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| <i>Dangers of Overexercise</i>                           | Vincent Y. Bowditch, M. D.<br>Visiting Physician to Massachusetts State Sanatorium and Physician in charge of Sharon Sanatorium.                         |
| <i>Hints and Helps</i>                                   | Charles L. Minor, M. D.<br>Director in National Association for the Study and Prevention of Tuberculosis.  |
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| <i>The Patient's Duty</i>                                | S. A. Knopf, M. D.<br>Visiting Physician to Riverside Sanatorium, New York City.   |
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*Journal of the Outdoor Life*

*Saranac Lake, N. Y.*

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

*Vol. XX*

*Washington, D. C., May, 1905*

*No. 5*

## *Do We Need Spring Tonics?*

*Frederick M. Rossiter, M. D.*

A TONIC is something that will obviate the effects of physical weakness or debility, and restore the functions of the body to a healthy condition. Looking at a tonic in this light, every man, woman, and child that works is in need of a tonic daily, and not at a particular season of the year.

Unfortunately, tonics are resorted to as a sort of "bracer," or a prop to lean on. To most persons a tonic is what starch is to a collar — it stiffens them to stand up.

After a winter of strenuous life in society, with afternoon teas and late suppers, attendance at balls and dances several times a week; after months of living in overheated and poorly ventilated houses, neglecting baths and proper exercise, most women and men experience a marked reaction when spring comes with its sunshine and balmy breezes. There is a relaxation, a letting down from high to low pressure, and then comes that feeling of exhaustion and languor for which spring gets the blame, and recourse must be had to tonics to arouse the jaded energies to increased activity.

No other time of the year is more exhilarating than spring, and to try to

make it responsible for the effects of our own misdeeds is not an uncommon human characteristic. But spring, with its cool nights, frosty mornings, sunny days, and soft south breezes, is in itself an ideal tonic, most invigorating and healthful.

A tonic, as it is generally understood, is a nerve deceiver. It is a sort of goad to the body to get more work out of it. It serves the same purpose that the whip does to the horse. As a rule, a tonic gets energy out of the body, but puts none into it; in other words, it simply enables the body to utilize more of its reserve fund of strength, without an adequate compensation.

A man or woman in search of a tonic, needs something more than a spur or a whip to enable the body to do more work. Such an individual needs to be built up, and not toned up.

A large share of the tonics on the market to-day contain alcohol as the principal ingredient. Alcohol deceives the nerves, and makes one think he feels better and stronger, and that he is being built up, when exactly the contrary is the case. It is a well-known scientific fact that alcohol is not even a stimulant, but a depressant and a poison, and pos-

sesses no property or action that can possibly restore the body to healthy functions, though for a time it may seem to obviate the effects of debility and weakness.

Spring is a recognized period for house cleaning; but to neglect the body all winter, with the idea that in the spring it can be renovated, is a serious error. An engineer gets the best service out of his engine by giving it daily attention and keeping it oiled, cleaned, and in repair. So with this living machine with which each one is entrusted for a season. The liver, or stomach, or heart, or kidneys can not be taken out and cleaned like the parts of a watch. They must be given daily attention in order to insure good health; and when this is done, there is never the need for fictitious tonics.

The body must be supplied with energy in order to build it up and keep it in repair, but often a medicinal tonic is only instrumental in robbing it of energy.

Nature has supplied us with all the natural and physiological tonics ever required; namely, sunshine, cool air, cold water, food, and electricity.

All the energy of the body is supplied by food, air, and water. The proper use of these means strength, vigor, en-

durance, ever maintaining the vital reservoirs full to overflowing.

As a tonic and physiological energizer there is nothing equal to the cold morning plunge or a sponge bath with friction. It energizes the heart, the blood, the liver, the stomach, the muscles, the lungs. No organ escapes. It stimulates the appetite, and invigorates the brain. It overcomes "that tired feeling." The cold bath gives a new zest to life. It changes the complexion of things. It helps the rich man and the poor man, the lawyer, the merchant, the school-teacher. Compared with it, medicinal tonics are weaker than water.

If this is not sufficient, recourse may be had to electricity, a natural force so powerful that it will move a dead man. Electricity stimulates nutrition, and enables the body to utilize its energy to build up the nerve-centers, and so increases its power to do work without loss to the vital forces.

These are the tonics *par excellence*. Resorted to daily, they tend to keep the body in the highest degree of efficiency, with sufficient reserves for all emergencies.

[Every person of ordinary intelligence may and should take his own sponge bath. Electricity is best administered by a competent physician.—Ed.]

*North Yakima, Wash.*



CONGRESS has adjourned without passing the pure food bill. Those who deliberately adulterate the food of the people with poisonous substances have won again,—with the assistance of certain senators who ought instead to be engaged in the protection of the people. . . . It should bring a blush of shame to the cheek of every citizen of this country to know that dishonest manufac-

turers have so powerful an influence in the United States Senate that a pure food law can not be passed. We trust that a wave of popular indignation will force the bill through the next Congress. The poor Senate has so many moneyed interests to look after that it can not devote its time and attention to the daily food of the common people.—*Journal of the American Medical Association.*

# *Physical Effects of Improper Dress*

*Mrs. E. G. White*

WOMEN are subject to serious maladies, and their sufferings are greatly increased by their manner of dress. Instead of preserving their health for the trying emergencies that are sure to come, they, by their wrong habits, too often sacrifice not only health, but life, and leave to their children a legacy of woe, in a ruined constitution, perverted habits, and false ideas of life.

One of fashion's wasteful and mischievous devices is the skirt that sweeps the ground. Uncleanly, uncomfortable, inconvenient, unhealthful,—all this and more is true of the trailing skirt.

It is extravagant, both because of the superfluous material required, and because of the needless wear on account of its length. And whoever has seen a woman in a trailing skirt, with hands filled with parcels, attempt to go up or down stairs, to enter a railway train, to walk through a crowd, to walk in the rain, or on a muddy road, needs no other proof of its inconvenience and discomfort.

Its weight makes it unhealthful. Besides, as it gathers dampness from the dew, the rain, or the snow, it chills the ankles, which are often insufficiently clad, and thus causes colds or more serious illness.

Even worse is its uncleanness. Dragging through the filth of the street, it is a collector of poisonous, deadly germs. Many a death from diphtheria, tuberculosis, or other contagious disease, has been caused by the germs brought into the home on a trailing skirt.

Another serious evil is the wearing of skirts so that their weight must be sustained by the hips. This heavy weight, pressing upon the internal or-

gans, drags them downward, and causes weakness of the stomach, and a feeling of lassitude, inclining the wearer to stoop, which further cramps the lungs, making correct breathing more difficult.

Of late years the dangers resulting from compression of the waist have been so fully discussed that few can be ignorant in regard to them; yet so great is the power of fashion that the evil continues. By this practise women and young girls are doing themselves untold harm. It is essential to health that the chest have room to expand to its fullest extent, so that the lungs may be enabled to take full inspirations. Compression, by making it impossible to take a full breath, leads to the injurious habit of breathing with a part of the lungs only. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalized, and the waste, poisonous matter which should be thrown off through the lungs, is retained. In addition to this, the circulation is hindered; and the internal organs, cramped and crowded out of place, can not perform their work properly.

Tight lacing does not improve the form. One of the chief elements in physical beauty is symmetry, the harmonious proportion of parts. And the correct model for physical development is to be found, not in the lay-figures displayed by French modistes, but in the human form as developed according to the laws of God in nature. God is the author of all beauty, and only as we conform to his ideal shall we approach the standard of true beauty.

Another evil which custom fosters is the unequal distribution of the clothing,

so that while some parts of the body have more than is required, others are insufficiently clad. The feet and limbs, being remote from the vital organs, should be especially guarded from cold by abundant clothing. It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them, there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this can not be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs.

The combined evils of tight lacing, long, dragging skirts, and an unequal distribution of the clothing, have caused an amount of suffering that is beyond estimate. No woman who values health, and who understands the effect of these practises, will follow any one of them.

To dress in the manner described hinders the free use of the limbs, and many who thus dress, gradually give up healthful exercise. After going through all the details of an elaborate toilet, they are not inclined to exert themselves. The lack of vigorous exercise, especially in the open air, soon tells on the health. The system becomes weakened and relaxed, and the complexion sallow; and health and beauty disappear together. The sufferers may resort to cosmetics to restore the complexion; but these can not bring back the glow of health. And the physical condition that makes the skin dark and dingy, depresses the spirits, and destroys cheerfulness. A multitude of women are nervous and care-worn because they deprive themselves of the pure air that would make pure blood, and of the freedom of motion that would send the blood bounding through the veins, giving life, health, and energy. Many women have become

confirmed invalids when they might have enjoyed health, and many have died of consumption and other diseases when they might have lived their allotted term of life had they dressed in accordance with health principles, and exercised freely in the open air.

#### *Sensible Dress for Women*

In order to secure the most healthful clothing, the needs of every part of the body must be carefully studied. The character of the climate, the surroundings, the condition of health, the age, and the occupation of the individual must all be considered. The best under-clothing is the well-known combination suit. In cold climates the suit should be thick and warm, and should extend to the ankles and wrists; in very cold weather a second suit may be added. The feet should be protected from cold and dampness by warm stockings, and by easy-fitting, thick-soled shoes.

When the limbs are properly clothed, only one or two skirts will be needed. These should not be so heavy as to impede the motion of the limbs, nor so long as to gather the dampness and filth of the ground. They, too, should be attached to an under waist, thus suspending the weight from the shoulders, and relieving the abdomen from all pressure. Every article of dress should fit easily, obstructing neither the circulation of the blood nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised, the clothing will be correspondingly lifted. No heavy draperies should be worn on the back, to induce heat and congestion in the sensitive organs that lie beneath.

Women who are in failing health can do much for themselves by sensible dressing and exercise. When suitably dressed for outdoor enjoyment, let them

exercise in the open air, carefully at first, but increasing the amount of exercise as they can endure it. By taking this course many of them might regain health, and live to take their share in the world's work.



## *The Human Parasite: a Type*

It is sometimes difficult for the average mind to grasp the full measure of man's inhumanity to man, and to realize the depths to which greed can descend. Now and then an experience bobs up which is rudely impressive. Those who come in contact with "the other half" commonly encounter unpleasant reminders. It is the lot of physicians to witness many unfortunate spectacles that occur among the doubly stricken—the diseased and the poor. The following may serve as a pen-picture of a "patent medicine" vender's victim as drawn by a doctor who was called in too late:—

The patient was a woman of middle age, but old in appearance, and the victim of tuberculosis. Her husband was a polisher in a stove factory; his earnings were too meager to provide those things which the sick crave. The heritage of his kind, such as it was, he bequeathed to his invalid wife—a sorry substitute for a home, situated in the dirt, the noise, the smoke of the wage-earner's district. To her also he gave the care of three children, two under eight years, and the undivided supervision of a household of frugality and sordidness, but the best that he could offer.

The woman had grown thin and pale and care-worn in the course of six or seven months. Consumption was making comparatively short work of her. Eyes that once were bright and responsive even in this monotony of toil now were lusterless. They were not only lusterless, but from them came a wild,

unnatural stare. When she tried to smile, they became more unnatural still. Cheeks that should have been round and plump were reduced to a pair of ghastly hollows. She spoke in sepulchral tones which were scarcely human; her words came in gasps in the short intervals between the coughing spells. She said many things which were strangely out of place, and her liege lord and protector listened patiently, but sick at heart. Each morning as he took up his lunch-box, leaving her in her living death, he wondered if she would linger until he reached home at night. He, in his ignorance, offered the little he had to rescue her, and was soothed by a misled conscience. From his hard-earned wages he saved out four dollars, and sent them biweekly to the Human Parasite whose advertisement he had seen in a religious monthly at the factory library. The "doctor" had "guaranteed" to cure his wife, and once a month he sent two bottles of medicine, and a typewritten communication under an elaborately engraved letter-head, in which he acknowledged the receipt of eight dollars, and told him to have courage.

And she, in her consumptive hope, did not lose heart, but with clock-like regularity swallowed alternately the highly colored contents of two bottles which the Human Parasite had sent. She was sure that the great doctor who held out to her the promise of ultimate recovery would not disappoint her or hers. She reverently read his paternal epistles,

and hoped on,—hoped while the flesh wasted and left behind the rude outlines of her skeleton,—hoped while the night-sweats of hectic fever kept her awake and miserable during well-nigh eternal nights,—hoped while strength deserted her, leaving her a tottering remnant,—hoped while the merciless cough shook her frame and started spasms of pain in her hollow chest,—hoped always, even while she expectorated her life-blood in repeated hemorrhages. Week after week she took the medicine, and week after week she tremblingly counted out the dollars which should go to buy more of the great “doctor’s” medicine. For her bottles were emptied many times, and she had not wasted a single precious drop.

For a long time the promoters of consumption and other cures have operated their nefarious business unmolested, secure in an atmosphere of official privacy behind black walnut and glass enclosures, resting in self-complacency before huge roll-top desks, with feet implanted on the dainty figures of imported rugs—all undisturbed in the midst of ill-acquired luxury. Those who are most optimistic believed that the awakening had come when they read of how this ilk was undone. But the Human Parasite is still with us, operating in a variety of garbs.

The two in question were old and established, and their advertisements appeared throughout the length and breadth of the land. They spent thousands for space in which to tell the unfortunate consumptive of their respective remedies—Tuberculozyme and Tuberculocide, let us call them—unfailing cures for tuberculosis. The gullible were countless, and into the coffers of these sharks dropped the shekels. So fearless and undisguised became their movements that, in the course of time, com-

plaints began to reach the Post-office Department. They became so numerous as to attract attention. After long deliberation the department decided to investigate the methods of these firms.

“Accordingly a post-office inspector was detailed upon the case. Quietly he went to work accumulating evidence to show what a nefarious business these people were doing; but none of this evidence was strong enough to stop their mail. There must be found something else, and the way was opened by securing a diagnosis of some sputum from persons not consumptive. If it could be proved that they diagnosed this sputum as consumptive, it would be shown that they did not know anything about the disease, or, in fact, did not care to so long as the patient could be frightened into taking the treatment. All the different sputa sent by the inspector came back diagnosed as consumptive, and in most cases the sputum was not that of a person, but came from cows, horses, or swine. Then the inspector collected the slime that remained on the bottom of an empty oyster tub, put it into a bottle, and, together with a piteous appeal for health, sent it to the institute. In a few days he received a reply containing a complete diagnosis, and information that the sputum indicated, beyond dispute, ‘virulent germs of consumption in the third stage.’ The letter continued to say that the case would terminate fatally unless treatment was immediately begun.”

The outcome was the downfall of two energetic and prosperous business enterprises.

It would be a long and fruitless search that would reveal a name sufficiently appropriate for those who prey upon the dying; for those who, in their greed, shorten the lives of the unfortunate diseased, and shut out from them the proper



eat a cracker or some light article of food. A drink of hot milk or hot water often suffices.

When sleep is light at night, something is gained by taking a nap in the afternoon. It may be that sufficient nerve force will in this way be conserved to insure a return to the old sleeping habits. Some hesitate to sleep during the day, fearing that it will increase the wakefulness at night.

#### *Friction*

Much of the waste of energy in life comes from unnecessary friction. Other people are not made to suit us. We are not made to suit them. Little differences appear even between members of the same family. The nervous one is apt to think that the others should give way to her. Perhaps they should. But if they do not, and there arise little annoyances, the practise of brooding over them, of getting angry, of speaking unkind words, makes the matter infinitely worse. Yielding to others cheerfully, trying to please instead of demanding to be pleased, overlooking apparent slights or wrongs (your Bible and prayer will help you do it), turning away wrath by a soft answer, pouring on oil to lessen friction,—these will save an untold amount of nervous energy. It is not the thoughtless words of others that injure a nervous person, but the uncontrolled thoughts and emotions that enter her mind.

But the nervous person thinks she can not control her thoughts and emotions. Perhaps she can not; but many times she could if she would set earnestly to the task of forming right habits of thinking. To break up a bad habit requires perseverance, but it may be accomplished if the will is exercised.

#### *Discontent*

Perhaps you are not in the position

you think you should occupy. There may be things you think you ought to have, but you are compelled to do without them. Remember "it is easier to want what you can't get than to get what you want." It is a great saving of nerve force to submit to the inevitable, to resign one's self contentedly to circumstances which are beyond control. The sentiment, "All things work together for good," is a potent healer of wounded feelings. "Be careful for nothing."

We make mountains out of molehills; we let our minds dwell on some unimportant matter,—something we want, but have not been able to obtain,—some affront, or slight, or thoughtlessness on the part of some friend or acquaintance; and the longer we think about it, the more convinced we are that they have committed a great breach of propriety.

Who is hurt by the bad feelings that arise?—No one but the person who experiences them. Who gains anything as a result of the ill feeling?—Nobody, unless it may serve to increase the doctor's fees, and help hasten an undertaker's fee.

Let us be rational, and so live that we shall conserve our health.

If, in so doing, we incidentally treat others with more kindness, more leniency, more charity than they deserve, they will be gainers, *but we shall be the greatest gainers*. Every unselfish act reacts to build up the doer.



Not only do ninety-nine boys and girls out of every hundred eat their lunch and other meals with disgusting and ultra-bestial rapidity, but they rush to exercise immediately afterward. The results speak for themselves,—after a decade or two,—and then the cause is forgotten.—*Miles*.

## Nutritive Value of Prepared Cereal Products

WITHIN recent years there has come into very popular use in this country a class of cereal food products known as "breakfast foods" or "breakfast cereals." These products are, in general, attractive and palatable, and afford a pleasing variety in the diet: and, because of special treatment in manufacture, which in many cases includes partial or entire cooking, their preparation for the table is very materially simplified. In view of these conditions, it is easy to understand why this class of food material should increase in popular favor.

In spite of the intrinsic value of the materials, however, it is doubtless true that their prevalent use is due in very large measure to the method of advertising them. No class of food materials is so extensively or ingeniously advertised. According to the statements made for them, they are not only the most perfect of foods, sufficient in themselves for all man's needs for nutriment, but they also have a variety of other virtues, from that of brain tonics to that of substitutes for pie crust. Some of the claims made for them are founded on fact, others are obviously preposterous, and many contain an ingenious mixture of fact and fancy.

Whether this class of food materials will be permanently as popular as at present it is impossible to say. It is noticeable that many of the brands remain on the market only a short time; but new ones appear at frequent intervals until their name is Legion. In some cases the disappearance is due to failure to catch popular fancy, but in many cases there is simply a change in name in order to attract attention to some-

thing seemingly new, but in reality an old article under a new name.

This much is quite certain, however: cereal food products are very desirable articles of diet, and the prepared cereal products now meet a very wide-spread demand. If they were sold more cheaply, and people understood more about them, very probably there would be a considerable permanent demand for them.—*R. D. Milner, in "Report of Storrs Agricultural Experiment Station, 1904."*



It may be said that sugar and fat increase over starch in the diet of a people of unrestricted choice; but it is not certain that the qualities of body which make for hardihood and resistance to disease are correspondingly increased. There is, indeed, much evidence to show that power of digesting vegetable foods indicates a general well-being of body conducive to long life.—*Air, Water, and Food.*



WHOLESOME food is a necessity for productive life. Man can and does exist on very unsuitable, even more or less poisonous, food, but it is merely *existence*, and not *effective life*. This is true not only of the wage-earner, but of the business man, the professional man, the scholar. To be well, to be able to do a day's work, is man's birthright. Nevertheless a too large proportion of the American people sells this most valuable possession for a mess of pottage which pleases the palate for three minutes, and weights the digestive organs for three hours.—*Selected.*



# THE MEDICAL MISSIONARY AT WORK

## *Shang-tsai Hsien Dispensary, Honan, China*

*H. W. Miller, M. D.*

ONE difficulty in treating the Chinese is to get them to wear a white bandage, as white is an emblem of mourning; and to bandage an eye with white is sure to bring remarks from those the patient may meet.

One of our first patients was a boy of fourteen, who had an inflammation of the margin of the eyelids. The ointment used was white, so he pulled his hat down over his eyes, and walked as if he were blind, until he reached home, to prevent remarks. But he came back daily for treatment, until well, then brought another boy suffering from the same trouble.

A large number of the children have anemia, with an enlarged spleen, a few giving a previous history of malaria. But in many cases there has been no previous illness, it simply resulting from an impoverished diet. Many are so poor that the food is not cooked sufficiently, owing to lack of fuel; so the children eat large quantities of raw starch, as their food is largely composed of starchy elements, with the result that their blood becomes impoverished.

Among those coming to us are many prominent officials of the city. In this way we are able to come in contact with the rich and influential, as well as with those of more humble birth.

Our most interesting patients have been those who have drunk opium to commit suicide. In the six cases we have had, the stomach-tube has served its mission well. Much of the difficulty expe-

rienced in civilized lands in swallowing the tube is obviated here, as a Chinaman swallows it with the same ease and alacrity that he does his noodles.

It frequently happens that we are not called until after the patient has died. This was so in our first case. But in our next, the man having given instructions to call us before death, the next day we were called two hours after the opium had been taken. With the use of an emetic and the stomach-tube, the man was revived.

One lad of fourteen drank opium because his mother was going to whip him and compel him to go to school. After being revived, he changed his mind, however, and came the next day to give me a *kao-toe*, which consists in prostrating one's self before a person and bowing the head. While we do not receive such homage, yet it showed the young man's appreciation.

Another, a man, after having a little trouble with a Catholic, drank opium, for fear the Catholic would have him beaten by the officials. We are very thankful to God that out of the six cases, we were able to save four. It seems very wonderful to the Chinese, as they have no antidote for poisoning.

Chinese women are very timid, and it is considered a wide breach of etiquette for a woman to be attended by a gentleman physician. The women are more suspicious and fearful of a foreigner than are the men. But as they learn that we have come only to do them good, and not harm, their confidence is gradually obtained.

We are thankful for the knowledge God has given us to use in helping to

relieve these poor suffering ones. And while all our treatments are of a very simple nature, yet God has blessed the means used, and, in answer to our prayers, some most difficult cases have been completely restored to health. As their physical sufferings are relieved, they gladly listen to the gospel. In this way the medical word lends a helping hand to the message, and we hope many souls may be brought to the true knowledge of the Life-giver.

Pray for the work in this dark land, that the gospel may soon be carried to its perishing millions.



### *The Hsiang Cheng Hsien Dispensary*

*A. C. Selmon, M. D.*

ONE evening a man came running into the mission station, and asked me to go to a country village about a mile distant. A woman had quarreled with one of the members of her family, and in her rage had swallowed opium. I hurried out to the village, and found the woman in the heavy stupor of opium-poisoning. By prompt use of the stomach-pump, enough opium was withdrawn to kill two or three persons. The woman very quickly rallied, and after the family had expressed their regrets over and over again that they had put me to so much trouble, I returned home.

The following day the woman's husband came with a large basket of confectionery and sweetmeats, to present as a token of thankfulness.

Cases of opium-poisoning are very common among all classes of the Chinese. Almost every farmer in this section cultivates poppies as a part of his crop, and they always have the crude opium on hand. The people commit suicide on very slight provocation. A quarrel may

have started as the result of haggling over a difference of one-sixteenth of a cent in the price of something. The two parties soon become bitter enemies. One will then commit suicide, and the blame for his death will rest on the man who quarreled with him.

The condition of the Chinese is pitiable indeed; for the opium appetite is becoming hereditary, and one can see, in a single family, father, son, and grandson all using the death-dealing poison, which is one of China's curses.

*Honan, China.*



### *Singapore, Straits Settlements*

SINGAPORE is a city of nearly two hundred thousand inhabitants, and it presents some rare opportunities, as well as some difficult problems. I lived and labored there as a Methodist missionary for more than eight years, and I know a little of the ground that has to be tilled. I am confident that the truths we have to proclaim, and the methods we employ, will give our laborers a great advantage over other workers.

We have just had the pleasure of welcoming a fresh band of workers to Singapore—Elder and Mrs. G. F. Jones, from Raratonga, and Robert Caldwell, from West Australia.

I am particularly glad that both Brother and Sister Jones are trained medical workers. They can make a most advantageous use of their knowledge and experience in this department of our work. There are many sick and suffering people in that place; as everywhere on the face of this sin-cursed earth, they are eager to find some respite from pain. On this account, if on no other, they will welcome the relief which our health principles and treatments always bring. Such, at least, is

my conviction. I may be disappointed as to the degree of success that will attend the medical work, but I can not be mistaken in this—that the medical work will speedily open hearts and homes as no other means within our reach will do. R. W. MUNSON.



### *Medical Missionaries Needed*

*D. H. Kress, M. D.*

IN the past we have not fully appreciated the value and importance of combining the medical phase of gospel work with our missionary efforts. Through the medical missionary's effort, doors that might otherwise forever remain closed to the gospel are to be opened. The "right hand" will be used in opening doors. Those engaged in true, unselfish, medical missionary work will find a welcome and gain an entrance into many places.

The following letter, calling attention to the need of medical missionary work in the islands of the sea, was written by Elder G. A. Irwin, who, while en route to the General Conference in America, visited several of the East Indian islands:—

"I have had a very interesting, and, I believe, profitable trip thus far. I have gained a larger conception of missionary work in the islands than I could have obtained in any other way. While at times I felt rather nervous at the delays and slow progress we were making, yet in no other way could I have seen what I have. I have embraced every opportunity to go ashore and visit the different tribes of native people, that I might from personal observation form some just conception of their needs. I am decidedly of the opinion that here, as well as elsewhere, the health reform and evangelical work should go hand in hand.

"While people live in such filthy homes and quarters, not much can be expected in the way of Christianity or spirituality. Some of the tribes live in houses elevated several feet from the ground, on poles and forks, while others have their houses on the ground, with no floors or windows, and only one small opening, which serves as a door. The natives and many dogs lie together on mats in these dark, vermin-infested dens. Many of the people are covered with horrible-looking sores.

"It would seem that those who build their houses up from the ground would fare better. But the dogs and chickens go up with them, while the hogs appropriate the lower story for their use. The stench of these places is dreadful.

"I do not know that it would be best to attempt to entirely revolutionize their method of building houses, or their manner of dress, but sufficient change should be made to impress their minds with cleanliness and self-respect. If the law of God can not dwell in the minds and home of people of disorderly, filthy habits, how can it remain with this people who are said to be waiting for his law? I believe we are giving our missionaries the right training when we are teaching them how to care for the body as well as for the soul.

"I have had some interesting experiences on the boat, in the way of hygienic living. There being so few passengers, it was known the first day that I was a vegetarian. As I brought on my granose, malted nuts, protose, and wheat-meal biscuits from time to time, I would give different ones a taste. Some tasted it cautiously, as if they thought it might be poison, while others took right hold, and said they liked it. I could see they watched me quite closely, as if they expected I would collapse in a few days. But as they saw I got along nicely,

never missed a meal, and could stand more tramping on shore without headache or other inconvenience than any of them, they began to make remarks about my way of living.

"We have a young doctor among our company, and he said publicly at the dinner table, that as soon as he got back to England, he was going to adopt the vegetarian diet. He and I had a long walk together last night on the deck, and he told me that at times he felt so blue and depressed that he was tempted to make way with himself. He said to me: 'Why is it you are always whistling or singing, and seem so happy?' I told him it was because I endeavored to live in harmony with the law of God and the laws of my being. I then explained to him what caused his blue spells; in fact, doctor as he was, I gave him quite a lecture on dietetics and food combinations. He admitted that all I said was true."



### *Classes in Healthful Cookery*

A MEETING was held in the Los Angeles (Cal.) church, and a program was prepared in which several speakers took part. Elder William Simpson spoke of the importance of diet reform and of the care of the body from the Bible standpoint. Dr. Abbie Winegar Simpson considered the subject from a medical standpoint. Elder Burden, during his remarks, read quotations showing the importance of our becoming intelligent in regard to diet reform and the care of the body, and that those engaged in preparing food for the home should know how to prepare simple, healthful, yet appetizing meals, and that it is our duty not only to become informed ourselves, but to give such instruction to the world.

In announcing the cooking school, near

the close of the meeting, it was stated that free lessons would be given, and that tickets of admittance would be given out at the close of the following Sunday evening service, also that as many tickets would be distributed as could be used by those in attendance in interesting their friends and neighbors, with the understanding that these tickets were to be given only to those who would promise to attend.

Although some had feared that but little interest would be manifested in this movement, there was a larger attendance than usual at the Sunday evening service, and nearly every one present took from one to three tickets.

The lessons are held in the Vegetarian Cafe. The dining-room has three rows of tables. In two of these rows we turned all the chairs to face one way, leaving the third row of tables for the use of guests who might come in for meals during the lesson. These lessons were held at 3:30 P. M., continuing forty-five minutes or an hour.

At the first lesson, given the Tuesday following our meeting at the church, the restaurant was nearly full of people, every chair was taken, and before the demonstration was completed, a number were obliged to stand, being unable to obtain seats.

These lessons are being conducted by Miss Lucy Winegar, who is a hygienic cook of long practical experience, and who for some time had charge of the Battle Creek Sanitarium kitchen, and who for several seasons has conducted the Battle Creek Chautauqua cooking classes. She is at present chef of the Glendale Sanitarium. In addition to her work at Los Angeles, Miss Winegar is giving at the Glendale Sanitarium two lessons a week, which are attended not only by patients and helpers in the institution, but by residents of the com-

munity. Recently a cooking demonstration and light luncheon was given to the members of the Glendale Improvement Club, which resulted in making new friends for the institution.

H. H. HAYNES.



DR. J. M. KEICHLINE writes that the wife of one of his patients who is a very intelligent man, and has a very high position in the Egyptian government, is very much interested in hygiene, especially that relating to children.



DR. R. H. HABENICHT, our medical missionary in Argentina, recently baptized eight natives in the Gran Chaco, the wild region of Argentina, which, although now beginning to be settled, still is quite largely a wilderness, inhabited by the native Indians.



DR. GEO. THOMASON reports the sanitarium at Plumstead, South Africa, filled with patients. Among these recently was one who had served as treasurer-general for the Boers during the recent war. He has been fully restored to health, and his family are united in their praise of the sanitarium and its principles.



DR. OLSEN, the physician in charge of the Caterham (England) Sanatorium, spoke to the Good Health League in Glasgow on "Common Diseases and Their Cure." The following night we spent at Kirkealdy, the doctor giving an address on health reform. On Wednesday evening he spoke before the Edinburgh Vegetarian Society, on "How to Grow Health." These talks were of interest, and contained much instruction.

W. A. WESTWORTH.

GOOD reports come from the Christchurch Sanitarium, New Zealand. The sanitarium has a splendid patronage, and is calling for additional help. Recently the treatment rooms have been greatly improved, at considerable expense. During the summer months the climate of Christchurch is ideal, and the surroundings of the institution are pleasant and homelike.



ELDER W. S. HYATT, writing of mission work in South Africa, says: "This is truly a land of death. A short time ago a missionary returned to Africa, and brought his wife with him. She took the fever, and died before they could get up to the mission. Another lady—a missionary nurse—who had been here for about a year, also contracted the fever, and died about the same time. Black-water fever is quite bad here."



PERSIAN doctors divide all diseases into two general classes, the hot and the cold; and all remedies and also diet into the same. When the ordinary treatment fails, the physician recommends the patient to try a forty-days' course of a decoction made from a certain root which grows in the country. The victim must take it forty days consecutively three times a day, about half a pint at a time after food, and never once lose his temper, or it will be of no avail.



THE doctor in China finds difficulty in giving medical attendance to patients in their own homes. The impossibility of getting such surroundings as are helpful for sick people, in their own houses, will be apparent to all. Then he finds

that after he has attended for a short time, his directions as to medicines are so interfered with that he is compelled to give up the case, as he might be held responsible for the results of the foolish and hurtful methods used by the native practitioners, who are frequently called in without his knowledge. A physician reports that a man who was suffering from heart-disease was found by him with a poultice of some fearful preparation on his lower limbs, to draw away the water from the dropsical swelling.



### Children

SELF-CONTROL in any marked degree should not be expected of young children. The too common cruelty of surrounding them with objects they must not touch, and allowing them to witness activities they must not imitate, is a monument to the prevailing ignorance of nature's laws. There was sound psychology in the exhortation to the parents of the apostolic church, "Provoke not your children to wrath," rather than, "Teach your children to control their tempers." Self-control should, indeed, be learned in childhood gradually, as the child is able to bear increased stress; but it should not be demanded of him prematurely.—*Mary Lawsen Neff, M. D., in Medicine.*



### What Ruins Girls

OF all the ten or twelve thousand unfortunate girls and wrecked women arrested every year in Chicago, among those who tell their woes to me, ninety-nine out of every hundred attribute their downfall to the first glass of wine or champagne, taken, generally, with a male companion, always for good fellowship's sake.

The first glass is the beginning of the end — and here you see what the end is.

When a woman once begins to drink, even in a social way, her future is threatened either with moral wickedness or utter ruin. So many women who come here tell me that the first sparkling glass of champagne was the beginning of their misfortune.—*Mary K. Keegan, Chief Matron of the Chicago Police Department.*



### More in Love with His Cigar Than His Wife

"You had better stay here and put your cigar out," was what I heard a tired-looking mother say to her husband, in the seat just behind me in the train the other day. The conductor had just admonished him that he must throw away his cigar or go back to the smoker. The wife pleaded with him again to stay with her and throw it away, but the poor fellow was more wedded to the cigar than he was to his wife, so he walked back into the smoker, and did not return until the end of the journey. This illustration shows how nicotin can destroy the finer sensibilities of the mind.—*Selected.*



SIR WILLIAM THOMPSON, speaking of the minor ailments which gradually increase and make work difficult and life dreary for people of sedentary habits, says: "Few people will believe how easy it is in most instances to avoid these stomach derangements and their results by adopting appropriate food, and that such brain workers can really enjoy a fair degree of health and comfort by living on light food, which does not require much force to digest and much muscular activity to assimilate."



# HEALTHFUL COOKERY

## AND HOUSEHOLD SUGGESTIONS

### *Which Are You?*

THERE are two kinds of people on earth to-day,—

Just two kinds of people, no more, I say,—  
Not the rich and the poor, for to count a  
man's wealth

You must first know the state of his conscience  
and health;

Not the happy and sad, for the swift-flying  
years

Bring each man his laughter, and each man  
his tears.

No; the two kinds of people on earth I mean  
Are the people who lift and the people who  
lean.

In which class are you? Are you easing the  
load

Of overtaxed lifters who toil down the road?

Or are you a leaner, who lets others bear

Your portion of labor and worry and care?

— *Selected.*



## *Beds and Bed Making*

*Mrs. M. H. Tuxford*

HOWEVER well-selected and hygienic a bed may be, if not well made, the degree of comfort derived from it will be small, if indeed it is comfortable at all.

When a wire mattress is used, a piece of blanket, felt, or ticking should be stitched over the wire. This prevents the mattress from slipping, and saves it from being worn out by constant rubbing against the uneven wire surface.

Upon leaving the room in the morning, the clothes and pillows should be removed from the bed, and the window thrown wide open. It is well to turn the mattress each morning, one day from top to bottom, and the next from side to side. This insures even wear, and prevents hollows forming in any locality.

The mattress having been thus turned,

a binder, or under blanket (which may be of cotton), is put on. The binder should be wide enough to tuck in well at the sides of the bed, but does not need to come over the ends of the mattress.

Some physicians object to the use of bed binders on the grounds that they absorb perspiration, and so become a source of disease, but this need not be if they are washed as often as necessary. By their use the mattress is held well together, and the entire bed is rendered smooth and comfortable, while the sheets last longer than when they are allowed to rub against the hard ticking.

The under sheet, which is next put on, should be long enough to tuck in well at the head and foot of the bed.

In adding the upper sheet and the blankets, the bed maker must be very careful to see that they are laid perfectly smooth, with the middle line of both sheets and blankets exactly in the middle of the bed. Hardly anything makes a bed more uncomfortable, not to mention the untidy appearance, than having the clothes all on one side.

It is a mistake to choose bed coverings just large enough to cover the mattress and little more. They should be long enough to admit of sufficient tucking in at the foot, and wide enough to allow a considerable amount to hang down on either side. On the other hand, they should never be so wide that they touch the floor, or so long that the tucking in of the surplus material causes the foot of the bed to be higher than the head.

Opinion differs as to the best material to use for sheets; but the consensus of opinion is in favor of cotton. Linen is a good heat conductor; the temperature of the body thus being reduced too rapidly for health if linen sheets are used. Cellular cloth sheets are now warmly advocated. In cases where wool is preferred, cashmere goods, either white or the natural color, can be procured. The latter is much used in England.

Pillow-cases are generally made of linen because of its coolness. Only one end of the pillow-slip should open, and the fastenings should always be of tape.

Over the blanket put a coverlet of light weight. Any kind of material will do, but cellular cloth is best, giving a finished and tidy appearance.

Over this lay a pretty bedspread, to be removed at night. Do not tuck the spread in, but merely lay it evenly on the bed. If neatly folded at night, it will remain clean for a long time.

Those who like warmth without

weight find it advantageous to purchase a good eider-down quilt. This should be put between the upper sheet and blanket. If the eider-down quilt is exposed to the fresh air daily, it is a perfectly healthful article of bed covering. When, however, this precaution is neglected, its use becomes a menace to health.



### *Olive Oil Adulteration*

THE most common adulterants arranged in the order of the most frequent occurrence, are cottonseed, peanut, sesame, rape seed, sunflower, poppy seed, and maize oils, writes Prof. Louis B. Allyn in *Good Housekeeping*. As every bale of cotton yields half a ton of seed, and every ton of seed may be made to yield twenty-eight to thirty-two pounds of crude oil, the available quantity is very great. The well-refined cottonseed oil has a pleasant though characteristic taste faintly suggestive of castor-oil. It is not at all uncommon to find in any local market bottles labeled "pure olive oil" whose contents consist wholly or in large per cent of cottonseed oil.

Practically all of the small bottles labeled "salad oil," and retailing for ten cents each, contain cottonseed oil. There is no particular objection to the use of this oil if one enjoys the flavor and pays the cottonseed price.



### *Some Things Worth Knowing*

EVERYBODY who has ever hung pictures knows what a bother it is to go up and down a step-ladder again and again during the operation. One way to obviate this is to use a pole, or a broom handle with a piece of stout bent wire thrust into one end. Another way is to cut a deep notch in the thickest end. To make this great convenience requires hardly any time.

OILCLOTHS should never be washed with soap. Wipe with a wet cloth after brushing with a soft floor brush. A good coat of a clear varnish at long intervals improves them.



VERY hot water should never be used for glass, as it not only cracks it, but gives a peculiar dulness that detracts from its shining qualities. A special bowl should also be kept for glass alone.



WHITE lead is the best and most effective agent for mending broken crockery, as it is one of the few cements that resist both water and heat. Apply thinly on the edges of the broken pieces, press them together, and set aside to dry.



LEATHER-COVERED chairs, when dull and shabby-looking, may be greatly improved in appearance by being brushed over with the white of an egg. Leather grips, hand-bags, etc., may also be treated in the same way. Beat up the white of an egg until it is stiff froth, then dip into it a piece of old linen or other soft rag, and rub the leather well, but lightly. The article must then be left until dry.



TO USE UP BITS OF SOAP.—A small flannel bag with one end open, is a good receptacle for the ends of toilet soap. When a few have accumulated, sew up the opening, and an excellent bath bag is the result, and all the scraps of soap will be used up, whereas in many households they are thrown away.



NEXT time you burn any milk, take the pan off the stove, and stand it at once in a bowl of cold water. Put a pinch of salt into the milk, and then re-

move to a pitcher. And you will find the burnt taste has almost, if not entirely, disappeared. You can do the same with other kinds of burned food.



TO PRESERVE EGGS.—New-laid eggs can be preserved for months by smearing the shells with pure glycerin on the same day that the eggs are laid, or as near the time as possible. It is best to place them in a position with the smaller end up. Pure glycerin is much better than butter or grease, as it never turns rancid, and thus avoids the danger of spoiling the flavor of the eggs.



HARD-BOILED eggs, beloved of children, are not necessarily indigestible. If cooked for forty-five minutes in water not boiling, but kept just below the boiling-point, they are quite easily digested. Cooked in this way the yolk of the egg will crumble to powder under a fork.



TO CLEAN FURS.—It is impossible for furs to go through a season without absorbing a quantity of dust and dirt, and no one should lay them away during the hot season in this condition. A light-colored fur, of course, shows how soiled it is, but the dark ones, not displaying their dirt, are allowed to get dirtier and dirtier. Furs may readily be cleaned at home by rubbing them with bran. Buy a pound of bran, divide it into two portions, and place one in the oven to heat. Spread the fur on paper on a table, and rub it well all over with the cold bran. Then shake out the bran, and brush the fur with a soft clothes-brush. When the rest of the bran feels hot, rub it evenly into the fur in the same manner as before. Brush well till the fur is free from bran and dust.

# QUESTIONS AND ANSWERS

Conducted by George A. Hare, M. S., M. D., Iowa Circle, Washington, D. C.

[From among the many questions received, it is necessary to select, for answer in these columns, such as are likely to be of general interest. *If postage is enclosed* with question, a prompt reply will be returned by mail. Be sure to give name and full address.]

**74. Trichina.**—J. L. M., Vt.: "Is trichina as common in meat as it used to be? If so, why do we hear so little about it?"

*Ans.*—Yes, more so. According to the report of the Bureau of Animal Industry just issued by the United States Department of Agriculture, the inspectors of the Bureau made a microscopic examination of the carcasses of 489,667 hogs during the year covered by the report. Of these 7,544 had dead trichina in their flesh, and 4,896 were found to have living trichina.

If each of these 4,896 carcasses weighed but 100 pounds, and each person who partook of this meat ate one quarter of a pound, it would mean that 1,958,400 persons each ate one quarter of a pound of meat containing living trichina. A horrible thing to contemplate. But cooking kills them, so it does. Cooked worms are dead—rather an appetizing idea.

The above covers but a fraction of the whole number killed in the United States in one year. How many cases diagnosed as chronic rheumatism and other painful disorders are really trichinosis, due to eating half raw pork, we leave the reader to judge.

**75. Care of Finger Nails.**—"My finger nails are rough and uneven: how can I keep them smooth and even?"

*Ans.*—The finger nails should be trimmed very evenly and with care. The skin should be occasionally pressed a little from the edges of the nail with a blunt, smooth instrument. But the surface of the nail should never be scraped or filed, as it destroys the natural polished surface, and gives the nail a dirty, rough appearance. Warm water, soap, and a nail brush should be used daily, followed by a very careful cleaning of the nail with a blunt, smooth instrument, and a careful clipping of all tags of skin by means of small curved

scissors. The nails should be carefully trimmed two or three times a week. After trimming, the cut edge may be filed smooth.

**76. Free Fats—Olive Oil.**—D. E. J., Neb.: "1. Are free fats utilized by the system? 2. Is the use of olive-oil harmful in cooking?"

*Ans.*—Yes. Both butter and olive oil are free fats, and both are utilized by the system as foods. They contain a large amount of energy. In the process of digestion, however, free fats are first emulsified, and are absorbed as an emulsion, and not as a free fat.

2. That depends on how it is used. It may be used so as to be very harmful, but it is not at all harmful if used properly. On the contrary, if good olive oil is used skilfully in the preparation of scientific foods, it is very valuable.

**77. Painful Feet.**—Wm. F., Mich.: "1. I suffer so much pain from callous or inflamed spots on the soles of my feet that I can scarcely walk. There are large callous spots on the ball of my foot right under the big and little toes. I enclose an advertisement of a patent medicine said to cure anything of this sort. What do you say of it? 2. I suffer so much, can you suggest anything that will help me?"

*Ans.*—1. Its claims are absolutely unscientific.

2. Yes. Soak the feet every night in very hot water for half an hour; finish by dipping in very cold water for a few seconds. Dry them well. Scrape off all the callous possible with the edge of a knife blade, but do not pare them off. Then, with a narrow strip of fine sandpaper over the end of the finger, rub off the dead skin till you get nearly to the "quick," but do not injure the skin. If a corn is found in the center, it must be dug out with a blunt instrument. Next morning take a circular piece of thick chamois skin

one inch wider in diameter than the callous, cut a hole out of the center nearly as large as the remaining callous, cover one side of the circular ring of the chamois skin with flexible collodion, and quickly place it around the callous. Hold it firmly till it sticks fast. The purpose is to take the pressure off the callous. If one ring is not thick enough, glue a second one on top of it. Remove it every night. Put on a clean stocking each day, adjust the shoe carefully, and you will soon have complete relief from your suffering.

**78. Lymphatic Glands.**—C. J. C., N. Y.: "1. I have bunches on my neck from the bottom of my ears extending under the jaw. Some are as large as a bean, and some as large as a bird's egg. They swell and are painful. Six or eight in number. Have had them four years. Am a boy sixteen years old. What are they? 2. What can I do for them?"

*Ans.*—1. They are enlarged lymphatic glands.

2. Take good care of your general health. Live outdoors. Take abundance of exercise, but do not overdo. Keep the windows of your sleeping room wide open. Take a cool hand-bath every morning, followed by an alcohol and oil rub. Use alternate hot and cold applications to the neck for half an hour twice a day. You would get much benefit from a course in physical training. You must give especial care to your diet; select wholesome, nourishing foods, such as zwieback or dry toast, bread and good butter, eggs, cream, pecans, English walnuts, potatoes, and other good foods. Eat only at regular meals, and not more than you can digest well. Write us again in six weeks.

**79. Tonsillitis.**—A subscriber: "Can an attack of tonsillitis be cut short? If so, how?"

*Ans.*—Apply a cold pack to the throat, well protected by warm flannel, for twelve hours. Gargle throat every two hours with the following: add half teaspoonful of ammoniated tincture of Guaiacum to a half glass of hot milk, and gargle slowly till it is all used. Swallow two or three teaspoonfuls of it. If taken early, and repeated every two hours for twenty-four hours, almost any case of tonsillitis may be broken up promptly.

**80. Deafness.**—Mrs. M. A., Kan.: "1. Is deafness from any cause curable? 2. Can the

hearing be improved if the drums are perforated? 3. Will artificial drums restore the hearing? 4. Is there any help for a person who is too deaf to hear ordinary conversation?"

*Ans.*—1. Yes, in many cases.

2. Yes, the ear-drums are not essential to good hearing; a person may hear quite well after the drums have been entirely removed.

3. No, there are cases in which they improve the hearing for a time, but they are capable also of doing harm.

4. There may or may not be; it depends wholly on the cause of deafness. The writer has had many cases too deaf to hear any ordinary conversation in which good hearing was restored by a short course of proper treatment. We recommend all persons suffering from serious ill health, or from defects of the special senses, to consult a physician who has special skill in that especial line. It costs too much to experiment.

**81. Alcoholic Nostrums.**—P. S., Wash., D. C.: "What per cent of alcohol does Swamp Root contain?"

*Ans.*—We think about six per cent. We do not condemn patent medicines simply on account of their alcoholic character. The whole patent medicine business is a gigantic evil, and bodes no good for the public health. If the money and push devoted to patent medicines were spent in educating the youth in rational methods of healthful living, the physical condition of the human race would be revolutionized.

**82. Viavi Treatment.**—C. C., Wash.: "Do you know if the Viavi treatment is like all other highly advertised medicines, 'a trap for the credulous'? It is a very expensive treatment."

*Ans.*—If one were to judge from the sale of worthless patent medicines, one would decide that it makes little difference where the trap is set, or what it is baited with: the credulous are soon in evidence. The public estimate of any nostrum depends apparently on the energy with which its sale is pushed. Microbe Killer, Liquozone, and Lydia Pinkham's compound are familiar illustrations of what push will do. *There is no secret in medical truth.* A so-called truth that is kept a secret may safely be considered a fraud. We do not recommend the preparation you speak of,



### Cereal Foods

It may be interesting, in view of the extravagant statements made by the manufacturers of many breakfast foods, to know how they stand the test of scientific investigation.

In the Report of the Storrs (Conn.) Agricultural Experiment Station for 1904 is a paper giving the details and results of an experimental study regarding the digestibility of certain of these foods.

Three of the best known of these foods were chosen for the experiment, which consisted in feeding the persons experimented upon with known quantities of the food under test, together with measured amounts of milk, cream, and sugar. The feces were afterward analyzed to determine what proportion of the food passed away undigested. The accompanying table\* shows that these foods were not so well utilized as ordinary wheat bread. Some quotations from the report will be interesting:—

“With all three subjects the diet became decidedly disagreeable before the experiment ended. There was considerable fermentation in the alimentary tract, accompanied with apparent irritation of

the intestine, and more or less pain, which with one of the subjects was so severe on the third day that he had to terminate the experiment sooner than was intended. . . . R. D. M. continued two meals longer, but had to reduce the quantity of cereal eaten, and was unable to take the last meal on the fourth day because of the decidedly uncomfortable conditions of the intestine, and also because the cereal had become very distasteful, so that the last meal was eaten only with difficulty.”

In nutritive value these foods do not stand higher than the grains from which they are made. In digestibility they are rather inferior to good bread. As to price?

Another paper in the Storrs Station Report for 1904 gives the nutritive values of many of these prepared foods as compared with bread, flour, and other ordinary foods. One table, which is of special interest, shows the fuel value of ten cents' worth of the respective foods.

The fuel value of ten cents' worth of flour is 5,069 Calories; wheat bread, 2,619 Calories; sugar, 2,989 Calories; potatoes, 2,604 Calories; dried peas, 4,652 Calories.

The uncooked breakfast foods, like rolled oats, hominy, etc., vary from 3,000 to 3,700 Calories. Ten cents' worth of corn-meal yields 7,041 Calories; of samp, 8,253 Calories. Compared with these some of the cooked or “predigested” foods give, for ten cents, from 900 to 1,200 or 1,500 Calories.

These foods are valuable as sources

\* Availability of nutrients and energy of cereal food materials.

Cereal Food	Protein per cent.	Carboh. per cent.	Energy per cent.
Grape-Nuts .....	70.1	91.5	86.3
Malta Vita .....	72.1	90.0	83.4
Force .....	69.8	88.5	78.7
Graham bread .....	76.0	90.4	82.9
Entire-wheat bread ..	82.3	94.1	87.1
White bread .....	88.1	97.9	92.0

of nutrition. They are generally put up in attractive packages, and are clean and healthful; and for the family with a generous income they make a pleasing addition to the menu; but the family that must study economy in its culinary expenses will be wise to use the foods which give the largest value for the money. There is a vast difference between five pounds for ten cents and three fourths of a pound for fifteen cents.

There may be some invalids who can not eat the foods that sell at two to five pounds for ten cents, and who need the more expensive foods. Again there may be those who, "batching," have not the time to cook the raw grains as they should be cooked. These will undoubtedly do better to use one of the thoroughly cooked foods.

The dry foods certainly have the advantage that they compel more thorough mastication. This it seems to me is their greatest advantage. Even when they are eaten with cream, and swallowed with comparatively little mastication, they can not form a gluey mass like mush. They necessarily form a mass which is readily permeated by the digestive juices.

Such a food can be prepared in the home by drying good bread in the oven until it is crisp. For many purposes it is better if it is not much browned in the process. As far as nutritive value is concerned, this dried bread ranks with many of the foods with high-sounding names which sell at prices beyond the reach of people in humble circumstances.



### *More Evidence*

OUR readers will recall that in the March number an account was given of Professor Chittenden's investigations as to the nitrogen requirement of man.

Folin, conducting a series of studies on the composition of urine corresponding to different amounts of protein katabolism, arrived at the same conclusion; namely, that one hundred and eighteen grams of protein is "far in excess of the needs of normal man."

From his article, "A Theory of Protein Metabolism," which appears in *The American Journal of Physiology* for March, I quote the following significant language:—

"The two chief arguments which have been advanced in justification of large amounts of protein (118-130 grams) are, first, that people who can afford it actually do frequently consume such large quantities of protein, and, secondly, that Voit and his coworkers thought they had shown that nitrogen equilibrium can not be permanently maintained on smaller amounts.

"The first argument, however, has no more value than the same argument would if applied to the question of the daily use of wine at the table. Like most statistical arguments, this one is capable of quite different interpretations. The second argument has carried incomparably greater weight. It has repeatedly been shown that nitrogen equilibrium can be maintained on less than one third the nitrogen demanded by the standard diets; but Voit came long ago to a different conclusion, and the experiments of the more recent investigators have not been able to awaken any general doubt as to the substantial correctness of the conclusions of Voit. Even the men who have made low nitrogen equilibrium experiments have hesitated to draw conclusions essentially different from those of the old master.

"The appearance of Chittenden's book a few weeks ago, on 'Physiological Economy in Nutrition,' seems, however, to me to indicate the beginning of the

end of Voit's nitrogen-rich standards of diet. Here we find feeding experiments numerous enough and prolonged enough to constitute incontrovertible evidence against the necessity of conforming to the standards of Voit."

Evidence is slowly but surely gathering, which demonstrates that too much meat is used. And yet the cry continues, "We must have meat! We can not keep pace with this rapidly moving age without it." History is being made across the water on a fleshless diet, demonstrating that man can develop physical prowess, mental acumen, courage, and the ability to succeed, on a fleshless diet.

But people will go on for some time to come, eating meat under the belief that it is necessary. It was only back in the last century that a man who avoided the free use of alcoholic liquors, and who proclaimed that they were harmful, was considered a crank. Now learned men — scientific men — admit that the use of alcohol as a beverage is dangerous. The meat question has not reached that stage, but it is moving.



### Disguised Tippling

THE Professor of Hygiene, Howard Medical School, in an article in *Boston Medical and Surgical Journal*, gives the results of his analyses of a number of preparations extensively advertised as foods for the sick. He says: "My attention was drawn to this class of preparations by the fact that an invalid who was faithfully following the directions accompanying one of them was observed to be more or less constantly in a state of intoxication, for which condition no cause could be assigned, until the suspicion was directed to the food, which proved, on analysis, to contain a fairly

large percentage of alcohol; and this suggested the advisability of obtaining specimens of other preparations for investigation."

He found the following to contain alcohol, the amounts being given in per cent by volume: —

Liquid Peptonoids .....	23.03 per cent.
Panopepton .....	18.95 per cent.
Hemapeptone .....	10.60 per cent.
Nutritive Liquid Peptone ....	14.81 per cent.
Hemabolooids .....	15.81 per cent.
Tonic Beef .....	15.58 per cent.
Mulford's Predigested Beef ..	19.72 per cent.

It is easy to understand how these much-advertised invalid foods may create an appetite for liquor. These preparations do not contain alcohol as the result of accident, but in order that the stimulating effect of the alcohol may give the impression of greatly increased vigor and mental activity as a result of using the food.

The stimulation passes off in a few hours, and it is necessary to repeat the dose. Gradually the doses must be made larger and more frequent. The final outcome is that the victim finds himself a slave to the alcohol habit.



A recent issue of *Medicine* tells how the men of a certain Texan town evaded the local option law by substituting an alcoholic catarrh remedy for their accustomed drink. We quote sufficient to illustrate the fact that many so-called foods and medicines are simply disguised alcoholic beverages: —

"It is remarkable that the art of refined tippling should have originated in a backwoods crevice — an uncouth Texas town. In that unnamed locality a temperance breeze was stirring. When the breeze had become a full-grown gale, many parched throats cried for relief. But the total abstainers showed no merey. One of the parched throats pre-

sented itself in the apothecary shop, and from it issued a request for a pint bottle of —, a much-advertised catarrh remedy.

“The man had diagnosed his case as one of catarrh of the throat. He tried —, and found it good for what ailed him — as exhilarating and rejuvenating as the best brand of whisky. This man was public spirited; so, instead of keeping a good thing to himself, he whispered the secret to his neighbor, and soon an endless series of whispers was started. The apothecary shop became an oasis to which the afflicted wended their weary way. The knight of the pestle was amazed; never before had such an epidemic of catarrh visited the community. Catarrh was in the air. It was necessary, in order to meet the demand, to telegraph for two car-loads of —,” etc.



### *Public Health*

GOVERNMENTS can render no better service than to contribute to the health and prosperity of its citizens.

Formerly governments were run for, and in the interest of, the rulers. Now the tendency of nearly all governments is toward the betterment of the people.

But that this subject has as yet a subordinate place in our government may be known from the fact that, whereas two entire departments (War and Navy) are devoted to the maintenance of our international standing (the Department of State may also be included), one small bureau in the Department of Agriculture is entrusted with the work of studying to improve the health of the people.

It is true the War and Navy Departments have their health organizations; but these are primarily for the benefit of the fighting men, and not for that of the ordinary citizen.

Even in these departments, the work that is done for the preservation of health is far from efficient. In the Spanish War, to the disgrace of the United States, more of our men were lost through disease than through the enemy's guns.

This disgrace is all the more keen since the Japanese have shown that hygienic conditions can be preserved in camp, even under most trying conditions. There may be some difference in efficiency between American and Japanese medical officers, but more difference between the acumen of the military leaders. The Japanese show their sagacity by giving the medical officers full control of the sanitation of the camp, whereas in this country the efforts of the medical officers are much hampered by unnecessary red tape.

In the Canal Zone at the present time is a striking example of the policy usually pursued in this country to subordinate the medical officers to men who know practically nothing of the importance of thorough work in sanitation.

As a result, we need not be surprised to hear of a serious outbreak of yellow fever and malaria on the Isthmus.

The work of clearing Havana from yellow fever has demonstrated that with efficient and unhampered medical administration, it is no longer necessary to have outbreaks of this disease.

The work of the health officers of different cities varies greatly, because of difference in the powers conferred on the respective boards. This may be illustrated by the work of the San Francisco and the Chicago boards in their crusade against poor milk.

In San Francisco, the inspectors find that out of ninety-nine dairies furnishing milk to the city only thirty-nine were in good condition; and what is counted “good” there is not necessarily

up to the standard demanded by health boards which have more authority. Letters were sent to the dealers receiving the milk in San Francisco, notifying them that the milk from certain dairies was not up to the standard, and urging them to see that the dairy meet the requirements of the board. A letter was also sent the owner of each dairy which was rated poor. In many instances this procedure had the desired effect. In the case of certain dairies in very filthy condition the department ordered them vacated, but the vacation proceedings were stopped by injunction proceedings from the superior court.

It is now proposed, if the dairymen continue to resist the vacation proceeding, and persist in using their filthy dairy buildings, that the milk shall be quarantined, and the permits of the dairymen to sell milk in the city be revoked.

In Chicago during a recent week, of eight hundred and twenty samples examined only fourteen of milk and thirty of cream were below grade. But it was found that a number of dairies were feeding "wet malt," and refused to comply with the department's regulations.

As a result, the milk from these dairies (eighty-nine cans) was returned to them.

These shippers then sent their milk to a certain creamery, upon which "the department rejected all milk and cream from this creamery until every shipper who supplied the creamery with milk had placed his affidavit on file in the laboratory that he would not feed wet malt or brewery slops to his cows. As a result of this action, the creamery and the department have arrived at an agreement with the railroad, by which the company agrees not to ship any more malt to these towns."

Energetic health officers are often prevented from accomplishing any real

reform by the lack of efficient sanitary regulations. Legislators are so busy with other matters that they often fail to pass just measures for the protection of the public health. The failure of the recent Congress to pass a pure food law is a case in point.



### *Light Drinkers Turned Down by the Governor of Indiana*

A FEW days ago Governor Hanly, of Indiana, decided that no man who drinks should be appointed to any office within his control. According to the *Washington Star*, a man called on the governor in the interest of an applicant for an appointive office. He spoke of his friend's work for the party, his liberality in campaigns, and his local influence. The governor heard his visitor through.

"I should like to appoint your friend, and I have no doubt whatever of the merits of his services to the party, or of his ability to do the work if he did his best," was the reply. "I have noticed that railroads and other large business enterprises of recent years have ruled against men who drink. This is a good policy, I think, and so long as I am governor of the State, the same policy shall be pursued in its business."

The practical recognition by Governor Hanly of the truth that the use of alcohol, even in small quantities, lessens the value of a man as an official of the State and impairs his fitness for holding a public trust, and the action of the great corporations in debarring from the service all men who use alcohol, because they can not safely be entrusted with commercial responsibilities, and because its use makes them reckless of human life, are great object-lessons, and should inspire all workers along the line of temperance education.

G. A. H.

# News Notes

## Foods

DURING February the Massachusetts Board of Health entered twenty-one complaints against violators of the laws regarding pure foods and drugs, resulting in twenty convictions.

DR. ARCHIBALD R. WARD states, in a bulletin issued by the Agricultural Department of the University of California, that the hen with advanced tuberculosis does not lay eggs. He thinks that, therefore, the transmission of tuberculosis through eggs is not probable.

It is generally believed that milk from tuberculous cows will not transmit tuberculosis unless the udders of the cows are involved; but a French investigator caused tuberculosis in animals by feeding them with milk from tuberculous cows whose udders were not diseased. He believes that milk from tuberculous animals should not be put on the market.

*Public Opinion* for April 1, has an article by the editor of *What to Eat*, and Superintendent of Food Exhibit, St. Louis Exposition, entitled "America's Food Poisons," the reading of which makes one wonder whether it is possible to purchase anything that is not adulterated with injurious substances. One would judge, to read the article, that it is a little overdrawn, but there is evidently a good substratum of truth under it.

IN his recent address to the Retail Grocers' Association, delivered in Philadelphia, Dr. Wiley proposed a national law providing that all food products indicate the place of manufacture, and give a truthful description of their contents, and that they contain no substances injurious to health. Such a law would be reasonable, effective, and would not harm any legitimate interests. Such a bill would lessen the ill-gotten gains of many irresponsible fakirs. Perhaps that is the reason the recent Congress failed to pass the pure food bill.

THE following question and answer occur in *The National Stockman and Farmer*: "I have a heifer one year and a half old that has warts all over her; some of them are as large as an egg. Is Holstein and Shorthorn; is in fair condition. These warts came during the

last six weeks. Feed her corn fodder and some mill feed. Warts are a brownish color and rough on top.

"*Answer.*— The best advice I can give you regarding this heifer is to make beef of her. When warts are so large and so numerous, it is about all a common heifer is worth to treat them."

ONE observer, in order to test the comparative merits of raw and boiled milk, took a litter of four puppies. Two of these were nourished in the usual way. One was fed boiled cow's milk, and the fourth raw cow's milk. The first two, at the age of two and one-half months "were in splendid condition every way; the third was considerably smaller, had a more prominent abdomen and a rougher coat; while the fourth dog, which had been fed on raw milk, was far behind in development, was weak, had nephritis, open fontanelles, a poor coat, etc., and, in fact, presented a condition simulating rickets [rickets]." This observer thinks from this that we should not be too hasty in advocating the general use of raw milk.

JOHN J. MURPHY, of Sioux City, hog buyer for the Cudahy Packing Company, and one of the hog experts of the country, warns farmers of the danger of tuberculosis in their hogs, and declares there is need of an immediate inquiry into the increase in this disease. There is no way of knowing whether a hog has tuberculosis except to kill the animal, so far as Mr. Murphy knows.

"My own belief is that the tubercular tendency results from feeding the hogs with skimmed milk from tubercular cows," says Mr. Murphy. "That there is an alarming amount of tuberculosis among cows is well known. I have observed that in the months when there is most of the dairy food for hogs, there is most development of the tubercular tendency."

If milk from tubercular cows will give tuberculosis to hogs, how about the people who use such milk?

DR. PENNINGTON, after an inspection of the Pasteurizing plants of Philadelphia, concluded that Pasteurizing destroys the lactic acid germs, and hence delays souring, but does not destroy some of the more dangerous germs

present. Pasteurization thus destroys the danger-signal without taking away the danger. By the time the milk is cooled and bottled, it has about as many germs as before, capable of multiplying with greater rapidity than before the milk was heated.

Dr. Evans has concluded, as the result of certain experiments, that raw milk has a certain resistant power against bacteria, which power is destroyed in proportion to the heat to which the milk is subjected. Pasteurizing kills part of the bacteria, notably the lactic and bacteria; but after the milk has cooled, the remaining germs and those which come from unclean vessels grow all the more rapidly.

The publication of these opinions has come as a rude shock to the physicians who have depended upon Pasteurization as a means of preventing the evils of dirty milk.

#### Drugs

THE misery and depression frequently following influenza can be shortened by a plain diet of milk and vegetables. Beef tea and other supposedly strengthening foods only delay recovery.—*American Medicine*.

THE Illinois State Board of Pharmacy under the statute governing "second offenses" has begun suit for five thousand dollars against the proprietor of the Natural Drug Company. The Pharmacy Board has begun a vigorous crusade, with the purpose of checking the selling of cocaine.

PEOPLE are still being killed or made blind as a result of using whisky containing wood-alcohol. Pure whisky is not quite so bad; but it makes a slave of a man, and then he has to drink, or thinks he has to. People who let whisky and other drinks alone avoid the danger of taking wood-alcohol.

THE Chicago *Dispatch* reports that out of 139 decoy prescriptions sent out by the State Board of Pharmacy, 23 contained no trace of the drug called for; 66 were 80 per cent impure, and 10 were 20 per cent impure. The board will, in consequence of these disclosures, prosecute 100 druggists.—*April Woman's Home Companion*.

THE State of Washington has made a commendable move, in passing, in the face of opposition by quacks and mercenary newspapers, a law against advertising to cure private

and sexual disorders, lost manhood, etc. Every such advertisement is a fraud. It is to be hoped that the example of Washington will be followed by others States.

A CORRESPONDENT (a physician and editor of a prominent medical journal), in writing of Peruna, calls it "the most advertised and most used alcoholic proprietary medicine. Originally vaunted as a 'catarrh cure,' it has become a panacea for all the ills of flesh. Children cry for it, women yearn for it, and it warms the cockles of the adult male heart. The potent touch of forty per cent of cheap alcohol causes all the ills of the world to vanish."

ON account of the death of several Cubans who took overdoses of certain American patent medicines, the Cuban authorities resurrected an old Spanish law requiring the formula of every patent medicine to be published on the bottle. But the patent medicine men, through the State Department, succeeded in having the law interpreted so that the medicines may be admitted to Cuba if formulas are filed with the Cuban government, to be by them kept secret!

#### Poison Habits

THE Wisconsin Assembly has passed a bill prohibiting the manufacture and sale of cigarettes and cigarette-papers. There was only one dissenting vote.

OHIO has a law prohibiting the granting of a marriage license to an habitual drunkard. The Prohibitionists of New Jersey are working to secure a similar law.

"IN proportion to its population Yountville [Cal.] has for many years been the wettest town in Napa County. In fact, Yountville saloons seemed to thrive like thistles in the fields. But now things seem about to change. Senator Rush introduced a bill in the last legislature to prohibit the sale of liquor within one and one-half miles of the Veterans' Home. This bill was passed by both houses, and was last Saturday signed by Governor Pardee. Six months are given the saloon-keepers to close out their places of business. The law affects all the saloons in and about Yountville."

#### Communicable Diseases

OF twenty-two new cases of smallpox which

occurred in Chicago during a recent week, none had been revaccinated since childhood, and seventeen had never been vaccinated. Of the five who had been vaccinated in childhood, the youngest was twenty-six years old.

In a recent editorial article, *The Journal of the American Medical Association* urges that in all acute infectious diseases, the urine, feces, sputum, and nasal discharges should be disinfected, as all may contain infectious germs capable of carrying infection to others.

Two German professors, at a recent meeting of the German Medical Society, stated their belief that cancer is not contagious, and that the reason it seems to be rapidly increasing is because more cases are recognized than formerly. Others are not prepared to accept these views.

THE State Board of Health of Pennsylvania has issued a circular on The Early Diagnosis of Tuberculosis, which they have sent to all the physicians of the State. This will give physicians, in brief, the latest and best information regarding the early and accurate diagnosis of tuberculosis.

DR. GEORGE T. MOORE, of the Bureau of Plant Industry, has issued a report showing that copper, properly used, is of inestimable value in purifying large bodies of water infected with typhoid germs. According to the doctor, the amount of copper necessary to destroy the typhoid germs is absolutely harmless to human beings.

A BILL has been introduced into the Pennsylvania Legislature, empowering the health authorities to make rules for the care and control of all persons having acute infectious disease, and for the control of the sanitary condition of premises where such diseases exist, and for the burial of all persons who have died of some acute infectious disease.

THE death-rate from cerebro-spinal meningitis in the city of New York has increased from eighteen the last week of December to one hundred and thirty-one the last week of March. As a result of this alarming increase, a commission has been appointed, which is studying the disease not only in New York, but in other places where the disease is prevalent.

“THE Danish government has issued a new stamp of the value of half a cent, the proceeds from the sale of which are to be used to augment a fund for a sanatorium for tuberculous children. The stamp has a picture of the late queen, and is affixed by those charitably inclined, to all postal matters, in addition to the regular postage. Twenty-seven thousand dollars has already been raised in this way. The plan has found a favorable reception among the Danes, and is being considered for adoption in other European countries.”

“No case of plague has existed in California for over a year. During all that time a force of inspectors has been constantly at work; basements have been torn out, and concrete flooring laid, war on rats waged, and the whole area repeatedly disinfected. Recognizing the danger that all coast cities with large commerce are in, now that plague is so wide-spread throughout the world, the State will continue the work of inspection, so that if, by any means, it should again appear, we shall be there with an organized and experienced force.”

THE Anti-Tuberculosis League of Cleveland, Ohio, aims to increase public interest, so there will be an intelligent support of public measures directed against the disease. It is proposed:—

To support and increase sanatoria, dispensaries, and visiting nurses.

To preserve children from infection by assisting in fresh-air camps, vacation schools, and children's societies.

To investigate dangerous trades, and see that proper health devices are used.

To investigate unsanitary houses, and urge their proper disinfection and repair.

IN Los Angeles sixty-three deaths occurred in February from tuberculosis. Of these, nine were natives of the Pacific Coast; ten had lived in Los Angeles less than three months; eight between three and six months; seven between six and twelve months, and nineteen between one and five years. What is true of Los Angeles is also true of other places. That so large a proportion should die in a short time after reaching here shows poor judgment on the part of those sending them, to call it by no harsher term. Our climate, glorious as it is,

can not save the lives of consumptives coming here in the last stages of the disease, many of them without friends or means to provide the necessaries of life, to say nothing of the comforts so much needed. It is cruel to them and unjust to us.— *Report, Cal. State Board of Health.*

A BILL abolishing compulsory vaccination of school children passed both houses of the California Legislature, but was vetoed by Governor Pardee. In his message, the Governor, who is a physician, said: "Before the discovery and application of vaccination by the immortal Jenner, smallpox was nearly universal, and it was considered a grave disadvantage not to have had the disease in childhood. Severe and terrible epidemics have gradually but surely become things of the past except when, from any cause, vaccination has been neglected. That accidents of many kinds, even death, may follow vaccination is not and can not be denied. But that the number of these accidents, compared with the many, many thousands — even millions — of times which this beneficent procedure is practised, is anything but infinitesimal is not borne out by the facts. When vaccination is compulsory, and the law is well administered, there is but little smallpox; so that those protected by vaccination soon lose their fear of the dread disease; and turning our attention to the lesser evils of the vaccine virus, many of us conjure a fear, not warranted by facts, against the very thing that saves us from a much worse fate."

#### Sanitation

AN ordinance is contemplated for Cleveland, Ohio, limiting the number of passengers a street-car will be permitted to carry.

IN New York City 2,700,000 pasters warning against spitting on the sidewalks and floors of public places have been printed, to be pasted in the school text-books.

THE city of Cincinnati is determined to have clean cars. One of the electric railway corporations was recently held up for a few hours because its employees ran out a car which had not been cleaned in accordance with the provisions of the law.

A FRENCH invention, which may supersede duster and broom, and incidentally do away with the disease germ in carpets and furniture, has an accordion-like bellows, and acts

on the suction principle. Connected with the bellows is a tube having at its free end a dusting brush. The bellows contains packing material which holds the dust (germs and all) drawn into it.

THE Maine State Board of Health has published a method of disinfecting by formaldehyd, which is simple and safe, and which requires no apparatus. For every one thousand feet of air space in the room, use thirteen ounces of potassium permanganate and one quart of formaldehyd. Have the room closed, with cracks pasted up, except the door. Put the potassium permanganate in some large vessel, such as a bucket, pour over it the formaldehyd, and get out of the room quickly. Paste up the door. Keep the room closed for four hours.

THE health officer of Birmingham, England, has issued a report in which he traces a special connection between high infant mortality and dirty houses. He finds a great difference in the infant mortality in different sections of the city, the highest death-rate being three times as great as the lowest. He finds, corresponding to this, local customs of feeding and rearing infants, handed down from mothers to daughters. He notices a close connection between the infant mortality and the home conditions. Many of the houses are small, damp, poorly constructed, and poorly lighted. The doctor thinks that the children under these conditions are as much injured by sucking the dirt from their fingers and toys as from the dirt in the milk.

DR. PARK, of the New York Board of Health, has made a series of experiments to determine to what extent paper money may carry infectious bacteria. While diphtheria germs may live on paper money as long as a month, it was found that pennies, nickels, and dimes, put into the mouths of children suffering from diphtheria, were free from diphtheria bacilli at the end of twenty-four hours. Evidently the metal of the coins is destructive of germ life.

As a result of this investigation, Dr. Darlington, of the New York Board of Health, addressed a congressional subcommittee on banking and currency, regarding the danger incurred through the circulation of unclean paper money. He suggests that, in the interest of public health, it is desirable "that soiled bills be withdrawn from circulation as soon as practicable."

# 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*

G. H. HEALD, M. D. - - *Editor*  
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## The Gospel of Health

THE gospel of health ought to be preached from every pulpit, taught in every school, and lived up to in every home, says *Good Housekeeping*. Yet how seldom is it mentioned by the preacher! how it is violated by the school! how neglected in the home!

The principal of a private school, of high repute for its success in fitting for college, admonished her overworked class: "Your lessons are more important than your health." Several parents heard of it, investigation proved that the remark reflected the institution's policy, and they wisely withdrew their daughters from the school.

Health is the most essential purpose of development in children. The person who fails to realize this truth is not fit to have their care, either in school or in

the family. Committees and superintendents in charge of the public schools should make the health of pupils their first duty, but how wide-spread is the tendency of the schools to overtax the brain at the expense of the body. Parents protest in vain, as they see the children becoming wan, nervous, and worn out by sacrifice to so-called education.

The farther the child is removed from country life and the environment of the rural school, the greater is the risk it runs in the educational process. City schools should teach hands even more than heads, for this brings about the best "mind learning," while laboratory methods and manual training tend to insure health, and make it easy to inculcate a knowledge of the laws of health, as well as to develop the capacity to do things.

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