

DAINTIES FOR AUGUST DAYS

LIFE
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Vol. XX

AUGUST, 1905

NO. 8

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- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., C. P. Farnsworth, M. D.

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

Vol. XX

Washington, D. C., August, 1905

No. 8

Regularity in Eating

Mrs. E. G. White

REGULARITY in eating is of vital importance. There should be a specified time for each meal. At this time, let every one eat what the system requires, and then take nothing more until the next meal.

There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness, nor suffer so much from sickness.

Another pernicious habit is that of eating just before bedtime. The regular meals may have been taken; but because there is a sense of faintness, more food is eaten. By indulgence, this wrong practise becomes a habit, and often so firmly fixed that it is thought impossible to sleep without food. As a result of eating late suppers, the process of digestion is continued through the sleeping hours; but though the stomach gets no rest, its work is not properly accomplished. The sleep is often

disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed, and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death.

In many cases the faintness that leads to a desire for food is felt because the digestive organs have been too severely taxed during the day. After disposing of one meal, the digestive organs need rest. At least five or six hours should intervene between the meals; and most persons who give the plan a trial, will find that two meals a day are better than three.

Wrong Conditions of Eating

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. In fact, the more liquid there is taken with the meals, the more difficult it is for the

food to digest; for the liquid must be absorbed before digestion can begin.

Do not eat largely of salt, avoid the use of pickles and spiced foods, eat an abundance of fruit, and the irritation that calls for so much drink at meal-time will largely disappear.

Food should be eaten slowly, and should be thoroughly masticated. This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action.

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found.

The stomach is closely connected with the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly.

At meal-time cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all his blessings.

Overeating

Many who discard flesh-meats and other gross and injurious articles think that, because their food is simple and wholesome, they may indulge appetite without restraint, and they eat to excess, sometimes to gluttony. This is an error. The digestive organs should not be bur-

dened with a quantity or quality of food which it will tax the system to appropriate.

Custom has decreed that the food shall be placed upon the table in courses. Not knowing what is coming next, one may eat a sufficiency of food which, perhaps, is not the best suited to him. When the last course is brought on, he often ventures to overstep the bounds, and take the tempting dessert, which, however, proves anything but good for him. If all the food intended for a meal is placed on the table at the beginning, one has opportunity to make the best choice.

Sometimes the result of overeating is felt at once. In other cases there is no sensation of pain; but the digestive organs lose their vital force, and the foundation of physical strength is undermined.

The surplus food burdens the liver, and produces morbid, feverish conditions. It calls an undue amount of blood to the stomach, causing the limbs and extremities to chill quickly. It lays a heavy tax on the digestive organs, and when these organs have accomplished their task, there is a feeling of faintness or languor. Some who are continually overeating call this all-gone feeling hunger; but it is caused by the overworked condition of the digestive organs. At times there is numbness of the brain, with disinclination to mental or physical effort.

These unpleasant symptoms are felt because nature has accomplished her work at an unnecessary outlay of vital force, and is thoroughly exhausted. The stomach is saying, "Give me rest." But with many the faintness is interpreted as a demand for more food; so instead of giving the stomach rest, a double burden is placed upon it. As a consequence the digestive organs are

often worn out when they should be capable of doing good work.

Reform in Diet

Where wrong habits of diet have been indulged, there should be no delay in reform. When dyspepsia has resulted from abuse of the stomach, efforts should be made carefully to preserve the remaining strength of the vital forces, by removing every overtaxing burden. The stomach may never entirely recover health after long abuse; but a proper course of diet will save further debility, and many will recover more or less fully. It is not easy to prescribe rules that will meet every case; but with attention to right principles in eating, great reforms may be made, and the cook need not be continually toiling to tempt the appetite.

Abstemiousness in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly, and take plenty of physical exercise. There are men and women of excellent natural ability who do not accomplish half what they might if they would exercise self-control in the denial of appetite.

Many writers and speakers fail here. After eating heartily, they give themselves to sedentary occupations, reading, studying, or writing, allowing no time for physical exercise. As a consequence the free flow of thought and words is checked. They can not write or speak with the force and intensity necessary in order to reach the heart; their efforts are tame and fruitless.

Those upon whom rest important responsibilities, those, above all, who are guardians of spiritual interests, should be men of keen feeling and quick perceptions. More than others they need to be temperate in eating. Rich food should have no place upon their tables.

Every day men in positions of trust have decisions to make upon which depend results of great importance. Often they have to think rapidly, and this can be done successfully by those only who practise strict temperance. The mind strengthens under the correct treatment of the physical and mental powers. If the strain is not too great, new vigor comes with every taxation. But often the work of those who have important plans to consider and important decisions to make is affected for evil by the results of improper diet. A disordered stomach produces a disordered, uncertain state of mind. Often it causes irritability, harshness, or injustice. Many a plan that would have been a blessing to the world has been set aside, many unjust, oppressive, even cruel measures have been carried, as the result of diseased conditions due to wrong habits of eating.

Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.

Strong men who are engaged in active physical labor are not compelled to be as careful as to the quantity or quality of their food as are persons of sedentary habits; but even these would have better health if they would practise self-control in eating and drinking.

Some wish that an exact rule could be prescribed for their diet. They overeat, and then regret it, and so they keep thinking about what they eat and drink. This is not as it should be. One person can not lay down an exact rule for another. All should exercise self-control, and should act from principle.

Dress in the Daily Occupation

Augusta C. Bainbridge

ONE hindrance, greater than many others, faces women in seeking to gain the benefit to be derived from physical culture in the daily occupation. That hindrance is unsuitable dress.

Men dress much more sensibly than women. They can walk and run and climb without strain. They can lift, and



hold, and carry burdens, even up a flight of stairs. They can breathe, and not think of their clothes. They can hold their hands up, and not be compelled to hold their hats on.

How can women get these good things that are theirs? Surely it is their right, their heritage, to be free — free to enjoy life, all that life means: health and happiness in their labor, with its glad fruition. This being true, there must be some way to dress that will not hinder this enjoyment.

As much of the vigor of the body depends on the free circulation of the blood, clothing should not interfere with that. Every band should be removed, every string cut loose, every bone or steel cast aside, which impedes the continual flowing of the life current. Nor should this be a matter of denial, simply. It should go further, and embrace substitution. Let garments that cover the form from neck to ankle in one piece, be substituted for those that need a band at the waist line, and that form a double covering over the lower portion of the trunk. Extra heat is not needed there.

Be it known, also, that a band not only harms by its tightness, but by its very presence. There is an unnatural drawing, a strain felt in moving, that irritates and chafes, though it does not bind. More women are injured in so-called civilized lands by too many clothes than by too few. We all remember the remark of the Syrian woman, who said, "I always had good health until I became a Christian and put on corsets." And strange, and contradictory as it may seem, too much clothing, covering the trunk, keeps the extremities cold.

While doing housework, and much of it is hard work, the exercise keeps up the warmth of the body, and clothing beyond necessity is a burden. A work dress, not unlike a bath-room or bathing costume, made of flannel, outing cloth, or gingham, according to the climate, consisting of waist and skirt in one piece, would cover every need. It

should be well fitting, but loose and comfortable, having no waistband. The neck should be low and easy fitting. A bias band or ruffle of the goods would make a pretty finish. It should be short on the shoulders, have a roomy arm's eye, and fulness enough across the chest, both back and front, to give every muscle perfect liberty. The sleeves should be loose,



and reach just above or just below the elbow. Some would prefer the wrist length, and being buttoned, they

could be rolled up if necessary. The length of the skirt should be determined by circumstances. To the shoe tops is the most convenient; though if there are steps to be mounted between the rooms, or at the back door, a few inches shorter would be better. The hose could be supported by shoulder straps, or they could be buttoned to the under-garment. Easy-fitting shoes, not too large, with low heels, will save the feet. A work apron, of the pinafore style, or any similar pattern that does not call for a string around the waist, a light cap to protect the hair, and our lady is complete, free to scrub, or cook, or serve.

Some we read of advise women to work nude. This is out of the question under many conditions, yet it might be possible and beneficial under some circumstances. One little woman, heavily burdened, learned, by accident, that she could work nude and not feel tired. Through a long, hot summer she carried her well-laid plans into execution, and was stronger for it. She lived in an upper flat, whose windows, save the front, opened only to the birds and breezes. She finished the work in the front of the house, pinned her notice on the door, doffed her apparel, and worked. No one knew of her freak, as she called it, until years afterward, when she told

it herself. She has since learned of hygienic garments, and enjoys wearing them.

Girls working in offices and shops would be greatly benefited by wearing well-fitting, not tight, hygienic garments. The shirt-waist is not bad, if the neck and arm's eye are free. The skirt, walking-length, gives freedom, is genteel and clean.



The solicitor, or agent, who must walk, will find knickerbockers much more comfortable than a weight of skirts. The large arm's eye, easy-fitting collar, and neck with the short shoulder seam, will make her numerous bundles lighter, because easier to carry.

If the street suits must be utilized for house wear, let them be prepared for their new office. Fix the neck, arm's eye, and sleeves. Shorten the skirt,

and enlarge the band, so that the garment will hang free from the shoulder, when the waist is attached. Buttons and buttonholes or hooks and eyes will fasten the skirt to the waist.

Make the change, and you will find that housework will keep you healthy. Health is such a strong factor in success, we should court it. Learn the laws that govern health. Learn that health is the result of obedience. Physical culture is one of the avenues leading to health.

Constipation

Frederick M. Rossiter, M. D.

CONSTIPATION is a condition of such common occurrence to-day that it is looked upon as a trifling matter, and consequently is very much neglected. As a result, the sale of anti-constipation remedies is making many millionaires; for there is an almost endless list of drug combinations for the relief of this morbid condition, and some of these much-advertised articles are sold in prodigious quantities.

That a healthy condition of the digestive passage has very much to do with the state of our feelings is a fact not generally understood nor appreciated. A bowel full of poisons of the most offensive nature, if neglected, must result in the absorption of poisons, giving rise to much irritability, as well as to pessimistic feelings.

Then again, constipation is responsible for such disturbances as coated tongue, loss of appetite, debility, various pains, neuralgia, headache, backache, mental dulness, depression, and disturbed sleep or the inability to sleep. Infants are usually very cross and irritable if the bowels are irregular, and they become amiable and calm when the bowels move.

The causes of constipation are numerous, but probably more important than any other are errors of diet and wrong habits of eating. In the large majority of cases, a well-balanced diet, properly eaten, will, if persisted in, correct even obstinate cases of constipation. Among other causes of constipation may be mentioned overeating of too concentrated food, lack of exercise, sedentary life, the use of tea, coffee, and too much meat, weakness of the abdominal muscles, lack of muscular tone in the bowel, improper secretion, portal congestion,

dyspepsia, diseases of the liver, tumors, constrictions in the bowel, irregular habits in attending to the calls of nature, hysteria, neurasthenia, and last, but by no means the least, promiscuous swallowing of drugs for the relief of this condition.

Treatment

Constipation is a curable condition unless due to organic interferences. But in order to effect a cure, there are certain things the patient will have to fully determine to do and to keep doing. First and foremost is eating slowly, and thoroughly chewing every mouthful of food. The writer is strongly of the opinion that if this rule were always followed, there would be very few cases of constipation. Next in importance is free water drinking, and the eating of a certain amount of fresh fruit, or the drinking of fruit juice. A person troubled with constipation should drink at least two or three quarts of water during the twenty-four hours, drinking freely before and between meals, and at bedtime.

All sweets are laxative, hence sweet fruits are more laxative than very sour fruits. Oftentimes, one or two baked apples, or the juice of one or two oranges before breakfast, is all that is necessary. A few teaspoonfuls of orange juice is especially helpful in relieving the constipation of babies after the fifth or sixth month. A glass of sweet apple juice after meals is an excellent laxative, as is also the juice of a crisp watermelon. All fresh fruits and fresh vegetables are laxative, hence the different meals should be planned so these may be eaten freely.

There should be a regular time for going to stool. More than this, there

should be a determined mental co-operation. That the mind has much to do in producing an action of the bowels is a fact that can not be overlooked, and hence should not be ignored.

For the relief of constipation, exercise involving the use of the trunk muscles is of much importance, hence walking, hoeing, chopping, rowing, and deep breathing movements are all excellent forms of exercise.

A plunge into a bath tub in the morning, or a cold sponge bath with vigorous friction, is an excellent tonic to all the organs, and produces a more normal flow of the blood, and equalizes its distribution.

Constipation due to an excess of blood in the portal system will be relieved by wearing the moist abdominal girdle during the night. Wring a small towel or four layers of gauze out of cold water, place over the abdomen, fully covering with a heavy flannel strip of sufficient length to lap over the abdomen, and so make two thicknesses over the compress. Pin snugly with safety-pins.

The introduction into the rectum at bedtime, of an ichthyol suppository, or from two to four ounces of olive oil, with the hips elevated, will often give a natural movement in the morning.

If an enema is necessary in chronic constipation, the water should be cold, seventy to sixty degrees; at first use a quart, gradually reducing the quantity from time to time.

These are measures that may be employed by any one in the treatment of constipation. Massage and electricity are most excellent measures, and give definite results, but should be given by a trained nurse or a physician.

In case a cathartic is required, the aromatic cascara sagrada preparation is the best, the least harmful, and usually very satisfactory. The dose does not have to be increased, and in time it may be dispensed with.

If constipation is due to a rigid sphincter muscle or to disease of the rectum, these causes will have to be removed before relief can be expected.

North Yakima, Wash.



It is easy to understand why scientific medicine should be somewhat shy of mental therapy; for it is evidently open to every form of quackery and abuse. It requires the most careful guardianship to keep it within bounds, and to prevent the spread of such dangerous neglect as that of which Christian scientists have sometimes been guilty, in their disregard of quarantine in the case of contagious diseases. Moreover, modern medicine is just now absorbed in the wonders of bacteriology and physiological chemistry. In its extensive abandonment of drugs, it is doubtless abstaining from a certain measure of

harm which the old-fashioned practitioner wrought, but it is also losing the suggestive effects which accompanied his drugs as well as his bread pills. So long as scientific men hold aloof from the recognition of mental therapeutics within their proper limits, so long we shall have with us the cohorts of quack doctors, religious and irreligious, working with mental suggestion. So long, too, will the patent medicine quack flourish. His flamboyant, scare-head advertisement actually creates a deal of the difficulty (mental of course) which his medicine subsequently cures.—*The World To-day.*

Preventable Diseases

Malaria

At one time, not so very many years ago, yellow fever was a scourge to warm regions, more dreaded than almost any other disease.

On the supposition that it was contagious, every known precaution was taken to prevent its spread; but quarantine and sanitary measures utterly failed to lessen its ravages. Within its geographical limits, it seemed to travel when and where it would, regardless of the efforts of health officers.

But now, yellow fever is under control. The mystery and the terror connected with it are a thing of the past. Havana, once the hotbed of "yellow jack" and never free from it, has been absolutely cleaned and kept clean of the disease,—not by the usual methods of quarantine and cleanliness, but by learning the means by which the disease is transmitted, and directing the energies in accordance with this knowledge.

It was learned, as the result of very careful observation and research, that yellow fever is transmitted from one patient to another by means of a species of mosquito which lives only in warm countries. By protecting all yellow fever patients so they could not be bitten by mosquitoes, the disease was soon under control. The work was rendered more effective by destroying, as far as possible, all mosquitoes, especially those of this species. It has been known for a longer time that another form of mosquito is the means of transmitting malarial infection. Infected by the blood of a malarial patient, the sharp lance of the mosquito is not only an annoyance, but a source of danger.

There is now the most positive proof that malaria is transmitted by mosquito bite. How may this knowledge be used

in the prevention of malaria? In three ways at least. First, by not allowing any mosquitoes to bite a malarial patient, or (if they succeed in biting a patient) by destroying them before they escape. Second, if living in a malarious district, by having the house closely screened against mosquitoes, and not staying out of the house after sunset. These mosquitoes almost always bite at night. Third, by not leaving any water standing around in buckets or other vessels. If it is necessary to keep buckets of water for fire protection, a few drops of petroleum or kerosene on the top of each bucket will prevent the growth of larvæ. If ponds where water stands for more than nine days can not be drained, they should be treated with petroleum or kerosene to destroy the larvæ. To be effectual, a film of oil should cover the entire surface; and in order to keep this film complete, a new supply of oil should be added at intervals. Ponds too large for the application of petroleum should be stocked with topminnows and salamanders, which feed on the mosquito larvæ.

A fourth means of protection is the judicious use of quinin by malarial patients. Quinin is deadly to the malarial parasite; and though it is harmful to man, it is not nearly so harmful as the malarial organism. In regions where there are anopheles mosquitoes, a malarial patient is a source of danger to all his neighbors. By taking a vigorous quinin treatment, he not only shortens the course of malaria in his own case, but he materially lessens the danger to others. As far as possible, one should obviate using quinin by careful attention to the first three preventive measures mentioned in this paper.

The Dyspeptic—A Story

Mrs. M. E. Steward, A. M.

"HERE, Harry, is a good strong cup of coffee for you. Are you not feeling so well to-day? You look unusually pale."

"I don't know that I am any worse, but I tell you, mother, it is simply terrible. I am actually afraid I shall be insane. Wherever I am, whatever I do, my stomach is there too. It seems like an overshadowing presence, an evil demon, taking entire possession of my mind the moment I stop conversing or reading. I don't see how I can endure it. Very often I have to make such an effort to think a single thought, that every part of my body is taxed to the utmost; it is like trying to pry up a mountain with a bean-pole. Everything looks gloomy as the grave, the sunlight seems veiled. I have not told you before how bad it is, because I did not wish to worry you, dear mother."

"Truly I *am* greatly alarmed. Is there *nothing* that can be done for you?"

"There seems to be but one ray of light for me—that is Petoskey, with James and Edith."

"*Petoskey!* forlorn hope! seems to me you are pale enough and thin enough now, without coming on to Edith's 'starvation diet.'"

"It hasn't worked badly for brother James, has it? Only think, when he was married two years ago, he was much as I am to-day, and now see what a fine physique he has. I'm resolved to give it a trial. Anything is better than this living death!"

"Well, if you *must* go, I'll put into your grip some of these pickles to whet up your appetite, some of these ginger-snaps, and a bottle or two of Madeira.

If you are likely to starve, you can eat these in your room, and they will never know it."

Harry assented, to relieve his mother, mentally resolving to throw them out of the window as soon as the cars were in motion.

"Well, Edith, here's a postal from Harry. At last he has decided to come to Petoskey. He'll be here to-day. Poor fellow! what shall we do for him?—he's used to such high living."

"Leave that to me, James, I can cook grains and vegetables in many pleasing ways; then you know we have all kinds of the nicest fruits. Of course we can not give him wine. I think we can by degrees substitute our nutritious caramel coffee for his tea and Mocha. As for desserts, I can make pie crust that couldn't hurt a baby; and then our sponge and cream cakes, and such an endless variety of delicious puddings! Why, James, this is our opportunity—the one chance in a lifetime, no doubt. We must make his coming here better than a gold mine.

"Of course eating and drinking will not be all. We must make brother Harry's stay with us very pleasant. He must go with us to Pine Lake, Charlevoix, Mackinac, the Beavers, and so on. He likes the water, and these rides will do him good. I believe all this, with our fine air and the blessing of God, will make a new man of him."

Arrived at the Spencer cottage, two blocks east of the depot, Harry was warmly welcomed.

The three together made a very striking picture. All were in early life.

Harry represented the results of wrong habits of living: James and Edith, in the bloom of health and joy, were specimens of nearly perfect physical organization.

Harry was too much exhausted to notice the beauty of his surroundings. A couch was at once wheeled onto the broad piazza; the awning lowered enough to shut out the direct rays of the sun, a slumbering rug thrown over him, and James took a chair near by. The weary one was soon asleep.

At three o'clock he opened his eyes, just as James came to announce dinner.

"This is very beautiful," said the invalid, as his eyes wandered over Little Traverse Bay, with its variety of boats large and small.

Seated at the table, Harry was surprised to find a steak and a cup of tea. Then he explained the object of his coming, and was about to set aside the unhygienic dishes.

"Not to-day, please," replied Edith. "It would not be best for you to make too sudden changes in your weak condition. It is not a little thing that we have no wine. We feared you could not at first relish our good living. I assure you we are pleased to hear you wish to adopt it. You will gradually find in our bracing air, and in learning to walk as you can endure it, such a tonic that you will not miss your stimulating diet."

"One of the very first things," said James, "is to learn *how* to eat. We have nothing to drive us here, so we sit at the table an hour, have a social chat, and chew our food till it is as fine as fine can be. We find that we have little need of drinks at our meals, because our food is thoroughly insalivated by long chewing. Health and happiness depend to a great extent on our food. Our judgment is muddled, our sensibili-

ties blunted, and every exertion of mind and body becomes an almost insufferable burden, when the stomach is crowded with a putrefying mass of indigestible food. This induces unnatural thirst, which calls for strong drink."

"I have this terrible thirst you speak of. I drink ice-water, soda-water, beer, and wine, yet I can never satisfy my thirst. Is it possible that my food causes it! As for my mind, it is perfectly uncontrollable. Oh, do tell me, is there any cure?"

"Cheer up, my brother, I was just like you; now I do not know that I have a stomach or a head; am never unduly thirsty; never have bad dreams; everything in the world is bright; and I am happy. I am positive you can be the same, though you may find, as I have, that Dame Hygiene is a merciless tyrant, and that perfect obedience only is the price of health."

"I'll do anything to get rid of this awful nightmare!" and the poor man buried his face in his hands.

After dinner James chatted cheerily about his summer resort and the many places of interest in and around it; thus Harry forgot himself, and his food digested well.

On retiring at nine o'clock he found a suite of rooms cozy and sweet. All day the sun had shone into them unobstructed, and the air had circulated as freely.

Finding the windows open, though no draft reached the bed, he ventured to say, "Night air is considered poisonous: wouldn't it be better to close one of the windows, at least?"

"You know, dear brother," said James, "there is no air at night but night air. Why not have it pure as well as in the daytime? Every breath we breathe spoils a good deal of air. It is much better to have this replaced

with good air than to breathe the poison over and over as we have to where there is no ventilation in the room."

Harry said no more. He slept sweetly all night, and rose refreshed in the morning, beyond anything he had ever realized before. This was the last of his fear of open windows.

Next day James took a carriage, and with his wife and brother drove around town awhile.

After this the brothers took to walking, going a little farther every day, till, in a short time, they could ramble all over the hills, and come home without any sense of the exhaustion which Harry had felt so much at first. His food digested well, and he relished it more every meal.

Harry occasionally had meat, but after a time he used no more of it, neither tea nor coffee.

Everything about the daily life of this young man was changed. Never did he tire of looking at the exquisite landscape. Almost every day he rode on the water; and whether he looked into the green depths of its rolling waves, or watched the ever-changing white foam on the crests, he loved these waters more deeply, tenderly, and reverently than he could express.

All this was in the line of Harry's recovery. It kept him from thinking of himself; it made him hopeful and happy. When he had been in Petoskey but three weeks, he had gained ten pounds.

At the end of three weeks Harry received an express package. Opening it, he found a box containing rich pastry, boiled ham, baked turkey, wine, etc. A letter from mother Spencer explained—she feared her poor boy was suffering from want of something he could eat. They all wished mother could see

her boy then; but what could they do with her "goodies"?

Six weeks after Harry left his mother, a hack called at the Spencer cottage, and who should alight but mother herself? Entering the cottage, she gazed around, half bewildered. There were James and Edith, who gave her a sincere welcome; but Harry was nowhere to be seen.

"Where's Harry?" she at last ventured to ask.

Just then a man came rushing in. Seeing his mother, he stopped in astonishment. Mrs. Spencer did not know him, owing partly to his improved looks and partly to her blinding fear. Harry put his arms around her with the one word, "*Mother*," in his well-known voice, only so strong it was now. She held him off, and eyed him sharply from head to foot, exclaiming, "I do declare!"

The sense of relief overcame her, she sank into a chair, and burst into a flood of happy tears.

"Come, mother," said Harry, at three o'clock, "this is our dinner hour. I want you to see what a fine cook James's wife is." Mrs. Spencer was surprised to see such a lovely table; moreover she found everything palatable. The menu that day included green pea soup, creamed potatoes, cabbage salad, macaroni, whole-wheat bread, toasted wafers, beaten biscuit, custard pudding, and for Mrs. Spencer, coffee and fresh fish.

"I confess to you," said mother, as she arose from the table, "I have wronged you. I called this a *starvation diet*; I did not know what I was talking about. God forgive me for feeding my family in a way that was making them miserable, and sending them comparatively useless to the grave. Now, Edith dear, I want to stay here long enough to learn to make these nice and pretty dishes myself."

THE MEDICAL MISSIONARY AT WORK

Our Sanitariums in England

The Caterham Sanitarium

THIS institution was formally opened in May, 1903. It is located at Caterham, Surrey, seventeen miles south of Westminster Bridge, London. Caterham is a town of about nine thousand inhabitants. The sanitarium is situated about four hundred and fifty feet above the level of the Thames, and is on the outskirts of the town, and yet within five minutes' walk of the railway station on the Southeastern Railway. The house thus possesses all the advantages of a beautiful country, and, at the same time, is within easy reach of London, the express trains making the trip in about half an hour.

The building contains about twenty-five bedrooms, drawing-room, reading-room, business offices, a commodious gymnasium, dining-room, and consultation room, also excellent bath-rooms. Three additional villas have been secured, two of which have been leased under a three years' agreement, so that the present capacity is forty bedrooms for guests, besides ample room for the workers. We also have a meadow of about twenty-two acres, on which we hold a lease for fourteen years, at fifteen pounds per annum. This we sub-lease for the hay, getting back our annual rental, and yet having the free use of the field at any and all times, without any expense. The capacity of the institution is about forty patients. The number of patients treated during 1903-04 was about five hundred and fifty. We have twelve nurses in training, two gentlemen and ten ladies.

We know of at least eight patients

who, through coming to the sanitarium, have accepted the Lord, and are devoting their lives to his service. A large number have accepted the principles of healthful living as taught at the institution, and are carrying them out in their own homes with great benefit. Our net gain for the two years was about eight hundred dollars.

So far, no account of charity work has been kept, except where the patients have paid nothing whatever to the institution, the rate credited to our charity account in such cases being somewhat less than the actual cost, but still our books show more than forty-two pounds to this account. A much larger amount of charity work has been done, but not accredited.

Leicester Sanitarium

This institution is located at 82 Regent Road, Leicester, in the heart of a city of about two hundred and twenty thousand inhabitants. One of the leading citizens of the place, a business man, offered us the free use of a large double-fronted house for a period of ten years, and also offered to build suitable bath-rooms in connection with the place, provided we would run a sanitarium on the Battle Creek lines. This offer was accepted.

There was a long delay in fitting up the bath-rooms, and the institution was not formally opened until Feb. 8, 1904, with Mrs. Eulalah Sisley Richards, M. D., as resident physician and matron. On the following summer her husband, Dr. Franklin Richards, joined the institution, and became superintendent.

The house consists of six bedrooms — three containing double beds and three

containing single beds—for patients, four workers' bedrooms, drawing-room, dining-room, consulting room, workers' dining-room, kitchen, scullery and ample storage rooms in the basement, also commodious bath and treatment rooms. During 1904, one hundred and twenty-seven patients were treated. There are three nurses in training at the present time, all ladies. The course covers a period of three years, and the entrance fee is five pounds, as in the Caterham Sanitarium. Seven workers are employed, two of whom are physicians, and two are trained nurses.

We have reason to believe that good work is being done at these institutions, not only in relieving the afflicted, but a decided influence of rightful living is constantly being exerted.

O. A. OLSEN.



Madras Presidency, India

My work thus far among the educated Telegu Brahmans has convinced me that the health work would be much appreciated by these people, and would help to break down the prejudices which form such a barrier to the progress of Christianity among them.

The Brahmans in southern India are strict vegetarians, and, unlike those of the northern province, do not even eat fish. As a class, these men are far more particular in regard to the observance of health principles, and the advice given in our health publications is eagerly sought and adopted, both as to diet and to treatment, and somehow the little opportunity I have had thus far of working with these people has led me to the conclusion that if we had such an institution, it would come in for a great share of patronage.

When at Cocanada about ten days ago, I canvassed twenty lawyers, and

secured eighteen subscriptions for the British health journal. These gentlemen were so interested in our health work that they earnestly pressed me to give a public lecture at the Rajah's college, on the principles of healthful living. This invitation I was constrained to accept, although pressed for time. Though the notice of the lecture was short, there were at least four hundred people who attended. This is proof that the subject is one which arouses interest among these people. H. B. MEYERS.



Leprosy in India

WHENEVER leprosy makes its appearance in a member of a household, the infected person is remorselessly thrust out. A wife became the victim of leprosy, and her husband thrust her from his door, forbidding her to return. Would her father and mother receive her? she asked with failing heart. She could but cast herself upon their mercy. Painfully she made her way to the home of her parents. With a cry of anguish she prostrated herself before them, and implored them to have pity upon her, a leper cast out of her home by her husband.

"Be gone!" they said. "We can not harbor you."

"Where, where shall I go?" asked the despairing woman.

"There is a shrine by the roadside under a pipal tree, not far from the town of Barauni," they answered. "Go thither and prostrate yourself before the goddess, and it may be that you will be healed."

With little hope in her heart the woman turned away, and for three weeks she tarried near the idol, and with tears and supplications implored help, but there was "no voice nor any that answered." By begging, she had

secured a sufficiency to sustain life, yet life was a bitter thing to an outcast without home or shelter. Once more she sought the home of her parents, but was again repulsed.

"What shall I do now? Where shall I go?" she asked in anguish of heart.

"We have heard that at such a place," naming the town, "there is a missionary who shelters such as you. Go to him. Perhaps he will receive you."

Painfully and almost without hope the long journey was made. When she approached the residence of the missionary, she feared to venture within the enclosure.

"Never," said the missionary, who had watched her as she crept timidly along, "shall I forget the look which the poor, hunted creature gave me — a look of passionate entreaty, a look of despair."

When he spoke kindly to her, and told her that she would be sheltered and cared for, she wanted to prostrate herself at his feet.

Many years have passed since this outcast from her own people found a safe asylum, with loving care and faithful instruction, and long ago this woman became a disciple of Jesus, and has proved herself a help and a comfort not only to those who received and instructed her, but to her fellow sufferers.
— *Presbyterian*.

Medicine as Administered in China

THE following instance from the report of Drs. Graham and Stooke, of Ichang, illustrates forcibly the need for medical missions:—

"We had the opportunity of seeing the method of treatment adopted by a native quack. A man was seized with unmistakable cholera, and his relatives,

refusing our proffered assistance, called in a native doctor. He first called for some native cash, and gave some to the man to suck. A patient with true cholera is said to be able to dissolve these bronze coins in his mouth; this man, however, could not do so. Then the doctor took two of the cash, and with them vigorously scored the patient's abdomen until the skin peeled off. Then as another method of abdominal counter-irritation, a lighted candle was placed over the umbilicus, and allowed to burn down until the surrounding skin was blistered. But the patient was no better, so the doctor called for the man's tobacco pipe and a kettle of hot water. With the water he washed out the nicotin from the interior of the pipe, and forthwith proceeded to give the patient tablespoonful doses of the disgusting washings. After this the man sank very rapidly, notwithstanding that a live pigeon was divided in two, and the two halves laid over the man's stomach. In our opinion the man died not of cholera, but of nicotin poisoning." — *Missionary Review of the World*.



Training Medical Missionaries

SOME years ago one of my associates in the medical work, not recognizing his privileges as a medical missionary, and thinking the medical and the missionary phases were separate and distinct, thought of giving up his medical work for the purpose of entering the ministry. One whom the Lord has used in teaching others, wrote him:—

"If you are a Christian, and a competent physician, you are qualified to do tenfold more good as a missionary for God than if you were to go forth merely as a preacher of the word."

Certainly what applies to the preacher

of the word would apply with equal or greater force to a Bible worker or a church-school teacher. It is not the diploma that makes the physician, but the medical knowledge possessed. But why should not this same knowledge be possessed by every missionary? I quote another sentence from the same letter:—

“This double ministration will give laborers together with God access to homes, and will enable them to reach *all* classes of society.”

Certainly every missionary should at least *aim* to fit himself to reach *all* classes of society. If it can be done only through this double ministration, then he should not be content to go without the medical preparation.

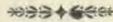
D. H. KRESS, M. D.



Mission Notes

THE REV. S. W. HAMBLEN, of Tokyo, says of the hospital work: “The limits to this work are those of time, strength, and money. . . . The opportunity is practically limitless. One longs for strength.” Every week emphasizes the fact that in Japan to-day God has set before the Christian church an open door which no man can shut.

A CERTAIN Japanese soldier was so strong and well that he had never felt the need of anything which he had not already. By and by he was shot down, one afternoon in battle. Unable to move, pelted by the rain, he lay all night groaning on that Manchurian plain. No one was there to do anything for him. For the first time in his life he needed a God—his need was desperate. Perhaps he prayed to the Unknown One, who must be somewhere. At all events, while thinking of these things he was found by some Chinese peasants, and taken to a place of safety. After he reached the hospital at Sendai, near Tokyo, he was visited by a missionary of the Protestant Episcopal mission. The one thought in this pitying woman’s heart was, “O that these poor fellows would listen when I talk about God, their loving Father!” The wounded Japanese understood that the lady had come to teach him about God, and he flushed with pleasure. This was the one thing he needed; but he said, “I say, there’s another man in that bed over there who wants to know about God, too.” Was it chance that took the missionary to these two gropers after God?



We scatter seeds with careless hand,
And dream we ne’er shall see them more;
But for a thousand years
Their fruit appears
In weeds that mar the land,
Or healthful store.

The deeds we do, the words we say,
Into still air they seem to fleet;
We count them ever past;
But they shall last—
In the dread judgment they
And we shall meet.

I charge thee by the years gone by,
For the love of brethren dear,
Keep, then, the one true way
In work and play,
Lest in the world their cry
Of woe thou hear.

— Noble.



HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

Dainties for August Days

Mrs. M. H. Tuxford

FROZEN desserts and salads are most acceptable during humid weather, and are easy to serve, as they can be prepared in the cool of the day, and require no attention until serving time.

Tapioca Custard

Cook one cupful of tapioca (after it has been soaked in cold water for an hour or two) in one quart of milk until it looks clear and quite thick. Stir often for the first ten minutes to prevent lumping. Beat separately the whites of two and the yolks of three eggs until light; add one cupful of sugar to the yolks, and beat again. Turn this into the cooked tapioca, and stir constantly until it thickens like custard. Then take from the fire, and fold in the beaten whites. Pour into a dish, and put into the refrigerator or a cool place until wanted.

Timbale of Rice

Wash six ounces of rice, put into an agate stew-pan with a little butter, four ounces of sugar, and a few bitter and sweet almonds (pounded). Add one quart of milk and a pinch of salt. Set the whole to boil very gently over a slow fire, and by the time the milk has been absorbed by the rice, the latter will be sufficiently done. When the rice is done, mix in the yolks and the whipped whites of three eggs. Line a mold with short paste. The prepared rice

should then be put into the mold, and baked for about an hour. Then turn the timbale out of the mold onto a dish, and sprinkle with sugar. Put some preserved fruit around the base, and set away to get cold. Very delicious, and can be eaten hot as well as cold.

A Dainty Salad

To make a dainty salad, split hard boiled eggs, and slice off the ends so that they can be arranged on a bed of lettuce. Carefully remove the yolks, and press through a sieve. Season with salt and add a little sugar. Allow a tablespoonful of olive oil to every four eggs, and a teaspoonful of lemon juice. Add to the dressing two tablespoonfuls of thick cream (whipped). Put the mixture on the empty whites of the eggs, and arrange on bed of lettuce.

Tomato Cups

Dip solid, round tomatoes into boiling water; drain, peel off the skin without cutting into the firm flesh of the tomato, and set on ice to chill. Chop hard boiled eggs rather coarsely, and mix lightly with mayonnaise dressing. When ready to serve, hollow out the center of each tomato, fill it with the mayonnaise and egg, pile the whites of eggs in a pyramid on the top, and serve each tomato on a lettuce leaf. The tomato cups may also be filled with chopped celery and mayonnaise.

Beet Salad

Line a salad bowl with crisp lettuce leaves, and neatly pile on alternate slices of boiled beets and hard boiled eggs. Let the beets predominate. Sprinkle the top with onion and parsley chopped very fine, and cover with dressing. This is a wholesome salad.

Mixed Salad

Cut string beans, beets, cauliflower, potatoes, and celery into small dice; if procurable, add a few asparagus tops, a bit of onion chopped very fine, and cold boiled peas, if you have them. Put on lettuce leaves, and serve with a French dressing.

Peas or cauliflower that have been served with a cream dressing are not eligible for salads; and when the housewife wishes to save a few for the next day's salad, she will do well to set them aside before making the cream dressing.

Tomatoes lend themselves to a variety of dishes. The following is an excellent salad: On a foundation of crisp leaves from a lettuce head arrange alternate layers of sliced tomatoes, cucumbers, spring onions, and nasturtium seeds (chopped), and serve with mayonnaise dressing.

French Dressing

To make the best of French dressing experienced salad makers exercise exquisite care in mixing the ingredients in perfect proportions, and in flavoring them with a bit of garlic or onion.

Rub the bottom of the bowl with onion or garlic. Mix half a teaspoonful of salt, by rubbing in gradually six tablespoonfuls of olive oil well chilled. When the salt is dissolved, add a tablespoonful of lemon juice, beat well for a minute, and pour at once over the salad.

Mayonnaise Dressing

A reliable recipe for mayonnaise dressing calls for the yolks of three hard boiled eggs pressed through a coarse

sieve. Add, one at a time, the yolks of two raw eggs rubbed perfectly smooth; then a spoonful of salt. This mixture should be smooth and creamy. Then add to it, little by little, three tablespoonfuls of olive oil, alternating with the same quantity of lemon juice. It is an art to succeed with mayonnaise dressing in summer. All the ingredients must be cold, and the bowl in which they are mixed must be set on a piece of ice or in a pan of cold water during the mixing operation.

Sandwich Filling

By chopping hard boiled eggs very fine and adding three chopped ripe olives to every egg, moistening with a little butter and seasoning to taste, a desirable filling for sandwiches is quickly prepared.

*Fruit Ices*

Mrs. David S. Morse

[IF you wish something superior, healthwise and tastewise, to ice-cream, try one or more of the following recipes.—ED.]

To a pint of fruit juice add the juice of one lemon, sweeten to taste (or rather liberally, remembering that part of the sweetness is lost in freezing), dilute with water, chill thoroughly in freezer, and for every half gallon of liquid, add the white of one egg beaten to a stiff froth. The egg should be beaten through the chilled mixture in the freezer until the whole is a creamy mass. Freeze as for ice-cream. The amount of water and of lemon juice, as well as the amount of sugar, may be varied to suit the taste.

Pineapple Ice

Grind the meat of one pineapple very fine, add lemon juice and one quart of water, chill, add beaten egg, and freeze.

Raspberry Ice

Squeeze through strainer or cheese-

pieces, then pour boiling water on them, and stir until the whole is dissolved, then put into jars and keep for future use.

When making boiled starch, stir it around several times with a wax candle; this will prevent the starch sticking to the iron, and will save much trouble. When making starch for light fabrics, add one teaspoonful of borax, which not only keeps things cleaner, but puts a nice gloss on them. Before starching collars, soak them for twenty-four hours in cold water to which has been added a pinch of borax. This will make them much whiter. Cover the collars to prevent the top ones being discolored.

In folding and dampening handkerchiefs, etc., for ironing, first spread a large dinner napkin and sprinkle it, then spread some handkerchiefs, then another napkin, and dampen again. Alternate this way until all are taken, then roll in a towel. Linen absorbs more readily than cotton or lawn, so in this way all become dampened evenly.

To prevent irons from sticking rub the surface well with salt. Also a good way to prevent irons from sticking is to tie up some wax in calico or muslin, and rub on the iron before using it. This gives a very nice gloss to the surface.

When ironing lace, always lay a piece of soft muslin over it, never touching it directly with the iron. Crocheted, tatting, guipure, and Irish laces should not be ironed, but simply pinned on a well-covered board, point by point, and left to dry, pulling them out gently with the fingers if they seem stiff when unpinned. Your laces will wear and look much better if you practise this method.

Embroideries should be ironed on a thin, smooth surface, over thick flannel, and only on the wrong side.

To glaze linen add to every pound of starch a piece of white wax about the size of a walnut. When ready for iron-

ing, the linen, slightly damp, should be laid upon the table, and first ironed with a flat iron. Then an iron rounded at the bottom, very heavy and very bright, is used for the glossing process.

Calicoes, gingham, and chintzes should be ironed on the wrong side.

When ironing colored waists, no matter of what material, do not use a very hot iron. An overheated iron injures the colors, making them look dull and faded. In ironing a silk waist an excellent plan is to lay a piece of butter muslin over the silk. This prevents that shiny look that silk gets if the iron comes in direct contact with it.

In glazing articles, first starch them in cold starch, then iron damp. Next dip a piece of flannel in French chalk and rub it smoothly on each article, after which rub a piece of white curd soap over the chalk. Finally the articles are ironed on the wrong side only with a moderately hot iron, and, when finished, appear like white porcelain.

The newest ironing-boards have one end covered with zinc, with edges slightly raised at three sides. This serves as an iron-stand, and saves the laundress the labor of lifting the iron to and from the board every time she pauses in her work — a small thing, it is true, but it tells at the end of the long day.

When ironing, stand your iron on a clean brick; it will retain the heat much longer than if put on an ordinary stand.



Vegetables in Tomato

CHOPPED cabbage, string beans, green peas, cauliflower, asparagus, corn, and rice are highly palatable if cooked in little water, seasoned, and then allowed to simmer ten or fifteen minutes in strained, stewed tomatoes.

MRS. D. A. FITCH.



[Conducted by Mrs. M. C. Wilcox, Mountain View, Cal., to whom all questions and communications relating to this department should be addressed.]

Every Mother an Artist

Mrs. M. C. Wilcox

IN front of a block of granite marble stands a sculptor with hammer and chisel in hand ready for work. He knows that with his keen eye and skilful hand he can transform the rough block into a form of loveliness and beauty. And *how* does he know this?—Because he has made it a study. His eye has been trained to examine closely and critically every curve and outline. His skilful hand wields the chisel in a manner which training and education alone can give. "What sculpture is to a block of marble, education is to a human soul."

But how does the block of marble

compare in sacredness and importance to the human soul? The most beautifully chiseled work of art, for which many thousands of dollars have been paid, is but a dead, inanimate object. It is but marble still, and its only value is in the skill of the artist that formed it, in the beauty he gave it. Not so with the human soul. Its value is in the soul itself. It has life, influence, and power, and the shaping of its destiny, the molding and chiseling belong to those to whom the precious charge is given. The mold it receives from their hand will shape its future, eternal destiny. Mothers, what privileges and opportunities are yours!



Training to Obedience

Mrs. Harriet S. Maxson, M. D.

OBEDIENCE is the cheerful submission of the child's will to that of the parent. It is the outgrowth of love for the principle of obedience; but before the principle can be understood, the habit must be formed, and there is no time when habit, either good or evil, is so easily formed as in the plastic early months of life.

The exercise of authority manifested by the youngest child proves that obedi-

ence is not a natural instinct; but by wise management it may be developed. Regularity in feeding, bathing, and dressing, and firmness and gentleness in handling, give to the child an unconscious sense of being under rule, which will gradually establish a love for the principle of submission to authority. A child may have inherited tendencies which make it harder to establish this habit, or cultivate this love for obedi-

ence. As this is not the fault of the child, it behooves every parent to deal gently and patiently.

Wrong Methods

A strong-willed child possesses the greatest possibility for good; therefore be careful not to break his will, but study to direct it in the right way.

Unevenness in the management of children is one of the great causes for the habit of disobedience. A child is reprov'd to-day, excused to-morrow, and the next day no notice is taken of the same act of disobedience. How can we expect an intelligent child to do otherwise than to watch the moods of his parents, and thus secure his own way?

Speaking in loud, angry tones is scarcely ever followed by obedience.

Making your commands in a fretful tone conveys to the child a question as to whether you expect obedience, and under such circumstances you will never secure it.

Many a child is goaded to habits of insubordination by repeated denials to harmless requests.

If You Would Have Your Child Obedient

study to have his life as happy as possible. Think before you deny any request he may make of you, and let the denial be made in due consideration of the child's best good.

Do not fail to give expression of appreciation to acts of obedience. Children, as well as grown people, need encouragement. Remember the injunction, "Provoke not your children to anger, lest they be discouraged."

Make the path of obedience pleasant. Study to make each requirement such as will be pleasing to the child to comply with, and thus help him to form the habit of submission.

Make your commands as few as possible, and if you have rightly related

yourself to your child, you will find that requests will be respected as quickly as commands.

Always when giving a command, speak in low, gentle tones, but with firmness, giving the falling inflection to the voice.

Never give a command when it is impossible to enforce it.

Study the dealings of God. His requirements are ever in the line of the greatest good and highest happiness of his children. It is not right for us to make demands which suit our own convenience, except as it is at the same time for the good of the child.

We can do much to help our children to cheerful obedience, and to an appreciation of the principle of obedience, by holding before them high ideals, of which the Bible is full, and of which we can glean many from the experiences of those about us. Show them that we ourselves are submissive to the will of God and to the powers that be.

If our children are not obedient, let us examine ourselves closely to see if we have control of ourselves; for if we have not control of ourselves, we may not expect to control others.

Let us examine our motives and methods, remembering that this priceless treasure, this greatest of all wealth which we can bequeath our children, is attained only at the price of eternal vigilance, firmness, consecration, and devotion.

Oakland, Cal.



PEOPLE are seldom troubled by the consideration of indigestion until they are troubled by the pain or discomfort of it; and then at length they usually seek a makeshift remedy. They probably take some drug or "stimulant" which shall stifle the *feeling*, and shall overcloud the outward and visible sign. — *Miles.*

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. *Questions sent to Dr. Hare, and accompanied by return postage, will receive prompt reply by mail. Be sure to give your name and full address, and remember that questions for this department, sent in business letters to the office, may be delayed or overlooked.*]

103.—Bed-wetting.—Mrs. A. M., Cal.: “What can I do for my three boys, aged eight, five, and two years respectively, to cure them of wetting the bed?”

Ans.—Meals at regular hours each day. Give them no stimulating food, no condiments except a little salt, very light supper at five or six o'clock, and no foods or fluids of any sort afterward. Have them retire at 9 P. M., and rise at 6 A. M. When such a regular program does not wholly overcome the habit, it may be necessary for a time to awaken the child once during the night at a regular hour; he will soon form the habit of awaking himself.

104. Candy Eating.—Mrs. A. B., Cal.: “How can I cure my son of the candy-eating habit?”

Ans.—Have him stop eating candy. Teach him that eating any food between meals is not good, and the candy eating will cause catarrh of the stomach. Show him a dyspeptic as an object-lesson of what transgression will do for one. Above all else, set him a good example of right living in every detail of your own life.

105. Tickling in Throat.—“Are lemons good for bronchial affections? I have a tickling in the throat. I eat only twice a day, and am very thin in flesh. I am sixty-eight years old.”

Ans.—Lemons are among the most agreeable fruits we have, especially during the summer months. The acid of lemons has been highly recommended as a disinfectant for drinking water; some of these claims have been somewhat overdrawn. Lemons are very valuable for persons who suffer from malaria, and are beneficial in nearly all cases of coated tongue. They will often relieve tickling in the throat, but aside from this grateful tonic and antiseptic effect, they have little, if any, specific effect on bronchitis. Equal parts of lemon

juice and sirup made from cane-sugar sometimes has a beneficial influence on a bronchial irritation.

106. Poorly Nourished Baby.—Mrs. W. B., Ore.: “Our baby is eight weeks old, and has gained only one pound. If I eat vegetables or fruit, the baby seems distressed. I feed it every two and one-half hours during the day, and twice during the night. She is our ninth baby. I am forty-two years old. What would you advise?”

Ans.—Any food that causes distress for the baby should be omitted, no matter how seemingly harmless the food may be. Your regular hours for feeding the baby are all right and very commendable. Either your milk is not of good quality for the baby, or you do not have enough of it. The latter is most probably the trouble. We therefore advise you to feed the baby every other time with malted milk or malted nuts. You will find the proper directions on each bottle.

107. Substitute for Mother's Milk.—R. D., Pa.: “Baby is fretful. Mother's milk is abundant, but seemingly not satisfactory to the child; have been feeding it recently with soda crackers moistened and well sweetened. The child is two months old, and is not doing well. Will you kindly suggest something more suitable as food, as I fear the child will not get through the hot weather.”

Ans.—Never feed a baby soda crackers or any other such food until nature has provided the baby with teeth for chewing, and do not give any baby cane-sugar, for the reason that babies' stomachs and intestines can not digest cane-sugar. Cane-sugar, not being readily digested, undergoes fermentation, causes colic, and lays the foundation for all sorts of gastric and intestinal derangements which ruin the health, retard the growth, and spoil the happiness of many a baby. Sweeten a baby's food with milk-sugar only. You can purchase milk-

sugar at any drug store. As a rule, a baby should have mother's milk, and nothing else. Where this is not possible, or where from any cause the mother's milk is not of good quality, the most practical artificial food for a baby is good clean cow's milk. The milk should be as fresh as possible, and never more than twelve hours old, and should be kept on ice from the time it is drawn until needed for feeding, when it should be warmed to one hundred degrees, and fed to the baby from a perfectly clean nursing bottle. Prepare the milk by mixing seven tablespoonfuls of milk, seven tablespoonfuls of water, two tablespoonfuls of rich cream, and one heaping teaspoonful of milk-sugar.

108. Sore Eyes.—G. H. R., Cal.: "My eyes become inflamed at times and pain me. Pimples appear on edge of lids. Lashes are falling out. General health is poor. Kidneys act too freely. Stomach feels uneasy. I am thin in flesh. What is the matter with my eyes? and what should I do?"

Ans.—You are suffering with blepharitis, a disease of the margin of the eyelids, involving the hair follicles, which causes the lashes to fall out.

This disease is often due to nasal catarrh. If this is the cause in your case, the catarrh must be treated (see question 87 in June issue). It may be due to closure of the tear-ducts, so that the tears flow over the cheek. In such cases the tear-ducts must be opened. It is sometimes due to errors of refraction. In this case, glasses must be fitted.

Having removed the cause, the eyelids should be treated once a day with the following ointment:—

Yellow oxide mercury.....8 grains
Vaseline1 ounce

The disease is chronic, and the treatment should be continued for several weeks. It is best to apply the ointment to the edge of the lids at bedtime, rubbing it into the roots of the lashes carefully.

Your general health must receive careful attention. We advise you to have a thorough examination, and if possible spend a few weeks at some good sanitarium.

109. Food for a Baby Just Weaned.—Mrs. A. F. S., Mass.: "What would you recommend for diet for a baby one year old that has just been weaned from mother's milk? It is well and strong, and has never been sick."

Ans.—Fresh cow's milk, gluten gruel or gruel made from any of the cereals, malted

nuts, and malted milk are all good foods. Begin with cow's milk, and gradually introduce the other foods, using but one food at a time; but they may be given in rotation.

As soon as nature provides teeth for chewing food, give the child something to chew—a little bread, cracker, or nicely cooked potato. Feed regularly four times a day. After six months, three times will be sufficient. Fruit juices in moderate amount should always be provided for children. An orange may be given every other day if the child relishes it.

110. Uneasiness in Head.—E. W., Ky.: "1. I suffer intensely from a stiff feeling in the back of my head at the base of the brain, some times more severe than at others. I do not know the cause. What is the cause? and what can I do to get well? 2. Would it be best for me to go to a sanitarium?"

Ans.—1. The feeling you complain of at the base of the brain is due to exhausted nerve force, and is a warning that you need to build up a great deal more reserve nerve energy, and use less than you are using. You should work less, worry less, sleep more, be in the open air a part of every day, and use all the good, nourishing food you need.

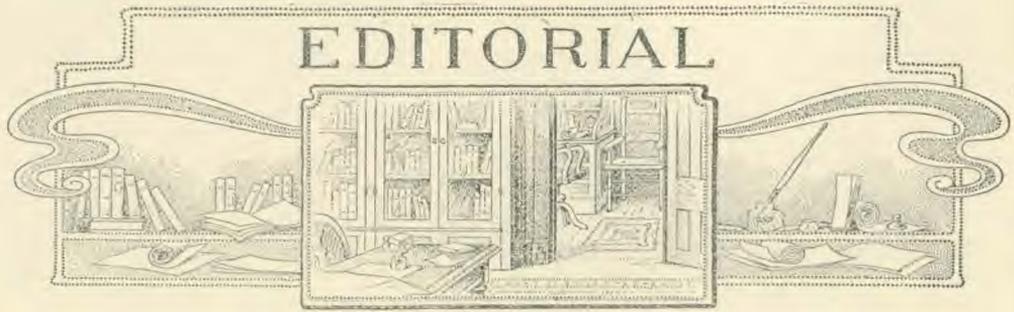
2. Yes. The best thing that you could do would be to spend a short time at a good sanitarium, build up as rapidly as you can, and learn how to live better at home.

111. Glycerin.—E. K., N. Dak.: "Is glycerin healthful in cooking?"

Ans.—A small amount of glycerin taken into the stomach is not considered harmful, but for use in cooking it is not nearly so good as sweet butter.

112. Lemons, Food Value.—A. L. Ky.: "Is there any food value in lemons? I have been told there is none at all. If not, what value are they?"

Ans.—Yes; a small amount of the acid of lemons (citric acid) can be perfectly oxidized, and is a food. One ounce of citric acid is equal in food value to one-half ounce of sugar. The value of lemons, however, does not depend on the nutrition they contain, but on the pleasing flavor, the antiseptic influence, and the appetizing impression which they create. A chimney-sweep is often of more value than an extra ton of coal. He enables the furnace to burn (digest) the coal better. Lemons and other juicy fruits can not be measured by their food value, but by the improved digestion which their use secures.



The Relation of Alcohol to Insanity

THERE can be but little question that the excessive use of alcoholic stimulants is the bane of every civilized country. Despite the fact that undue addiction to alcoholic beverages is now recognized as the most important factor in racial degeneration, and that strenuous efforts are being put forth to stem the tide of drunkenness, but little headway has as yet been made toward this end. In Europe, with the possible exception of Great Britain, the alcohol habit shows no sign of decrease; while in the United States, more alcohol in various forms is consumed than ever before. The most effective means of abating the drink evil is by educating the people into a knowledge of the dire results accruing therefrom. Articles from recognized authorities which prove that drink is responsible for many forms of disease are valuable with this object in view. In an article in the *Post Graduate* for May, Dr. Joseph Collins states that the intemperate use of alcohol is directly or indirectly the most common cause of insanity. In fact, it is so clearly the sole cause, that if alcohol could be stamped out for a century, insanity would undoubtedly shrink in prevalence seventy-five per cent. The writer points out, however, that it is not so much the amount of alcohol that a person consumes as it is the individual who consumes it that stands in causal relation

to insanity. The personal equation must always be considered in studying the effects of drink. Among the forms of insanity directly traceable to the abuse of alcohol are Korsakoff's psychosis, confusional insanity, pseudoparanoia, acute alcoholic mania, and pseudoparesis.—*Medical Record*, June 3, 1905.

The above statement is worthy of note as showing the interest that medical men are beginning to take in the drink evil. The article in itself gives a very potent reason why so little is accomplished through efforts at mitigating the evils of the drink habit. With the great epidemic diseases, none of which does a tithe as much harm as alcohol, the effort is made to *stamp out the evil*. If there is no drinking, there will be no drinking to excess. It may be said with nearly as much confidence, If there is drinking, there will be drinking to excess. Abolish the use of alcohol altogether, and you will abolish its abuse. Try to regulate and define abuse, as different from use, and you will have a perpetuation of the present conditions; that is, the liquor evil will increase despite the effort of societies and governments to control it. No man intends, when he begins the use of alcohol, to use it to excess. No one would admit for an instant that there was danger that he might be brought under its influence. Strong men have fallen under its power; and the fact that there are those

who can use it for years without appreciable harm, is a bait leading many an unsuspecting youth to his ruin. Let us have the courage to say that all use of alcohol as a beverage is, directly or indirectly, an abuse.



By the way, did it ever occur to you that this great government — the United States of America — is a partner in the matter of making criminals and paupers and insane people? For a share in the gain,—the lion's share, by the way,—the government permits the manufacture and sale of that which statistics show is the most prolific cause of poverty, crime, and insanity. Instead of protecting its citizens from the great foe of civilization, it actually, for gain, permits, licenses, and legalizes the opening of man traps,—of pitfalls for our young men. With this monstrous example before them, why condemn the police, who for graft wink at robbery and other crime? Is graft any more wrong in an officer than in a nation?

But let a man attempt to make or sell this stuff without sharing the spoils with the state, and immediately he is an outlaw. In the eyes of the government, it is far more important that the government get its share of the ill-gotten gains of the distiller and the bartender than that the people be protected from the monstrous evil of alcoholism.



But who is back of the machine we call "the government"?—It is you, dear reader; it is I; it is every one who forms a part of this government. If you and I and the others who form this great government were alive to our responsibilities and opportunities, no party would dare appear before the American people with a platform favoring the continuation of the drink evil. As it now is, no

national party can espouse the prohibition cause with any hope of success. The people are not ready for it.

The people of New York City showed they were not ready for reform, when, after a clean administration, they returned to the machine government.



Relation of Milk to Public Health

THE *Lancet* recently drew the following vivid picture of the health outlook in London: "It is a strange satire upon preventive medicine to admit that although our general death-rate has undergone, and is still undergoing, a steady decline, our infant mortality should show not only no substantial fall, but even in some instances a tendency to rise." Speaking of the improved well-being of the poorer classes, their better housing and higher wages, their improved water and air supply, and the better regulation of refuse collection, with twenty-five years of compulsory education, the *Lancet* asserts that there can be no reasonable doubt that a very large share of the infant mortality must be due to the unwholesome milk that is supplied to the children of the poor, and declares the belief that reliance should be, not on sterilization of the milk, but on clean milk.

The *Chicago Health Bulletin*, commenting on this, calls attention to the record that has been made in Chicago as a result of careful attention to the milk supply. In the ten years ending 1894, the death-rate in the under-one-year group was 224 in every 1,000. In the ten years ending 1904, the death-rate in this same group was reduced to less than 146 in every 1,000.

The proof of the pudding is in the eating. The steady decrease in infant mortality in Chicago is a strong evidence that the funds appropriated for the use

of the health department is a paying investment.



Influence of Physical Culture on the Mind

NEARLY one half of the surface of the brain, known as the "motor area," has control of the voluntary muscles. When certain muscles are developed, the corresponding part of the motor area is also developed. People of sedentary habits who have many unused and undeveloped muscles, have a like want of development of the motor area, which means an actual loss of brain power. This does not mean that one can become an intellectual giant by sawing wood or playing baseball, but it does mean that one who devotes all his time to intellectual pursuits to the neglect of his physical nature, will suffer mental as well as physical deterioration thereby; for the energy stored up in the motor areas can be used in all brain activities; and if there is but little stored up, there is but little to use.

The surest way to curb the intellect of a child is to attempt to stop its natural and instinctive physical activities, and turn them in the line of mental activity. The best preparation a child can have for a healthful, vigorous life, with a brain capable of handling large affairs, is to allow it to enter those activities which will give the best development to the motor area of the brain. The normal child will do this without any suggestion from parents. When a child shows an early disrelish for play and physical exertion, and a strong proclivity for intellectual pursuits, it should be a cause for apprehension. Such a child should be encouraged in every way, to engage in outdoor sports and games, in rowing, skating, swimming, or weeding the garden. But above all, this exercise

should, to be of permanent benefit, be agreeable, and not in the nature of a compulsory task. What is done by way of compulsion, can not be a means of properly educating either the motor or the intellectual part of the brain. In altogether too many cases, the time which should have been spent by the child in acquiring a vigorous physical frame has been devoted to the acquirement of knowledge which the child is unable to appreciate, and unwilling to receive. Altogether too many students are graduated with more than a sufficiency of book knowledge, but with a lack of the force of character to make this knowledge of any use to them or any one else.

Education should be (and in fact is) a drawing out, or development, of the student's latent powers. The system of "book larnin'," too much in vogue at present, often acts as a hindrance rather than as a help to the development of the natural powers. As a witness of this fact, one has only to consider the large number of "self-made men" who rise to prominence without opportunities. If these opportunities were a distinct aid to advancement, the college men should take precedence of the uneducated in all lines. But the truth is that many college men turn out to be complete failures.

There is great value in manual training. "The working hand makes strong the working brain." Technical schools in which the brain is developed by the use of the hand, as well as by the memory, through the eye and ear, are an approach toward the true educational method.



The Use of Cane-Sugar

AS the fruit-canning season approaches, it is in order for the usual warnings against the use of cane-sugar,

which may be summed up in the two statements: "Cane-sugar is expensive," and "Cane-sugar is unwholesome." Both statements should be taken with a grain of salt.

At six cents a pound, cane-sugar is one of the cheapest sources of energy we have. It is said that sugar adds materially to the cost of canning fruit. But it adds more materially to its nutritive value. If six cents' worth of sugar is added to six cents' worth of fruit purchased at the usual prices, there will be more nutrition in the sugar than in the fruit, or, in other words, the nutritive value of the fruit will be more than doubled by the addition of the sugar. But, says one, the sugar is indigestible, and can not be utilized by the body. All that is necessary to prepare cane-sugar for entrance into the blood current, is to transform it into grape-sugar and fruit-sugar. There is a digestive juice in the intestines which is adapted for this very work. And then, when cane-sugar is cooked with acid fruit, part of it is converted into grape- and fruit-sugar by the cooking process. So when it is ready to enter the blood, it is, for all practical purposes, identical with the natural sugar of the fruit, or with that formed by the digestion of starch; for the starch-sugar is turned into grape-sugar before it enters the blood.

The objection that cane-sugar is more liable to fermentation than some of the other sugars can not be of force, because the cane-sugar must first be turned into grape-sugar before it can be fermented.

Cane-sugar is more irritant to the stomach walls than some of the other forms of sugar when used in large quantities.

There is no question that cane-sugar is used too freely; that it is often a temptation to gluttony, that it is used

in desserts, which, if the sugar were absent, would be untouched, because the healthy appetite has been already appeased; that it in this way helps to cause that overnutrition which is the cause of most of the diseases of the human race; that there are people who are so constituted that they are better off if they do not touch any cane-sugar: this can all be admitted; but to condemn the use of cane-sugar wholly and without qualification — to discountenance its moderate use in the canning of fruits and in other culinary operations — is, we think, a procedure without scientific foundation.



A PHYSICIAN of England, having become interested in the work of Horace Fletcher, has been making a number of investigations to arrive at the truth regarding the importance of thorough mastication through a study of the comparative anatomy of the dog, horse, and man. The horse, he finds to be "pollophagic" as he calls it; that is, it masticates its food very finely. The dog, on the other hand, is "psomophagic," bolting its food without much chewing. In the horse, the soft palate and epiglottis are well developed, and there is so little room between them that the horse can not breathe through the mouth. In the dog, on the other hand, these parts are very poorly developed, so that the dog has no difficulty in breathing through the mouth, in fact, very commonly does so when heated. It is because of the lack of the muscular soft palate, according to this writer, that the dog is unable to take in water by suction, and so has to lap, but this gives him so much room in his throat that he can readily swallow his food without mastication. In studying man's anatomy as compared with that of the horse

(Continued on third cover page)

News Notes

Pure Foods

RECENTLY four of the California University dairy herd, apparently healthy, were found, by the tuberculin test, to be suffering from tuberculosis in an advanced stage, and were slaughtered.

OWING to the fact that dried fruit in Persia is handled without care, and that cases of cholera have been seen in the vicinity of the drying plants, an effort is being made to prohibit the importation of dried fruit from Persia into Russia. Do you eat Persian dates?

HEALTH Officer Ragan has inaugurated an inspection of the San Francisco butcher shops, which has developed sensational results. Out of one hundred and forty-seven samples of meat examined, but twenty-five were free from deleterious substances. Among these were coal-tar dyes, and boracic acid, and other preservatives.

Communicable Diseases

EARLY in June it was reported that the Isthmus had been cleared of yellow fever, but later reports show that the disease still has a foothold there.

NEW YORK, Philadelphia, Washington, and other cities have found difficulty in locating their proposed tuberculosis sanitariums, on account of the protest of citizens of the towns selected as sites for the sanitariums.

THE following figures show in a striking manner the increase of plague in India during the past five years. For the four years 1901-04 the figures are 273,000, 577,000, 851,000, 1,022,000. For the part of 1905 to April, the figures are 630,000; and for the week ending April 22, 55,000, or at the rate of 2,860,000 for the year.

THE State veterinary surgeon of Iowa calls attention to the increase of tuberculosis among domestic animals. The disease is especially prevalent in dairy herds belonging to poor-farms and hospitals where tuberculosis patients are kept, which would tend to prove the correctness of the opinion that tuberculosis is communicable from man to animals. Out of a herd of fifty cattle at one poor-farm more than fifty per cent were found to be infected, some of them in so advanced stage that they were rejected as wholly unfit for food.

Sanitation

THIS spring, after a heavy rainfall, the Chicago Drainage Canal, built at a cost of about sixty million dollars, for the purpose of carrying Chicago's sewage to the Mississippi River, poured its contents of water and sewage into Lake Michigan for about a day, with the result that several of Chicago's water-supplies show an unusually high percentage of pollution.

CALIFORNIA has a new "cubic air law," making it a misdemeanor for any one to own, lease, let, or hire any room for a lodging or sleeping apartment that contains less than five hundred cubic feet in the clear. According to the terms of the law, the man who owns the room and the man who sleeps in the room may both be punished. The law is also applicable to those who live in their own residences. Two persons occupying a room ten feet square and nine feet high would be violating the law.

SURGEON-GENERAL WYMAN has been sending out inquiries, to those who are in a position to be well informed in such matters, as to the probable amount of disease caused by travel in railway and street-cars. There has been an almost unanimous response that disease is very largely conveyed in this manner, through the vitiated air. Boards of health are trying to remedy the evil, but are not able to do much, because of insufficient legislation. The Pullman Company has appointed a superintendent of sanitation to test devices for the lessening of danger from infection, until one is found that is satisfactory. The Chicago & Alton, and other roads are experimenting with devices of this kind.

Miscellaneous

THERE has been an appropriation of ten thousand dollars for the purpose of exterminating mosquitoes from Staten Island, N. Y.

SOME members of the New York Motor Club have decided to make regular trips to the hospitals, and take convalescent patients out for a ride.

IN England it is unlawful for a physician to sign a death certificate unless he has attended the patient professionally for at least forty-eight hours before death, and without a death certificate, burial is not permitted.

It is said that the reported increase of insanity in England is due largely to the fact that on account of the better management of institutions and the removal of abuses, many mild cases are now committed to the asylums, which formerly would have been retained at home.

THE New York State Charities Aid Association at its last meeting urged the officials of the institutions for the insane to make certain important changes, among which were the following: a plan of boarding out harmless insane individuals, and the employment in each asylum of a person to have the oversight of the diet of the inmates.

THE crusade against children in tenement-houses and apartments has assumed such proportions in New York City that it appears as if married couples would have to choose between moving out into the country or living childless. The board of aldermen has requested three of the city departments — those on health, charities, and tenement-houses — to investigate the matter with a view to obviating this tendency toward "race suicide."

MORPHIN is smuggled into China in flour, in order to avoid the duty. In one case, the box containing the morphin broke, scattering the morphin through the flour. The thrifty merchant, instead of throwing the flour away, sold it in the interior of China. As a result, there followed mysterious deaths for the space of about a month. It is estimated that some fifty lives were lost through the criminal cupidity of this smuggler.

PHILADELPHIA has recently created a new Department of Health, which will always be in session. The old board of health, which this replaces, met only twice a year, unless called together to meet some special emergency. The old board was merely advisory. The new board is authorized to "protect the health of the people of the State, and to determine and employ the most efficient and practicable means for the prevention and suppression of disease."

A BILL providing for the establishment of a State board of examiners for registered nurses was vetoed by the governor of Illinois for the reason that the bill conferred special

privileges on the graduates of certain training-schools, and dealt unfairly with many well-qualified and experienced nurses now practising. All such bills will bear inspection. Many a bill, ostensibly for the public good, is in reality class legislation, with a view to giving valuable privileges to a few at the expense of the many.

THE Philadelphia & Reading Coal and Iron Company is planning to extend the system of "first aid to the injured" to its mines. It is expected that this will greatly lessen the mortality from accidents. In the past many deaths have occurred, not because the wounds were necessarily fatal, but because of awkward treatment by untrained men. Two hundred young men are to be trained for this emergency work, and will be supplied with such first-aid appliances as experience has shown to be valuable for this purpose.

ON account of the startling increase in infant mortality, the mayor of London has felt called upon to make an effort to prevent it. Most of these deaths would be prevented by exercising proper care, and the mayor has thought that a pecuniary consideration might be a stronger incentive to some parents to take proper precautions with their infants than parental love. So he made an offer of five dollars for every baby born during his term of office which should live to be twelve months old. He has also had the corporation provide for a day nursery for children whose mothers are compelled to work out, and hence neglect their infants.

THE record for cremation in Germany in 1903 was less than 1,000, while in England the number was only 500. In 1904 the number of cremations in France was only 305, almost all in Paris. The crematory at Rheims has been ready for operation for more than two years, but not a single application has been made for cremation. In Italy there were 400 cremations, and about the same number in Sweden, and 300 in the Argentine Republic. It would appear from these figures that cremation is not making very much progress elsewhere than in the United States, and in the East, where it has always been in vogue. In the United States the annual number of cremations may be taken at between 4,000 and 5,000.—*Selected.*

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

GEO. H. HEALD, M. D. - - - Editor
G. A. HARE, M. S., M. D. Associate Editor

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THE health stories, by Mrs. M. E. Steward, of Nashville, Tenn., the first of which appears in this number, are sections of a book which it is designed to publish later. Each section, as published in LIFE AND HEALTH, will be complete in itself, illustrating some phase of hygiene. All rights are reserved.



CHRISTIANITY and the laws of health are inseparable. In working for the salvation of men and women it is, therefore, necessary to educate them in the principles of high physical and moral living, and against the sinful gratifications which destroy the heaven-given life and stand as bearers against divine truth. The people must be taught to consider their habits and practises, and at once separate themselves from those things that cause an unhealthy condition of body, and that cast dark shadows over the mind.

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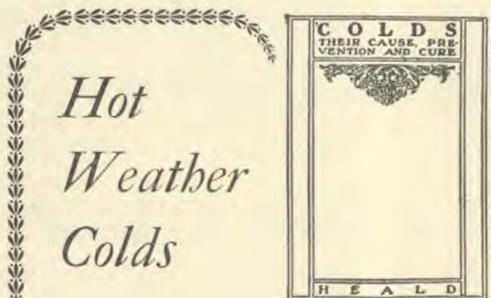
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and dog, this physician concluded that man has a throat more like that of the horse, and that, though man habitually eats rapidly after the style of the dog, his anatomy indicates that his style of eating might with profit be more like that of the horse.



Forbidden Fruit

WE recently saw a chewing-gum wrapper bearing the curious but significant legend: "Forbidden fruit chewing-gum." "Each stick of this delicious confection contains one grain of genuine youth-renewing, health-preserving elixir of life."

On the face of it, this is a falsehood. There is no such thing as a "youth-renewing, health-preserving elixir of life." At the best, this chewing-gum may be inert, a comparatively harmless deception. But more than likely it is

not so innocent as that. It probably contains some drug, which, by its stimulating properties, may lead into a habit as dangerous as the morphin habit. This chewing-gum has been well named. It should be forbidden fruit to your children.



"All that a man can teach is the life he lives."

"The doctrine of Christ has vitality because he lived it."

"The more I see of life and conditions, the more I feel the need of the golden rule."

"There is nothing in this life of competition we now lead and call progress. We labor for things we can not use after we possess them, and the first thing we know, they possess us."

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