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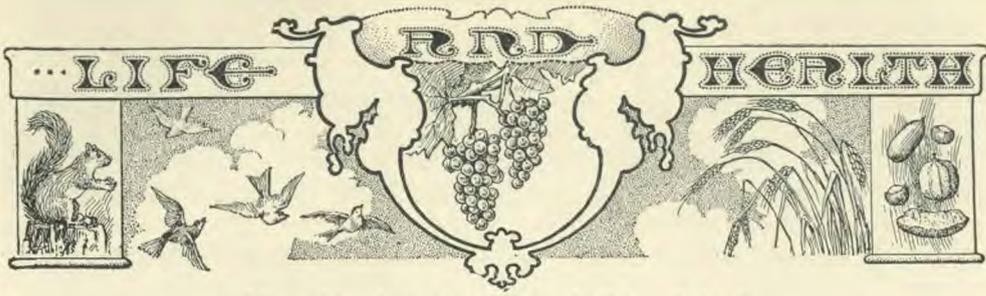
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"Something better is the law of all true living."

Vol. XX

Washington, D. C., December, 1905

No. 12

Recreation

MRS. E. G. WHITE

THERE is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure, and is often carried to excess; it absorbs the energies that are required for useful work, and thus proves a hindrance to life's true success.

The whole body is designed for action; and unless the physical powers are kept in health by active exercise, the mental powers can not long be used to their highest capacity. The physical inaction which seems almost inevitable in the schoolroom — together with other unhealthful conditions — makes it a trying place for children, especially for those of feeble constitution. Often the ventilation is insufficient. Ill-formed seats encourage unnatural positions, thus cramping the action of the lungs and the heart. Here little children have to spend from three to five hours a day, breathing air that is laden with impurity, and perhaps infected with the germs of disease. No wonder that in

the schoolroom the foundation of life-long disease is so often laid. The brain, the most delicate of all the physical organs, and that from which the nervous energy of the whole system is derived, suffers the greatest injury. By being forced into premature or excessive activity, and this under unhealthful conditions, it is enfeebled, and often the evil results are permanent.

Children should not be long confined within doors, nor should they be required to apply themselves closely to study until a good foundation has been laid for physical development. For the first eight or ten years of a child's life, the field or garden is the best schoolroom, the mother the best teacher, nature the best lesson book.

Even when the child is old enough to attend school, his health should be regarded as of greater importance than a knowledge of books. He should be surrounded with the conditions most favorable to both physical and mental growth.

The question of suitable recreation for their pupils is one that teachers often find perplexing. Gymnastic exercises fill a useful place in many schools; but without careful supervision they are often carried to excess. In the gymnasium many youth, by their attempted

feats of strength, have done themselves lifelong injury.

Exercise in a gymnasium, however well conducted, can not supply the place of recreation in the open air, and for this our schools should afford a better opportunity for the vigorous exercise the pupils must have. Few evils are more to be dreaded than indolence and aimlessness. Yet the tendency of most athletic sports is a subject of anxious thought to those who have at heart the well-being of the youth. Teachers are troubled as they consider the influence of these sports both on the student's progress in school and on his success in after-life. The games that occupy so much of his time are diverting the mind from study. They are not helping to prepare the youth for practical, earnest work in life. Their influence does not tend toward refinement, generosity, or real manliness.

Most of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the schools of ancient Rome. The love of domination, the pride in mere brute force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

Other athletic games, though not so brutalizing, are scarcely less objectionable, because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities. They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness, with their terrible results.

With the question of recreation the surroundings of the home and the school have much to do. In the choice of a

home or the location of a school, these things should be considered. Those with whom mental and physical well-being is of greater moment than the claims and customs of society, should seek for their children the benefit of nature's teaching, and recreation amid her surroundings. It would be a great aid in educational work could every school be so situated as to afford the pupils land for cultivation, and access to the fields and woods.

In lines of recreation for the student, the best results will be attained through the personal co-operation of the teacher. The true teacher can impart to his pupils few gifts so valuable as the gift of his own companionship. It is true of men and women, and how much more of youth and children, that only as we come in touch through sympathy can we understand them; and we need to understand in order most effectively to benefit. To strengthen the tie of sympathy between teacher and student there are few means that count so much as pleasant association together outside the school-room. In some schools the teacher is always with his pupils in their hours of recreation. He unites in their pursuits, accompanies them in their excursions, and seems to make himself one with them. Well would it be for our schools were this practise more generally followed. The sacrifice demanded of the teacher would be great, but he would reap a rich reward.

No recreation helpful only to themselves will prove so great a blessing to the children and youth as that which makes them helpful to others. Naturally enthusiastic and impressible, the young are quick to respond to suggestion. In planning for the culture of plants, let the teacher seek to awaken an interest in beautifying the school grounds and the schoolroom. A double benefit will re-

sult. That which the pupils seek to beautify they will be unwilling to have marred or defaced. A refined taste, a love of order, and a habit of caretaking will be encouraged; and the spirit of fellowship and co-operation developed will prove to the pupils a lifelong blessing.

So also a new interest may be given to the work of the garden or the excursion in field or wood, as the pupils are encouraged to remember those shut in from these pleasant places, and to share with them the beautiful things of nature.

The watchful teacher will find many opportunities for directing pupils to acts of helpfulness. By little children especially, the teacher is regarded with almost unbounded confidence and respect. Whatever he may suggest as to ways of helping in the home, faithfulness in the daily tasks, ministry to the sick or the poor, can hardly fail of

bringing forth fruit. And thus again a double gain will be secured. The kindly suggestion will react upon its author. Gratitude and co-operation on the part of the parents will lighten the teacher's burden and brighten his path.

Attention to recreation and physical culture will at times, no doubt, interrupt the regular routine of school work; but the interruption will prove no real hindrance. In the invigoration of mind and body, the fostering of an unselfish spirit, and the binding together of pupil and teacher by the ties of common interest and friendly association, the expenditure of mind and effort will be repaid a hundredfold. A blessed outlet will be afforded for that restless energy which is so often a source of danger to the young. As a safeguard against evil, the preoccupation of the mind with good is worth more than unnumbered barriers of law and discipline.



The Daughter in the Home

AUGUSTA C. BAINBRIDGE

4—Our Daughter Graduates

"AND so our daughter graduates to-day. Come, mother, let us take our last walk together over to the schoolhouse."

And father, mother, and May gladly, yet sadly, went out the gate, and down the familiar street to the plaza where stands the gray stone building named High School No. 2.

Order reigned in this home. Not one cog slipped because mother stepped aside at this unusual time. There were no servants there; there were better things, — loving hearts, ready minds, and willing feet.

Daisy struck the key-note, and the rest joined in the song.

"George, let's each do our own work, and then see if we can get mother's done before she gets back."

"All right, sis;" and away each ran, cheerfully taking the added burden.

"What a happy, happy life mine is," said May.

"Yes," said father and mother in the same breath, "and that is largely because you have tried to make others happy. You have been the sunshine of our home, dear."

"Well, father, I am your own little girl yet, and I am only what you have made me. You have been so patient with my waywardness and so generous

of your time, that I should be an ingrate, indeed, had I not responded. And mother dear, what shall I say to you,—you who have held me so close to your heart all these hard days? Without you, too, this day would never have been possible for me.”

“True, but God has sent other helps. See, there comes Lou,” said mother.

“What a dear girl Lou is, and just think how we found her. I should never have seen her, papa, had you not helped Mr. Osborne home the day he hurt his ankle,” said May.

“Yes, daughter, her companionship has been a great deal to you, and her mother also to me,” said mother.

“Good morning, Mr. and Mrs. Briggs and May,” said Lou, brightly, as she took the arm of the latter, and walked with her and her parents.

“Mr. Briggs,” said Lou, “may I keep the botany you loaned me, a little longer? I have not taken all the time I want on pansies. While I have not a ground garden as you have, I do enjoy my box plants. I have nine geranium blooms, May, enough for us to have bouquets alike this evening.”

“Certainly, dear; and, Lou, I have just received ‘Westworth on Violets,’ and I think you may each try a box in the east hall window if you will follow his directions.”

“We will gladly try it,” said May, “only you must agree to teach us.”

“If that is the only condition, you may call it settled,” said Mr. Briggs.

“Mother, did I not hear you say you had a message for Mrs. Osborne?” said Mr. Briggs.

“Yes,” said Mrs. Briggs. “It was about your suits for the drill, girls. Mrs. McLean brought them both to me last evening. They are done, and well done; she is a neat seamstress. I wish you could try them on this afternoon,

as she will call this evening for the money, and I do not want to disappoint her. You will tell your mother, Lou?”

“O, it’s my dear ‘gym’ suit! How I shall enjoy it! Perhaps I am something of a heathen, but that short skirt, loose arm’s eyes, and low neck-band give me a sense of freedom I can not explain, and I find it nowhere else. Yes, Mrs. Briggs, I will stop with May when school is dismissed. We get out early to-day,” said Lou.

“I can assure you,” said May, “I was glad when the vote turned against the brass buttons. I do not see any beauty in a military-looking suit for girls.”

“Much less for ‘Peace Promotion’ girls,” said Mrs. Briggs, “and, by the way, your Uncle George says you are the healthiest-looking set of high school girls and boys he has ever seen.”

“So much for our ‘gym,’” said Lou.

“And so much for our garden work,” said May.

“And so much for your housework,” said Mr. Briggs.

“Yes, and so much for the combination, co-operation, and patient continuing,” said Mrs. Briggs, with a laugh in which all joined.

“Here we are at the gate. Good-by, girls,” said Mr. Briggs, as he lifted his hat, and closed the gate for them.

“How polite your father is,” said Lou, “and how polite you all are at your house.”

“Yes, I have never seen my father and mother any other way. They say it strengthens the home tie and prevents discord; you see we can not ever quarrel when we are polite always.”

“George with his headstrong will, and Madge with her towering pride, both bend to Daisy’s ‘Now, dears,’” said Lou, in imitation of “little sister’s” way.

“Do you not think you had better ride

home, dear?" said Mr. Briggs, "you surely have had walk enough this morning, and maybe the other children will need some of your time."

"I believe you are right; time is an item not to be disregarded."

"Yes, here is your car. Good-by."

"What, Madge! you ironing? That is very hard for you, dear, and it is nearly school time."

"Eight minutes left," said George.

"Yes, mama, it is hard; but not nearly so hard as it would be to find you too tired to go this evening. You see I am all ready for school, and can iron until the second bell rings. I could not do the waist; but I have the napkins all done, and some other things. That apron has been telling the table-cloth

that she felt ashamed of the creases in her hem, and the wrinkles in her strings."

"There, dear," with a kiss and a mother-love hug, "you had better start now. I shall miss some creases and wrinkles that you have taken out of my work to-day, you dear child."

"Good-by, mother dear," said each one in turn.

Then the mother-heart sent a message to the great loving Father, something like this: "Father, I thank thee that thou art watching over my dear ones always; and not one temptation can come to-day, but thou art there with strength to overcome; not one need but thou hast abundant supply. Help them to know this, and knowing, bear the ministry to each life they touch."



In the Kitchen

MRS. M. E. STEWARD

* AFTER her return home, Edith saw at once that her mother was overtaxed almost to the point of prostration. Soon she had a plan perfected. With the help of sister Minnie, who was now sixteen, she would do all the cooking for a month, and let mama lie in the hammock under the trees, take a drive with papa or brother Johnnie, or a sail on the little lake, as she chose. But one thing she stipulated, her mother must not look into the kitchen; for she must not think of these things at all. As for the other members of the household — Edith preferred not to be watched while doing work which was (presumably) new to her.

After overruling some objections on the part of her mother, it was conceded by all that Edith should have her way. Her father thought, "It will no doubt make the child feel more at home here."

Secretly, he felt a little curious to know what stuff the graduate was made of.

"We are nearly out of groceries," said Mrs. Harris. "We surely ought to give the dear child enough to work with."

"There's a barrel of pork and some potatoes down cellar, and a half barrel of flour, enough to begin with, in the storeroom; then we have butter, and lard, and plenty of milk. I suppose 'tain't necessary you should promise not to give us rats and mice like the Chinese, nor frogs and snails like the French, nor bran-bread like the Grahamites?"

"I think you can trust me," answered his daughter, smiling.

Edith went to town with Minnie for groceries, and whatever else she needed. During their four-miles' drive she had a chance to thoroughly arouse Minnie to the critical condition of their mother.

"I believe it is not too late," Edith said, reassuringly. "O, health is a treasure! One's purposes may be excellent, but what good can one do without strength to carry them out? Many a person has had everything heart could wish for, but on account of ill health has been miserable. I am very thankful papa sent me to a school where we were taught to care for our bodies."

"Will you please tell me about it, sister?"

"Most gladly. We shall have many opportunities to talk about it. One of the first conditions of a healthy body is proper nourishment. Many are starving, and never suspect it. Nourishment is received through the food we eat. There must be lime for the bones, phosphates for the brain and nerves, fats for other parts, and so on.

"We require two kinds of food, that which will nourish, called nitrogenous, and that which will give warmth and force, called carbonaceous. Some things have more of the carbonaceous than of the nitrogenous elements, like rice and potatoes; others have more of the nitrogenous, as beans and eggs. All starchy substances, like fine flour, are carbonaceous. The whole of the wheat berry has all the food elements, and combines them in about the right proportion; so it is a perfect food."

"Then Graham bread with the bran in it is best, after all?"

"Better for most purposes than white flour; whole-wheat is better still. This is all the berry, except the outside thin scale of bran, which is of no use, and should always be sifted out.

"Scientists have found out that the body requires six parts of the carbonaceous to one of the nitrogenous elements. Articles should be selected for a meal which, taken together, will have the proportion of six to one."

"Do you think any one living in this way will have perfect health?"

"Yes, as far as food is concerned; but health depends upon other things as well as food."

"Edith, I wonder,—are you going to live this way at home? I do wish you would! I'll help you all I can."

"That is what I propose to do as far as I can; but our folks must not know it. We can fix things up in such a way that they will never mistrust us. The modern hygienic diet is a great improvement on the original system; but people are so prejudiced they take fright at the mere word Graham bread."

After purchasing a variety of groceries in town, Edith went to the mill for whole-wheat and Graham flour, and clean bran for coffee. The last thing she did was to stop at the meat market and order some beefsteak, "the firmest to be had, done up on ice."

"I didn't know you would get any meat," said Minnie, after they had started for home. "Please tell me why you got the toughest, and why you were so particular to have it on ice."

"Meat is not the best article of diet. Every motion breaks down tissue in animals, the same as it does in us; so the flesh of the creature always contains dying and dead atoms. The moment it dies, the whole animal begins to decay. How does that seem for a food?"

"O, I never want to taste of meat again!" cried Minnie, in disgust.

"So much for animals that are well. How dreadful it is when we remember they are subject to most of the same diseases that human beings have; and that there are very few perfectly healthy animals. Yet it is not best to change too suddenly, especially when folks are well along in years, like our dear parents, and poorly like mama.

"I called for the firmest meat be-

cause that has least putrefaction, and ice arrests it in some degree."

At home, Edith immediately set about preparing for dinner, while Minnie tacked a card on the kitchen door, "No admittance."

From this time the diet of the Harris family gradually changed. Many new dishes were served, but everything was so appetizing, even the very table looked so lovely with its invariable decorations of fruits and flowers, that no one felt like finding fault, and the amused girls at every meal felt more sure of winning in the secret game they were playing.

There were beans without pork; rice steamed so as to avoid stirring while cooking, and never pasty; potatoes, not soaked in water, thus retaining their mineral elements; they were either steamed or baked, and in their jackets, which saved the best part of them. Nuts were used freely, and nut preparations when meat was omitted from the menu. Cereal coffee was mixed with the Mocha till no Mocha was left, but no one detected the ruse.

Rolls and sticks made of Graham flour, and cream beaten biscuits made of whole-wheat flour, were quite early substituted for soda biscuits and fermented bread. Mr. Harris became very fond of the rolls and beaten biscuits. When the time came that he learned what they were made of, he declared, "Our child is surely wise as a serpent — and harmless as a dove," he added, to get us to like bran bread before we knew what it was.

Mama's rest was her salvation. Instead of sitting down to the table tired, and hence entirely unprepared to relish or to digest anything, she came in fresh from her outdoor life, all ready to enjoy her food and to praise the cooks.

Edith, by common consent, was enthroned Queen of the Kitchen. Minnie enjoyed her work with Edith, listening to a description of the nature, history, and cultivation of the grains, fruits, and vegetables they were preparing. The general health of the entire family greatly improved, for they never gave up hygienic living.



Current Comment On Health Topics

Cheap Candies

IN a recent discussion in New York regarding the children who go breakfastless to school, one whose experience warranted knowledge of the matter said that often a mother, going early to work, would give a child a few pennies and tell him to get his own breakfast. The child was apt to be attracted to the cheap candy counters which abound in the poorer districts, and there spend his pennies for sweets which at the best consist of glucose, vegetable dyes, and paraffin, and at the worst of an insoluble form of paraffin and deleterious coloring

matter. That this candy-eating habit is largely prevalent among the children of the poor no one can doubt who has even a casual acquaintance with the regions where they live, and such an acquaintance provides a lively recollection of the counters spread with wares exposed to the dust and filth of the street.

It is true that the board of health inspects the stock of these small dealers, and has power of confiscation as regards the wares containing matter actually poisonous. But this does not reach the vast majority who deal in stuff which is merely an inadequate substitute

for the food which the little bodies need. Naturally, after dumping a quantity of these cheap sweets into his stomach, the child experiences loss of appetite, if not a more serious disturbance of digestion, and the continued use of such substances results in disorders of the stomach, anorexia [loss of appetite], anemia, and loss of power to resist disease.—*Editorial in Pediatrics.*



Cheap Candy a Foe to Children

THE common habit of eating candy, and what is worse, candy of the suburban and country store variety, is undoubtedly responsible for many of these minor digestive attacks, writes a contributor in *Good Housekeeping*. What shall we do about it? If we arrange to give our families, once a week as part of their dessert at dinner, a reasonable amount of really good candy, and forbid the indiscriminate eating of the other kind, can not we break up this between-meal habit, and control the matter completely? And in trying this candy for our tables, let us not grudge the extra expense of buying the best quality to be had. It is both money and health saved in the end. Molasses chips are safe and good, so are the really good caramels and Swiss chocolates, etc., and much more wholesome than the home-made "fudge," which almost inevitably brings sick-headaches in its wake.



Appetite Unreliable

It is well to remember, however, that the so-called cravings of appetite are principally the result of habit; that habit, once acquired and persistently followed, soon has us in its grasp; and that any deviation therefrom tem-

porarily disturbs our physiological equilibrium. The system makes complaint, and we experience a craving, it may be, for that which the body has become accustomed to, even though this something be, in the long run, distinctly injurious to the welfare of the body. There has thus come to be a sentiment that the cravings of the appetite for food should be fully satisfied, that this is merely obedience to nature's laws. The idea is, however, fundamentally wrong. Any one with a little persistence can change the whole order of cravings, thus demonstrating that the latter are purely artificial, and that they have no necessary connection with the welfare of the rest of the body. In other words, dietetic requirements are to be founded, not upon so-called instinct, and craving, but upon reason and intelligence.—*Prof. R. H. Chittenden, in Century, Oct., 1905.*



Country Food-Drunk

THOMAS A. EDISON, the inventor, in discussing his well-known theory that people sleep too much, added to it a statement of his belief that people eat too much as well. Stomach trouble made it necessary for Mr. Edison to reduce his diet, and after living for two months on twelve ounces of food a day, he found he not only was as heavy and strong as ever, but that his mind was clearer.

"The country is food-drunk," he declared in an interview. "I have investigated the subject enough to discover that a man can't do good, clear, logical brain work with his stomach full of undigested food. The fact is, people eat too much, sleep too much, and don't work enough. Men eat and sleep themselves stupid. Sometimes they eat and sleep themselves into the grave."—*National Daily Review.*

The Science of Eating

THIS is without doubt one of the most important, and, at the same time, one of the most persistently neglected of matters affecting the human being. Doctors prescribe and cranks preach dieting; but to the average man these things have no significance. He eats when he is hungry, and he "eats his fill." If he is in a hurry, he bolts his food, and runs to the station to catch a train. If he is not in a hurry, he probably eats more than he ought to; and then, having acquired the indigestion habit, he goes to the doctor, and hopes to be cured by medicine. The French have a proverb which runs: "To rise at five and breakfast at nine: to dine at five, to bed at nine, will make you live till ninety-nine." Two meals a day is not the American way, however, and it is not incomprehensible that it should be said that the majority of us put an undue strain upon the digestive machine by the frequency with which we feed ourselves. Of course, a great deal depends also upon the character of the food we consume. As a nation, we neither know how nor what to eat. Perhaps some day we shall learn the secret of moderation, combined with wise selection; but by that time we shall have reached the tabloid stage, and all foods will be reduced to the pilule form. [Heaven forbid! — Ed.] — *Cooking Club*.



Vegetarianism Not a Fad

UNDER the above heading, *Cooking Club* says: "There are a great many people who think vegetarianism is a new thing and a fad, yet it is far from it. 'It's as old as the hills.' Philosophers of old have written about it, and poets have sung its praise." Then follows Xenophon's description of the outfit of a

Spartan soldier, consisting of the very plainest and simplest vegetable fare. The Spartan, on this spare diet, carried a load weighing from seventy-five to one hundred pounds, at the rate of four miles an hour for twelve hours, day after day. After referring to the vigorous vegetarian Japanese soldiers, the writer quotes from Porphyry, A. D. 233, from the poets Goldsmith, Ovid, and Thomson, and concludes, "These quotations are not reproduced in advocacy of vegetarianism, but as a reminder that the people who follow this system of diet are not faddists by any means, and to call attention to the fact that many people who look upon the vegetarian as a crank, should be more liberal in their consideration of these people than they are generally willing to grant."



Back to the Simple Life

THE great complexity of life in modern civilization is a sign of progress, according to Spencer; but I do not agree with him. Spencer speaks of the variety and preparation of food. It is certain that this complexity militates against physiological old age, and that the simpler food of uncivilized races is better. I do not wish to write an essay on domestic hygiene, and I shall be content with saying that most of the delicate dishes provided in the homes, hotels, and restaurants of the rich, stimulate the organs of digestion and secretion in a harmful way. It would be true progress to abandon modern cuisine, and go back to the simple dishes of our ancestors. One of the conditions that enabled the Jews of the earlier Biblical times to live longer than civilized people, was, beyond all doubt, the greater simplicity of their diet. True hygiene, which is in open disagreement with the elaborated art of cookery, is also opposed to the differentiation of modern dress and

dwellings. Progress thus would consist in simplifying many sides of the lives of civilized people.—*Prof. Elie Metchnikoff, of the Pasteur Institute.*



The Pace that Kills

“IN the city of New York proper, or the borough of Manhattan, the fierceness of living—being fired through miles of subway or over elevated roads and up and down high buildings in lightning elevators—qualifies the citizen for sudden death. Thus in 1904 no less than three thousand men fell dead. This is an increase of five hundred over the preceding year; and that the peril is increasing is shown by the record of seventeen hundred such deaths during the first three months of this year. There may be some compensating advantages in the quiet life after all.”



It can not be denied that in American universities athletics of all kinds, and especially football, are carried to excess. Much valuable time is wasted, and decided harm in many cases is done to the mind and body by a too strenuous participation in games. The practise of athletics in discretion is beneficial; but when regarded as the chief end and aim of college existence, it is harmful in the extreme.—*Medical Record.*



Adulteration of Food

SPEAKING of the work of the New Hampshire Board of Health, *American Medicine* says: “Nearly half of the foods examined proved to be adulterated or artificial products. A large number of the jams, preserves, and jellies were made wholly of apples, appropriately sweetened and flavored, and tinted with

some harmless (?) coal-tar dye, and then sold in attractive jars with fancy labels. It is said that English jams are made of carrots. The consumer who pays big prices for such truck is apt to buy nothing but the apple sauce of his bread-and-butter days. The poor who have nothing to spend on delicatessen, and who must buy cheaply, are just as well off as those who have pounds to throw away on coloring matters and artistically shaped bottles. . . . Staple articles of food are rarely adulterated, and that is a satisfaction. . . . If these are pure, we need not worry over any tremendous damage to health.”



Esthetics and Nutrition

It is remarkable how largely the appearance, color, etc., of food governs the choice and sale of it, rather than its nutrient value. The government has issued a pamphlet which brings out what this esthetic feature is, in a striking way. The color of butter, as we all know, has everything to do with its sale; but it seems that very decided, or dark-colored, is demanded in New Orleans, while the pale tint permitted in Chicago would not be permitted in Washington. New York and San Francisco prefer white eggs, while in Boston, brown eggs command the better price. Tomato catchup, if not artificially colored, has not the vivid hue demanded by all housekeepers. Caramel is used to color cider, vinegar, and whisky with the unnatural tint that the public thinks is best. In our city and artificial life, we are far removed from a simple observance of agricultural life. Is the appearance becoming everything, and the reality and actual qualities minor affairs? Much of the adulteration of food products consists in this use of artificial coloration.—*American Medicine.*

THE MEDICAL MISSIONARY AT WORK



Cape Colony, South Africa

LAST month I received an urgent call by telegram to go to Caledon to nurse the mayor of that town, who was seriously ill. Two of our leading brethren here took me with their cart. As it was about sixty miles distant, we had to stop overnight on a farm. All along the way at our stopping places, and where we slept that night, the usual tests came upon the points of eating between meals, the use of tea and coffee (biscuits, cakes, or tarts always being served with tea and coffee), the use of flesh foods, etc. God graciously granted me the victory over every test, in the spirit of meekness and courtesy. The brethren with me felt very much afraid that the people would find out that we were Seventh-day Adventists, and that they would make it unpleasant for them on their return home. The Lord vindicated his truth, and they found friends instead of enemies on their return.

I spent three weeks very pleasantly in the home of the patient, and gave no offense by adhering to principle. The Lord blessed me in my work. The whole family treated me with the greatest respect. I had prayer with the patient, and at their request conducted the family prayers. By the time I left, the father, one of his daughters, and his brother from another village, had acknowledged the Sabbath and second coming of Christ. I was cordially invited to bring my wife with me and pay them a visit, which we hope to do.

D. H. GROENEWALD.

Dentists and Missionaries

WE need more missionary workers in Brazil. And as experience is the best teacher, we will give a bit of ours. We find that with our dental knowledge we can soon begin to help people, on entering a new place. Brazilians are notorious for having bad teeth, and American dentists are in good standing.

The dental laws are not so stringent as the medical. In this state a dentist can register for seventy-five dollars. In the northern states the laws are more rigid. We could, at this writing, find places in this state for ten dentists. If they could speak German, it would help them very much, as there is a large German element, many of whom are in good financial condition. All the large cities have English-speaking people, and as a rule, they have money.

Our dental and medical work are about equal. So if we had only the medical, we should probably halve our sum. I am registered as a doctor. This gives me the liberty to do dental work with no extra tax, which is quite an item in Brazil. If possible, every doctor should know dentistry also.

Taquary, Rio Grande do Sul, Brazil.

A. L. GREGORY, M. D.



South Africa

OUR little sanitarium at Plumstead is proving to be quite a power in the peninsula. Dr. Thomason is working hard for the success of the institution, and is

doing well. He has a large outside practise already, which, with the work in the building, keeps him going every day, early and late. Miss Thomason and Mrs. Watson are also engaged at the sanitarium. A nurses' training class is conducted, and a few young people are receiving good instruction in this line.

Dr. Thomason has performed several successful operations. The last was a very serious one, by which a lady was relieved of a large internal tumor. The success of this operation, and the remarkably rapid recovery of the patient, have attracted considerable attention to the sanitarium. The lady had almost completed arrangements to go to a hospital in Wynberg for the operation, but was so strongly impressed that she should go to the sanitarium, that she sent for Dr. Thomason. She immediately decided to place her case in the hands of a Christian doctor, and now she can not find sufficient words to express her gratitude.

We are in great need of more room for the sanitarium; but as we have no funds, it has not been decided yet what course we shall pursue. Our medical missionary work is getting a strong hold in the community, and we believe it will prosper.

O. O. FORTNER.



China

THERE is very much misery, sorrow, and distress in this land. All this is the result of sin. About two weeks ago, one night at nine o'clock we heard terrific cries opposite our house. Supposing the poor man was dying of hunger, we prepared a bowl of hot milk and rice, and taking a lantern, my Chinese boy "A Dick" and I went out to him. The man raised his head, but would not drink. We soon discovered that two strong cords were tied tightly around

his neck. He was gasping for breath. I sent my boy quickly to bring a sharp knife, and then I cut the cords, freeing his neck. He asked where he was, and said some one had brought him there. The night watchman promised to look after him, so I returned to my home feeling thankful that I had saved a man's life. But alas! the following morning his dead body was found in the pond opposite the house.

Several times lately we have seen men lying by the roadside dying. How I have longed for a place where we could take these poor perishing souls in and give them some nourishing food and medical attention, but we have no foreign doctor to direct the work, nor means to carry it forward.

In this city there are thousands of beggars, cripples, lepers, blind, and old. They eke out a miserable existence. Thousands of blind girls nightly go to a life of shame to provide themselves with food and clothing. A vast multitude of people earn their living by peddling small articles on the street. Wages are very low. The ordinary Chinese teacher does not earn more than five or six dollars (American money) a month, but with this he must feed and clothe himself and family.

I send you a picture of Oi Lene, our Chinese baby. She is now nearly nine months old. Her mother gave her away because she had five girls already. These girl babies are often sold for thirty cents. Oi Lene was very strong when born, but very sick when at two weeks old we took her into our home. It has cost us considerable to buy milk for her (milk is very dear here), and she has kept us awake a good many nights. But that is nothing. We were all very troublesome when we were babies,—don't you know? — *E. H. Wilbur, in South Dakota Worker.*

THE *China Medical Missionary Journal*, published at Shanghai, gives some interesting statistics of medical missionary work in China in 1903. The returns are quite incomplete, probably not more than one half of the hospitals and dispensaries being included in the report. Nevertheless the accounts that have been received give some indication of the wide work that is done. The forty-seven hospitals and dispensaries reported have 2,453 beds, and have had 147,477 patients. The dispensary patients, new and old, have numbered 457,390. A large majority of these hospitals have more or less medical students in training. There is no more effective force at work for the overthrow of paganism in China than this medical department of Christian missions.



DISEASE, both mental and physical, is invited by the use of narcotics: the individual suffers most from this, but also the race. It is believed that more harm is wrought by narcotics disguised as drugs than in all the other guises in which they are offered. The vast array of so-called tonics, bitters, and invigorators broadly advertised, most of the concentrated foods, and many compounds which could be specified, depend for their attractiveness almost solely upon the alcohol contained. . . . It is a relic of barbaric days, of the simple faith of primitive peoples, to give ready credence to the emphatic claims of makers of cunningly devised new drugs or remedies purporting to cure disease or improve health by the mere swallowing of them. Competent medical experts believe none of these assertions. It is known they are, without scarcely a shadow of doubt, mere commercial

vaporings based upon the shrewd confidence in human credulity, and that credulity the product of outworn beliefs. . . . Statistics prove that immense indeterminate devastation is being encouraged by the public press in giving prominence to the claims of conscienceless commerce which avows that certain malt extracts, brands of liquors, bitters, tonics, preparations of coca-cola, etc., are not only absolutely harmless, but salutary. These are sometimes recommended by the profession of medicine, and too often indorsed by members of the clergy. It is safe to say there is scarcely a ray of truth in these claims. —*J. Madison Taylor, A. B., M. D., in Medicine, May, 1905.*



Utilizing the Energy of Savagery

THE Scottish mission to the wild Angoni robber tribes west of Lake Nyassa in British Central Africa was begun some twenty years ago, because the savages must be tamed, or they would break up the mission on the lake. In 1903 a Glasgow lady gave thirty-five hundred dollars for the buildings of a new station among the Angoni. When these former savages heard of the gift, seven thousand of them gave two weeks' labor apiece, as their contribution to the work. That gift of thirty-five hundred dollars has built a store, a house, an office, a tool-house, a carpenter's shop, a boarding-house, a hospital with living-rooms for the nurses and separate wards for men and women, and a church to seat three thousand people, with schoolrooms under the same roof. The reason the money lasted like the widow's cruse of oil was because the wild Angoni have learned to want missionaries among them.—*Selected.*

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, 755 Market Street, San Francisco, Cal.

Beginning Housekeeping or Improvising Furniture

OWING to the many benefactions practised in former days, it became necessary for Sarah and Ralph to begin their housekeeping with a very moderate amount of money; for another good principle cherished was not to go in debt, or in any way live beyond their earnings.

Being of inventive natures, they decided to purchase only those articles which they could not manufacture themselves at little or no expense. Sarah had prudently laid by a stock of bedding sufficiently ample to supply two single beds. They remembered that a cot is often needed in case of illness, and also that sanitary law requires single beds, so they bought two good cots without mattresses. To supply the lack, a few yards of ticking, stitched together on the machine, was filled with bright, clean straw or corn husks, and lightly knotted, being equal to any of the sale articles, and much cheaper. An old but clean comfort was covered with cheese-cloth, to make a cotton top for each bed. When it was desired to give the effect of a double bed, the two cots were set side by side, with a full-sized spread over them.

A very comfortable as well as pretty

chair was made from a common barrel, sawed about half-way round on the bulge. The top hoops were removed to allow the staves to spread, thus giving a more symmetrical back. A seat was made from some pieces of board, sawed to fit the seat portion, and hinged to the back part according to their highest ingenuity. Cushioned, draped, and trimmed, it was really pretty, and the place under the seat proved highly useful as a receptacle for various articles.

An excellent substitute for a bureau was made of a large box, in which shelves served instead of drawers. The cover was hinged so as to form a door, and the whole painted and tastily decorated. When moving day might come, the shelves could be consolidated, and the box used for packing choice articles. A few boxes of suitable width and depth were placed on top of one another, and suitably draped, to be used as a commode. It was really an ornament to the room.

A bookcase and secretary were a necessity, but too expensive to be thought of at present. Both loved good reading, and owned a stock of books, which must have a proper place. Neither one believed in keeping the

stationery in a box under the bed, and the pen and ink on the pantry shelf, so a plan was devised by which an inexpensive piece of furniture could be obtained. A small and cheap but durable table was bought, and a shallow but broad box was partitioned off into pigeon holes, and suitable compartments for books. When the sweeping was being done, the curtain was drawn to protect the books from dust, but usually they were exposed to view, being too highly prized to remain hidden.

The floors were made smooth with paint or other dressings. A few rugs, mostly of home manufacture, relieved the monotony to which some object. A few fancy pillows, two or three home-made foot-rests, a dainty lamp-shade, a cheap waste-basket, an improvised work-basket, and so forth, gave the living-rooms of our young friends a cozy look; and indeed they were much happier than they could have been in the possession of several hundred dollars' worth of furniture on the instalment plan. So little was their expense, that furniture insurance was unnecessary, therefore so much more was saved, to be used as needs called for it.

Although living in the city, pains had been taken to secure a few rods of garden space, where the cultivation of flowers and vegetables might add to their happiness, and lessen table expenses. Beautiful bouquets found their way to many sick-rooms, and the garden beds shared their products with less thrifty neighbors. Rose leaves were preserved for pillows, and the husks of green corn were dried for refilling mattresses. Two scrap-books were found necessary,— one for general articles, and another for recipes for foods and kitchen matters in general.

Sarah's kitchen was a marvel of cleanliness and economy. The floor was

substantially painted, and devoid of anything like a carpet. The daily sweeping was done with a broom, over the brush of which was a soft muslin petticoat made to fit so that, when moistened, it gathered the dust from floor and air. Her tool-shelf held a common hammer, and a small one, a small saw, a hatchet, screw-driver, pincers, a pair of old but strong shears, a file, some nails, tacks, and screws. These were used in making many convenient utensils.

Ralph worked where numerous three- and five-gallon tin cans were thrown away when emptied. A few of them were brought to Sarah, and when cleaned, and smoothed at the top, they only lacked covers to be utilized as receptacles for flour, bread, zwieback, and other foods which needed to be kept from air, dust, or mice. Covers were made from one from which the end had been melted (this end made a good tin can being cut with the old shears so as for baking rolls, sticks, crisps, etc.), this to form covers with edges turned down to fit. One of these cans, or another like them, was found handy as a cooker; for several vessels could be placed inside, and all cooked over one small blaze. Still another was kept in the bath-room, to be used as a foot tub. Her grater was a piece of plain tin with tack holes made through it, and nailed to a stick of proper size and shape. A head rest for the bath tub consisted of several thicknesses of cloth, made stiff with crosswise whalebone, and held in place by heavy cord passed under the tub.

Many more illustrations might be given of how the young wife managed to economize, but this only will we say: When there was need of anything, instead of ordering it from town, she first asked herself, "Is there any way in which I can make it myself?"

Disposal of Waste

UNLESS household waste can be utilized as food for domestic animals or prove a land fertilizer, there is no means so effective for its destruction as fire. Many modern housekeepers have no means of burning even a piece of paper; for gas is the kitchen fuel, and the rooms are warmed by means of some plant so far remote that to utilize it is impracticable. Less than five dollars — even two dollars — will purchase a small heating stove which is found to be an excellent trash consumer. Perhaps none is better than the "sheet steel air tight."

With some arrangement like the foregoing, all waste except non-combustible material, like tin cans, etc., may be burned. Peelings and vegetable leavings may be dried a few hours in the sun or wind, and then burned; so no receptacle for garbage will be needed, no odors ascend from decaying offal. Rodents must needs visit the neighbors for something to eat, and the fee usually paid the garbage man may be kept for pin-money. If a furnace is in the house, the family is well equipped for burning all refuse in case of sickness and in health.

Infectious and contagious diseases spread rapidly and broadly for lack of proper disposal of excretions. All such material should be burned. This may easily be accomplished by any method similar to the following: Let the receptacle be well lined, first with a piece of old cloth, and then with several thicknesses of paper. After its use, cover, and carry to the furnace or other fire where it can readily be removed and laid upon the coals, and no harm can come from it. The house of modern conveniences tempts to carelessness in these things, but no infectious matter should be allowed to find its way to the river or any other body of water without previous disinfection.

Suggestions for the Laundry

If gingham or any other goods likely to shrink be put in warm salt water, dried, and ironed before cutting, the difficulties arising from shrinking will be obviated, and any tendency toward fading will be relieved.

Some articles of clothing come to the washing point sooner than is necessary were they frequently aired in bright sunshine. Wearing apparel and bedding should be much in the fresh air. Night clothes hung a while in the sunshine have an odor quite like those which are fresh laundered.

When just a girl, my mother taught me that colored goods were less likely to fade if washed in a rather cool and much-used suds. Experience has proved this true. In these days when so much sateen and other black goods are worn, it is well to learn the best ways of keeping them in good color. Do not make a new suds, but through a thin cloth strain the one you have been using for other clothes. This removes the lint, and you will find they will not turn gray. Rinse in cold water. They should be dried and ironed wrong side out.

A blind old lady said to her daughter, "Sally, your clothes will not look well to-day." Sally answered by the question, "How do you know, mother?" "Your rinsing water sounds too thick," was the reply of one whose experience had taught her a valuable lesson when her eyes were open. MRS. D. A. F.



If oil is spilled on a carpet, immediately scatter corn-meal over it, and the oil will be absorbed. Oil that has soaked into a carpet may be taken out by laying a thick piece of blotting-paper over it, and pressing with a hot flat-iron; repeat the operation, using a fresh piece of paper each time.



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

Only a Baby

SOMETHING to live for came to the place;
 Something to die for maybe;
 Something to give even sorrow a grace —
 And yet it was only a baby!

Cooing and laughter, and gurgles and cries,
 Dimples for tenderest kisses;
 Chaos of hopes and of raptures and sighs,
 Chaos of fears and blisses.

Last year, like all years, the rose and thorn,
 This year, a wilderness, maybe;
 But heaven stooped under the roof on the morn
 That it brought there only a baby.

— *Selected.*



Black and White

MRS. E. J. M.

AFTER having often failed in the attempt to break my boys of the habit of quarreling, I read of how a mother had lessened this propensity in her boys by having them reduce their complaints to writing. Soon after, I had a chance to try it.

“O mama, brother hit me on purpose.”

“Well, mama, he ——”

“Stop,” I said, “not another word. I want to hear about this quarrel, but you must put it down in black and white. Get your pencils and paper, and each of you tell me all the mean things the other has done.”

They laughed at the idea, but went, with paper and pencil, into different

rooms. When they returned with their complaints in writing, I read the two accounts aloud to them.

“Now, boys, is it not a good idea to have two little brothers write a book,— a history of their lives? Only think what a large book you will soon have. You have almost a page now. I shall take care of these, and soon we shall have the history well under way.” They were in good humor by this time, and away they ran to their play, as happy, apparently, as ever.

Later a friend called, and the boys being present, I said: “O Sister Jones, I must tell you. My two little boys have begun to write a book—a history of the lives of two little brothers; I will

read it so you will see what a good beginning they have made."

The faces of the boys flushed with shame, and Charlie, the older, said, with a pleading look, "O mama, don't."

And I didn't. But after they had gone out to their play, I had to explain to Sister Jones all about the book. She laughed at the idea, for, having only one child, she had never had any experience with quarreling children.

The next day the boys began with the old story.

"Mama, brother ——"

"Stop; get those pencils and paper again."

The youngest boy obeyed and went immediately to his room, but Charlie began to beg.

"O mama, don't make me write; I haven't a thing to tell on brother, not a thing."

"But you will never get that history written unless you write something more for it."

"I don't want a history like that; I will never write another bit for it, unless you make me."

"Well, every time you quarrel with your brother, you will have to put it all on paper, if you have anything to tell about the quarrels."

"Then I will never tell."

Bennie came out with his report, but when he found that his brother had said nothing on paper about him, he also resolved from that time forth not to write any more of that history.

Now, mothers, I have not completely broken up the quarreling habit, but I can see a great improvement in the boys, and I believe that the plan of having them put their complaints all down in black and white is going to be a success. And I believe the same plan will cure older people who have the habit of saying hard things about each other.

If they put all their hard thoughts down on paper and read it over, they will probably have a similar experience to a lady who became very angry at some of her friends,—so angry that she resolved to sit down and "write them a piece of her mind." She said some pretty forcible things, if they were not elegant. Fortunately, she kept the letter long enough to read it over after she had cooled down a little, and then it went into the stove without ceremony, and she wrote one of a different kind.



A Few Notes from Camp-Meeting

MRS. M. C. WILCOX

A FEW notes from our work in parents' meetings may be of interest to our readers. The four o'clock hour each day was given entirely to the work of parents, and the interest and enthusiasm manifested in these meetings gave us new life and courage.

Many of the women from the village were in attendance, and some took part in the discussion of some of the important questions which were under consideration.

We were much encouraged to hear from so many fathers, and to have their co-operation in this most important work. Three excellent papers were presented during the meetings, abstracts of which will appear later in our department.

The programs usually consisted of song, Scripture reading, prayer, poem, paper, and general discussion. The discussions were so lively and of so much interest that we were obliged to confine the speakers to a few minutes each, ringing the bell when time was up, so as to give all a chance to express themselves. Many we believe went home resolved to take up the work in their home churches, and invite in their neighbors to study

these subjects with them. For many years we have neglected this branch of our work, and is it not time to begin in earnest?

After the paper on "Reading and Association of Our Children," Prof. G. W. Rine began the discussion as follows:—

"What shall we have the children read?—The Bible, by all means. This must be made a practical book to them. They must be taught to love it. We need to entreat God to guide us in this. Too many parents command their children to study the Bible, without teaching them how to study it so it will be to them an interesting study, and the children too often learn to hate the book. Parents do not like to take the time, and as a result the children take to cheap reading.

"Tell the Bible stories to the little children, and as soon as they are old enough to do so, encourage them to read the Scriptures at family worship."

Elder G. A. Snyder spoke as follows: "Though the mother, on account of her close association with the children has a preponderating influence, the father may, and should, take opportunity to become acquainted with his children, being a companion with them in their play, and directing their games and other occupations. A bond of sympathy will thus grow up which will make for good government on a basis different from mere force. By all means, be just to the children. 'Fathers, provoke not your children to wrath.' Teach children to learn to do things for each other, and above all, to be helpful to father and mother."

Many other excellent things were said, which our space will not permit us to report.

One of the most interesting features of the meetings was the Question Box. Different speakers were asked to answer

the questions, five minutes being assigned to each one. A very brief synopsis of some of these answers is given in this department.



Camp-Meeting Question Box

WHAT is the father's work in the home?

Elder J. O. Corliss: "Eli and his sons are examples of wrong training of children, and their fate is a warning to all parents whose children are allowed to do just as they please, without restraint. The father's duty is as great as the mother's. Be careful what goes into your children's stomachs. Children fed on rich and spicy food are most easily led into wickedness. Train your children along the line of appetite."

How may we correct the habit of telling falsehoods? What are proper punishments for this fault?

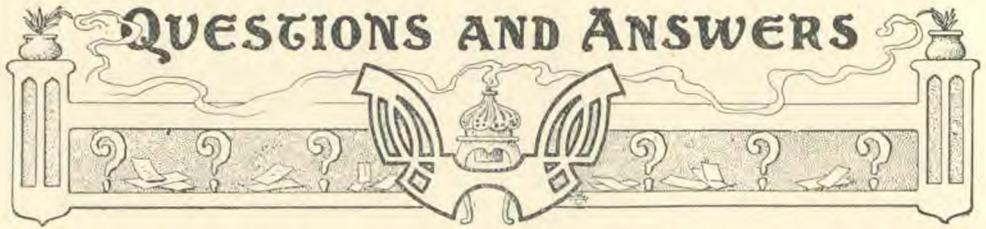
Prof. G. W. Rine: "Obedience to the Word of God is the first principle. Let the children see how God looks upon those who tell lies. Quote the Scriptures to them. John 8:44. Let the devil tell his own lies. Rev. 21:8. Punishment of all offenses should be according to the offense. Study the child."

A nice old lady said, "You need not tell me there is no family government these days. There is just as much as ever, only it is now in the hands of the children." What can be done so it will again be placed where it should be?

Elder W. T. Knox: "One trouble is that parents do not hold the government in their own hands. Parents should assert their authority, and then hold it. Let the children understand as fully as possible the principles of the home government; take them into the home council. When a child abuses a principle, let him forfeit it, and let it not be restored until he appreciates its value.

(Concluded on third cover page)

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. Write plainly, and don't use a lead pencil.*]

139. Mouth Wash.—Mrs. G. T. S., New York: "What would you recommend as a mouth wash — one that is a harmless disinfectant?"

Ans.— There are many good preparations on the market. You will find listerine, which is advertised in this journal, a harmless and very efficient disinfectant for the mouth.

140. Bleeding Gums.—A. L. M., Minn.: "My little girl's gums are very tender, and bleed when she uses a tooth-brush. What can be done for it? How often should she use a tooth-brush?"

Ans.— 1. This is a very common trouble. It can be readily corrected by accustoming the teeth to a very soft tooth-brush at first, and using tincture myrrh, as recommended in the last issue of LIFE AND HEALTH.

2. At least once a day, and twice is preferable. Children will take more delight in using a tooth-brush if some pleasing mouth wash is used at the same time. See Question No. 139.

141. Oily Face.—Miss L. A. B., Mass.: "I have been affected for years with a very oily condition of the nose and face. By squeezing the skin of the nose or cheek a film of oil will flow out and cover the skin. The condition has become almost unbearable. Have tried everything without the slightest relief. Can you give me anything that will help me?"

Ans.— Yes. This condition is called seborrhœa. To cure it use powdered sulfur perfumed with attar of roses. One ounce sulfur to four drops attar of roses is about the right proportion. Rub the skin thoroughly with the sulfur several times a day. Follow this for a few weeks, and you will be relieved of your trouble.

142. Ruptured Ear-Drum.—A. G. S., Mich.: "Can a person hear well if the ear-drum is ruptured or has a hole in it?"

Ans.— Yes; ear-drums are convenient to hear with. They serve to keep the dirt from getting into the middle ear, and when diseased, they also keep the sound from getting in. One may often hear very well if the ear-drum has a hole in it, or even after it is entirely removed. In fact, the removal of a thickened ear-drum will sometimes improve the hearing.

143. Milk-Leg — Appendicitis — Excessive Flow of Milk.—V. S., Wash: "1. What causes milk-leg? 2. Could Epsom salts, used to check excessive secretion of milk, be a cause of appendicitis? 3. What is the proper treatment to lessen an excessive flow of milk?"

Ans.— 1. Phlegmasia alba dolens, or milk-leg, is an inflammation of the blood vessels and cellular tissue of the leg, usually, but not always, caused by a blood clot which obstructs a blood vessel, and sets up an inflammation which involves the whole leg. Getting up too soon after confinement, or exposure to cold might cause it.

2. No, the laxative effect of salts would rather tend to prevent appendicitis.

3. Lessening the amount of food. The free use of laxatives and bandaging the breasts will enable one to control almost at will the amount of milk. The bandaging must be done skilfully or harm may result. First draw the milk, rub carefully any hard areas, and apply a bandage so that the breast will be compressed directly against the chest. Sometimes cotton padding is needed to hold the breast up; the pressure must be firm and even, and no sagging of the breast allowed, or inflammation may result. Remove the bandage only when the child nurses, or when necessary to draw the milk, and immediately reapply.

144. Pinworms.—D. E. V. G.: "1. How can I get rid of pinworms without the use of poisonous drugs? I am thirty-nine years old,

and have been troubled every since I was a child. 2. What is the cause?"

Ans.—1. *Oxyuris vermicularis*, or pinworms, are sometimes quite difficult to get entirely rid of, as in some cases they infect the lower bowels in immense numbers. The most satisfactory way to remove any worms from the bowels is to sicken them with a dose of medicine which is poisonous to the worm. It would be poisonous to the patients if taken in large doses, but in the doses given it will cause the worms to loosen their hold without serious harm to the patient, and should always be followed by a laxative to carry the worms out. Two grains of santonin taken with a little sugar or in a capsule night and morning for three days, followed each morning three hours later with a full dose of salts, repeating the whole process at intervals of one week if necessary, will not fail to cure any case of pinworms. Some cases can be cured by the use of large, cold enemas of water and Castile soap without the addition of any medicine. Use the cold soap enemas very thoroughly twice a day for a week or two, and you may succeed in a complete cure.

2. The cause of intestinal worms is swallowing either the small worms or their eggs.

145. Swelling Feet.—J. H. G., Ind.: "Our daughter seventeen years of age is troubled with her feet swelling, also pain in her limbs. Her diet is of the simplest kind. She takes cold-water hand rubs nearly every morning, soaks her feet in warm water when they are the worst. 1. What is the trouble? 2. What can be done for her? She has a remarkably good constitution. She has never taken patent medicine."

Ans.—She is probably suffering from some disease of the kidneys. Have the urine analyzed by a competent person. Send us the report. We could not outline treatment intelligently without this. It may be unwise to use the cold hand baths in her present condition. A warm bath would be better. She should not stand long at a time. Apply massage, rubbing toward the heart.

146. Tuberculosis of Throat.—Mrs. M. W. G., Mo.: "I am forty-eight years old. For twenty years I have had good health; have worked very hard as a nurse. My daughter, who was also a nurse, recently died of tuberculosis. I cared for her constantly. After her death I noticed my tongue was sore. I could scarcely eat. My throat became so sore at times that I could not swallow. The doctor

thought I would feel better after I got rested; and I did seem to get some relief. Recently I have grown steadily worse, till I can scarcely take a drink of cold water without choking. Please tell me what my trouble is, and what I can do for it."

Ans.—You probably have tuberculosis of the throat, and should have your throat treated by a skilful physician. If thoroughly treated, you may be relieved of this serious trouble. You can not cure it by home treatment.

147. Diabetes, Detection and Treatment.—B. E. G., Vt.: "1. What are the symptoms of diabetes? and is there any simple method by which I can tell at home whether or not I have it? 2. Will you please give me an outline for home treatment?"

Ans.—There are two forms of diabetes—diabetes insipidus and diabetes mellitus. The latter is the common form of diabetes. The chief feature of the disease is the presence of sugar in the urine, and the increased amount of urine that is passed. To determine whether or not sugar is present requires a chemical analysis of the urine, which can be made by any well-educated physician. The test is made by boiling thirty drops of Fehling's Solution in a test-tube, and adding about fifteen drops of suspected urine. If sugar is present, an orange-colored precipitate will be formed. This test can not be made with accuracy by any one who is not a trained physician or chemist. For the home treatment of diabetes a full outline was given in answer to question 90 in the June number of LIFE AND HEALTH, a copy of which may be had by addressing Life and Health, 222 North Capitol St., Washington, D. C.

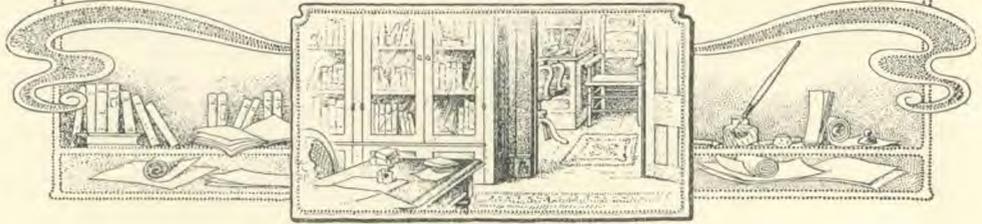
148. Catarrh.—"Is catarrh a constitutional or a local disease?"

Ans.—It begins as a local disease, due either to some local irritation or to taking cold. The affected area becomes weakened, and may affect the general health, and the general health may, in turn, affect the local catarrhal area.

149. Tumor of Eyelid.—Mrs. A. A. W., Mich.: "For two months I have had a bunch under my lower eyelid. It is sore at times. Please tell me what it is, and what I should do to cure it."

Ans.—It is probably a tumor caused by retained secretions of the glands of the lower eyelid, due to occlusion of the ducts. Your best plan is to have it removed. Its removal involves no danger whatever.

EDITORIAL



The Health of School Children

A HOPEFUL sign of the times is the increased attention that is being paid to the health of school children. Parents, teachers, and school officers are not yet alive to the importance of this subject as they should be, but there is an awakening. Pioneers in this line are blazing the way, and calling the attention of others to this almost unexplored field. There is a society of physicians whose object is the study of the diseases of children. Dr. Charles Godwin Jennings, in his presidential address to this society, thus speaks of the past attitude of educators and the state to the question of the education of the young: —

“Forgetful of the importance of character formation, and still more forgetful of physical development in childhood, the attention of the state and of educators has been concentrated upon the small part of child education, the development of the intellectual capacity.”

“The compulsory removal of all children from the influence of home life, and their segregation in schoolrooms for from five to six hours a day to receive the intellectual training the state demands, imposes upon the state the secondary, but not less important, duty of a medical supervision that shall indicate their mental and physical ability to endure intellectual training, guard their physical and mental well-being during school life, and discharge them physically and morally, as well as intellec-

tually, educated, and ready to take up their life-work as the fathers and mothers of the next generation.”

He then proceeds to show some of the evils of past methods, and how those evils are to be met.

Physicians, everywhere, are realizing the importance of careful medical inspectors of schools. The time should come when the principal function of the doctor will be to prevent rather than to cure disease; and there is no more important field for the exercise of the preventive function than in the schoolroom; for it is there that most of the infectious diseases of childhood are transmitted.



But the responsibility of the physician does not end with the prevention of infection. There is the work of ascertaining the condition of the eyesight, and prescribing proper glasses when necessary. There is the supervision of the ventilation, the heating, the lighting of schools. There is the work of planning for adequate physical exercise and recreation. In addition to this, there is the necessity of providing for physical exercise and recreation outside of school hours. This does not come so directly under the control of the school officials, and is a matter that should have the personal attention of parents; but, as shown from the quotations given below from the *Archives of Pediatrics*, parents are very remiss in this regard, partly through ignorance, partly through in-

difference, and partly as a result of poverty. But, as will be seen from the quotation, it is not always the children of the poor that suffer from the want of proper recreation.

Children's Nerves and Play

"Children who have been going to school are almost sure, at the end of the school year, to be suffering from an over-irritability of the nervous system that manifests itself in capricious appetite, a tendency to sleep less than is good for them, and a diminution of weight for height that indicates a disturbance of the nutritional equilibrium. Unfortunately, particularly with regard to city children, these nervous conditions are becoming more and more common, and after studying their school hours and daily routine, it is no longer any wonder that grown-up Americans are increasingly nervous.

"Many reasons have been pointed out for this unfortunate nervous tendency, which is especially manifest among city children, and every faddist is almost sure to find that his particular fad is neglected, or that there is a violation of what he considers some absolutely essential rule of life. We can, however, all agree that the distinguishing characteristic between the city child and the country child is the absence of play, in the proper sense of the word, from the daily life of the child in the crowded city streets. City children scarcely know the meaning of the word play, and many of them, when taken to the country, have to be taught even the simplest games. This is, perhaps, the saddest feature of the over-strenuous life of the modern large cities. There is no opportunity for that complete relaxation of mind which comes with play more than with any other form of amusement."

"City children of the better class grow up in families where there are at

most one or two playmates, and only too often there is none. This means that the young mind is constantly stimulated by contact with the minds and ways of grown-up people, and, as a consequence, has very few opportunities for the spontaneous exercise of its own activities apart from the consciousness of effort to please, or, at least, to consider the wishes and moods of others. . . . To one who knows the happy, thoughtless ways of country children, in their games and sports, there is no sadder spectacle than the park walk of nurses and children. Intercourse with other children, especially if they are not well dressed, is usually forbidden."

It is for these reasons that the movement to establish children's playgrounds in various parts of our large cities is a movement that deserves the substantial encouragement of every parent, and not only of every parent, but of every one who has the future good of the country at heart. Active, vigorous, unconventional play, under proper supervision, is one of the best preventives of vice among children. It is the child that has all its natural activities curbed that goes to the bad by falling into the indulgence of unnatural habits.



Costly Practises

I WAS once much impressed by two pictures: one, of a giddy youth with a candle in his hand, burning at both ends; the other, of an old man, bent far over, holding the small end of a candle, and carefully protecting it from the wind. The youth had candle to spare; to the old man, how precious that remnant! And this is a true picture of life. Why should the youth, with his vigorous health and his many years to live, care for hygiene? The future will suffice for

that. Why should he not have "fun" while he can? And he sometimes does, if the hospital, the jail, and the poor-house constitute fun. The old man may not be old in years,—perhaps less than fifty,—but his doctor has told him he must give up tobacco, strong drinks, and big dinners if he wants to live. Having indulged in these luxuries for years, he finds it extremely hard to break off old habits,—almost like taking off an arm,—but life is precious, and he would rather sacrifice an arm than his life. Having learned to depend on the artificial for his comfort, he is now made miserable by the deprivation of those things which long use has made almost a necessity for him. By the thoughtlessness of his youth, he has brought on himself a most miserable old age. This is no fancy picture. There are many men in this condition. The boy who is wise enough not to burn his candle at both ends, will not find it ready to go out just when he begins to appreciate the value of life.



The cigarette fiend is burning his candle at both ends. You see lots of him, everywhere. He did not begin to smoke because he needed it, or because he liked it, but because some older boys smoke, and it will make him big, like the other boys!

Does it make him more manly? Dr. Seaver, medical examiner of Yale University Gymnasium who has examined and measured and tested thousands of young men at intervals during their college career, says: "The effect of nicotin on growth is very measurable." He divides his students into three groups: (1) non-users, (2) those who have used it for at least a year, (3) irregular users. "The first group grows twenty-four per cent more than the second, and eleven per

cent more than the third. In girth of chest, the first group grows seventy-seven per cent more than the second, and forty-nine per cent more than the third." He continues: "Whenever it is desired to secure the highest possible working ability by the organism, as in athletic contests where the maximum of effort is demanded, all motor-depressant influences are removed as far as possible, tobacco being one of the first substances forbidden."

Does that look as though tobacco makes a man out of a boy?

Dr. Anderson, physical director of the Yale University Gymnasium, says: "We find that smoking is injurious to growing boys and youth, and that the smoker does not attain and hold as high a standing in the university as the non-smoker does. His physical development is not so good, and his lung capacity is usually lower than that of the non-smoker. I have no hesitation in saying that I consider the use of nicotin harmful for growing youth."

Is that making a man out of a boy? Does it not rather look as if the boy who wants to be really a manly fellow will look beyond the approval of his mates (if he has mates that smoke), and if necessary endure a little ridicule, rather than form a habit which will lessen his stature, his lung capacity, and his physical endurance?

And again, when school-teachers of large experience testify that rarely if ever does a smoker carry off the class honors (though nearly all the boys smoke), is not all the manliness on the side of the non-smoker?

Again, when judges of juvenile courts, reform-school directors, school-teachers, and employers testify that tobacco has a bad effect on the morals of boys, is it not time to do away with the idea that it is manly to smoke?

THE *July Practitioner* (England) published a symposium on tobacco, giving the opinions of leading medical men on the subject. Since then there has been an increased interest in the tobacco question, as manifested by the articles in the different medical journals. The *Journal of the American Medical Association* of September 16 has an editorial article, in which it treats rather lightly the idea that tobacco is seriously harmful to the race. *American Medicine* of the same date, while taking a moderate view of the matter, has placed itself on record with these significant remarks:—

“That all agree that habitual smoking, and especially of cigarettes by boys, is most injurious, is a fact which should give pause to the let-it-alone advisers. If harmful to the young, why not to those who are older, if carried to excess? . . . The morbid effect of much smoking on special organs, the eye especially, the tongue, and throat, etc., and frequently upon other tissues, is frankly admitted. It is in the observation of every experienced physician that smoking often has a speedy and decided effect upon the appetite, digestion, etc. . . . The whole subject needs a rigorously scientific investigation. In the meantime busy physicians should be constantly on guard, not to overlook tobacco as an unsuspected cause of great mischief.”



Medical Frauds

At the Portland session of the American Medical Association, the committee to aid the Post-office Department in excluding objectionable advertising, submitted an interesting report, showing, by many examples, the cupidity and effrontery of patent medicine men, and the gullibility of the general public.

One firm made a practise of sending a piece of common litmus paper to each inquiring patient, with direction to dip it into the patient's water, and return it to the company, who would, from the paper, determine the nature of the patient's disease, and prescribe accordingly.

One medicine, for which it was claimed that it would cure about all the diseases that human flesh is heir to, proved to be a simple purgative.

The Force of Life Chemical Company claim to restore “lost manhood” by a progressive treatment, but the different remedies proved to be all the same stuff. Their “radium capsules” were found to contain not a trace of radium.

“Aquamiel,” claimed to be from a Mexican plant, and to have marvelous healing properties, was found to consist of weak alcohol with a little plant extractive.

“Liquid Electricity” consisted largely of red pepper, with ammonia salts and volatile oils in water. Liquid nonsense!

One “complexion powder” consisted entirely of common Rochelle salts, and must have netted the enterprising “manufacturer” a handsome profit.

“Yousuf's Celebrated Turkish Salve,” claiming to restore “lost vitality,” was found to be nothing but petroleum and beeswax.

Millions of dollars are being spent annually on these worse than useless preparations. Perhaps there is no richer field for the fakir than the “lost manhood” scare. The principal lost manhood is that of the men who stoop to the low business of defrauding their fellows in this detestable way.

The Post-office Department is doing what it can to prevent the use of the mails by these fraudulent concerns; but, like weeds, as fast as one lot is suppressed, another springs up. Some of

the most brazen concerns, like the liquor-zone company, do not use the mails in a manner that gives the Post-Office Department a hold on them.

But the whole foundation for this iniquitous business is a gullible public which furnishes a fat living for these social parasites, the patent medicine fakirs. It is not usually the well-to-do who spend their surplus funds on these fellows, but it is too often the head of a poor family which needs the money for better purposes.



American Medicine, commenting on the physical endurance of the Japanese soldier, says: "The man carrying the gun on his shoulder has accomplished feats of physical endurance which were not thought possible by the physiologists." And yet the Jap is practically a vegetarian. Remember that fact, you who think that meat must be included in the diet in order to insure a vigorous constitution.



SOME believe that the milk from a herd is less safe than the milk from a single cow, because there is greater probability that one or more cows in a herd shall have tuberculosis than that a single cow should have it. But the commissioner of health of Chicago reports that tuberculosis has never been positively identified in any of the samples of milk collected from milk dealers, but that it has been frequently found in the milk of individual cows. His explanation is that probably the tubercle bacilli do not long survive when mixed with the milk of a number of healthy animals.



THE medical missionary's object is twofold,—to preach the gospel, and to

heal the sick,—and while his skill and success as a practitioner are to be made subservient to his evangelistic work, still his ministry of healing is, in itself, a service which, in the mission field, is of inestimable value.



DR. DOCK says that "a very important feature of the investigation of stomach contents is the demonstration to patients of how insufficiently they masticate their food. If an ordinary meal be removed several hours after it has been eaten, the patient will often be surprised to find what large pieces of meat and potato he has swallowed without realizing that they were going down unchewed. After this it is usually much easier to persuade him that he needs to masticate his food more thoroughly, and commonly an immediate improvement in the gastric symptoms is the result. If for no other reason than this it would be advisable to pass the stomach-tube in certain cases of bothersome indigestion."

Now, in the name of all that is sensible, why can not the patient who has "bothersome indigestion" take the hint and chew more carefully, thereby avoiding the ordeal of swallowing a stomach-tube, and the inconvenience of a doctor's fee? Take Dr. Dock at his word, and do not wait until it has to be demonstrated to you at some inconvenience to yourself and the loss of several dollars.



Effect of Hot and Cold on the Blood

ONE of the most interesting series of experiments in animal physiology is that conducted by A. Montouri, who experimented with blood taken from dogs in a hot bath, dogs in a cold bath, and dogs under normal conditions. The blood of a dog in a hot bath, when injected into

another dog, reduces its temperature. The blood of a dog in a cold bath, injected into another dog, causes a raise in temperature. Blood from a dog under normal conditions causes no change in temperature when injected into another animal. The temperature change in these cases may last as long as twenty-four hours, and is in proportion to the amount of blood injected, and also in proportion to the degree of heat or cold of the bath. This shows that under the influence of an abnormal external temperature there is produced in the blood some change (chemical?) which acts on the heat-producing or heat-regulating functions of the body in such a way as to counteract the effect of the abnormal temperature. This may explain why the habitual use of cold baths "hardens" one and accustoms him to cold weather.



READ this bit of news copied from a medical journal, and decide from it whether medical practise laws are prepared solely for the protection of the people, or are, partly at least, a tariff to "protect home industry"—to keep other physicians out; in other words, laws prepared in the interest of the physicians of a certain locality:—

"Beginning with Oct. 15, 1905, New York physicians who want to practise in New Jersey will have to pass a rigid examination. The State Board of Health of that State has adopted a rule to that effect, and the authorities declare that it will not be rescinded until the New York authorities agree to allow duly qualified New Jersey doctors to practise in this State [New York] without special examinations." There is more to the story—the fight has been on for some time, but this will suffice.

THOSE who are accustomed to the free use of candies and other sweets should know that many of these are now made with saccharin, a substance having a sweetening power five hundred times that of cane-sugar. Some States have passed laws against the use of saccharin in foods. A firm in North Dakota objected to the order against the use of saccharin because this annually cost the firm five hundred dollars, whereas an equivalent amount of sugar would cost ten thousand dollars. Naturally the food producer, especially the producer of sweets, will economize by the use of the cheaper substance. Recent investigations show that saccharin is "a protoplasmic poison, in that it inhibits nearly all the fermentative processes of the body. Consequently it interferes with and decreases the general body metabolism."



WE quote below a statement taken from the Bulletin of the Chicago Health Department. We have no reason to doubt the correctness of the statement, and there are many statements confirmatory of this, coming from men whose honesty is unimpeached, and whose practise gives them ample opportunity to observe:—

"Last year a few entered school upon false certificates of vaccination signed by doctors. Some of these contracted smallpox, and a few died as the result of this criminal practise. One child permitted by the principal to enter school without any certificate of vaccination remained in school two weeks, contracted smallpox and died of that disease a week later. *No vaccinated school child contracted the disease, though exposures to smallpox were numerous.*"

Facts speak louder than theories.



Pure Foods

THIRTY per cent of the poultry in England suffer from tuberculosis.

THE chemist of the San Francisco Board of Health, having examined many samples of olive oil brought in the open market, finds that most of the adulterated oil bears foreign labels. Of seventy-two samples of California oil only five were found to be impure. If the producers of adulterated olive oil are numerous in this country, they cover up the fact by using foreign labels.

Water

THE health commissioners of Pennsylvania will ask the various water companies to employ inspectors, to patrol their water sheds in order to detect and prevent contamination of the water-supply.

It is said that most of the streams of New York State are polluted, and some of them are little better than open sewers. As a consequence, it is not a surprise to learn that the city of New York, during the first nine months of this year, had more than sixty thousand cases of typhoid fever.

THE city of Los Angeles, Cal., is to have a new water-supply, coming over desert, under mountains, and across plains for a distance of 240 miles. The source of the water is Oweo's Lake, and the estimated cost is \$23,000,000, and will supply sufficient water for the city until its population reaches the million mark.

Medical Frauds

It has been decided by the Excise Department of New York that Peruna is a liquor, as defined by the liquor tax law, and the stuff can not be lawfully sold in that State by any one not holding a liquor license.

Schools

PHILADELPHIA school inspectors have barred six hundred and seventy-five pupils from the

schools, either because of the presence of transmissible disease or because of insufficient evidence of vaccination.

RECENT investigation in the grammar grades of Providence showed that ninety per cent of the boys are confirmed cigarette smokers. Dr. Shaw, who made the investigation, says this is not a larger proportion than he finds in other cities.

CHILD suicide in Germany is rapidly increasing in frequency. The critics of the school system believe that the children are forced too much, and that those below the average capacity are driven to self-destruction through fear of punishment and of falling behind their classes.

THERE is trouble in a Pennsylvania township over the vaccination of school children. The directors of the township threaten to discharge teachers who attempt to enforce the State vaccination law. The State health commissioner has directed the teachers to go ahead and enforce the law under pain of prosecution, and has given notice that if the school directors attempt to resist the enforcement of the law, they will be arrested.

DR. J. M. TAYLOR read a paper before the Philadelphia County Medical Society in which he urges that physicians should be given free opportunity to inspect the members of a household at regular intervals, or at will, and not only when there is illness. He thinks disease should be studied from the standpoint of economics, that prevention of disease may be recognized as a source of wealth; and that physicians should interest themselves in the effort to secure legislation for the limitation of preventable diseases; that physicians should do more in the line of educating the public. He believes that the present fee system, where a physician gets a fee only when he is invited to meet an emergency, is wrong. He prefers the plan adopted by the lawyers, of having a retaining fee, an annual fee involving the duty

and privilege of calling on the family at intervals in order to rectify constitutional peculiarities and to save from peril. He believes doctors should be more careful to warn patients against the use of bitters, tonics, and the like, whose chief attractiveness is the contained alcohol or narcotics.

Legislation

NEW JERSEY has a law prohibiting the construction of bake-ovens in basements.

HOMEOPATHIC physicians of New York and other States favor the restriction of marriage by invalids, and are attempting to secure suitable legislation to this effect.

A MISSISSIPPI druggist was fined five hundred dollars, and sent to jail for six months, for selling cocain without a physician's prescription. It is said he sold from ten to twelve dollars' worth of cocain daily.

AT the recent International Sanitary Convention of the American Republics recently held in Washington, many of the delegates objected to the quarantine laws now in effect, saying they are too stringent in some ways, interfering with commerce, and at the same time they often fail to prevent the transmission of infectious diseases.

THE city of Philadelphia will adopt drastic measures to stamp out epidemics of smallpox. Local health officers are instructed, as soon as they are aware of the existence of smallpox, to begin immediate and exhaustive action. Quarantine is to be absolute for patient, household, and domestic animals, and to continue for twenty days after the cure of the last developed case.

Sociological

THE census bureau has recently issued a bulletin which states that the birth-rate in the United States has shown a steady decrease since 1860.

THE International Labor Office of Basel, Switzerland, organized four years ago, is offering numerous prizes for methods of preventing lead poisoning in the various trades.

IN Zion "Apostle" Dowie has decreed that every married couple shall increase the population by one child each year. Evidently

stands with the President on the race suicide question.

A SOCIETY has been formed by New York women for the care of infants whose mothers are too poor to do it themselves. This will mean comfort and health for thousands of unfortunately born children every year.

Miscellaneous

THE Lackawanna Railway Company has introduced a hospital on wheels, thoroughly equipped, for use on its lines between the various mining districts. The car is taken from one mine to another, the surgeon in charge rendering such professional service as may be necessary, and giving instruction to the miners in first aid to the injured. This hospital car will doubtless prove of great advantage, as many of the mines are a long distance from any hospital.

AFTER the funeral of the late Secretary Hay, Surgeon-General Rixford made some timely remarks concerning the excessive strain incident to public life. Mentioning a number of prominent men who had recently died in the harness, he said, "All these men worked too hard, gave too much of their vital force, their energy, and their brains to the government. They took too little exercise, got too little sunshine and fresh air, and the inevitable result was death. There are too many men in the public service who are wearing themselves out."

RECENTLY the American Humane Association had up for discussion the propriety of ending, as an act of mercy, the life of those suffering from incurable disease, or the victims of some catastrophe, where there is no hope for recovery. The question was ruled out because the articles of incorporation of the society confine its operations to animals and children. But, as *Medical Record* says, "The views of the medical profession are well expressed in the classical reply of Larrey to Napoleon in the pest-house at Joppa. When the emperor suggested to the great surgeon that it might be an act of mercy to put an end to the illness of some of his wretched patients, the answer was, 'Sire, it is my function to preserve life, not to destroy it.'"

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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HERE is the kind of letter that we throw into the waste-basket: first, because it is unsigned; second, because it asks for information of a personal nature which it is not our province to publish. If the questioner had signed his name, and if we had known as to the reliability of these doctors, we would have replied by letter. There is another reason why we ought to have thrown the letter into the waste-basket without giving it further consideration. That is, the writer did not think enough of our reply to enclose a stamp. Courtesy always suggests this, in writing for information. We only notice this letter in this way, as a reminder to others:—

“Life and Health.

“DEAR SIR: Can you recommend —, M. D., — Building, St. Louis, Mo., for treating cancers; also Mrs. —, Box —, —, Ind., for female diseases? Please send a correct state of both in the next November number, and oblige a subscriber, in Can. Ont.”

One of our readers recently said, “‘A Friend in the Kitchen’ proved the old saying true, ‘A friend in need is a friend indeed;’ for not knowing how to cook, I found in it what every housekeeper needs to know about the science of proper food preparation.”



A Suggestion

ORDER 100 copies of LIFE AND HEALTH, and call upon the people at their homes, and sell them a copy for five cents, and secure permission to deliver the next number when out. Record the name of the person with the number of the residence in a pass-book for reference in future deliveries. In this way build up a paying health-reading circle, which will require only a few hours each month to supply, and will yield a liberal remuneration for the time spent. Discounts made to solicitors for 25 or more copies in one order to one address.



THIS is the season of the year when colds are prevalent, and the result is an increased demand for our little book entitled “Colds: Their Cause, Prevention, and Cure,” written by the editor of LIFE AND HEALTH. The first edition is about exhausted, and a new edition is being printed.

Is it really practical? Does it reveal the cause of colds? Does it provide for their prevention and prescribe for their cure? Let one who has long suffered from colds answer in the following short statement:—

“Once I stood in constant dread of seemingly unavoidable colds; but Dr. Heald’s little book on ‘Colds’ has taught me not only how to cure them, but how to avoid them. It costs only 25 cents, yet it is worth its weight in gold.”

(Continued from page 349)

Division between parents is one great source of trouble, and must be rectified before anything can be accomplished for the children. Give as few rules as possible, but enforce those you have."

Under present conditions, how may we teach our children reverence?

Elder Langdon: "Use the Bible more, get more familiar with it. We must ourselves be all that we expect our children to be. There must be unity in the home."

Is it best to encourage children to tell of each other's wrong-doing, or, as they say, be telltales?

Mrs. Alma McKibbin: "This can not be answered by yes or no. Children's judgment is not developed enough to know what to tell, to really know right from wrong. Teach them to judge as to

what they should report. If they make mistakes, do not be discouraged, for you and I sometimes fail. A good motto is, 'Thou shalt not go up and down as a tale-bearer.' Teach the children what this means. Do not ask the children in regard to all they do: keep your eyes and ears open."

What are some of the best ways to secure prompt and willing obedience?

Mrs. Wyatt: "The two qualities, promptness and willingness, are inseparable. If a child learns to obey promptly, it will likely be willing obedience. Teach respect for authority. Prompt obedience depends on the way the request is made. First get the attention; if possible look into the child's eye. Teach the child that it is necessary to obey. Let children choose for themselves sometimes."

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