cups, also the construction of tents and sanatoria for consumptives, and models of healthful homes and healthful factories.

Such a museum would be of especial interest to people having a case of tuberculosis in the family; and the object-lessons would do far more toward impressing on people the necessity of care in dealing with this disease.

A similar plan could be followed with good results for other infectious diseases.

A LARGE and important deputation, consisting mostly of physicians, has waited on the president of the London board of education to urge the importance of teaching hygiene in the elementary and secondary schools, so as to lead the children to appreciate the value of cleanliness, pure air, food, and drink. Such teaching at the present is optional with the teacher. The objection was made by the president — who otherwise seemed to favor the

plan — that a body of teachers capable of giving such instruction did not exist.

What a comment on the present curricula for the preparation of teachers! Is there anything that the teacher can teach that is of more value to the pupil than the proper care of the health?

FROM *American Medicine* we learn that at a recent sanitary congress held at Glasgow, the city bacteriologist asserted that it would be safer to sleep on a bed filled with sewage than on the material used by seventy-eight per cent of the poor as their beds, the mattresses of which, it appears, are filled with "wool flock" made from old rags and filthy old clothes. No cleansing or disinfection is attempted. The dirty garments went into the machine and came out flock. A pound of this flock was taken from the machine and "twice rinsed in distilled water. The result was that it was, on analysis, found to be worse than the average Glasgow sewage."

THE great difference in the capacity of school children of the same grade makes it exceedingly difficult to prepare courses of study which will be adapted to all. The slower pupils if at all sensitive, are apt to be under a nervous strain which is bound to affect their health more or less.

In order to solve this problem, the schools of Batavia, N. Y., have adopted the plan of having an extra teacher in the schoolroom whose duty it is to give especial attention to students who are not so bright as the others. This results, not only in improved health to many pupils, but in improved scholarship. It is said that now six times as many remain for graduation as formerly.

"THERE are many, physicians especially, who feel that too much is demanded of children in school at the present time. There are many who are sure the game is not worth the candle, since so many modern fads in education bear little relation to real mental development or to success in life."

#### Poison Habits

ONE writer believes in smoking hygienically. He classifies smokers into "dry smokers" who do not chew their cigar ends, and "wet smokers" who do. He believes that the latter absorb more poison into the system. He advises the use of a cigar holder having in it a bit of absorbent cotton soaked in a solution

of a certain chemical to absorb some of the most deleterious products. A still more hygienic method, which perhaps did not occur to this writer, is to let all the fumes of the cigar pass directly up the stove pipe.

THE American Medical Society for the Study of Alcohol and Other Narcotics was organized June 8, 1904, by the union of the American Association for the Study of Inebriety and the Medical Temperance Association. Both of these societies are composed of physicians interested in the study and treatment of inebriety and the physiological nature and action of alcohol and narcotics in health and disease. The first society was organized in 1870, and has published five volumes of transactions and twenty-seven yearly volumes of the *Quarterly Journal of Inebriety*, the organ of its association. The second society began in 1891, and has issued three volumes of transactions, and for seven years published a quarterly bulletin containing the papers read at its meetings. The special object of the union of the two societies is to create greater interest among physicians to study one of the greatest evils of modern times. Its plan of work is (1) to encourage and promote more exact scientific studies of the nature and effects of alcohol in health and disease, particularly of its etiological, physiological, and therapeutic relations; (2) to secure more accurate investigations of the diseases associated with or following from the use of alcohol and narcotics; (3) to correct the present empirical treatment of these diseases by secret drugs and so-called specifics, and to secure legislation prohibiting the sale of nostrums claiming to be absolute cures containing dangerous poisons; (4) to encourage special legislation for the care, control, and medical treatment of spirit and drug takers.

The alcoholic problem and the diseases which center and spring from it are becoming more prominent, and its medical and hygienic importance have assumed such proportions that physicians everywhere are called on for advice and counsel. Public sentiment is turning to medical men for authoritative facts and conclusions to enable them to realize the causes, means of prevention, and cure of this evil. This new society comes to meet this want by enlisting medical men as members, and stimulating new studies and researches from a broader and more scientific point of view.

As a medical and hygienic topic the alcoholic problem has an intense personal interest, not only to every physician, but to the public generally in every town and city in the country. This interest demands concentrated efforts through the medium of a society to clear away the present confusion, educate public sentiment, and make medical men the final authority in the consideration of the remedial measures for cure and prevention. For this purpose a most urgent appeal is made to all physicians to assist in making this society the medium and authority for the scientific study of the subject. The secretary, Dr. T. D. Crothers, of Hartford, Conn., will be pleased to give any further information.

#### Miscellaneous

AN illustration of the fact that scientific attainments do not prevent men, in their enthusiasm over the possible virtues of new remedies, from rushing headlong into absurdity, is furnished in the fact that an eminent St. Petersburg scientist, as a result of some experimental work, expressed the belief that radium rays would restore sight to the blind.

As a result of his statement there will probably be the usual meeting of scheming charlatans and credulous patients, with a transfer of shekels from one to the other without the return of any equivalent, except that the *blind will see* that they have been again deceived.

THE custom of going without hats is becoming more common in Europe, as well as in this country. There is much that can be said in favor of the custom as a hygienic measure.

THE health officer of New York, commenting on the high infant mortality in New York notwithstanding the cool weather, says that fully forty per cent of the deaths among infants under two years old are among those fed with condensed milk and patented baby foods. It is said that the milk supply is not at fault, for public-spirited citizens have put sterilized milk within the reach of mothers who could not otherwise obtain it. The health officer finds the real trouble in the fact that many parents in the poorer districts are incapable of properly bringing up children. He mentions, as an illustration of lack of wisdom in this regard, the feeding of beer, strong tea, raw fruit, etc., to babies under ten days old.

# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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WE are sorry that we have to disappoint those who have sent in questions for reply. Dr. Hare has had in mind furnishing replies in this issue to all questions that have been sent him, but he has been away from the city so much this month that he has been unable to do so.



“NOTHING that can be poured out of a bottle and taken with a spoon, will take the place of the sawbuck.”—*Philtine*.



*Did Not Want 'em Tailor Made—“Store Teeth” Good Enough*

DR. LITCHFIELD is fond of telling a story, and his patients never find the time hanging heavily on their hands, as he works on their teeth. Of course, the stories he relates are all founded on fact. Here is a sample:—

“I had a queer experience this morning. An old fellow from the country came in wanting a set of teeth. I proceeded as usual to take a cast of his mouth, explaining what I intended to do, to which he replied:—

“Oh, never mind, doctor, let me

look over your stock of teeth. I'll find something that will fit me.'”



Not long ago a prominent gentleman, supported by two crutches and some friends, came to us for a course of treatment. While under treatment he gave his history as follows:—

“About three months ago I was taken ill with what the physicians then diagnosed rheumatism. You see I am much emaciated, having lost sixty pounds in weight. The constant and severe pain I have undergone for weeks is almost indescribable.

“All this time, although under the care of the supposedly best physicians in the city, I had not had a single full bath or pack of any kind. But there were six kinds of drugs to be administered every hour or two—so complicated that my wife had to keep a schedule to avoid errors.

“At the end of a few weeks, becoming gradually worse, we called in another physician of high reputation, and he diagnosed my case typhoid fever (!), at the same time leaving more medicine. This was too outlandish for any use; so we simply 'phoned him not to repeat his call.

“Our regular physician one day during a call on me stated that I would succumb to the disease, and that his further attendance was useless.

“On receipt of this bit of news, I said to my wife, ‘I won't die; just take those drugs out of the room, and let us ask the Lord to help us,’ and we did.

“From that day, mark you, I have been getting well. The Lord did help us, and I am so thankful to know the right way to treat the disease.”

[This patient has gained over sixty pounds since coming under our care.]

T. D. SANFORD.

*Sanitarium, Sacramento, Cal.*

# Vegetarian Restaurants

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, 322½ 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.  
Detroit, 54 Farrar St., Hygeia Dining Room.
- MISSOURI:** Kansas City, 410 East Twelfth St., Pure Food Cafe.
- NEBRASKA:** Lincoln, 145 South Thirteenth 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, 8 N. Eighth St., Hygienic Cafe.
- TENNESSEE:** Nashville, Cor. Church and Vine Sts., Sanitarium Dining Room.
- UTAH:** Salt Lake City, 13 South Main St., The Vegetarian 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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