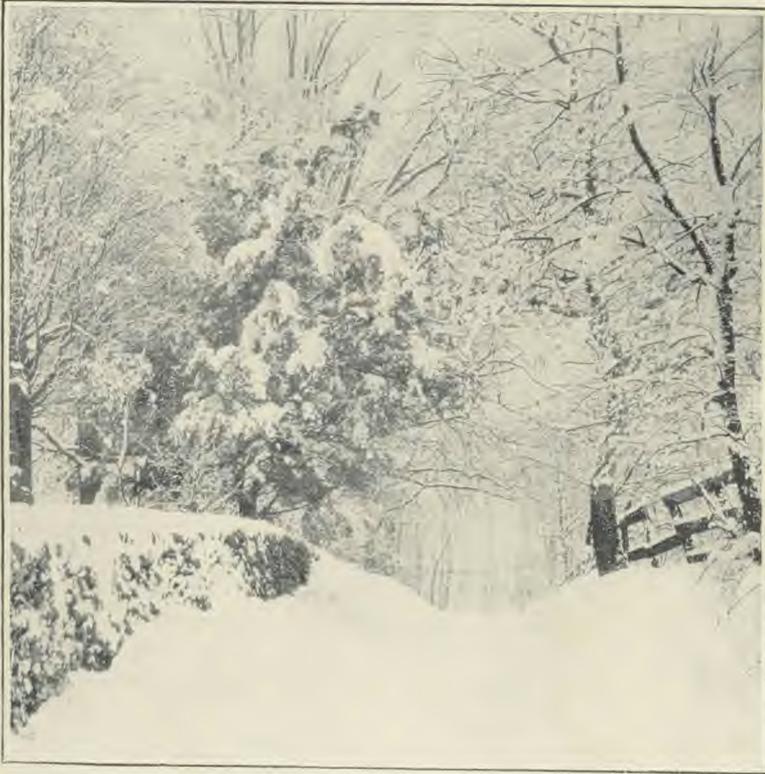


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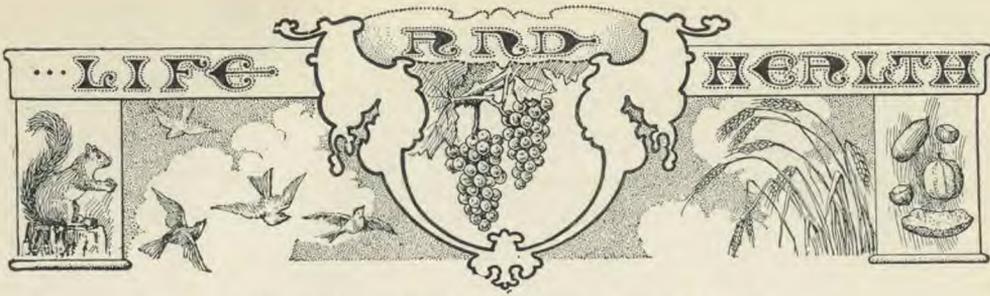
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"Something better is the law of all true living."

Vol. XXI

Washington, D. C., January, 1906

No. 1

## What Shall I Do to Decrease My Weight?

G. H. HEALD, M. D.



FTEN one hears the complaint, "I am growing fleshy; what shall I do to decrease my weight?"

That depends.

Many people are naturally plump. Their fathers and mothers, their sisters and brothers are all round. They may eat lightly, even denying themselves certain dishes which they are especially fond of, and may exercise freely, and still they are portly. Fleshiness is constitutional with them, and any effort to lessen the weight may be at the expense of health. They are in fairly good health, but suffer the inconvenience of the extra load they have to carry, and perhaps if it is a woman, she suffers some mortification because of the rotundity of her figure.

Curious, it is, that the fat person always wishes she were slender, and the thin person envies her more fleshy neighbor. It is unfortunate that man, or rather woman, for it is usually the women who are thus constituted, can not understand that it is not wise to attempt to build a greyhound up to the proportions of a mastiff, or to reduce a

Saint Bernard to the figure of a deerhound.

The effort to remove superabundant fat from the hips or waist may be accompanied by undesirable changes in the contour of the chest, causing the victim to appear haggard and prematurely aged. When one makes an effort to reduce flesh, the reduction will not necessarily occur in just the way desired. For this reason, it is not usually wise to attempt to do much to reduce flesh as a means of improving the appearance. One who is fleshy and in good health should "let well enough alone," and not exchange the known ills for the unknown. The use of "anti-fat" remedies is dangerous. Starvation brings weakness and ill health before it causes much reduction in the weight.

Another class of people become fat as a result of disordered tissue change. This is a serious diseased condition, and not much can be done by lessening the diet. These cases require the careful study of a physician to determine, if possible, the cause of the faulty metabolism, and to correct it.

A third form of obesity is due to over-eating and lack of exercise. In these

cases, the cure is simple, but is not easy, because these people do not yield readily to the suggestion to reduce their diet or to take more exercise. They are good eaters, and to diminish the pleasures of the table is to rob life of half its joys. If they go on a restricted diet for three or four days, they are apt to more than make up for it the next few days. If they take a little exercise, they are so fatigued that they rest up for two or three days. But these are the ones who yield most readily to treatment provided they begin early and continue long enough to become habituated to the new mode of living.

Treatment for obesity is best conducted in a well-appointed sanitarium, where the patient may be under wise supervision. It is not enough to tell patients to eat less. They should know just how much it is safe to reduce the rations, and in what lines. Then, again, there are those who can not safely attempt a reducing regime. Those who have a fatty heart, or who are passing sugar or albumin, or those who are well past middle age, are taking grave risks when they attempt to reduce in flesh by dieting.

If the patient is one who may safely attempt a reduction in weight, he should understand to begin with, that he must not expect any marked or sudden change in weight. In many cases the best that can be expected is to prevent increase in weight.

In general, the following directions will be found to be of value to one desiring to reduce flesh; but, as stated before, the patient will do much better to be in a well-ordered sanitarium, or under the care of some physician who can give personal attention to the diet and other habits of the patient.

As fat is made largely from the carbohydrates, these must be eaten in small

quantity. Bread, potato, and the various cereal products are excellent foods to fatten on, and should be largely discarded, as should sugar, sweets, and all pastries and puddings. Nut foods and cream, if eaten at all, should be taken very sparingly. Eggs may be eaten sparingly, or the whites more freely. Milk may be used, preferably skim milk, and especially clabber milk or buttermilk. Cauliflower, cabbage, spinach, onion, and the green vegetables may be freely eaten. Grapes and sweet fruits should be eaten sparingly; but strawberries, oranges, and the tart fruits may be freely eaten. Remarkable results are claimed in some cases as a result of the restriction of fluids; but the thirst cure, if practised, should be under the supervision of a competent physician, as damage would result from the use of the thirst cure in many cases.

One part of the thirst cure that can be safely practised by all fleshy persons is the avoidance of all alcoholic liquors. Without exception, these are bad for this class of people; in fact, fleshiness often results almost solely from the use of alcoholic beverages.

In addition to diet, vigorous exercise and massage are necessary to facilitate tissue reduction; not spasmodic exercise followed by a period of inaction, but daily exercise, preferably under proper direction, to the point of mild fatigue. Cold bathing is another excellent measure; but care should be taken that the exercise and cold bathing do not so increase the appetite that an increased amount of food will be taken.

To summarize: If you are fat, first learn from competent authority whether it is safe for you to attempt to reduce in flesh; if you find this safe, you will succeed best by placing yourself under careful supervision, preferably in a well-conducted sanitarium.

# The Daughter in the Home

AUGUSTA C. BAINBRIDGE

## 5—The Postgraduate Course



ELL, children," said Papa Briggs, at breakfast, "vacation is here, and what shall we do? You first, mother."

"I wish we might have a whole day in the country somewhere, together."

"Settled. We'll have it, several, maybe. Now, May?"

"Something in the house, quiet and pleasant with mama. School has been 'go, go, go.' I believe I want a rest."

"You shall have it, daughter. You have earned a change."

So each one was questioned in turn, and then,—

"Now, papa, what do you choose?"

"Well, you have all told a part of my wish, and I think, like little Nettie here, I shall have to add them up and find the answer. Mama's day in the country shall be a visit to her childhood's home in Vermont, to see the dear old folks she left behind when we came to California."

"Why, Papa Briggs!" said mama, and the children were speechless with surprise.

"Yes, dear, this has been in my mind for a long time, and if Carson proves the man I think he is, I may go with you; however, that is not in line yet. May shall be housekeeper."

"Why, Papa Briggs! I do not know how, and it will take me a year to learn."

"That was just the time I had thought, and your mama can lay her plans for your training as soon as convenient, and you can depend on me to help wherever I am needed."

That was indeed a new day in the Briggs household. All plans were laid on the altar at family worship, for the Master to direct; and all felt they had moved into a new country when the day's duties began.

Spring house cleaning and sewing, long delayed, were taken up in earnest, and such help secured as was necessary, May, in the meantime, taking her first lessons in carrying burdens. She had so often helped her mother get the breakfast, it was not hard to take that part of the load, with neat little Daisy to help—hardly little now, for she measured well up to May's ear. George had promised to continue his faithful attentions to the coal-hod and wood-box, though he said to Tom, "When I get my cornet, little brother, you may look for promotion, and I'll resign the hatchet."

It seemed odd to call mama to breakfast, at first, but it soon came easy.

Papa politely complimented the new cook on her gems, and George developed a wonderful appetite for prune toast.

In a month the sorting of the laundry, counting, and mending had been added to May's accomplishments.

Then came lunch for every day for those who were at home, and harder still, for those who were away all day; but since all things have their compensations, these only paved the way for the delightful picnic lunches that came as treats to the entire family.

After school began, and the younger children were away all the morning, the care of the table linen, and later the care of the bed linen, were in turn laid on May's shoulders.

In another month the parlor, halls, and toilets were mastered; papa still holding the lines over the porches, walks, and garden. May then took the dinners under her management; and never before had she seen the beauty of order and system in work, as here. Not that she was never perplexed, even once to the tune of a hard cry on mama's shoulder behind the pantry door; but as her burdens increased, she learned the value of well-laid plans, the restfulness of beginning in time, the need of actually keeping things in place, the comfort of finding clean utensils and the numberless little trifles that mean perfection in the art of housekeeping. She noticed that her mother oiled the machinery with smiles where there was friction or even a "squeak."

She had dreaded the next burden — that of overseeing the work of the younger members of the family, as each in turn took his share of the delightful home duties. She had not counted that the same faithful training that had made it possible for her to do her part, had been fulfilling its mission in their lives too, and the "joy of doing" had begun to bear fruit. But so it was, and Tom and Nettie followed closely on the heels of Daisy and George.

The finances came last in her post-graduate course; not that she had done no shopping nor paid bills. No, indeed! She had learned the use of the box in the kitchen table drawer, where receipted bills were tucked away, and of the strap over the daily expense book, where unpaid bills were kept; but to have the cash that was to last the entire month actually laid in her hands was a new experience.

"It has all been tithed, daughter, and even the second tithe has been taken, and you know the promise; so do not fear, but study and trust," papa said,

when he handed her the full amount.

According to her mother's plan, she laid aside, first, the amount needed for all the regular monthly bills, such as gas, water, laundry, and paper, with a little extra for emergencies. As Tuesday was pay-day, she divided the remainder into five portions, for in that month there were five Tuesdays on the calendar; and decided that each amount should serve its time. Mama was with her for counsel, and as all she could save was to go into her own private purse, she decided to serve her family faithfully, and earn the surplus honestly. Three months of this drill, and the lesson was well in hand.

Almost unconsciously she had learned to entertain the oft-time guest, and larger gatherings of friends did not disarm her; for this was a home where courtesy and hospitality were the custom.

She did not fear sickness; for in this family nature's laws were revered as God's laws, and obeyed in faith. May had learned that God always honors obedience.

Helping George and Daisy with their lessons kept her from rusting; and it often seemed strange to her that these lessons were ever hard. These evenings were restful and profitable.

Now that May held the reins, mama was free to prepare for her trip; and the house had a holiday air even in the midst of house cleaning and other spring irregularities. The weather reports were watched with some anxiety; for mama was to start as soon as possible after the first spring rains. Since it had been decided to leave Baby Clare at home, papa had promised to return as soon as mama had visited his home folks, leaving her free to enjoy the summer in "York State," and an Eastern winter in the Green Mountains among her own people.

Aunty Wade would make her home with May that year. Not that May would need her help, or that Papa or Mama Briggs could not trust her; but even with all the children at home, there was a feeling of sincere loneliness without the ones on whom they had been accustomed to lean.

The year's pupilage was ended, and May, a pupil still, had learned to re-

gard her trim, comfortable house dress and her neat cap and apron with as much pride as she did the white swiss she wore on commencement day.

The "Good-by" at the station and the coming home to the empty house would have disarmed a coward, but May was made of better stuff, and she began her work with, "Onward, Christian soldier."



## Perplexed

MRS. M. E. STEWARD



NE thing you may rest assured of," said Mr. Harris, "I've settled the question to my satisfaction; they ate meat in Bible times, so it's all right for me."

Edith had too much respect for her father to enter into controversy with him, and such confidence in what she recognized as truth that she believed the time would come when he would see it; so she merely smiled, contented to wait.

A few days after, Mr. Harris returned from the city with a daily paper, giving an account of a boy who had killed his playmate in cold blood. The murderer was the son of a butcher. He had seen the pleading looks of terrified creatures as his own father was about to take their lives. He had witnessed the slaying of the helpless animals, till his heart lost every vestige of mercy, and he was deaf to the piteous cries for life of his playmate. This circumstance set Mr. Harris to thinking. After all, was it not inhuman, this killing and eating animals? He did not relish his porterhouse as formerly.

Notices of trichina were frequent in the papers. Mr. Harris watched his hogs rooting in the filth, and eating every detestable thing. For the first time he thought, "That horrible stuff is my food." He began to consider the question of dispensing with the family pork barrel, which his fathers had filled every year since the country was settled. Mrs. Harris was also troubled about the "little worms."

"Shall we give up the hog?" inquired her husband later.

"I am more than willing."

As a preliminary he bought a codfish. When Minnie was picking up some of the fish to cook, she discovered, between the fair white layers, a white worm several inches long, in a flat coil.

A few days afterward Mr. Harris said, "I think we shall eat beef after this." He next bought what he considered a good boiling piece, and the butcher gave him a part of a beef's liver. When Edith prepared the meat for boiling, she noticed some small white specks in it. Getting her microscope, she showed her mother and Minnie a colony of cysts which she knew to be tapeworm

larvæ. A slice of the liver was cut off to fry, and a large ulcer was laid open!

As the three stood looking at it, with deep disgust, Edith remarked, "How quickly we feel it all over when there's anything the matter with our livers. We are stupid, feverish, our bones ache, we are sick from head to foot. It might be that no other part of the animal out of which this liver was taken showed any ailment, yet it was there; and no doubt many people are now eating it, swallowing so much disease!

"Meat sold in the cities is especially harmful. The animals are fattened in a way that makes them diseased; they are often shut away from the light and pure air, because they then fatten quicker; and being obliged to breathe filthy gases from the stables, their flesh gets very bad. The creature's liver can not remove impurities fast enough, and they are stored up in the form of fat. Salt is given, which prevents needed changes throughout the body. The meat becomes positively poisonous. It is the source of a great deal of suffering, and persons even die without knowing the cause."

At the dinner table Mr. Harris remarked, "The English eat beef, and see how strong they are. What do you say to that, Edith?"

"I think you are a little mistaken, papa. The higher English are those who eat it, and they are said to be very scrofulous; the lower classes have not means to buy it often."

"Well, we eat a great deal of meat in this country; why are we such a great people?"

"We are known as a nation of dyspeptics."

"But how is it that vegetarians are always a half-starved-looking set anyhow?"

"Do you think I am?"

"Well, no; but I've often heard them spoken of in that way."

"The trouble is most people, like Graham himself, become health reformers, as they are called, as a last resort. Their 'half-starved' looks are all due to their former manner of living. Vegetarians live longer than meat eaters, because meat is stimulating, and a stimulus always burns the candle at both ends. It makes the blood feverish and impure. As the health of all the organs depends on the free circulation of good blood, the whole person suffers and is nervous. This gradually undermines the will, and takes away the finer sensibilities of both body and mind. Such an individual is easily led into crime.

"Meat eating has a marked influence on the character. Animals which eat meat are cruel, quick but not enduring. Herbivorous ones are gentle, and labor long and hard. Lord Byron declared that he 'felt himself grow savage when he ate meat.' There were two classes of early American Indians; it is believed that they had a common origin. One class lived on flesh; these were savage, lazy, and had no interest in any kind of improvement. The others, found in Mexico and Peru, were the exact reverse; they subsisted on maize and bananas.

"See the effects on the same people. We learn that the ancient Egyptians were at first migratory tribes, living mostly from their flocks and herds; they were never more than half-civilized. These people conquered Egypt, and afterward subsisted on the products of the soil. They then excelled all other nations in culture, so that even Greece sent her children there to perfect their education. This history of Egypt is like that of most of the European countries.

"Livingstone found that in Central

Africa those who lived on flesh were constantly at war with one another. In the midst of these savage tribes, 'there is a region where the *tsetse*, a venomous fly, troubles the animals so they can not live there, hence the inhabitants can get no meat to eat. These are far ahead of their neighbors in both physical and mental development.' "

Mrs. Harris, who had been a silent but interested listener, suggested that she'd rather have a body made of good, plump wheat and similar foods, than one made out of some creature that had already had the first use of the good food.

"The animal," said Edith, "takes for itself so much of the virtue of the food that we get far less nutrition and force from it than we would by taking it at first."

"But isn't it worth something to have our food digested for us?"

"Such digestion as we find in meat, papa, makes poor bodies. Sir Thomas Brown says the bodies of Roman soldiers who died in the Orient underwent decomposition, while those of the Persians, who do not use meat, were pure, remained uncorrupted, drying up like mummies. The tissues of the Persians were pure, while those of the Romans were partly filled with the putrefaction of the flesh they had eaten."

"Please look at this beef through the microscope," said Minnie.

"Those are tapeworm cysts, papa," Edith explained in answer to her father's inquiring look. "Tapeworms, you know, are composed of joints. While the worm is constantly growing by the formation of new joints between its head and body, the oldest joints are continually falling off. These can move about, and they are filled with eggs.

"Suppose an animal, like a sheep, which easily becomes infected with these worms, runs in a pasture with an ox

or a hog. The sheep drops the joints onto the grass, and in the bodies of the animals which eat that grass, the eggs hatch into young worms, which find their way into all their muscles, and become encysted, that is, enclosed in a bladder-like sac. There is no further development of the tapeworms in these animals. But when an unfortunate being, like man, eats their flesh, the cysts open, and the young worms become living, feeding, growing tapeworms!"

"Must the beef go with the pork?" half groaned the perplexed man. "But there's one thing left!" exclaimed Mr. Harris, brightening. "Our Saviour ate fish! I like oysters too."

"All animals have deteriorated since the time when Christ was on the earth: there is no reason to believe fish are an exception. Indeed, we know that people whose food is mostly fish are very scrofulous. Mackenzie tells us that leprosy and scurvy are common in Iceland, especially on the western coast, where the inhabitants depend mostly on fishing. 'The diet of the Icelanders,' he says, 'likewise gives much disposition to worms, and the ascarides are observed to be particularly frequent. Inflammation of the abdominal viscera is very common in consequence of the peculiar [fish] diet to which they are accustomed.' "

"I've heard it said," observed Minnie, "that fish is good food for the mind."

"Why then are not fishermen superior in mentality? They live mostly on fish. The lowest races on the globe live principally on fish."

"As for shell-fish, they are all scavengers of the waters, as the hog is of the land. An oyster-bed near a city is particularly dangerous; the oysters drink poison from the drainage till they become poisonous."

# CURRENT COMMENT

## Strenuous Athletics

It is a rather remarkable coincidence that immediately after succeeding in bringing about peace between the combatants in the most serious and bloody war of modern times, our strenuous chief executive should next turn his attention to an attempt, at least, to do away with the brutality and fatalities which have marked the history of an American sport for the last twenty years. We say an attempt advisedly, because the president of one of the most important universities in the East said, in an apparently hopeless sort of way, that he heard of President Roosevelt's intervention, and that he wished him success. He confessed to having tried it himself and failed. It will be a reflection on our American civilization, if, after conciliating Russia and Japan, President Roosevelt fails to prevent further "killings" in football.—*Journal of the Amer. Med. Assn.*



## The Draft Fetish

PEOPLE doubtless do occasionally take sneezing colds that are harmless from sitting in a draft insufficiently clad. The remedy is simply more clothing. But people do not usually take their colds from draft or cold or even wet feet, but more often from fatigue, digestive derangements, overwork, and lack of sleep and rest. Colds less often come on in the depth of winter than in the warming weather of spring. As a result of the popular fetish, however, most people, when they have taken a cold, immediately knit their brows and begin to meditate on what could have caused

it. And as nearly everybody is, for some length of time, some moment each day, in a draft, it is easy for any victim of a cold to refer his trouble to some such experience, although the theory may be as groundless as one that should ascribe the cold to the pointing of somebody's finger at him.

The truth is that the fear of a draft compels numberless people to breathe bad air constantly, which lowers their vitality, makes it easy for micro-organisms to attack them, and for them to get all sorts of disease—which constant fresh air might enable them to escape. They are more susceptible to cold catching than the people who either ignore drafts altogether or clothe themselves so that they can bear them.

A cold often follows a fit of indigestion, a paroxysm of migraine (sick-headache), a day of overwork, or a night without sleep; it comes to those who live outdoors perhaps one fifth as often as to the overhoused people. Soldiers in camp, sleeping in tents or under trees or wagons, and wrapped in their blankets, very rarely have colds. But when they go home on furlough and sleep in close bedrooms, they show a marked susceptibility to these troubles.—*Norman Bridge, M. D., in Journal of the Outdoor Life.*



COLDS are common in cold weather because more impure air is breathed at that time, and because the skin is kept tender with overclothing. . . . The daily cold bath, ribbed or meshed cotton, linen, or ramie, not woolen underwear, and plenty of ventilation are advised.—*N. Y. Medical News.*

## The Cigarette Evil

ANY one condemning a practise or habit indulged in by a large number of people is apt to secure from them the name of being an extremist; however, I contend that the prevalent habit of cigarette smoking, which shows a tendency of becoming general, is a thing we, especially as physicians, should call to public notice as regards its baneful effects. . . .

Most schools at the present time teach the effect of nicotin in their books of hygiene, but regardless of this fact the use of tobacco in all its forms seems to be on the increase. . . .

I have had opportunity to observe a great many patients that I am sure had heart, liver, kidney, nose and throat, and nervous diseases that could only be accounted for through the use of tobacco to excess in this form [the cigarette].

Having been an examiner for over nine years for a leading life insurance company, it has been my privilege to note the effect upon the heart of hundreds of cigarette users, and I can say that, without doubt, in at least eighty per cent of them, the pulse rate will average ten beats [per minute] more than normal. Common sense would cause us to conclude that extra work thrown upon the heart to this extent, can not but be injurious to the heart itself, as well as favor congestion of other organs of the body through its effects on the circulatory system.

It is gratifying to know that many corporations, like railroad companies, have put the ban on cigarette users, recognizing the danger from fires, as well as the fact that those using them are not so reliable as non-users. . . .

In view of all these things, it seems high time for the medical profession, which can not but know the evil effects of this growing habit, to take upon

themselves the good work of teaching their patients and friends the harm wrought by this deadly and unclean habit, and also urge legislation against it, and the enforcement of the laws that are made.—*A. H. Bradley, M. D., in Medical Brief.*



## Danger of Drink

FOREMOST among the habits of mankind which render one an easy prey to pneumonia is drunkenness. The mucous membrane of the air-passages and the lung tissue of the drunkard are never equal to the standard of the healthy tissue. Even the moderate drinker has congested mucous membrane and disturbed circulation, which invite pneumonia. The use of tobacco irritates the mucous membrane, and when excessively used, weakens the heart and disturbs the circulation, interfering with normal excretion.

Overeating disturbs digestion, interferes with the circulation, and overtaxes the organs which dispose of waste material. The excretory channels are not equal to the task of ridding the body of harmful waste products, and the body becomes a fit medium for the development of disease.

The mouth is the great highway for receiving germs into the air-passages. It is more than that; it is the convenient receptacle for the cultivation of disease-producing germs. Food accumulated between the teeth and kept at body temperature is a rich soil for pneumonia germs. An unclean mouth will readily furnish material for the destruction of its owner.—*Bulletin of the Chicago Health Department.*



## Dirt

THERE is no doubt but many cases of contagious disease, the source of which

can not be traced, may justly be laid to dust. Oftentimes children with mild cases of diphtheria are on the streets, and expectorate freely the discharge from their diseased throats. In a short time this discharge is dried, and is flying through the air, to be taken up in any of the many possible ways. . . . Perhaps the greatest danger from dust is through the exposure of foods in, and in front of, stores. Berries and other fruit are usually exposed where they will catch the greatest amount of dust. These are often eaten without washing, and even if washed, the filth is not entirely removed. Groceries of different kinds are frequently exposed, and the counters of bakeries are covered with pies and cakes,— and dust.— *Bulletin of California State Board of Health.*



“ ‘I JUST can not stomach to eat the dried fruit that stands around in the groceries to catch dust and invite flies to make their home on it,’ said the careful housewife as she buried a huge piece of beefsteak in the same stomach which rebels against the fruit. The dust can be seen and washed from the fruit. The poisons of the beef are not so easily recognized, but may do vastly more harm.”



### Schools and Tuberculosis

As an indication of how tuberculosis may be spread in the schools, it is pointed out that children are not only careless where they spit, but frequently exchange chewing gum, apple cores, etc., put pencils in their mouths, spit on slates, and use one another's tin whistles, putty-blowers, etc. In these ways one child suffering from tuberculosis may spread the germs broadcast among his companions. And it must not be supposed that it is always the weak and

sickly appearing child who has tuberculosis; for it happens all too frequently that the apparently sturdy boy or girl is so affected, and the discovery is not made for months.

A more general knowledge of the simple precautions for prevention of tuberculosis is necessary for the eradication of the disease, and a good place to spread this education is in our public schools. It sometimes happens, however, that instruction of this kind takes the nonsensical form of teaching tots to draw pictures of bacilli. Not only should this be avoided, but it is also needless to portray all the horrible details of the disease. There is enough phthisiophobia [dread of consumption] already, without nursing it in our schools.

Unquestionably, school instruction in simple preventive measures and general personal hygiene, will do much toward stamping out the scourge that destroys one hundred and fifteen thousand lives annually in the United States, and is responsible for the death of one seventh of the human race.— *Journal of the Outdoor Life.*



ACTING on the proverb that an ounce of prevention is worth a pound of cure, the Montreal Women's Club has been working unremittingly for three years to obtain better hygienic regulations in the schools, and a regular medical inspection. The importance of the work is becoming more obvious each year. . . .

While some tentative measures have been taken by the educational authorities and the board of health of the province for the proper observances of the ordinary hygienic rules in the schools, the committee of the medical inspection of schools of the Montreal Women's Club consider the city to be very backward in such matters. It is

a well-known fact that in the observance of the ordinary rules for health and in sanitary regulations, the Jews excel, and they are the only people in Montreal who have a daily medical inspection of their schools. . . .

While everybody believes, and learned physicians tell the public, that extreme care in the schools is the best possible precaution for the public health, very few of the recommendations made to carry out these ideas in a practical way have been acted upon. . . .

In the majority of schools, so little attention is paid to the students' physical welfare, so casual are the attempts to recognize the presence of disease which careless parents neglect to observe at home, that hundreds of lives are sacrificed yearly, and hundreds of others bear throughout their lives the scars of the early educational fray.—*The Montreal Daily Star.*



### The Patent Medicine Evil

THERE is no other evil in America today so great as this accursed passion for self-doctoring,—no evil that is so far-reaching in its absolutely dangerous effects, particularly upon women and children. And it is upon this evil that a certain portion of the "patent medicine" industry thrives, with all its horrors of deception, fraud, and dangerous ingredients. Every device known to the ingenuity of man is resorted to by some of these "patent medicine" concerns to keep the public in ignorance of the deadly, dangerous drugs contained in these preparations; every manner of fraud and deception is practised, and yet thousands of women—and men—persistently keep on in their use of some of these deadly or worthless drugs, not alone using them themselves, but, what is infinitely worse, giving them to their

helpless children, who can not protect themselves from the habit thus created within them for a taste for alcohol, cocain, opium, or morphin, fostered by the hands of their own parents! Strong words, you say. Yes, but that is precisely what thousands of parents are doing, and nothing less. . . .

The majority of "patent medicines" fall into two distinct classes: one class that is absolutely worthless, and the other absolutely dangerous. If they are other than these, why keep their ingredients secret? . . .

Into almost every State legislature there has been introduced at some time or other a law compelling "patent medicine" manufacturers to print on the label of each bottle or package the exact drugs used in the medicine therein. In every case thus far has such a bill been prevented from becoming a law. Why does the "patent medicine" industry so frantically fight these measures wherever introduced, and seek to prevent them from becoming laws? The contention is always that such a law would reveal to other manufacturers and the public, formulas that are valuable, thus enabling any one to make the medicines, and be an injury to a private business enterprise.

But the sales of "Castoria" have never been injured by the publication of Dr. Fletcher's formula on the label of every bottle. The truth is that the average "patent medicine" manufacturer would not dare to print on a label the actual ingredients which are in his medicines.—*Edward Bok, in Ladies' Home Journal.*



### Demand for Nostrums

THE demand for nostrums is based upon a mental deficiency from which most men suffer. We have not yet elimi-

nated all those absurd savage superstitions of our ancestors. . . . Every new drug is taken up with keen interest. The profession stampedes to it, and then generally drops it. We can not expect ignorant laymen to be free of the defects which we ourselves are prone to show. Nearly all believe that there is some medicine with curative powers for each disease. They demand advertisements, and as long as it pays and is considered respectable, the lay press will accommodate them. As we have repeatedly mentioned, it is not likely that restrictive laws will be tolerated as long as this state of public opinion lasts. We must depend first upon enlightening the journalist conscience.— *Editorial, in American Medicine.*



### Patent Medicines

It is appalling to think of the thousands and thousands of our fellow citizens who pin their faith to these alleged remedies. Some of them have value; they are, in fact, often the very remedies described in the materia medica and the pharmacopœia, and administered by physicians; but distributed as they are, with absurd claims of efficiency, taken as they are, without the advice and consent of a physician, they become not only one of the greatest foes of rational medicine, but one of the greatest dangers to the public at large.— *Scientific American Supplement.*



QUACKS are among the largest customers of wineries and distilleries. Recent analyses (by the Massachusetts State Board of Inquiry) have developed the possibility that the druggist's show-case may contain more alcohol than the cellar of the saloon opposite, and many a temperance advocate, quite unknow-

ingly, has drawn inspiration for his lecture from that after-dinner glass of nerve tonic or stomach bitters.— *Popular Science Monthly.*



IN contesting Commissioner Yerkes' recent ruling classing alcoholic proprietary medicines as liquors, the manufacturers of these nostrums have much more at stake than the mere taxes required of rectifiers and wholesale and retail liquor dealers. Probably the federal taxation would be trivial compared with the losses incurred through public exposure of the amount of alcohol in these various concoctions. The simple fact is that these manufacturers have done some of their most thriving trade among people who had not the faintest idea that they were consuming the equivalent of raw whisky.— *New York Evening Post.*



SO-CALLED family magazines (messes of popular fiction and indecent advertisements) are distributed gratis at the instance and backing of the quack, for whom they are so much purchased propaganda. To the same end, he sustains the whole modern plethora of magazines and newspapers. Without his lucrative patronage, periodicals, representing the real excess of supply over demand, would end their artificial existence, and so, wherever there is a struggling paper, manhood slumbers, and the editor accepts the proffered bribe.— *Popular Science Monthly.*



### Testimony of a Physiologist

PROFESSOR HAIG, in his work on "Food and Diet," says: "So far as I know, the vegetarians of this country are pretty decidedly superior in endurance to those who feed on animal tissues, and might

otherwise be expected to equal them; but these vegetarians would be better still, as I have for some years been pointing out, if they not only ruled out animal flesh, but also eggs, which contain a large amount of uric acid, or substances physiologically equivalent to it; also tea and coffee."



### Vegetarianism Defended

WITH extract of beef imitated by purin-containing "yeast extracts," and with nut meats competing with flesh products, it must be admitted that the qualitative distinctions between animal and vegetable dietaries are becoming far less marked than they were in former years. The vegetarian advocates, profiting by scientific criticism, with the additional encouragement derived from the wide-spread abuse of meat eating, have enriched our dietaries in various directions.

A German clinician has remarked that meat is unquestionably the most dangerous of all foodstuffs, in that it can be consumed to excess to a degree not possible with other foods. It is doubtless true that the gormand is distinctively a meat-eating individual, and that the tendency to excessive drinking is usually associated with such dietetic extravagances.—*Prof. Lafayette B. Mendel, in American Medicine.*



### Quacks and Newspapers

"A CENTURY'S Criminal Alliance Between Quacks and Newspapers," was the subject of a paper recently read before the New York County Medical Society by Mr. Champe S. Andrews, the society's attorney. Mr. Andrews told how certain newspapers had been receiving, and still continued to receive, more than one hundred thousand dol-

lars a year apiece from quack doctors in this city. These doctors, as the medical society's investigation proved, had been growing rich by swindling the ignorant, oftentimes taking every cent of a few thousand dollars saved by some workman whom they would delude into thinking himself afflicted with a serious disease.

To illustrate the harm done by quack advertisements, the speaker cited the case of Drs. H. H. Kane and W. H. Hale, the "radium cure" physicians who had just been arrested at the request of the society's officers. Kane and Hale, according to Mr. Andrews, were trapped after their methods had been disclosed by a carpenter, McCallum. They had taken all McCallum's nine thousand dollars, had told him terrifying things about his "impending death," had sold him about a thimbleful of "radium," described as worth twelve hundred dollars, and finally would have thrown him out if Mr. Andrews had not advised him to concoct a story about a wealthy woman benefactor. A female detective, impersonating the imaginary rich woman, negotiated with Hale, and, after some weeks, obtained signed letters verifying McCallum's story about the two doctors. Thereupon they were arrested, together with Horton, their clerk. Thirty-three would-be victims were waiting to be treated at the time of the arrest, and on the table the Central Office detectives found a vial of the yellow liquid sold as "radium." It was examined by a chemist, and found to contain the ingredients of a popular nostrum.—*American Medicine.*



WHEN a simpleton wants to get well, he buys something to take; a philosopher gets something to do.—*Hall.*



## Our Medical Work in Singapore

THIS is a new field, the gospel work having been begun one year ago by Brother and Sister Jones. We began the medical missionary work one month ago, and so far the Lord has blessed our efforts in a marked manner, both financially and spiritually.

The people are in very great need of all the knowledge of healthful living that we have to give them. The condition described in Isa. 1:6 — "From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment" — could not be more vividly realized than here among this people. Of course, the principal cause for such a condition is found in the filthy habits of the colored races, especially of the Chinese, who predominate.

The sanitary regulations have a very low standard. Rubbish and stagnant water are allowed to remain in the gutters day after day, and the people, as a consequence of living in such a malarious atmosphere, have lost their power to resist disease, and readily fall victims to epidemics, which are always present.

Among the richer class of people there are a great many Chinese and Indians, and a few Europeans. With these we have made a good start with our health principles and methods of treating disease. They manifest a keen interest in anything pertaining to health.

One Indian — a Tamil, meaning a high-caste, and quite a wealthy man — whom I have been treating now for two weeks, has a great interest in our habits of living, and requested me to show him all the foods I eat, saying that he wished to live as we live. Another, a rich Chinaman, asked if he could come and dine with us for a meal or two, as he was much interested in our method of living. He said he would also bring his wife, so that Mrs. Davey could teach her to cook.

We could mention many others who are interested. In this we see evidence that the Lord is sending his angels before us to prepare the way for our work.

The homes of the people in this country are very different from those of the Europeans, and it is most difficult to obtain even the simplest thing, such as a tub or bucket, for giving a treatment. As a consequence, we have been compelled to fit up treatment rooms, in a humble way. Although we had no funds for that purpose, we went ahead in faith, and fitted up our treatment rooms in a neat, attractive manner. This was accomplished about ten days ago, and we have already given about thirty treatments in them, most of which have been remunerative.

During the first month we gave fifty-six treatments, besides making a number of visits, teaching the people how they might live and be in health.

So far the Lord has blessed our work financially, for during the first month's work the income for treatments given

amounted to nine pounds, five shillings (forty-five dollars). It seems apparent that before long permanent treatment rooms in a central place will become a necessity. Surely the fields are white already to harvest.

We are expecting soon to have a good stock of health foods on hand. We then expect to conduct cooking classes occasionally, with those who become interested.

We are of good courage in our work for these poor benighted people, and trust that we shall have the prayers and hearty co-operation of those in the home land for the success of the work here.

E. C. AND M. DAVEY.



### Reaching the Chinese

SOME of the Chinese proverbs relating to the care of the health seem quite rational, as, for example, the following: "He that takes medicine and neglects to diet himself, wastes the skill of the physicians." "If you wish to attract the south wind, you must open the north window." This means that the passages of the body must be kept in order, to secure health. But it seems as if their medical advice is much like their moral teaching; it has become worthless, through old age.

In treating the sick we can make good use of some of their customs. Whenever a native physician gives any medicine, he is always very careful to prescribe the diet, and so we are able to diet the sick, to a certain extent. But since the great majority of the working people have only two or three varieties of food to choose from, it is not possible to be very strict about prohibiting foods. But we never fail to forbid the use of opium, tobacco, wine, and pork.

The sick are very much afraid of water. This is doubtless due to the fact that their earth houses, with earth floors, are damp and cold, and they have no way of heating them. In examining the sick, I was surprised to find such a thick layer of dirt on the skin, but I learned that the sick, as a rule, do not wash, not even their hands and faces, while the disease is at all serious.

If it is true in the Occident, as it is



sometimes expressed, that it takes half of the doctors to look after the mistakes of the other half, it is surely doubly true here. The first thing to be done when there is a cut or sore on the body, is to go to the native drug store and secure some black, sticky ointment, which looks very much like tar, and put a layer of this on the injured part. This preparation is a very filthy compound, and in almost every case it produces a large, suppurating surface.

It is worthy of note that the recuperating power of their bodies is very great; and when they come to us with immense sores and suppurating surfaces, an antiseptic wash and dressing leads to the healing of the sore in a remarkably short time. A recent patient had lost the sight of one eye, as a result of having a native doctor blister his eyelids with a hot iron. Many come with

immense abscesses, which have resulted from sticking a long, dirty needle into the diseased part. I have had one case where the needle had been thrust into the eyeball.

It is considered very improper to defile paper upon which there are either written or printed characters. Written characters, being handed down from the sages of antiquity are regarded as sacred, and hence to defile them is a species of sacrilege. We make good use of this custom, also, by using a leaflet or small tract to wrap up any medicine that we give out. Some will not listen to the evangelist in the guest-room, for fear of becoming contaminated with the foreigners' doctrine, and so this is the only method we have of reaching them with the gospel. We are quite sure that the paper will not be thrown away without being first read.

A. C. SELMON, M. D.



### Christchurch Sanitarium

For several months past our staff of workers has been kept busy; and, as compared with the corresponding six months of last year, there is a decided gain both in the number of patients treated and in the financial returns. Thus far our current accounts have not only been met promptly, but several accounts of long standing have been paid or materially reduced.

Several of the patients who have been with us during this time have made most satisfactory progress toward regaining health, and we believe that the impressions of good for our truth will not be wholly lost upon their minds. For the many evidences of God's care and love, we feel exceedingly thankful, and it is our desire that our Home shall become in every respect all that the Lord designs it to be. MARY E. LEARNED.

### The Care of Lepers

"THROUGHOUT the Orient, leprosy is common, and works the same terrible ruin that it did when our Saviour was on earth. The government of India has already provided asylums in some districts for the care of its victims, but multitudes wander about unprovided for in any way. Although the physician can not speak the word of healing, as did the Master, he can in a large measure alleviate the suffering of those who come to him for care."



THE empress dowager of China has made a gift of ten thousand *taels* (seven thousand dollars) to the funds of the new Union Medical College at Peking. Those more intimately acquainted with the empress attribute the cause of her gift to the fact that the medical missionaries have for many years rendered occasional service to the officials of the palace.

It need hardly be said that the missionaries are profoundly thankful, not only for the gift, but for the indication which it suggests of a changed attitude on the part of the empress toward missionary work, and for the influence which such an example will exert in official circles throughout the empire.



ONE man, a native Indian, whose relative had been helped by the medical missionary, took a novel method of expressing his gratitude, by distributing sweetmeats to the congregation at the close of a Sunday morning preaching service.



THE accompanying illustration (page 15) — a front view of the mission station at Hsiang Cheng Hsien, showing people waiting to see the doctor — was taken last May.

# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Home Food Studies—1

MRS. D. A. FITCH



THE pleasant home and happy family of Mr. Rane had early been left by him for a long ride into the city, where office cares must claim his attention all the day long. Mrs. Rane and her son and daughter were still at the breakfast table, but the simple repast had already been finished. The mother was glancing over the latest health journal. Hattie was thinking of her present school work, but really wishing it could all soon be over, that she might be more closely associated with her mother in the work of the house. Hal was in a brown study. What could be holding his mind so intently?—a boy just the age when few boys are likely to remain seated at the table very long after the meal is finished. Like a few other boys, he had been taught by precept and practise that it is the place of the mother to give the signal for rising from table, so in his sweet spirit of obedience he remained seated. After a few glances motherward, hoping she might not be wholly taken up with her reading, he ventured to address her, "I beg pardon, mama," he began, "I want to tell you how very much I enjoy my food; but please tell me why we need to eat. In

just a little while we are hungry, and must eat again. Please tell me why."

Never was Mrs. Rane too busy or too intent on mental work to neglect or postpone answering the questions of her children. Like a wise mother, she had stored in mind the necessary information from which she could draw to satisfy Hal as to the needs of the human body day by day. She said, "Every time you move, speak, or think, you wear out some of the tissue of which your body is made." "What is tissue, mama?" queried Hal. "Am I made of tissue?" "Yes, my son, and there are several kinds which go to make up these wonderful bodies. We will not try to learn the names of all the different kinds, but for the present will consider only the muscular, nervous, and bony tissues. When you begin a thorough course of physiology, it will be time enough to learn the rest of them.

"As I was saying, some of this tissue is worn out or broken down by every word, act, or thought. It becomes waste material, and is removed from the body by means of organs provided for the purpose."

Just at this point Hattie inquired what would happen if we never should eat anything to replace this broken-down

material. Hal said, "Probably a boy would starve to death! Is that what we mean by starving, mama? Now I begin to see why we have to eat."

"Do you realize how thankful we

should be that the Creator provides so abundantly for our needs and pleasures? Perhaps sometime we shall wish to study these things further, for there is much we should learn about ourselves."



## Seasonable Recipes

### Tomato Pie

PEEL and slice tomatoes to fill a shallow baking pan. Sprinkle over them some chopped parsley, and sufficient salt to season. A reasonable quantity of cooking-oil will add to the palatability. Cover with a thin pie paste, and bake. The solid part of canned tomatoes may be substituted for the fresh ones.

### Macaroni Cutlets

The materials required are one cup uncooked macaroni, two heaping tablespoonfuls flour, one cup minced protose, one cup milk, one egg, and some bread crumbs. Boil the macaroni in salted water until done, drain, and chop fine. Boil the milk, and thicken with the flour; stir in the well-beaten egg; beat thoroughly; add the macaroni, protose, and salt, and make stiff with bread crumbs. Make into any shape desired. Lay in an oiled pan, and bake until nicely browned. Serve with tomato or cream sauce.

### Macaroni and Cheese

Two and one-half cups of macaroni, one and one-fourth cups cottage-cheese, some milk, one tablespoonful of butter, and a few toasted bread crumbs. Break the macaroni, and cook in boiling salted water until about half done. Drain and pour over it enough milk to cover, and simmer until done. Add the cheese, and mix thoroughly. Pour into a baking pan, sprinkle with crumbs, and bake.

### Fruit Macaroni

Boil broken macaroni, spaghetti, or vermicelli in salted water until tender. Drain, and dash with cold water. Drop it into any desired sauce, as apple, peach, apricot, or plum, from which all seeds or stones have been removed. Allow the whole to simmer together a few minutes, and serve hot.

### Baked Beans with Tomato Sauce

Prepare beans as for plain baking, and put into the jar to bake; cover with a mixture of strained stewed tomatoes and water in equal proportions; a little butter or cooking oil may be added.

### Succotash

To any kind of well-cooked beans add fresh or canned corn in suitable proportions, and simmer together until well blended and seasoned. Serve hot.

### Potato Croquettes

Season two cups of cold mashed potatoes with salt and a little oil or butter. Partially beat the whites of two eggs, and thoroughly mix all together. Make into small balls somewhat flattened. Dip them into the beaten yolks, and roll in flour or zwieback crumbs, and brown slowly in a slightly oiled skillet.

### Toast for Breakfast

Cut stale bread in rather thick slices, and let them dry out well in the oven, finally bringing them to a nice brown

throughout. This can be kept in stock for several days, or even weeks if in dry storage. Various dressings may be used as the breakfasts recur. It is also excellent eaten with soup. As a breakfast dish it may be slightly moistened in water or milk, and covered with cream or nut gravy, strained stewed lentils, strained stewed and thickened tomatoes, steamed and colandered dates diluted with water to proper consistency, colandered prunes, apples, peaches, or any other fruit desired. Each dressing is to be seasoned according to taste and proper dietetic rules. The toast or zwieback is most excellent eaten dry, thus becoming thoroughly moistened with saliva and prepared for digestion.



### Renovating Carpets

ATTEND to all stains as soon as possible. If left, they gradually sink into the carpet, and are much more difficult to remove than if done at once.

A GOOD layer of newspapers underneath a carpet will prevent all danger from moths, which have a strong objection to printers' ink, and will not come anywhere near it to lay their eggs. Fresh papers should be used every time the carpet is taken up.

DAMP salt brightens the colors wonderfully, if they are at all faded or soiled. Remember that a carpet should always be swept the way of the nap. To brush the other way is to brush the dust in.



### Care of Lamps

WICKS should be changed often to secure the best results, as they quickly become clogged. It is said that a clearer flame may be secured by soaking a lamp-wick in vinegar for twenty-four hours before placing it in the lamp.

WHEN a lamp persists in smoking after the wick has been renewed, wash the burner in a strong hot solution of washing-soda, and the lamp will burn much better.

Do not attempt to extinguish a coal-oil fire with water. It will make matters worse. A few pounds of flour scattered over burning coal-oil will control the flames immediately. Sand, salt, or earth may be used, but no water.



### A Dainty Dish

BEAT the white of an egg to a stiff froth after adding a pinch of salt; put into a buttered cup, and allow to stand in a steamer until the egg has set.

It may be served in two ways: either stir the yolk through it, or drop the yolk on top. Place in the oven a moment, and butter the top lightly.

A dainty dish for a very delicate stomach. Can be swallowed readily by patients suffering from quinsy.

MRS. DAVID S. MORSE.



### A Smooth Drink

DURING an attack of tonsillitis, when even the swallowing of water causes agony, a drink which "slips down," and thus avoids the painful effort of swallowing, is a great relief to the patient. Such a drink may be made by beating the white of an egg to a froth, adding the juice of either half an orange, half a lemon, or an equivalent amount of pineapple juice, and pouring into a tumbler of water. Strain through a fine strainer, and drink as wanted.

MRS. DAVID S. MORSE.



A STOMACH that is seldom empty despises common food.—*Horace*.



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

### Bravest Battles

THE bravest battle that ever was fought,  
 Shall I tell you where and when?  
 On the maps of the world you'll find it not;  
 'Twas fought by the mothers of men.

Nay, not with cannon or battle shot,  
 With sword or noble pen;  
 Nay, not with eloquent word or thought,  
 From mouth of wonderful men.

But deep in a walled-up woman's heart,  
 Of woman that would not yield,  
 But bravely, silently bore her part —  
 Lo! there is the battle-field.

No marshaling troop, no bivouac song,  
 No banner to gleam and wave,  
 But O, these battles! they last so long —  
 From babyhood to the grave!

— *Joaquin Miller.*



## When Shall School Life Begin?

MRS. M. C. WILCOX

IN the broadest sense of the word, school begins at birth, and continues until death; for life is certainly one long school-day, without vacations, and without periodical examinations until the great final examination comes at its close, at which time it shall be determined whether we shall graduate into the great school above, or close forever our own eternal existence. Which result shall be reached is largely determined by the first eight or ten years of our existence. How, then, shall we spend these years? This is a question which is worthy the most candid and careful consideration of every parent.

Do you feel, dear parents, that you are willing to trust your child during these tender and plastic years to some teacher poorly trained for this special work, or do you long to do it yourselves? Do you not hear a voice whispering to you from within that this is just the work to which God appointed you when he chose you to be parents? Then are you willing to give it up to those who are not responsible for your child's existence? I can not think so. I could not advise you to try to transfer this God-given privilege to any one else. You are its own natural instructors. Never can others feel the same interest

in the child's temporal and eternal welfare that you should feel. Therefore study to fit yourselves to be the truest and most faithful teachers, and to make your home and surroundings the abiding-place of all that is beautiful, noble, and true.

It was God's original plan that the great book of nature, the daily experiences in connection with our work, and our associations together should be factors of education that would develop the mind and lead into fields of profound research along the lines of all that was essential to man's highest good.

But sin entered, and man's mind became corrupted, and instead of studying God and his works, his mind turned to self, his own pleasure, ease, and gratification. Schools, taught by godly men, were established, whose object was to educate man back to the pure principles of God. These were the schools of the prophets. But unregenerate hearts are not easily satisfied, and thus worldly systems and methods of education exist in the church, as in the world. But the call to come back to God's original plan in all things must go, and let every true woman help in this great work of reform.

The best educators, whether parents or teachers, do not deem it wise to encourage young boys and girls to mingle together in a familiar way during at least their grammar and high school period, or the period of adolescence. It

certainly retards progress in study, and creates a dreamy sentimentalism which is in no way beneficial.

One of the things that the world stands in great need of to-day is normal boys and girls, young men and women of purpose, aspiration, and ambition; those who feel, because they have been taught it from earliest childhood, that they are here to make the world better and purer; those who do not think that marriage is the chief end of woman's life — that to win outward admiration of men is her sweetest pleasure and highest joy. It takes a wise motherhood to pilot boys and girls safely through this period uncorrupted in heart; but after some experiences of my own, and much careful study and most earnest prayer, I believe it can be done. It is not best to be too severe nor too critical, but by a most careful plan, help the young boy or girl to see a better way, a higher, nobler way, a more beautiful and soul-satisfying way to answer the end for which we were created.

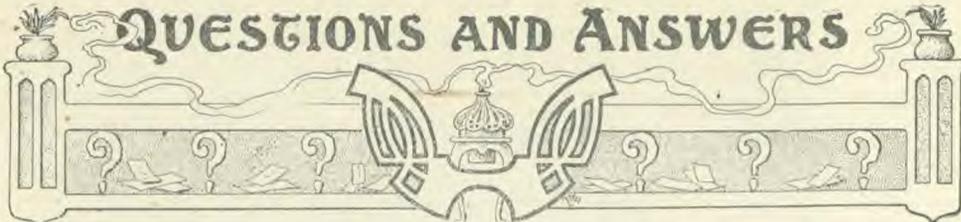
We want mothers of tact and skill in dealing with humanity, not those who say, "You must not," and, "You must," those who *drive*, but those who *lead*, those who can divert the mind tactfully from the child's own way to the mother's better way, the child meanwhile forgetting that it is being led. It is in reality having its own way. By simply being enlightened, it learns to make a better choice.



### The Daily Task

LET me but do my work from day to day  
 In field or forest, at the desk or loom,  
 In roaring market-place, or tranquil room;  
 Let me but find it in my heart to say,  
 When vagrant wishes beckon me astray:  
 "This is my work, my blessing; not my  
 doom;  
 Of all who live I am the one by whom  
 This work can best be done, in the right way."  
 — Henry Van Dyke.

# 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.]

**150. Cold Treatment During Period.**—A. S. K., Kan.: "Is it advisable to take cold morning friction during the menstrual period? If not, how soon after or before?"

*Ans.*—No. It should be omitted during the entire period and two days preceding.

**151. Borax in Enema.**—W. F., Idaho: "How much borax per gallon would you advise to be used as an enema for a case of dyspepsia, and also for typhoid fever?"

*Ans.*—We do not make use of borax for these purposes; but if one wishes to use it in enemas, from two to four ounces to a gallon of water would be the proper amount.

**152. Graham Flour and Hives.**—Mrs. W. H. A.: "Why does Graham flour always give my family the hives?"

*Ans.*—We do not know. If you are certain your Graham flour is good, and are certain that it causes hives, you should discontinue its use. Such unusual results are due to what is termed idiosyncrasies—they can not be explained.

**153. Cold Bathing.**—C. N. P.: "Is it best for an old man whose vitality is low, to take a cold bath every morning when it takes a long time to get warm again? I am sixty-seven years old, and am able to work most of the time."

*Ans.*—No. Cold treatment is beneficial only because of the warm reaction which it produces. If you can not get the reaction promptly, the cold treatment is harmful.

**154. Rheumatism.**—Mrs. S. B., Tex.

*Ans.*—You will find treatment given in October *LIFE AND HEALTH*.

**155. Hair on the Face.**—F. W. P., Ohio: "Is there anything that will kill hair on the face and not injure the skin?"

*Ans.*—See answer to question 94 in June number of *LIFE AND HEALTH*.

**156. Pinworms.**—Mrs. T. W., Ohio: "Our little boy has always been troubled with bed wetting; he is also troubled with pinworms. What can I do to cure him?"

*Ans.*—The trouble may be due to the pinworms. We advise you to wash the bowels out with cold salt water twice a day for a week or two. If done thoroughly, this simple treatment will often effect a cure.

See December number of *LIFE AND HEALTH*.

**157. Baked Potato Skins.**—Mrs. J. L. S., Md.: "My little boy is very fond of the skins of baked potatoes. Are they in any way injurious?"

*Ans.*—The skins of baked potatoes are not at all harmful provided they are chewed till thoroughly pulverized; but if only partially ground up by the teeth, they are such harsh food that they are capable of doing harm. The skin of a baked potato has a very pleasant flavor, and many persons think it the most palatable portion of the potato.

**158. Substitute for Lard.**—J. E. F., Md.: "What can I use as a substitute for lard in baking and cooking?"

*Ans.*—The best substitutes for lard are butter, olive oil, and cottonseed oil, the latter of which is sold under a variety of names. Either of these, if perfectly fresh and pure, is a reasonably satisfactory fat food. Olive oil, however, deteriorates quite rapidly, and the most of that sold in the market is more or less rancid, and adulterated with cottonseed oil. At the present time we know of no better fat food for all purposes than good clean dairy butter.

**159. Alcohol in Candy.**—G. H., D. C.: "What can you say regarding the report that alcohol is used in candy? Is it true?"

*Ans.*—We can not speak from a personal knowledge, but have no doubt of the truthfulness of the report. The *London Lancet*

recently called attention to the fact that "liquor chocolates," which became very popular, contained over five per cent of pure alcohol. The candy consists of a hardened sugar shell enclosing the alcoholic liquid.

The manufacture of such candy was stopped because the alcohol used escaped the revenue duty. Much more important, however, is the fact that such candy is used mostly by children, and creates a desire for alcohol. How far such candy has been manufactured in this country, we are unable to say.

**160. Cancer.**—Mrs. A. W., Minn.: "I have had hemorrhages for a year or more at irregular intervals. Passed the change of life eight years ago. Physicians say I have cancer. What can be done to cure it?"

*Ans.*—From your letter it is difficult to make a positive diagnosis of so serious a disease, but we have no doubt your home physician is correct. There are only two methods of treatment worth considering. The first is the entire removal of the uterus by a surgical operation. Although this is quite a large operation, it is a safe operation compared with cancer. Second, where, for any reason, an operation can not be performed, the X-ray treatment, if continued for many months, will cure some cases; but it will not cure every case. Its good results, however, abundantly justify its use.

**161. Patent Medicines and Collier's Weekly.**—L. S., Cal.: "1. Are the articles appearing in *Collier's Weekly* against patent medicine truthful? 2. Do you indorse them? 3. If so, why does not LIFE AND HEALTH have more to say about this evil?"

*Ans.*—1. Yes, so far as we have read them.

2. We do, and bid *Collier's Weekly* Godspeed in their noble work of warning the people against one of the greatest evils that has ever threatened the public health.

3. If you will refer to the July issue of LIFE AND HEALTH, 1904, you will find the first warning against Liquozone ever published, so far as we are informed; and, further, the mission of LIFE AND HEALTH is not one of criticism, but of helpfulness by advocating nature's methods of simple living, and offering hope and confidence to those who will abandon all patent medicines, and use nature's methods of rational treatment, the principles of which are set forth in every issue of this journal. We recommend all users of patent medicine to read the articles now appearing in *Collier's Weekly*.

**162. Heart-Disease — Patent Medicine.**—J. E. R., Mich.: "In this letter please find circular of a medicine company recommending a cure for heart-disease, together with a filled-out symptom blank of my case. After reading my symptom blank, would you recommend me to use their medicine?"

*Ans.*—We have carefully read both the circular and your symptom blank, and we answer, No. In the first place your symptom blank shows no more proof of heart-disease than would be found in the average man of seventy-seven years. You have no palpitation, no pain, no distress or discomfort in the region of the heart, only occasional skipping of a beat, occasional slight swelling of the ankles, with belching of wind from the stomach. These symptoms may all appear in any man seventy-seven years old, without heart-disease. The circular bears on its face that it is written with two objects in view; first, to convince every reader that he has a dreadful heart-disease, and mentions "poor circulation," "cold extremities," "back-ache," pain at the base of the brain, and in the limbs, and "belching of gas," as evidence that he will die of heart-disease if he does not take their particular medicine at one dollar a bottle, or six for five dollars, guaranteed not to harm the most sensitive organism. The second and chief purpose of this whole commercial concern is to *sell their medicine*, and to accomplish this would frighten every person by such statements as, "We want you to fully understand the danger of contracting pneumonia if your heart is weak in the least;" "it behooves all to keep this organ, this citadel of life, strong and healthy" — by taking their medicine, of course. Such firms we consider worse than robbers; they not only rob their victims of money, but they place their patent nostrum, which can not cure anybody, between their victim and the only hope of life, which lies in obedience to nature. If the heart is tired out and overworked, rest it by lying down; if the stomach is weak and develops gas, give it simple, easily digested food, if need be in small amounts at frequent intervals. If unable to take invigorating exercise, have some strong young person give you a good massage once a day. This treatment, together with hot and cold applications alternately to the spine, and also to the stomach and liver, are rational methods that will be of decided benefit to you; they will improve your health, increase your resistance to disease, and prolong your life.



## A Moderate View of the Tobacco Evil

### Tobacco and Crime



He once wrote to a prison warden asking him his opinion as to whether tobacco had any influence on the morals of the men in his prison. He replied that the use of tobacco was practically universal among the prisoners, but he could not say that tobacco had any appreciable effect on their morals. He finished by stating that he was himself a tobacco user. How simple of me to have expected a tobacco user to admit that his morals had been changed by the tobacco habit!

There is now very little disposition among enlightened people to deny that tobacco has a very damaging effect on the growth and health of boys, but there are those who do not think the morals are effected by tobacco. For that reason, it is interesting to hear the testimony of men whose position as students of youthful criminality give them the right to speak with authority on this subject.

Judge Stubbs, of the Indiana Juvenile Court, in a paper read before the Indiana State Teachers' Association, says: "I have had before me [in twenty months' experience on the bench] 1,208 boys and girls—mostly boys—all of whom have been charged with offenses against the law. These offenses have covered the entire list of offenses known

to the law in Indiana, from the most trivial misdemeanor to the greatest of crimes, including petit larceny, grand larceny, house breaking, burglary, arson, forgery, assault and battery with intent to kill, assault upon girls with criminal intent, manslaughter, murder, and that other nameless crime, for which negroes have so often been burned alive in some of the Southern States."

"In inquiring into the causes that have brought about such a great increase in the number of offenses against the law, in the last few years by boys, I have reached the conclusion that, aside from the frailties that afflict our common humanity, and which are likely to blossom and develop into crime, especially where there is a lack of parental control, or where the parents themselves belong to the vicious classes, *by far the most potent factor is the cigarette habit.*"

Corroborating this, is the testimony of a young woman teacher in an Indiana high school, in a letter to Judge Stubbs. She writes that the victim of the cigarette habit "is frequently late and irregular in his attendance. He is restless. . . . He does not like to study, and by and by he comes to the place where he tells the truth when he says that he can not study. His moral sense becomes perverted. . . . His moral standard is low in all respects. He will turn the most lofty sentiment in literature into vulgarity. . . . He is slouchy in his manners, his clothing, and his talk."

The writer has had similar testimony from other teachers. So, to say the least, in view of the fact that there is evidence that the cigarette is ruinous to boys, morally, as well as mentally and physically, and in view of the fact that no one claims that tobacco ever does a boy any good, is it not the part of wisdom to be on the safe side and leave it alone? It can do no good. It may do immense harm.



### A Muzzled Press

WOULD you know why the newspapers and other publications of this country are silent on the patent medicine evil? Read in the November 4 issue of *Collier's Weekly* the article headed "The Patent Medicine Conspiracy against the Freedom of the Press." We will quote one instance related in that article. The newspapers of Cincinnati had been publishing some statements damaging to the patent medicine fraternity. A prominent member of the Proprietary Association of America notified fifteen large manufacturers of the fact, and inside of forty-eight hours six manufacturers had telegraphed to the Cleveland papers canceling thousands of dollars' worth of advertisements. One newspaper alone lost eighteen thousand dollars' worth of advertising.

When bills are introduced into the various legislatures providing that the ingredients of patent medicines shall be published on the wrapper, the newspapers are either silent or are antagonistic to the bills.

The Proprietary Association, it would seem, has muzzled the newspapers. But read the article as it appears in *Collier's*, with facsimiles of contracts, and correspondence pertaining to the subject, and verbatim extracts from speeches made in the meetings of the Proprietary Associa-

tion, or verbatim copies from its minutes. *Collier's* has furnished the proof for what we have believed: namely, that the leading patent medicine men have combined to defeat all legislation that might tend to regulate the patent medicine business, and to suppress all discussion by the newspapers of the true character of the patent medicine business.



THE editor of the *Marine Telegram* has written to *Collier's Weekly* stating that the circulation of his paper is only five hundred a week, but that no patent medicine can buy any space in his paper. *The Journal of the American Medical Association* comments as follows: It is gratifying to know that an editor of a newspaper places honesty above advertising receipts, and conscience above circulation. "The *Marine (Ill.) Telegram* has a circulation of only five hundred copies per week, and is not afraid to say so, yet it may well be an example in business decency to the newspapers of the country, most of whose managing editors advocate strenuously, even vociferously, personal and civic decency on their editorial pages, yet admit, and even solicit, advertisements of palm readers, fortune tellers, abortionists, abortifacients, nostrum venders, and humbugs."

A leading patent medicine man is quoted as saying that of the one hundred million dollars paid yearly by the people of the United States for patent medicines, forty million goes to the newspapers. This will explain why the newspapers are always ready to help defeat any measure or bill intended to restrict or control the sale of patent medicines. *Collier's* for November 4 gives abundant evidence showing that the newspapers are shackled and controlled by the patent medicine interests.

### A Valuable Book

IN 1893-94 Dr. Rachford published a series of papers entitled "Some physiological Factors of the Neuroses of Childhood." As these papers contained much matter not understood by the general practitioner, or even by nerve specialists, the doctor recently revised the papers, and has prepared from them a book dealing with the nervous diseases of children.\*

But the name does not fully indicate the subject-matter of the book; for the doctor has developed some foundation principles which practically lie back of all disease of children.

There has been a tendency of late to attach great importance to the reflex irritations,—eye strain, for instance,—and this is well enough so far as it goes, but is not the whole story; and Dr. Rachford has shown the importance of other factors in the causation of childhood disease, and among these he dwells prominently on the influence of intestinal intoxication caused by wrong dietetic practises.

We can not forbear quoting a few sentences from the chapter on "Excessive Nerve Activity."

"Mothers must be told that *early precocity is an abnormal condition in the human infant*, which, if encouraged, may result in actual disease and permanent mental impairment. . . . Look to the physical, and retard the intellectual development of the young child. It must not be taught. It must not be trained. . . . The nurse and the governess in the modern home are doing much to destroy the development of the individuality in children. The modern

\* "Neurotic Disorders of Childhood," by B. K. Rachford, M. D., Professor of Diseases of Children, Medical College of Ohio, University of Cincinnati; Pediatricist to the Cincinnati Good Samaritan and Jewish Hospital, etc. New York, E. B. Treat & Company. Cloth, 440 pages; \$2.75.

child has some one to do his thinking, some one to minister to his every want, and is almost constantly being trained. He has no time to himself, and a very small portion of his time is spent in play with his intellectual equals."

Every physician who has the care of children will be well repaid by a perusal of this book. Parents may find parts of the book difficult to understand, as it was written for physicians; but no intelligent mother can read the book without being thereby better prepared to prevent or ward off what might otherwise be a serious if not a fatal illness.

But while the directions for hygienic treatment are excellent, we believe that the treatments here outlined would be fully as successful with less alcohol, morphin, and other depressing drugs.



### Tuberculosis from Overeating

"I TRUST I shall not be considered rash or presumptuous when I say that in my judgment two at least of the dread diseases of mankind, cancer and tuberculosis, are quite possibly connected with a disturbance of nutrition, in which, perhaps, the predisposing causes are to be found in excess of nutritive material in general in the blood, or to a disturbance in the balance of nutritive material in the circulating medium, or possibly in the tissues themselves. There is nothing original in this statement, though I have come to my own opinion through independent reasoning and observation. I find, indeed, many physicians of experience making similar statements."

So said Prof. Russell H. Chittenden in a paper read before the New York Academy of Medicine. And yet the general belief in regard to tuberculosis is that it is the result of deficient nutrition, and every effort is made to increase

the patient's consumption of such foods as meat, eggs, and milk.

Professor Chittenden believes, as the result of a number of years' study of the subject, "that there is much of value to be learned in the study of the minimal quantities of food required to maintain health and strength," in the treatment of other diseases, as well as of tuberculosis.

He does not advise fasting, but feeding just what the body actually needs. Ordinarily so much more is eaten than is needed that even the crude methods of fasting prove an actual benefit for the time being.

Of how much more benefit would be dietaries nicely adjusted to the actual needs of the patient, so that not an ounce of surplus material would be taken into the body to use up energy in its disposal.

Unfortunately, as Professor Chittenden says, we do not yet have sufficient knowledge to prescribe accurately; but one thing we do know, that the average person eats too much, and will benefit immensely by cutting down the quantity, and the large variety at one meal, and the number of meals.



### The College View Convention

THE Medical Missionary Convention recently held in College View, Neb., presented some gratifying features. It was a representative body both as to the kind of labor and as to the field of labor of those present. It was a harmonious body. From the first day, the motto of the meeting seemed to be, "We are all brethren." It was a meeting where differences and perplexities disappeared.

It was a meeting where some who had not before clearly understood their duty took a bold stand. One, recalling the first General Conference of the denomination, when the missionary and the medical work were in entire accord, said, "It looks as if we were beginning all over again, but now with a backing of eighty thousand instead of five thousand."

There was much interest displayed in the discussion of the papers, both those of a technical nature and those pertaining to the missionary phase of the work. A number of most excellent papers were omitted because of lack of time.

An important feature of the convention was the consideration of the plans for carrying on a campaign with the "Ministry of Healing," for the relief of our sanitariums. As a result of this study, the following resolution was passed by the convention:—

*"Whereas, We appreciate the importance of at once beginning an energetic campaign in behalf of 'Ministry of Healing,' and—*

*"Whereas, We realize that the success of this campaign will depend quite largely on our attitude toward it, therefore,—*

*"Resolved, That we as members of this convention pledge ourselves that we individually will give our earnest moral support to this movement, and that we will by example encourage in others the sale of the book 'Ministry of Healing.'"*

Those present believed that the good to be derived from this meeting will amply repay the expense of holding it, and it was decided to hold a similar meeting next year.



### Pure Foods

DR. WILEY'S poison squad is again on duty, testing the effects of cold storage foods on the human organism.

A VINEGAR manufacturer, who, a few weeks ago, lectured in his native town on "The Dangers of Adulterated Foods," has been convicted in Boston of adulterating his vinegar, and has been fined ten dollars. Adulterating vinegar was evidently a dangerous practise in his case.

PROFESSOR VIARD, the chemist, has been feeding a dog on the adulterants used in foods prepared for the market. The dog, a robust Newfoundland, is almost dead, though he has been supplied with ordinary food in addition to the adulterants. Another case of "trying it on the dog" — and killing the dog. It shows that men eat things that will kill a dog. They also drink things no sane dog will touch.— *Nashville American*.

MRS. FLORENCE KELLEY, secretary of the National Consumers' League, gives some interesting facts regarding the deceptions practised by shopkeepers. Goods supposed to have been made in a department store's "own factory" have been found to come from wretched sweat-shops. A woman in the last stages of consumption was found making little boxes for wedding cake, moistening the gummed edges with her tongue. A man with tuberculosis, whose son had an external cancer, earned money by cracking walnuts.

### Liquors and Medical Frauds

IN Minneapolis, physicians who keep a supply for their patients, of malt tonic, whisky, port wine, blackberry brandy, and other alcoholic compounds, must pay the liquor tax.

NORWAY, we are told, furnishes a worthy example to America by forbidding newspapers to publish advertisements of patent medicines,

or otherwise further their sale. Evidently the Proprietary Association has not been busy over there.

As a result of the retaliatory order of the New Jersey medical authorities, refusing to allow New York physicians to practise in New Jersey without a license, there has been a compromise, so that physicians from one of these States can now practise in the other State. Funny things, these medical laws "for the protection of the people." They are truly for protection, but who are "the people"?

THE *Recorder* of Charlotte, N. C., has begun a campaign against doctors who are giving unwarranted prescriptions for liquor. Four physicians give more alcoholic prescriptions than the other forty doctors. These prescriptions are very handy in a State where it is unlawful to get liquor without a prescription; and doubtless these accommodating physicians are well paid for this kind of work.

COLORADO SPRINGS has a liquor law which permits the sale of liquor only on a physician's prescription. And physicians are warned that they may be fined anywhere from one hundred dollars to three hundred dollars if they prescribe liquor for a patient without making a regular examination and charging a fee. This will make whisky come rather high to the thirsty people of Colorado Springs.

### Communicable Diseases

YELLOW fever is practically at an end in the South.

A MEMBER of the Pasteur Institute states that flies are the most important disseminators of cholera in towns.

A GREAT epidemic of imaginary consumption has prevailed in Paris since the close of the recent tuberculosis congress in that city.

CHOLERA is epidemic in the Philippines, in a virulent form. Many medical men believe that the disease is indigenous in the islands.

A NEW cure for cholera has been announced, which consists in feeding the patient with ground clay. It is said that vomiting stops at once, and the fever subsides in half an hour. We'll wait further reports.

THE State health officers of Connecticut have planned for next year a vigorous campaign against typhoid fever. The plan includes an attempt to destroy as far as possible the common house-fly. The movement is largely of an educational nature, though an attempt will be made to secure additional sanitary legislation.

THE medical staff of the Free Dispensary, in Washington, D. C., is combating the white scourge on the following lines: Consumption is communicated by careless expectoration of the tuberculous patient; is curable where the patient early adopts a sanitary life with abundance of tissue-building foods; is preventable by a campaign of education which shall reach all who are ignorantly spreading the disease. Each new case of consumption will be registered, and every possible effort made to help the patient get well, and to prevent infection of others. Each member of the staff will try to arrange to give one or more lectures before churches, or wherever an audience can be secured.

#### Educational

THE State Homœopathic Medical Society of New York has recommended that sexual hygiene be taught in the schools. The reason given is that ignorance on this important topic results in much disease, sorrow, and suffering.

THE city of New York has provided a school for the instruction of dull and backward children,— children who can not do the work of the ordinary grade schools. It is hoped that the new school will make for the decrease of truancy, vagrancy, and youthful crime. The new venture will be watched with interest by educators in other cities.

#### Miscellaneous

THE United States government, which has some difficulty in securing competent nurses for Panama, offers fifty dollars a month. This may explain.

THERE will probably be \$25,000 left in the Citizens' Yellow Fever Fund when all debts are settled, to be used toward the construction of an isolation hospital. Evidently the grafters did not get their hands on this fund. Perhaps there was not enough of it to be worth their while.

MOUNT VERNON, N. Y., has an ordinance prohibiting noise between ten o'clock in the evening and six o'clock in the morning. The ringing of bells, or the handling of rock or freight, the maintenance of barking dogs or squalling cats, are all punishable by a fine of fifty to one hundred dollars. The health officers of the town evidently want to sleep.

As a result of the war now being carried on by influential periodicals against the patent medicine evil, the Proprietary Association of America, to which belong the most extensive producers of patent medicines, and which has millions of dollars back of it, is getting down to hard work. It will undoubtedly do all in its power to influence public opinion, and to intercept legislation on nostrums.

# 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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I FEEL that I ought to write a line or two expressive of my appreciation of LIFE AND HEALTH. I believe you are sending out the best health journal in the world.

W. LEININGER.

Kindly renew our subscription to LIFE AND HEALTH, and add six copies to our club. We can not get along without LIFE AND HEALTH now. The people like the papers so well we can not keep them on our tables.

M. D. MADSEN.

I can say I have examined LIFE AND HEALTH carefully, and have not found one line of worthless reading. It is brimful of the most practical information on health topics I have yet seen. I feel that one copy of it is worth the price for one year.

MRS. HAMILTON PAUL.

I have received the 150 copies of the October number of LIFE AND HEALTH, and sold them in a short time. Now I enclose post-office money-order for 200 of the November number; I hope you will send them as soon as possible, and within a few days you may send me 200 copies more.

MANY AGENTS.

I finished selling the 100 copies today; I left home at 9 A. M., and finished at 1 P. M.; sold forty-seven copies. I find LIFE AND HEALTH is just what the people want; they take it without any trouble on my part at all. Please send me 100 journals on return mail, as I have nothing at all for Tuesday.

FANNIE GERMAN, 14 years old.



## Save the Boys

WE would like to dispose of what remains of the twenty-four-page booklet "Save the Boys" at once. The money is desired for improvement of the journal of the same name. They are of too much value to become shelf worn. They must be sold at cost, postage added; or, 60 cents per 100, post-paid. Address Save the Boys, 118 W. Minnehaha Boul., Minneapolis, Minn.



## To Disinfect a Clinical Thermometer

THE following method of disinfecting a clinical thermometer has been shown by experiment to be safe and efficient. Every thermometer case has a bit of absorbent cotton in the bottom. Drop in a few drops of formalin to saturate this cotton, and repeat about once in two weeks, or oftener, if the odor becomes faint. The formaldehyd vapor arising from the formalin will disinfect the thermometer. The thermometer should, of course, be washed in water before and after using. Disinfection should not be made to take the place of cleanliness and common decency. If the thermometer is to be used after having been in the mouth of an infectious case, or if two or more temperatures are to be taken in quick succession, it is safer not to rely on the formaldehyd vapor, but to immerse the thermometer in a disinfecting solution.

## A Cure for Gossip

[WE recommend the following lines for the thoughtful perusal of every reader. They contain a sure cure by way of prevention for many a case of heartache.—G. A. H.]

If you are tempted to reveal  
A tale some one to you has told  
About another, make it pass,  
Before you speak, three gates of gold:

These narrow gates, first, "Is it true?"  
Then, "Is it useful?" In your mind  
Give truthful answer. And the next  
Is last and narrowest, "Is it kind?"

And if to reach your lips at last  
It passes through these gateways three,  
Then you may tell the tale, nor fear  
What the result of speech may be.

—Selected.



"THERE is so much bad in the best of us,  
And so much good in the worst of us,  
That it hardly behooves any of us  
To talk about the rest of us."

SANITATION and saving life by preventing disease are beginning to be considered among the functions of government, and the time will come when it will be as culpable to sacrifice a person's life or health by exposure to preventable disease, either maliciously or carelessly, as it is to expose him to danger from any other cause. That time will come only when the people are educated to the dangers to which they are exposed, and the methods of avoiding them. The education must begin with the health officer.—*Bulletin of California State Board of Health.*



I FIRMLY believe that if the long and expensive medical education on disease were altered to a six months' course on health, it would be far more effective.—*Miles.*

The standard antiseptic

# LISTERINE



In all matters of personal hygiene Listerine is not only the best and safest, but the most agreeable antiseptic solution that can be prepared.

The success of Listerine is based upon merit, and the best advertisement of Listerine is—Listerine.

Literature more fully descriptive of Listerine may be had upon request.

Lambert Pharmacal Company

St. Louis, U. S. A.



The Boulder-Colorado Sanitarium is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the only Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted on the same general health principles as the Battle Creek (Mich.) Sanitarium.

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