

Diseases Common in Summer

LIFE AND HEALTH



August, 1906

FRANKLIN

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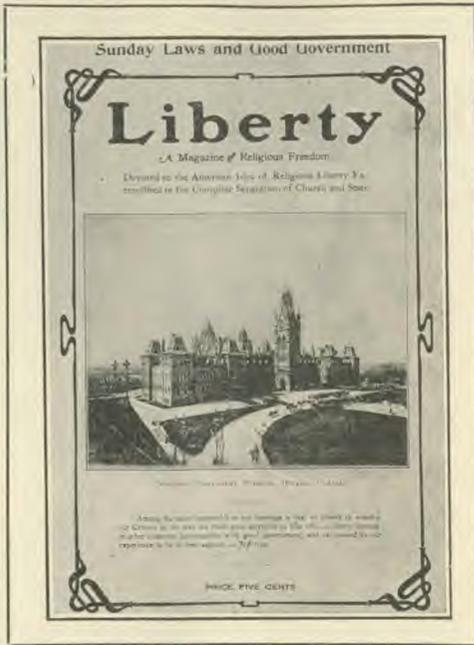
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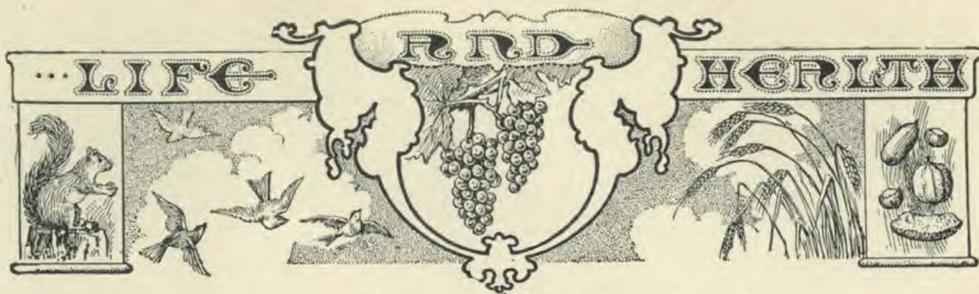
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"Something better is the law of all true living."

Vol. XXI

Takoma Park Station, Washington, D. C., August, 1906

No. 8

Children and Their Care

FREDERICK M. ROSSITER, M. D.

3 — Diseases Common in Summer

Auto-intoxication



THIS is a big word, but it so well expresses and explains many of the troubles of childhood that its use is justifiable. Auto means self, and intoxication means poisoning, hence, self-poisoning,— a condition in which the body is made to suffer from the poisons formed within itself.

Many of the stomach and intestinal disorders so common among children in summer, and known as "acute indigestion," "summer complaint," "cholera infantum," "summer diarrhea," and "heat rash" are forms of auto-intoxication.

Auto-intoxication is common in children with weak digestive organs. This weakness makes them peculiarly susceptible to the intense heat of summer. These two conditions, aided by unhygienic surroundings, by filth, lack of general cleanliness, by contaminated and rotten milk, by filthy nursing-bottles, by overfeeding, by bad ventilation, by dark rooms, and by overripe and decayed fruit, and numerous flies, are the prolific causes of the frightful infant mortality of past years, especially in the large cities.

Another phase of auto-intoxication will be considered later, but in this connection it may be said to be the cause of a sudden and high fever of one or two days' duration, or it may continue off and on for three weeks, and then suddenly develop into cholera infantum. It may cause diarrhea, or give rise to a convulsion, or it may cause inflammation of the bowels, in this case falling under the name of enteritis, or entero-colitis. In each of these types of disease there are variations in symptoms from a simple fever and mild diarrhea to numerous and bloody stools and intense symptoms of cholera infantum.

The prevention as well as the treatment in each of these stages being about the same, varying only with the degree and severity of the attack, these disorders of the bowels will all be considered together.

Prevention

Ignorance and carelessness are largely responsible for juvenile disorders so common in summer. The ignorance and carelessness may not always be on the part of the parents, for visits to dairies and inspections of the milk supply lead me to believe that the milkman is often so afflicted. Many a dairyman is guilty of

the most criminal negligence, and ought by rights to be behind the penitentiary walls. The milkman who dispenses contaminated and filthy milk or old milk mixed with new milk, is just as bad as one who throws poison into his neighbor's well while he sleeps. The "slaughter of the innocents" due to these conditions is appalling.



We can not prevent the heat of summer, but we can minimize its effects by enforcing cleanliness in the food supply and in its preparation; by keeping the house sweet and clean and free from flies; by keeping the milk in a cool place, and never using any but fresh milk. Heat is a ready cause of fermentation, which always means the generation of poisons.

Then again the effect of the heat may be overcome to a large extent by keeping the little ones out of doors from early until late, in the shade, in the grove, in the mountains, or near the seashore. It is the cool, moving air that invigorates.

Sleep has a wonderful influence in enabling the body to endure hot days and to

resist disease. Young children should sleep ten or eleven hours at night, and have at least two naps during the day. Children five and six years of age should have a daily nap.

Another very important preventive measure is to avoid overfeeding. On very hot days the quantity of each feeding should be reduced, and the intervals increased. If a child is fretful, or can not sleep because of cutting a tooth, reduce the quantity from one fourth to one half. This should also be done if the food is causing any bowel derangement. The exercise of a little attention when these slight disturbances occur would save many a baby from serious illness, and perhaps from death. A baby cut down to half rations even for several days is not in danger of starving. One of the greatest difficulties in these cases is the tendency of the mother to get her baby back to full feeding just as soon as the child shows the least sign of improvement.

On hot days children should be bathed frequently and not overdressed, for they cry very often because of too much clothing and from thirst, rather than for more food.

Treatment

A child suffering from auto-intoxication, which may be manifested by fever, vomiting, and diarrhea, or by having the so-called "summer complaint," or cholera infantum, or entero-colitis, needs to be taken in hand without delay. Prompt measures will prevent a serious illness.

Withhold all food, and give a child six months old a teaspoonful of castor-oil; if a year old, give two teaspoonfuls; if two years old, give a tablespoonful. This dose will produce a good action of the bowels, and will, at the same time, have a quieting effect. If the child be taken with frequent vomiting, the stomach

should be washed out by using a large catheter and a small glass funnel for introducing the warm water. When the oil begins to act, give a thorough irrigation to the lower bowel by passing a catheter eight or ten inches and connect with a fountain syringe, using from one to two pints of warm water, adding one teaspoonful of salt to the pint. It may be necessary to repeat this every six hours during the first twenty-four or thirty-six hours. If the baby can retain water on the stomach, give it cool water to drink frequently, but no food of any kind for twenty-four hours.

Apply fomentations over the bowels fifteen or twenty minutes three times a day, and follow by a cold compress — gauze wrung out of cold water, and covered with a flannel. Control the fever by frequent tepid or cool bathing, according to the degree of fever. If the extremities are cold or the features are pinched, give a warm full bath or a warm full pack, repeated if necessary.

Frequent loose or watery stools rapidly deplete the blood and exhaust the patient, so it is necessary to give abundance of fluid to compensate for this loss. Physicians frequently inject a hot normal salt solution under the skin to the great benefit of the patient.

No milk should be given while the fever, diarrhea, and high pulse continue. It will only add to the poisoning, and a fatal result is barely possible.

After the first twenty-four hours bar-

ley water or rice water may be given at intervals of twenty-four hours, but give only a small quantity at a time. This should be continued as long as the stools are watery, thin, sour, or offensive. When the movements are reduced to five or six in the twenty-four hours, a third part of whey may be added to the barley water, or the same amount of both. If the child continues to improve, a gradual change may be made to some of the cereal infant foods. No milk should be given until convalescence is well established. Aside from the initial dose of castor-oil, and possibly a subsequent dose, the use of drugs in these disturbances is very unsatisfactory. Bismuth subnitrate if given in large doses — fifteen or twenty grains — every three hours, sometimes gives good results. It is well to remember that this drug colors the stools black.

From the very start the child should be kept in a cool room if possible, kept quiet, not jostled about or carried, and as soon as the vomiting and active diarrhea have diminished, it should be carried outdoors into the shade. The fresh, moving air is a tonic to the little sufferer.

If the stools contain much mucus or are bloody, an enema of four ounces of starch water injected high by means of the catheter will soothe the irritated membrane. If a hot injection is not well borne, a cold one may be. If there are marked symptoms of collapse, give a hot bath for ten or fifteen minutes, and repeat if necessary.



Typhoid Fever

THE EDITOR



It has been said that when some one gets typhoid fever, a crime has been committed. Typhoid fever was once excusable, for no one knew what caused it, nor how to prevent it. That time is past, and there is no longer any reason why there should be epidemics of typhoid — or no good reason. Every year, in some of our large cities, it is customary, during the fall, to roll up a large list of typhoid cases, with many deaths; but all these cases can be traced to causes which might have been prevented.

Every typhoid case, so far as we now know, comes from some previous case. If all discharges from every typhoid case were scrupulously disinfected or destroyed, it would not take very long to stamp out the disease; but like the poor, typhoid fever is always with us,—a smoldering fire awaiting an opportunity to burst forth into a disastrous conflagration. Some one at the dairy is sick. There is a little fever, but not enough to call in a doctor. The sick one may be in bed for a few days, or may not go to bed at all. The discharges are thrown out on the ground or into the privy vault. The first heavy rain washes some of the infectious material into the well. The contaminated water is used to wash milk cans and other dairy utensils, and possibly to dilute the milk if it happens to be

too rich. In a few days typhoid fever breaks out all along the milk route, and many deaths result. This is no fancy picture, but is an example of how some typhoid fever epidemics actually occur.

What is the lesson to be learned? Just this: It is impossible to recognize typhoid fever at its beginning. The safest rule is to *disinfect all discharges* from people who are attacked by an unknown disease and continue the disinfection until it is known that there is no danger from this source.

To disinfect discharges, make a milk of lime by adding water to fresh quicklime and stirring it up to the consistency of thin cream. To each discharge add an equal

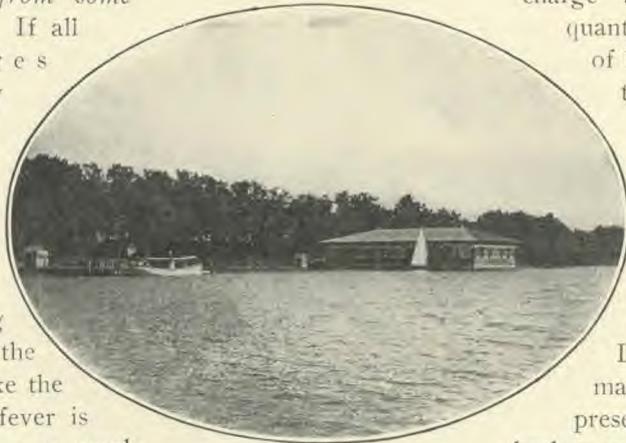
quantity of the milk of lime, and allow to stand in the vessel for one hour before it is thrown into the privy, or water-closet.

Lumps of fecal matter, if any be present, should be

broken up, to allow the

lime to come in contact with all parts. In Chicago copper of sulphate is preferred. A pound is dissolved in $2\frac{1}{2}$ gallons of water, and a pint of this is kept in vessels for discharges of the bowels and bladder. Stir thoroughly for a few minutes, and let stand for fifteen minutes, and the infectious material will be destroyed.

It may be necessary to disinfect the discharges of a typhoid patient for some weeks after the fever has left. This can be determined only by a bacteriological examination in each case, repeated at in-



tervals until the typhoid germs no longer appear. Especially in the late stages of the disease, the urine is filled with the germs of typhoid fever, and is liable to convey infection. For this reason, *all* discharges of a typhoid patient



should be disinfected until it is known by bacteriological examination that all danger is past.

Summer complaint and dysentery, as well as cholera and typhoid fever, are accompanied by infectious discharges; so that it is a good rule in all cases of obscure illness, especially if accompanied by intestinal trouble, to disinfect the discharges.

Another important preventive of typhoid fever is the avoidance of food and water containing the germ. During an epidemic, or even when in a large city there are constantly a few new cases occurring, the safest plan is to boil the water unless you know it to be from a pure source.

Raw milk is a fruitful source of typhoid fever, as well as of other germ diseases, and yet sterilization makes such important changes in the digestibility and nutritive value of the milk that physicians are coming to regard sterilized milk as inferior to raw milk. Babies raised on sterilized milk are said to be much more susceptible to rickets than babies fed on raw milk and inferior in vitality and development. So in using milk one is between two possible sources of danger,—germs,

and loss of nutritive value. And yet there is no question but that many severe epidemics of typhoid fever would have been prevented had all the people on certain milk routes boiled their milk.

Another possible source of typhoid infection is the use of raw garden truck, especially that which comes in close contact with the ground, as celery and radishes. In celery beds, especially, it is the custom to use animal fertilizer in large quantity, and if this is from a human source, there is a danger that the typhoid germs may be on the outside of the plants. One using such vegetables ought at least to give them a most thorough washing.

Still another means of infection is the common house-fly—the dirty beast! It is into all sorts of nastiness, and is bred in privies and such places. Carrying its filth, it enters kitchens and dining-rooms, and deposits its filth where it is most potent for evil. Filth which might attract or help breed flies should not be tolerated, and houses should be so screened that flies can not find an entrance into them.

It is probable that many persons are sufficiently resistant to the typhoid germ to withstand any ordinary amount in their food or water. It is the non-resistant who are apt to succumb first. But no one is safe in concluding that he has sufficient health to justify his exposing himself to the possibility of infection.

Divine Healing

AUGUSTA C. BAINBRIDGE

5—Walk in the Light



THE question to be settled in every mind in regard to divine healing is this: Is it a part of the gospel? Other questions naturally follow: Was it included in the plan of salvation? Did Jesus confirm it by his teaching or example? Has it been taken out of the gospel? May we now claim it?

Until these and related questions are answered satisfactorily, we can not pray in faith for healing; and it is mockery to pray doubting.

Since the power of God unto salvation, and only the power of God the Creator can heal, we must conclude that healing is a part of the gospel.

Since the gospel is needed for sinners, and since all sick people became such by sin—"transgression of the law," the law of their physical nature—then we must conclude that they need the gospel to restore them.

Since in the beginning God made man "very good" (Gen. 1:31), we must conclude from the nature of God as a beneficent being and from the study of man's physical frame, that God created man healthy. Next we find that the Lord gave man everything needed to keep him healthy. He gave him—

Foods: "And God said, Behold, I

have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1:29.

Fresh Air: "And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed." Gen. 2:8.

Running water, pure and life-giving: "And a river went out of Eden to water the garden." Gen. 2:10.

Exercise, definite, pleasant, and profitable: "And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Gen. 2:15.

Companionship: "And the Lord God

said, It is not good that the man should be alone." Gen. 2:18.

Spiritual enjoyment: "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made." Gen. 2:1-3. Here man found spiritual life a pleasure that was constantly being renewed.

Mental Training: "And the Lord God commanded the man, saying, Of every tree in the garden thou mayest freely eat:



but of the tree of the knowledge of good and evil, thou shalt not eat of it." Gen. 2:16, 17. This wonderful privilege of choosing, made constant study necessary.

Thus the harmonious action of the physical, mental, and spiritual produced that wonderful unity which we can all recognize, but can not fully explain, each acting and reacting on the other as the laws governing them are obeyed or disobeyed.

Since this beautiful harmony was lost by sin, and "the Son of man is come to seek and to save that which was lost" (Luke 19:10), we must conclude that healing, making whole, is included in the plan of salvation.

Jesus' life, as he went about "healing every sickness and every disease among the people" while he taught in their synagogues and preached the gospel of the kingdom (Matt. 9:35), proves without the shadow of a doubt that he is the one of whom Isaiah spoke when he said, "Himself *took* our infirmities, and *bare* our sicknesses." Matt. 8:17. As we notice the force of the verbs in the last text, do we not see that when we *keep* what he *took*, or *hold* what he *bare* (carried away), we slight, and hence refuse, the gospel in its fulness? We close our eyes to the forgiveness of sin (transgression of a physical law), and lose the pardon and healing that would be ours by confession and acceptance.

Had Jesus intended to take it out of the gospel, would he ever have said, as he did to the twelve, "Heal the sick, cleanse the lepers" (Matt. 10:8); or to the eleven, "Go ye into all the world, and preach the *gospel* to every creature. . . . These signs shall follow them that believe; in my name shall they cast out devils, . . . lay hands on the sick,

and they shall recover"?—No; God the Father was manifest in Christ the Son, as the Saviour and healer of the world, and Jesus did not change his Father's word in any particular; he *kept* it.

May we claim it? Do we not live in the gospel? Does not Paul claim it for the Thessalonians when he prays that spirit and soul and body be preserved blameless? Does not John by the same spirit tell us, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth"? Are these idle words? or are they words sent us from God for our acceptance?

Some may choose to make an individ-



ual exception in his own case. Ask yourself, What right have I to make exception to God's purpose and plan? Would you argue, because you are an idolater and I am a thief, that you can be forgiven but I am barred out? or, because I am a glutton, a disobeyer of the first commandment, and you are a liar, a breaker of the ninth commandment—and both of these sins have brought evil to body and mind—that there is forgiveness for you but not for me?

God has said, without making any distinction, "If we confess *our sins*, he is faithful and just to forgive us *our sins*, and to cleanse us from *all* unrighteousness." 1 John 1:9. Let us walk in the light.

CURRENT COMMENT



Opinions here quoted are not necessarily all approved by the publishers of LIFE AND HEALTH.

Spread of Tuberculosis by Flies

DR. F. T. LORD has conducted a series of interesting experiments in order to ascertain the part played by flies in disseminating tuberculosis. By feeding flies on tuberculous sputum he found that the bacilli increased in number in almost wonderful proportions, and that the bacilli were deposited by the flies. The bacilli examined were found also to be much larger than those in the sputum, and showed evidence of branching. Guinea-pigs were inoculated with the excreta from the flies, and tuberculosis was produced in three animals inoculated, showing that virulent bacilli were present in the excreta for fifteen days.

Dr. Lord concludes that fly marks contaminated by tubercle bacilli may be a source of tuberculosis in man for at least fifteen days after their deposit, if exposed only to the daylight. Dr. Lord observed that flies readily feed on tuberculous sputum, even when other food is accessible. If they afterward alight on food, they may deposit tubercle bacilli in great numbers. It follows that flies should not be allowed access to the sputum of consumptive patients.—*Red Cross Notes.*

✽

Stock-yard Abuses

WHEN the abuses that have been perpetrated in the Chicago stock-yards were exposed by Upton Sinclair in his now famous novel "The Jungle," and exploited in some of the magazines, the tales there narrated were received with

a grain of salt. But since then, damaging facts, officially discovered, have been brought out in such numbers, so malodorously, as to require more salt than can be counted by grains to sweeten them. The packers at first seemed resigned to have the Beveridge bill, requiring government inspection of their plants, go through without question; but a clandestine opposition to that sort of legislation having begun its work in the House of Representatives, President Roosevelt, with his customary courage, initiative, and determination, gave to Congress the Neill-Reynolds report, accompanied by a special message. The two, taken together, make very interesting, if also, because of the subject-matter, repulsive reading.—*New York Observer.*

✽

Stirring Up the Animals

THE mischief is to pay in Chicago. The President has been to the menagerie and poked the animals with his stick and raised an uproar. . . . The country has abruptly turned its back on sausages; and dogs and cats of the windy city may now venture within the purlieus of the great abattoirs without risking their precious lives. . . . Over the commotion, the vegetarian smiles in triumph. The day is his. At last his theory is vindicated. Turnips and cabbage, squash and beets, will hereafter share with fish the menu of the Chicago restaurants; for when the Chicagoan says he will have no more meat in his'n, he means it.

Nor is the shake-up confined to Chi-

chicago. London has caught the fever, and won't take any more canned meats. . . . But the Chicago packer is equal to the emergency. He who could go to Egypt with a pot of red, white, and blue paint, and daub "Eat Chicago canned meats" all over the pyramids and the face of the sphynx is not to be floored by any trivial incident like this. He, too, can issue pronouncements as well as the President, and he has already done it. He has put his edicts in printed form, and has plastered his packing-house walls with them. "Every man in this establishment is expected to wash his hands," "Don't spit on the floor," "Keep clean," and other glaring admonitions stare the visitor in the face from every vacant spot on the walls of the packing-houses.—*S. F. Call*.



Infamous Crimes

THE offenses charged against the meat packers of Chicago are infamous crimes. The house-fly that carries filth into the food upon the table is disgusting to the careful housekeeper. The mosquito that carries the germs of disease and communicates them to the one whom it bites is known to be perilous. We show no consideration for either. What shall be said of men who systematically purvey filth and carry on commerce on germs and disease for profit? There is no language adequate to express the indignation which the offenses arouse.—*The Outlook*.



The Troubles of the Beef Trust

THE beef trust has continued its insensate policy of opposing legislation calculated to restore the confidence of the world in the purity of its meat supply, while at the same time stupidly attempting to discredit the testimony of eye-witnesses, and hurriedly cleaning up dirt which, according to its own assertions,

never existed. Meanwhile it has plaintively protested that if there was anything wrong with its establishments, it never knew it, and asked why it was never informed privately of the alleged evils, so that it could remedy them without scandal.—*Collier's*.



Poisoned Meat

I BELIEVE that three thousand United States soldiers lost their lives because of adulterated, impure, poisonous meat. I have a barrel of testimony in the way of affidavits that I collected when I made my investigation seven years ago.

The investigating committee closed the case and refused to hear two thousand witnesses I had ready. At that time I could have obtained the testimony of one hundred thousand men that the canned beef sold to the army was impure, adulterated, and unwholesome. The committee whitewashed the evils.—*General Nelson A. Miles*.



The Commissioner and Diseased Meat

IT has been spread broadcast over the country that the commissioner of health sanctioned or approved the use of diseased meat for human food. He denies emphatically that any such statement was ever made by him.

What the commissioner did say was embodied in a carefully prepared statement, based upon the highest scientific authorities, and was to this effect—that in cases where actinomycosis or tuberculosis was strictly localized under conditions clearly defined in standard text-books on meat inspection and comparative pathology—the same being indorsed by the United States Department of Agriculture, and embodied in the instructions and rules formulated by the Chicago Department of Health—the remainder of the carcass was not neces-

sarily rendered unfit for human food, and could safely be passed.—*Health Commissioner Whalin, in Chicago Health Bulletin.*



Hard and Fast Rules

It is, of course, very difficult to lay down hard and fast rules of diet for any one, and it is manifestly impossible to do so for all. That what is one man's meat is another man's poison is as true now as on the day when it was first said, so many points must be taken into consideration in selecting a suitable diet. Individual constitutions vary, the kind of life led is a very important feature of the situation, the age and climate exert a considerable influence upon the digestive powers. The food that would be beneficial in a hot climate might be injurious in a cold one. There are those who pin their faith to meat foods, and who assert that in order to build up a hardy, strong constitution a liberal amount of flesh must be eaten. Opposing this view are the large numbers of vegetarians who hold that meat is valueless if not injurious, and in support of this contention point to the notoriously strong Scotchman, whose constitution has been built up on grain and cheese and vegetables, in a harsh, unkindly climate, while the bravery and dash of the Irishman, and the fair complexion of the Irish woman, have been produced by a diet of grain, buttermilk, and vegetables. The lessons learned from the Japanese war, so far as the food is concerned, tend to show that meat is not indispensable when cold and suffering and hardships of all kinds are to be endured. The chief mainstay of the Japanese soldier in the field was cereals. The Roman gladiators trained and fought on a diet of figs and corn and oil, the Turkish soldier on dates and meal, the fierce Sikh fighters on corn and pulse. . . .

Dr. Josiah Oldfield, a well-known writer on dietetics in Great Britain, states that "during the first thirteen years of life, the child should have no flesh foods at all, but should be plentifully supplied with cereals, milk, and dried fruits, with fresh vegetables and fresh ripe fruits in season." . . . Dr. Oldfield is a decided food faddist and prejudiced against meat, but on the whole his views, so far as they go, are fairly sound. On one point, all authorities are more or less agreed; namely, that the ordinary well-to-do person eats too much. The well-to-do as a rule consume a far greater amount of meat than is required to repair the net waste of the body, while the poor eat more cereals and a larger bulk of food in order to get the amount of proteid for which healthy persons have a natural craving. Too much food with the poor usually means a greater amount than is necessary of carbohydrate, while for the well-to-do "too much" means an excess of the nitrogenous element.—*Medical Record.*



Uncooked Food

It is no régime of self-denial which one undergoes when he decides to live upon those things which nature has cooked for him. Never have the delights of healthy satisfaction of hunger appeared to him so great as when he begins the use of sun-cooked foods alone. For some days his stomach, distended by the illogically great burden it has had to bear, may feel empty, but this will soon pass, and a new sense of life and vigor and happiness will fill him with wonder at his former stupidity.

No movement offers so much immediate benefit to the kitchen slave of today, the toiling, uncomplaining housewife; but, strange to say, the objection to such a reform is as strong among women as it is among men.—*Liberator.*

Dust Removal, Not Dispersal

WE are in the midst of the dust season, and the problem of the removal of the fine particles that gather over everything, and especially on wearing apparel, is once more acute. Since the invention of the vacuum process by which dust is sucked up in a reservoir to be carted away, instead of being merely swept or brushed up in the air and then allowed to settle down again, these old-fashioned methods have come to seem especially obnoxious. In houses, especially where there are children, it would seem advisable that clothes, if dusted within the house at all, should be brushed in some special part of it quite segregated from the ordinary living-rooms, and that no brushing should be done at night before the retiring of the family. Undoubtedly many of the so-called summer complaints are not really diseases of hot weather so much as of dusty weather. The dust is blown hither and thither and settles on the food and on the hands, and thus readily finds its way into the digestive tract. For most people, such opportunities for infection mean nothing, since their resistive powers are quite sufficient to protect them; but for children and those in delicate health, the presence of such infectious material in the intestinal tract may make all the difference between good physical condition and even severe illness.—*Journal of the Amer. Med. Assn.*



The Clothes-Brush

THE brushing of clothes in living-rooms is not only opposed to ideas of cleanliness, but may lead to the spread of disease by means of the dust always on clothes in large quantities. A room should be reserved for the brushing of clothes, just as a separate place is used for the beating of carpets. Some expe-

lient, as a wet sheet suspended in a room, might be used for trapping the dust, and thus aid in preventing the dissemination of the contained bacteria. The use of some kind of vacuum brush would in a way be ideal.—*Lancet.*



San Francisco's Saloons

A MONTH ago Mayor Schmitz stated that he would issue authority for the saloons to be opened June 1. General Greely replied that the troops would be withdrawn on that day, if they were opened. The people of San Francisco sent up a howl at the proposed withdrawal, and a delegation came on to Washington, accompanied by the California delegation in Congress. They visited the White House, following which the President announced that the soldiers would be retained in San Francisco indefinitely.

Since Mayor Schmitz has issued authority for the saloons to open July 5, General Greely has conferred by wire with Secretary Taft and General Bell, and they have indorsed his suggestion to withdraw all army forces from the stricken city, except those regularly stationed at the Presidio.—*Washington Times.*



Outdoor Life Healthful

TENT life, particularly in the crowded tent city, has many annoyances and hardships which the greatest efforts on the part of the authorities can not overcome. But the fresh air of the open is more conducive to good health than are the conditions under which the ordinary population of the large city within brick or wooden walls live. The experience of the tent dwellers of San Francisco goes far to sustain this view.—*S. F. Call.*



Calcutta, India

I AM glad to report that the work is onward at the sanitarium. All seem willing to lift in their several places, and are happy in lifting.

We had some very encouraging cases among our patients this year, and instances of healing far above what we had hoped, except for the special blessing of the Lord. A well-known business man came to us a short time ago, and said, "Here I am. I have been taking medicine from different physicians for a long time. I feel better temporarily, but unless I continue to take a stimulant of some sort, I am fit for nothing. Unless you can put me right, I must give up my work, and leave the country. Now take me, and do whatever you wish with me, only put me right." We took him in hand, asking the Lord as we did so to give wisdom in his case. I believe he did, for the man left after a stay with us, quite himself again, and well pleased. He had the opportunity of seeing that we kept the seventh-day Sabbath, and of course asked why. This gave an opportunity for us to explain. Practically all our patients at one time or another are influenced to ask similar questions. Eternity alone will reveal how many have been influenced toward the truth by a stay or course of treatment here.

Another case was that of a lady of influence, who had been suffering for years, and was getting worse rather than better. Hers was a rather obscure case, and exact diagnosis was quite difficult. We drew our conclusions, and mapped out a

course of treatment for her, and now she is much better. I believe this is an answer to prayer. I know there have been prayers offered for her, and her progress has been greater than I expected in so short a time.

Another lady came for treatment some time ago. Her case had baffled the skill of her physician. I told her she should have treatment for a month. She said she could stay only two weeks. Then we did what we could in that time. At the end of two weeks she was appreciably better, and went home pleased. I have since heard that she is quite well.

A person on whom we performed a major operation some time ago reports that she is taking exercises that she had been absolutely unable to attempt for years.

Our finances are also very encouraging. We have paid debts and increased assets to the amount of about two thousand rupees, during the past nine months. Prayers are solicited in behalf of this institution, that it may fill the place the Lord has for it.

R. S. INGERSOLL, M. D.



Shang-tsai Hsien Dispensary, Honan

DISPENSARY work in a heathen land is a powerful agent when consecrated to God. Many have the idea that if they only profess to believe our religion, they can get their treatment free. This affords an opportunity of teaching them the parable of Christ's feeding the five thousand. If we could present the gos-

pel upon a business basis to them, it would be effective in securing a large following. The patients will often ask all about our doctrine, and make promises, hoping we may remit the charges. The best thing to hold out to the Chinese is the words of Peter, at the gate of the temple: "Silver and gold have

pepsia) to cover a large range of diseases with the Chinese, or every disorder in the chest and abdomen.

We include the price of our Chinese paper in the price of the medicine, so each patient receives something that will heal his soul as well as his body.

H. W. MILLER, M. D.



The accompanying picture is a kodak snapshot taken of the men carrying a woman sixty years of age to our mission station. She had drunk opium. This illustrates the method of carrying the sick in China. Sometimes they use the door of their house, tying a rope around each end, and four men carry it. This lady recovered after having her stomach washed out.—H. W. MILLER.

I none; but such as I have give I thee."

The patient comes to the foreign physician with his case already diagnosed. He will tell you his case is malaria, dyspepsia, headache, paralysis, or consumption, without asking for diagnosis. He will ask if we have medicine for his disease.

The Chinese doctors' offices are business establishments. The people have learned from these doctors not to ask for diagnosis, but to ask to buy medicine. And it sometimes almost offends them to be questioned as to their case. We find *sin-teng* (heart pain or dys-

Kobe, Japan

I SINCERELY hope that no change of plans has been made to delay the coming of the new nurses until autumn. We are depending upon having one in Karuizawa this summer; and we must keep the work going here also. The number of patients has increased to such an extent that we have been compelled to rent another building near by as an annex. It has seven rooms, six of them being well suited for guest-rooms, and with this addition we hope to be able to get on more comfortably next autumn and winter than we have during the busy season

this year. Dr. Perrine and Miss Young have several times given up their rooms to guests, and on a number of occasions Mrs. Lockwood and I have removed to the veranda, that a patient might have our room.

Not long ago Mrs. Lockwood and I made a brief visit to Nagasaki, to assist Dr. Kawasaki in starting a small sanitarium in that city. He has a very good location; and though he has made practically no effort to bring his work to the attention of the public, several have already made application to be admitted as soon as the guest-rooms are ready. The staff of workers numbers eight, and the prospects are that an excellent work will be accomplished there in the near future. Although we have not attained to anything remarkable, yet we feel much encouraged that from the humble beginning made three years ago, a church of sixty members has grown up, and three sanitariums are in fair running order. We feel more than repaid for the time spent in teaching the Japanese doctors and nurses the rational methods of treatment. S. A. LOCKWOOD, M. D.



Mexico

DR. FATTEBERT reports that his work is increasing, and that he has been called into consultation with other physicians on important cases, and thus his sphere of influence is widening. This is gratifying, for the city of Celaya, where he is located, is one of the most fanatical in the republic.

When I last heard from Dr. Erkenbeck, who is at Ameca, State of Jalisco, he was doing well, and having many opportunities to sow seeds of truth. Dr. Erkenbeck's father is doing what he can in circulating literature in Guadalajara, and meets with some very encouraging experiences.

Dr. John has moved his office to Cuautla, and is devoting his time principally to work in that city. He thinks there is a very promising outlook for the medical missionary work in that place.

G. M. BROWN.



DR. EMMA A. PERRINE, who went to Japan last fall, to connect with the medical work in Kobe, writes: "At first I was a little disappointed to find that our work was not among the Japanese to any extent. I prayed about it quite a little, and then came the answer. The lady superintendent of the Kobe college for girls called to say that they needed an English teacher in physiology and hygiene, and asked if I could not teach the senior class till the close of the school year, the first of April. I was glad to accept this, and teach these Japanese girls, who speak good English. The college is under the American Congregational Board of Missions. I go there just one hour a day. The Lord has indeed blessed my work in many ways since I came to Japan. I am of good courage."



IN Bombay, India, our evangelistic workers find abundant opportunity to minister to the body, as well as to the soul. Brother C. A. Hansen writes: "At present we are doing considerable medical work. The poor natives, who work for \$3.20 a month, and support large families, are so poorly nourished that disease preys upon them readily, and we find it more difficult to heal surgical wounds than in America. The other day we visited the leper asylum. It has 370 inmates, and there you can see all stages of the disease. These poor creatures gladly listened to our songs and broken Hindustani, appreciative, seemingly, of any kind words or looks that we gave them."

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, National City, Cal.

Dinner Menu

MRS. M. H. TUXFORD

Neapolitan Soup
Nuttose Creamed Macaroni
 Riced Potatoes
Spinach Souffle and Lentil Dressing
Ripe Olives and Celery Salad
 Cases
 Egg Salad
Timbale of Rice and Peaches
Banana Rolls Cream Sticks

❧

Nuttose

Mix two cups of nut butter in a little water until it looks like very thick cream, then add one cup of corn-meal, or any breakfast meals, and one cup of white flour. Take three cups of hot water, stir the meal and nut butter in briskly with two well-beaten eggs, taking care that all is free from lumps. Salt to taste. Boil in buttered molds for four hours, being careful that the water does not come to the top of the tins. If the water boils into the mixture, it will be spoiled.

❧

Neapolitan Soup

This is, I think, the daintiest of all white soups; the cream of celery soup

comes second. Place in a saucepan three pints of milk, the yellow rind of one lemon, and one onion. Bring the milk to a boil, let it simmer for a few minutes, then strain through a soup colander. Mix, until smooth, a tablespoonful of flour with a little cold milk, add to the boiling milk, and stir until it comes just to the boiling-point. Beat two fresh eggs lightly with enough salt to flavor the soup, and pour on them gradually one pint of the boiling stock, stirring all the time. Return to the saucepan, but do not boil. Have some well-cooked macaroni ready, cut it into quarter-of-an-inch lengths and add to the soup. Scatter in a little chopped parsley, and serve with oyster crackers.

❧

Riced Potatoes

Peel some Irish potatoes, and cook in salted water until done. Mash them with some rich cream. Lightly press through a potato presser on the vegetable platter. This is a pretty as well as an appetizing dish.

❧

Creamed Macaroni

Break into inch lengths sufficient macaroni to fill a large breakfast cup, and cook in salted boiling water until tender. When

done, drain; put a layer of macaroni into a baking pan, then a layer of dried bread or cracker crumbs, add a second and third layer of macaroni, sprinkling each with crumbs. Turn over the whole a dressing made of one pint of milk, and three eggs well beaten, and a little salt. Flavor with a dash of prepared sage leaves. Care should be taken to arrange the macaroni loosely, so that the dressing will readily permeate the whole. Bake in a moderate oven until the custard is set and nicely browned.

✽

Timbale of Rice with Peaches

After washing six ounces of rice, put it into an agate stew-pan with a little butter, four ounces of sugar, and a few



pounded bitter and sweet almonds. Add one quart of milk and a little salt. Let the whole boil very gently over a slow fire, and by the time the milk has been absorbed by the rice, the latter will be sufficiently done. When the rice is done, add the yolks and the well-whipped whites of three eggs. Line a mold with short paste. The prepared rice should then be put into the mold and baked for about an hour. Then turn the timbale out of the mold on to a dish, and sprinkle with sugar. Put some canned peaches around the base, and set away to get cold. This is delicious, and can be eaten hot as well as cold.

Spinach Souffle and Lentil Dressing

Wash spinach thoroughly to free it from all grit. Cook until tender in as little water as possible. Chop fine. Add a little flour, and season with salt. Beat the yolks of three eggs with a little milk, and add to the spinach. Mix well and place in a mold. Put into a hot oven and bake until well puffed. Turn out on the serving dish, when the bottom of the souffle will be uppermost. In the meantime beat the whites of the eggs very stiff. Then pile them on top of the spinach. Return to the oven until the white of the egg is well set. If spinach is not in season, substitute cabbage or lettuce. The latter is excellent.

✽

Lentil Dressing

After boiling lentils until well-cooked, rub through the soup strainer. Take a breakfast cup of the pulp; add one quart of boiling water, and one or two tablespoonfuls of browned flour after being rubbed smooth in a little cold water. After it has come to a boil, add salt, and a little garden thyme or onion juice if liked, to flavor. This is a nice sauce to serve also with baked potatoes, boiled rice, or baked macaroni.

✽

Olive and Celery Salad

Two cups of ripe olives chopped fine, two cups of Irish potatoes, which have been pressed and allowed to become cold, three hard-boiled eggs chopped fine, a small onion, and a small head of celery. Chop all together lightly, and serve on lettuce leaves, or in a large shallow salad dish. Serve with or without dressing.

✽

Egg Salad

To make a dainty salad, take hard-boiled eggs, and slice off the ends so that they can be arranged on a bed of lettuce. Carefully remove the yolks and press

through a sieve. Season with salt, and add a little sugar. Allow a tablespoonful of olive oil to every four eggs, and two tablespoonfuls of thick whipped cream. Put the mixture in the empty whites of the eggs, and arrange on lettuce leaves.

❖

Banana Rolls

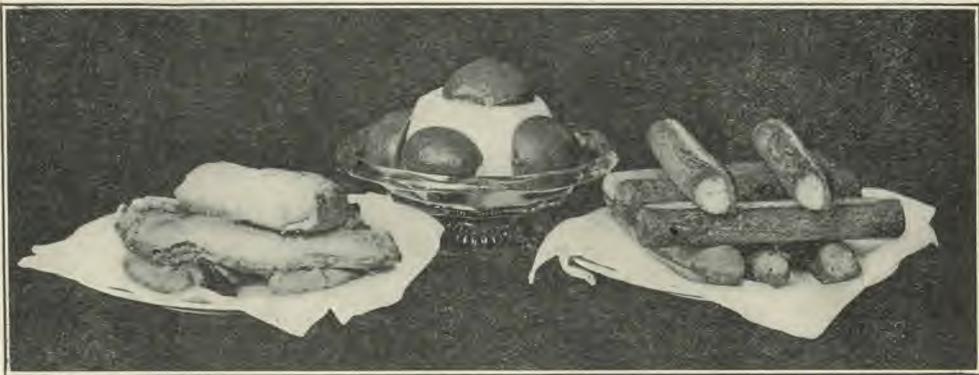
Take some nice ripe bananas, remove the skins, and roll each banana in lemon juice and sugar. Envelop each banana in short pie crust, pinching the ends tightly.

cooked by the time the pastry is nicely browned. Pronounced by all those who have eaten them, "very good."

❖

Cream Sticks

To two cupfuls of milk add the yolks of two eggs. Beat for a time to incorporate as much air as possible. Then add three cups of sifted flour, by degrees, beating all the time; continue the beating after all the flour is added, until the mixture is light and full of air bubbles. Add lastly



Banana Rolls

Timbale of Rice with Peaches

Cream Sticks

so the sirup can not escape. Bake in a moderate oven until the pastry is well cooked, and brown. The banana will be

the whites of the eggs beaten to a stiff froth. Turn into the hot gem irons, and bake in a hot oven twenty minutes.

❖ ❖ ❖

Left-Overs

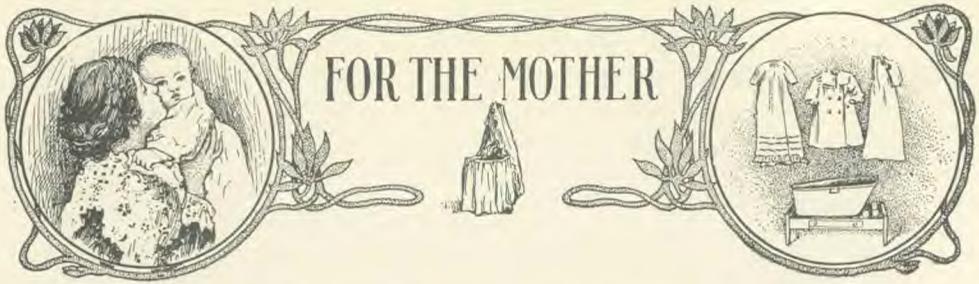
MRS. D. A. FITCH

IT is especially necessary in institutional cooking that there be knowledge of how to utilize, to good account, all the left-overs. The progressive cook will ever be learning new methods of using what remains after the serving. All such food should be put in clean dishes and cooled as soon as possible, so that it will remain sweet and pure.

Recently we had lentil roast and creamed potatoes remaining in about

equal quantities. The roast, slightly moistened, and all together put through the colander, proper seasoning added, and subjected to oven heat for an hour, made what we called a vegetarian loaf, and several inquiries came from the dining-room to know of what it was made.

A plain rice soup, without onion or other flavor, may be worked into a rice pudding.



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

Mother

I LOVE the songs that mother used to sing
 At close of day;
 They fill my soul with high and loving thoughts,
 Along life's way.

I love the Book that mother used to read,
 So sweet and low;
 It bids me "watch and pray," and comforts me
 In joy or woe.

I love the God to whom my mother prayed
 On bended knee;
 He loves, and guides, and brightens all my way,
 And strengthens me.

MRS. FLORA E. YERGIN.

Purity — What Saith the Scriptures?

BELLE WATERMAN-FINDLAY

1. Do the Scriptures teach that we can not see God unless we are holy?

"And holiness, without which no man shall see the Lord." Heb. 12:14. "Blessed are the pure in heart: for they shall see God." Matt. 5:8.

2. Which commandment enjoins personal purity? "Thou shalt not commit adultery." Ex. 20:14.

3. Did Jesus teach that the harboring of one unlawful, lustful thought is a breaking of the seventh commandment?

"Whosoever looketh on a woman to lust after her hath committed adultery

with her already in his heart." Matt. 5:28.

4. Is it possible for us to do anything contrary to the teaching of the Bible without transgressing one of the ten commandments?

"Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." 1 John 3:4.

5. Is it sin to joke or talk lightly on unclean subjects?

"Neither filthiness, nor foolish talking, nor jesting." Eph. 5:4. "Let no corrupt communication proceed out of

your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Eph. 4:29.

6. Is it sin to help spread an evil report?

"But fornication, and all uncleanness . . . let it not be once named among you, as becometh saints." "For it is a shame even to speak of those things which are done of them in secret." Eph. 5:3, 12. "Let all bitterness, and wrath, and anger, and clamor, and *evil speaking*, be put away from you, with all malice: and be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you." Eph. 4:31, 32.

7. Can a person who indulges in any form of personal uncleanness have any assurance of an inheritance in the kingdom of God?

"Nor unclean person, . . . hath any inheritance in the kingdom of Christ and of God." Eph. 5:5. "Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, . . . nor adulterers, . . . nor abusers of themselves with mankind, . . . shall inherit the kingdom of God." "Now the body is not for fornication, but for the Lord." "Know ye that your bodies are the members of Christ? shall I take the members of Christ, and make them the members of an harlot? God forbid." "Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:9, 10, 13, 15, 18-20.

8. Why does God look upon any per-

sonal defilement as such a very heinous offense?

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:16, 17; also 1 Cor. 6:19.

9. What exhortation is given in Eph. 4:17-24?

"This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; if so be that ye have heard him, and have been taught by him, as the truth is in Jesus: that ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind; and that ye put on the new man, which after God is created in righteousness and true holiness."

10. May we fellowship in church relationship a man who is a fornicator?

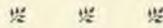
"I wrote unto you in an epistle not to company with fornicators: . . . if any man that is called a brother be a fornicator, . . . with such an one no not to eat. . . . Therefore put away from among yourselves that wicked person." 1 Cor. 5:9, 11-13.

11. Is it sin to partake of the emblems of our Lord's body with such a one? *Ibid.*

12. Did God institute the marriage relation and give the command to procreate before or after sin entered our world?

“So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth.” Gen. 1: 27, 28.

13. What does Paul teach of the marriage relation? 1 Cor. 7: 1, 28-40, 2-16.



Teach the Boy a Trade

THERE is increasing pressure upon the salaried man from the great trade combinations on one side and the labor unions on the other. Between the two millstones he begins to feel exceedingly small. A word may well be added concerning another of his difficulties, the tendency of employers, large corporations in particular, to discriminate against elderly and even middle-aged men. So marked has this become, that makers of hair dye, so it is said, are thriving from the effort of men yet young in power and countenance to conceal the telltale gray hairs.

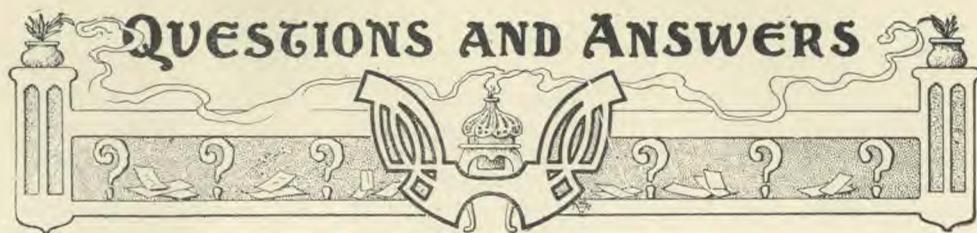
For the middle-aged man of another generation a great service can be performed by his parents. Equip the boy with a trade. Send him to the manual training-school, or in some way train him to use his hands in a useful trade. Then when comes the evil day, his eggs will not be all in one basket. We could repeat incident after incident of the advantage enjoyed by men who were not entirely dependent upon a single occupation for a livelihood. Upon the parents devolves the duty of furnishing this protection—the additional basket for the eggs.—*Housekeeping*.

Foolish Parents

PARENTS who are more concerned as to how their children are dressed when they go in public than what they learn and whom they associate with, need not expect the grace of God to water their own hearts nor soften their children's. We shall have to spend many hours in patient instruction, see many failures, and bear many heartaches, while we command our children in the way of righteousness, before we make much impression on their minds.

The reason we are more concerned about their earthly interest than their heavenly is, our own eyes have never been opened to see things as they are, and so we can not trifle away our time while our children do as they please so far as religion is concerned. We compel them to attend school for grammar and arithmetic, but to compel them to learn the Scriptures or the facts in Bible history is regarded as too severe. The devil knows it is a lie, and so he works diligently to assist the fond parents to have so many other things on hand that there is absolutely no time for religious instruction. What can more certainly denote the highest folly than such conduct on the part of the keeper of the child?—*Bible Advocate*.

QUESTIONS AND ANSWERS



- Conducted by G. A. Hare, M. S., M. D.

204. Consumption—Without Cough, and Without Germs in Sputum.—L. B., Mass.:—"Can one be said to have pulmonary tuberculosis when there is little or no cough, and when no germs of consumption can be found in the sputum?"

Ans.—Yes. Pulmonary tuberculosis always exists in a given case for some little time before any evidence appears in the sputum. Minute tubercular areas must first develop and begin to break down before any bacilli appear in the sputum. A keen diagnostician will make a correct diagnosis without waiting for the evidence of the bacilli in the sputum. When a skilful diagnosis is made in the incipient or very early stage of this dreaded disease, tuberculosis is one of the most satisfactory disease to treat, because it is one of the most curable of all the so-called fatal diseases.

We wish to emphasize the truth, that when this disease is diagnosed early, and when proper treatment is persisted in, it need seldom, if ever, prove fatal. But alas, too often the diagnosis is made too late, and the treatment instituted is only half-hearted.

205. Nourishment in Chocolate and Cocoa.—O. P. F., N. Y.: "1. Is there any nourishment in chocolate and cocoa? 2. If so, how much? 3. Are they harmful? If so, why?"

Ans.—1. Yes.

2. According to the government analysis made by the Department of Agriculture, chocolate contains thirteen per cent proteid, forty-nine per cent fat, thirty per cent carbohydrate. Cocoa contains twenty-two per cent proteid, twenty-nine per cent fat, thirty-eight per cent carbohydrate.

3. Yes, because they each contain about one four-tenths per cent theobromin, which is closely allied to caffeine. These drinks are less harmful than either tea or coffee.

206. Liquozone.—Miss E. T., Nova Scotia: "In the January number of LIFE AND HEALTH I see reference made to a criticism of liquozone which was published in a former number. As

it is the first intimation I have seen of its being a fraud, will you kindly tell me something of the nature of that so-called remedy, and what effect the use of it would be likely to have on the system?"

Ans.—The claims of the manufacturers of liquozone are outrageously fraudulent. Analysis shows it to be a very simple preparation of acidulated water very similar to the notorious microbe killer. This preparation is so simple that it should cost but a few cents a gallon. Its curative effects are chiefly imaginary.

207. Drowsiness—An After-Dinner Nap.—A. J. W., Mich: "I often find myself very drowsy after meals. Sometimes I work the drowsiness off, and sometimes I give up to it, and take a nap of twenty or thirty minutes. I always feel best when I take a short nap. 1. Does a short nap after meals when one is sleepy stop indigestion? 2. Do you advise a nap after meals when one is very drowsy?"

Ans.—1. If digestion is weak, and you are drowsy after taking food, a short nap will not stop digestion.

2. Yes, and after a good nap has cleared the head, we advise a little reflection. If the drowsiness is due to overloading the stomach—and it usually is—don't do it again. It is a waste of energy that might be used to better purpose. But if an excessive amount of food has not been taken, and the drowsiness is due to lowered vitality and slow digestion, you will find it well to indulge in a nap, and you will gain by it.

208. Pinworms—Bed Wetting.—Mrs. T. W., Ohio: "Our boy, seven years old, has always been troubled with bed wetting. 1. How can he be cured of this? He is also troubled with pinworms. Have given him injections of strong salt water, which help him only a short time. 2. What causes pinworms? 3. What can be done to cure him of this disease?"

Ans.—1. The trouble is doubtless due to the irritation of the worms.

2. Pinworms (*oxyuris vermicularis*) is a very common disease, and is due in every instance to infection, or the taking of the eggs of the worm into the body.

3. One of the simplest and most effective methods of cure is by the use of rectal injections of cold soap-suds. Fill the lower bowel full, so as to dilate the folds and wash them out very thoroughly. It is well to repeat this a number of times for a few weeks; and if done thoroughly, it will remove these parasites. But it is equally important to avoid reinfection. In a very large number of cases reinfection occurs because the eggs of this parasite are incredibly numerous, and the bedding, rugs, carpet, toys, clothing, and the child's hands are nearly always infected. The child's hands should be kept scrupulously clean. The clothing, bedding, rugs, and carpets should be scalded or thoroughly beaten. Toys and playthings should be replaced by new ones. Unless these details are carefully attended to, reinfection is likely to occur.

209. Membranous Croup.—H. J. N., N. Y.: "My little child was taken with what the doctor calls membranous croup. She grew worse rapidly. The doctor inserted a tube into her windpipe to save her life. It had to be taken out several times. 1. Is membranous croup contagious? 2. Is it identical with diphtheria? 3. What is the best home treatment? 4. How soon should a case be considered out of danger? 5. When should the tube be removed from the throat?"

Ans.—Yes.

2. Membranous croup is a form of diphtheria. It is laryngeal diphtheria.

3. Apply a cold compress to the throat, which should be changed often. If an ice-bag is used, it must be small, and applied over a dry flannel, as children do not bear cold as well as adults. Place the child in an extemporized tent, and keep the air saturated with steam. Use about two quarts of hot water, to which is added one teaspoonful of oil of eucalyptus or two teaspoonfuls of turpentine. The oil should be renewed every two or three hours. Keep the circulation good. A cool compress may be applied to the head, but the feet and hands must be kept warm. Secure the best medical help within reach, as tracheotomy is often necessary. We have no doubt that intubation of your child offered the best hope of saving its life. These cases are very perplexing and most serious. Your board of health did right in quarantining this case.

4. The duration of the disease has no fixed time, but each case must be treated on its own merits. The rapidity of recovery depends upon the vitality and recuperative power of the child.

5. Leave that entirely to the surgeon who has charge of it.

210. Pelvic Adhesions—Hair Tonic.—Mrs. H. W., Ore: "1. Will you kindly give advice for the cure of adhesions caused by pelvic inflammation after childbirth? 2. Physicians advised viava. Do you consider viava a good remedy? 3. Is a mixture containing either quinin or ammonia a good hair tonic? 4. A friend had hair cut short six months ago after typhoid. It did not come out badly, but is growing too slowly. What would you advise?"

Ans.—1. Many adhesions disappear within a year after they are formed, by the natural process of absorption. Many, however, remain permanently. Some of these may be broken up by very skilful manipulation. Others may be dissolved by the use of a current of galvanism, and such as do not yield to either of these methods may be removed by a surgical operation, which in many cases is the only satisfactory method of cure.

2. No.

3. It might or might not be. It depends on the proportions used, and the condition of the scalp.

4. Gentle massage of the scalp with the tips of the fingers for a few minutes daily, using, if the scalp be dry, a little vaseline every third day, which should be worked well into the scalp; gentle brushing with a soft brush; abundance of fresh air, and good care of the general health, will give you good results.

211. Catarrh.—Mrs. H. R., Ohio: "I see in LIFE AND HEALTH that catarrh can be cured. As I have suffered for years with it, I want to know what to do for it. There is a dropping from the nose all the time. I have a good atomizer, but want to know what to use to cure the excessive secretion."

Ans.—We have repeatedly answered similar questions; but as we have so many new subscribers each month, and our back numbers have been in such demand that they are entirely exhausted, we therefore, in justice to the large number of questions received, shall occasionally repeat questions that may have been noticed in previous issues.

Many of the diseases which affect the mucous surfaces of the body, such as the stomach, bowels, bladder, bronchial tubes, and lungs, and even the skin, are catarrhal in character, and nearly all of them are curable. Catarrh of the nose and throat is no exception. Most of such cases can be cured. This statement is carefully made, and is based on experience.

The care of a case of chronic nasal catarrh

(Continued on third cover page)

EDITORIAL



San Francisco's Saloons

CONSIDERING the striking object-lesson furnished by the city of San Francisco of the great advantage which follows the closing of the saloon, it seems passing strange that Mayor Schmitz should have consented to the reopening of these enterprises; and the query naturally arises, What pressure was brought to bear upon him to cause him to take what must seem to all right-minded people to be a step backward? Evidently General Greely does not favor the new move, for he has said that if the liquor traffic is resumed, he will withdraw the troops from the city. It seems from the report of General Greely, that Mayor Schmitz has been in favor of opening the saloons for a month past. There is no doubt that strong pressure has been brought to bear on the mayor, and no doubt political considerations are at stake. The army men of course have no fear of making political enemies in San Francisco, and so can decide the question of the sale of liquor on its merits. In this they have the advantage of Mayor Schmitz, whose political head doubtless depends to a certain extent on the patronage of those who care more about the fostering of the liquor interests than they do about the welfare of the city. We regret that he who showed himself equal to the occasion during the strenuous days that followed the city's disaster, should feel now the necessity of making terms with the saloon interests. Had it not been for the deter-

mined stand of General Greely, the saloons would have been opened June 1. There is no doubt that if the mayor were now in harmony with the ideas of the general, the saloons might still be kept closed for an indefinite period.

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The Health of San Francisco

NOTWITHSTANDING the prophecy of plague and pestilence to follow the quartering of many thousands of homeless people in the parks and squares in and around San Francisco, the health of the city has been remarkably good since the fire. Mayor Schmitz is authority for the statement that there were only half as many cases of disease during the month following the fire as there were during the month preceding it. Considering the fact that the nervous shock to many must have been frightful, and remembering also that many of the people were in the cold and rain for some considerable time without adequate shelter, this is indeed a remarkable showing.

To account for such a measure of good health under such apparently adverse circumstances, we must recognize a number of favoring factors. These are the return to primitive simplicity in the matter of diet, and the outdoor life. It is probable that some of the inhabitants of San Francisco had not had for years an occasion to limit themselves to a few simple articles of food, not in excess of the body's requirement. Many go camping each year, but these occasions

are, more often than not, times of feasting and excess. No doubt this enforced camping trip, accompanied though it was with more or less hardship, has been of more value healthwise to some of the campers than have some of their pleasure camping trips.

Another item which contributed to the health of the campers, or at least did not detract from it, was the admirable sanitary provisions carried out by the army, under the direction of the medical officers.

The closure of the saloons no doubt also had a beneficial effect on the general health. There has been no drunkenness, no rowdyism, no terrorism. The mayor closed all drinking houses, and saw that the regulations were enforced. For once San Francisco was a prohibition town, and was more peaceable, and possibly more healthy, notwithstanding the forbidding circumstances, than ever before in its history. New San Francisco, as it grows out of its ruins, more beautiful and more substantial, ought to profit by the recent object-lesson, and say it can get along without the saloon.



Must the Strawberry Go?

THE raw strawberry must take its place alongside of embalmed beef and other uneatables, if we may believe the learned and wise Professor Metchnikoff. He asserts that after each meal numbers of microbes pass through the intestinal wall, and find their way into the general circulation. This, according to our learned friend, is the cause of the increased number of white blood corpuscles after each meal. They are multiplied, he says, in order to repel invaders from the intestinal canal, as they are multiplied to repel the attacks of germs in various infectious diseases. He believes the use of sharp foods, — such as bran or graham bread, — used

to increase bowel action, may cause minute wounds in the intestinal walls, and permit the entrance of germs. But the chief offenders according to the Professor are the worms which inhabit the intestines, and which get there from raw foods. Cooking food destroys the worms and their eggs. So the beloved strawberry is among the offenders.

It is possible, of course, to raise strawberries on the principle of the modern surgical operating room, but the expense would be such that the berries would sell at a dollar apiece. This would not do for the man with a large family and a small salary. The next best thing is to cook the berries. That will kill the "bugs;" but then, who wants cooked strawberries? O Professor, please let us eat in peace, will you? Other tabooed articles are lettuce, cold slaw, radishes, celery, etc. But what can we do without raw foods? There are people who eat nothing but raw foods. Do they suffer from appendicitis and other kindred diseases more than the users of cooked foods? Are those who religiously abstain from all raw food notably better off than those who eat what best agrees with their palate?

Some statistics on this point might be enlightening. It certainly must be hard on the animals which are compelled to eat all their food raw!



Two Medical Extremes

A PHYSICIAN of Rochester recently died a victim to the X-rays, with which he was an earnest and enthusiastic experimenter. Before he had realized the danger which might result from too-frequent exposure to the rays, he had become thoroughly inoculated with cancerous growths. He was first obliged to submit to an operation costing him his right hand and most of his left hand; but in

a little while the disease again began to spread in an alarming manner. Operation after operation was performed, but with little stay in the progress of the disease.

It will be remembered that the X-ray was for a long time exploited as a cure for cancerous growths. It is not for me to say that it may not have been of some use in this way; but it is an example of the way in which men who ought to know better will experiment on human life and health with untried methods, vying with one another to see who will be the first to make some sensational discovery. There is need of more conservatism here. It is right to experiment on wild schemes where human health and human life are not at stake, but in the realm of medicine there should be a reasonable certainty that a supposed remedy is comparatively harmless, before it is exploited in the way that the X-ray has been. It is a man's privilege, if he wishes, to experiment on himself; but on others, he should suffer severely for his mistakes if he makes them.

There are, we may say, two extreme classes of practitioners, the "mossbacks" who practise as their forefathers did back in the seventies or earlier, who know and care nothing for modern pathology, bacteriology, etc.; and there are the sensationalists, who never use an old and tried remedy, if there is something mentioned in the latest literature that some one else has used in the condition they are treating. It is the novelties that these men are after. It is such men as these that take up every new process, and buy every new piece of apparatus, as soon as it is on the market, under the supposition that the new must be better in some way than the old and the tried. But there is a method in their madness, for whether they have thought it out or not, this policy is the one that catches lots of suckers. "The

early bird catches the worm." The man who is the first to put some sensational apparatus in his office is the one who will get for customers the patients with more money than brains (and there are many such), so that the doctor is not such a fool after all, so far as his practise is concerned. But twenty years from now, he may not want his acquaintances to know that he ever advocated such and such apparatus.

I am aware that some will say that the man who is not willing to risk making a mistake will never make any progress. That is all right; but the mistake *must not be made on the patient*. If the doctor wants to make mistakes on himself, that is his business. We can stand a lot of that kind of martyrs to science. But the man who makes his patients martyrs to science (and columns could be filled with the bare mention of treatments and operations that have resulted disastrously, and which have been covered up from the public with a mantle of charity) should be made to know that such practise is nothing more nor less than criminal.



I Can Make a Man of You

SUCH is the bold heading of a circular some one has been thoughtful enough to send me, and then follows a long list of diseases cured by this mighty doctor, including brain-fag, nervous exhaustion, neurasthenia, sleeplessness, threatening insanity, blood-poisoning [a polite name for syphilis, or "bad disease"], . . . and all wasting or exhausting diseases peculiar to men. "For many years," this noted specialist says, "I have devoted my whole time and attention to the study and treatment of diseases and weaknesses peculiar to men. Had I been in general practise, I would not have seen so many cases a year as I now see in a day. Hence I have acquired a skill and a knowledge

in both diagnosis (finding out just what a disease is) and in treatment of these diseases that but few men possess. I have gained knowledge that is not to be found in books, and it has happened in innumerable instances that I have been able, as a result of this skill, to prescribe just the right thing in the right way at the right time, in cases that have been drugged to death for years and without satisfactory results."

Sounds good, doesn't it? Then follows a lot of the most convincing testimonials. To read the tract over, one is almost persuaded by the apparent candor that this doctor must be possessed of extraordinary ability, BUT —

Did it ever occur to you that a man who had been in practise for so many years, and who had acquired such an extraordinary ability, would have more work come to his office than he could possibly attend to, without the need of sending out advertisements? Did it ever occur to you that no successful physician has to send off for patients? His own work, his former patients, advertise him, so that in the course of time he has to restrict his business to certain lines, and let some of his younger colleagues take the overflow practise.

When a man bears witness of himself, that witness is more than likely not true; and as experience has shown, the witness of finely written testimonials is ninety-nine times out of a hundred, in the case of patent medicines and quack doctors, utterly unreliable: so my advice would be to the young men who receive such tracts as the one above mentioned, to carefully file them away for safe-keeping—in the stove. They make good kindling. Do not leave them around for some less discriminating young man than

yourself to pick up and bite on. The baited hook looks tempting, but it proves the ruin of the fish that bites.

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THERE is often truth in statements which are so diametrically opposite that if one is absolute truth, the other must be absolute falsehood. Here are two such statements:—

"A man can not be a perfect physician, save of himself alone."

"The physician who treats himself has a fool for a patient."

The thought back of the first statement is that no one can know an individual and all his symptoms so well as the individual himself. In a sense, this is true. The thought back of the second statement is that no person is capable of forming right judgments as to the significance of his own symptoms. Both statements are true in a modified sense. Neither is absolutely true.

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THE following old story is very appropriate just now, in view of the Packintown disclosures:—

"A certain schoolmaster in a village school had been in the habit of purchasing pork from the parents of his pupils, on the occasion of the killing of a pig. One day a small boy marched up to the master's desk and inquired if he would like a bit of pork as they were going to kill their pig. The schoolmaster replied in the affirmative.

"Several days having elapsed and hearing nothing of the pork, the master called the boy to him and inquired why he had not brought it. Imagine the surprise of the master when the boy replied: 'Oh, please, sir, the pig got better.'"



At the last session of the Academy of Medicine, Paris, it was pointed out that Paris would be a better health resort than many of the places so used, as the death-rate in Paris is only 71.4 per thousand inhabitants.

THE San Francisco Board of Health reports that during the month following the fire the health of the city was better than ever before. There was only one case of contagious illness at a time. So much for outdoor air and the simple life.

FOR several weeks advertisements of whisky dealers in both Knoxville and Chattanooga have been flooding Harriman and surrounding towns. In many instances they are sent to boys of tender years. The results of such advertising have been plainly seen in this city of late, where a number of young men, yet in their teens, have been intoxicated with whisky bought by mail. This condition has aroused the parents, and a united and determined effort has been started to see if some remedy for the evil can not be found. It is said that hardly a day passes that orders for whisky are not sent out from this city, and many of them are from minors. Just what action will be taken has not yet been decided upon, but a stiff fight will be put up to cure the evil so far as Harriman is concerned.

IN order to demonstrate the value of fresh air for the sick children of the poor, the Association for Improving the Condition of the Poor has constructed an outdoor camp for sick babies on a bluff facing East River, in New York. There are seven tents, sixteen by thirty feet, with twelve-foot porch. Each tent is supplied with cots for twelve babies. Part of the tents are reserved for babies staying day and night, the remainder being for mothers to occupy while caring for their babies during the day. This movement is started with the hope of convincing the authorities of the wisdom of setting aside parts of the reservation piers for baby clinics.

DR. JOHN FULTON of the Maryland State Board of Health says the meat inspection in Baltimore is a farce. He says he knows of sick and disabled animals being butchered and sold for food.

SECRETARY WILSON was to have a corps of inspectors in Packingtown the first week in July, to begin work in accordance with the provisions of the new inspection bill. He says: "The people of the country can rely on it that the Agricultural Department will not let any grass grow under its feet in putting the new law into operation."

SURGEON-GENERAL WYMAN has appointed a board of officers to investigate the origin of typhoid fever in the city of Washington. The work was to begin July 2, with the bacteriologic examination of the water in the different wells in the city. It will be remembered that it was predicted that with the installation of the filter plant, the typhoid fever would be practically wiped out of Washington. But this has not proved to be the case; on the contrary, the disease is more prevalent this year, if anything, than it was last year, before the water was filtered.

THE summer outings committee of the Associated Charities has planned outings for as many of the city poor as will be able to avail themselves of the privilege. Outings are divided into four groups: evening car rides, a day in the park, river trips and picnics, and two weeks at Camp Good Will. A circular has just been issued for free distribution, calling attention to these opportunities. Last year, 2,880 car tickets were distributed for trolley rides into the country. Many coach, train, or auto trips were given to those who could leave their homes for one day. Excursions were run to the river resorts, and three hundred and eighty two-week vacations were given to mothers and children at Camp Good Will. This is a practical form of charity that may offer a suggestion to other cities.

PHYSICIANS are favoring the use of the paper handkerchief as more sanitary than the linen handkerchief, because, when it is used, it goes into the fire, instead of to the laundry to contaminate other clothes. The rarity of consumption in Japan is attributed partly to the exclusive use by the Japanese of paper handkerchiefs.

A RECENT report from the Academy of Science of Paris says that yellow light is a preservative of the eyesight, and also of various food products, especially the derivatives of milk. It was demonstrated that cream, milk, and butter kept in yellow glass jars were "admirably preserved, regardless of the temperature."

A PROFESSOR in Bohemia has discovered that sausages and other meats often contain phosphorescent bacteria. Beef contains the light germ in at least fifty per cent of the cases. He was actually enabled to read small print by the light emitted by a sausage. Why not get some of these Bohemian sausages into the Chicago packing-houses to furnish light in the unlighted rooms, and also to illuminate the ways of the meat trust?

THERE is much apprehension in the city of Washington over the fact that, notwithstanding a new filter system has been installed, removing ninety-seven per cent of the bacteria from the water-supply, and every source of infection has been carefully scrutinized, there is as much typhoid fever in the city as there was last year, or even more. With no clue to the probable source of this infection, it is not at all likely that the epidemic will be controlled for some time yet.

THE passage of the pure food bill and of the meat inspection bill in the closing hours of Congress, would, if no other important bills had been passed, have made this Congress notable. For seventeen years the pure food bill has been before the national legislature, and for seventeen years, through the machinations of one of the strongest lobbies that ever corrupted legislation, the bill has been killed at each session. It would pass in the House, and die in the Senate. But this session, it first passed in the Senate, and it appeared for a time that it would either die in the House, or be so amended that it would be practically without force. Public opinion, however, finally scored one against the private interests concerned in the defeat of the bill, and it became a law.

THE parents of a young woman who was thought to be ill from overwork, have received word that she coughed up a needle from her stomach. When she was a small child, she had a needle broken off in her arm, which had been in her body all these years. She had acute pains, and was treated for appendicitis, lung trouble, and other diseases at times. She will recover.

WE have the distressing news that the entire plant of the Pacific Press Publishing Company at Mountain View, Cal., was wiped out by fire, July 20. The property was only partly insured. This second disaster so shortly after the office had been rebuilt from the effects of the earthquake, will strongly appeal to the many friends of the Pacific Press; and we hope it may result in many generous responses to aid a struggling institution.

UNDER a weak city government, prize-fighting has been going on in the most "approved" style in New York City, under the guise of "friendly boxing games." The courts were winking at it, and the mayor was doing nothing to prevent it, but Governor Higgins was of different mettle, and sent orders to the sheriffs of New York and Kings County that he would hold them strictly accountable "for any failure or neglect to stop such unlawful exhibitions." And the fighting stopped.

THE Massachusetts State bulletin reports three cases of acetanilid poisoning, one from the use of bromo-seltzer, the other two from the use of "nervease." They were taken for the relief of headache, and in gradually increasing dosage, until of the bromo-seltzer the weekly consumption was about a dozen bottles. The physician called to attend this case reports that "his appearance was appalling. His face was ashy white, the lips and the lobes of the ears were blue, the fingers were deeply cyanosed (blue) to the second joint." Expression, vacant; patient seldom speaking except when spoken to; tongue, heavily coated; "breath the foulest that I ever noticed;" bowels constipated; pulse, varying from eighty-five to one hundred and thirty at the least exertion; surface, cold and lifeless. Such were some of the symptoms reported as the result of using the headache potion. Both patients who used says that it "contains no opiate, and is per se the "nervease" developed the livid blue color and showed other symptoms of systemic poisoning. Yet the circular accompanying the drug is perfectly harmless."

A NEW YORK society which last year gave fifteen hundred children a two-weeks' outing on a farm, and which maintained a convalescent home for women, is carrying on the same work this year, making no distinction of race, creed, or color. The Home for Women is carried on the year round.

It was feared that the heavy rains (rare in California in June) would affect the health of the campers around San Francisco, but there were few cases of serious illness, though there was much discomfort because of the dampness. People who are living in tents for the first time in their lives, who are not used to the privations of tent life, and especially to the hardships incident to such a tent life as this, are actually enjoying better health than they had in their own homes.

THE Berlin wholesale dealers in canned goods have met and unanimously voted to buy no more American canned meat of any description until there shall be a sufficient guarantee that the contents of the cans are in good condition. The meeting declared that the meat inspection law just passed was a mere farce, intended to deceive the American people, and prevent them from boycotting the packing-houses. Car-loads of Chicago tinned goods were returned from Berlin to Hamburg.

SINCE the destruction of the health food store and the restaurant in San Francisco, some of the patrons have moved to Oakland, and are getting their foods there. Others, who still remain in San Francisco, and some from the surrounding towns, have regularly gone to the Oakland store for their foods since the earthquake. Many have written to the sanitarium and the food factory, asking where they can get the foods. Mr. Haynes, speaking of the above in the *Union Pacific Recorder*, says: "We have been gratified as well as surprised to receive these many evidences of the regard placed upon our work by those who have been patronizing us in San Francisco. Temporary arrangements have been made to have the foods handled by Stewart Brothers, 1607 Fillmore St., in the heart of the new retail district. Just what will be done in regard to the restaurant has not been determined. Business of all kinds in that portion of the city not destroyed is being done at a fever pitch, and rentals and other values have risen to two or three times what they were before the fire. The stores in Oakland and San Jose suffered no loss whatever."

LONDON tailors have adopted the plan of keeping their patrons well clothed for so much a year, payable in instalments. One hundred dollars a year will keep a man well dressed over there. That would be an excellent plan; but with many the trouble might be to get the one hundred dollars.

THE President has signed the bill providing that denaturized alcohol (rendered unfit to drink) be freed from government tax. This will reduce the price of alcohol from about \$2.50 to 25 cents a gallon—quite a difference. It is predicted that alcohol will now become a rival of kerosene for cooking and lighting purposes. It will be used in many ways that were before impossible on account of the high price. The farmer will be enabled to dispose of a large proportion of his grain to better advantage.

WHEN the Galveston public schools were destroyed by the flood which swept that city, they were rebuilt and maintained by voluntary contributions of the school children of the United States. While the great fire in San Francisco was still raging, a telegram was received by the superintendent of schools of San Francisco, asking if the children of the Galveston schools might not be granted the privilege of aiding in the restoration of the San Francisco schools. This offer was gratefully accepted; for thirty-four of San Francisco's school buildings have been burned, leaving more than four hundred teachers and twenty thousand pupils without class rooms; and on account of the great demands on the public purse in many directions, there is not much hope of soon erecting school buildings without outside aid. The Galveston movement has been taken up by many other places. The citizens of the city of Portland, Ore., have volunteered to build one school building to be named the Portland School. The first cash contribution to the building fund "came from the boys and girls of Broken Arrow, Creek Nation, Indian Territory,—a beautiful illustration of the kinship of the peoples of our beloved country." All communications regarding contributions to the fund for rebuilding the schools should be addressed to School Reconstruction Committee, Emerson School, San Francisco, Cal. This committee will, on application, supply printed matter, plans for raising funds in schools, cities, counties, or States; will furnish literary articles for educational publications, and assist in every way the general movement to rebuild San Francisco's schoolhouses.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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To Modify a Bad Temper

MANY persons have outbursts of irritability, manifested in hasty, unnatural, cutting words, which are, even to themselves, undesirable and unprofitable. In fact, after the spasm is over, they are ashamed of themselves, and often resolve that they will not repeat it; but the irritability again forces them to repeat the same experience, and in the course of time they form a habit, or establish a trait of irritability in their character, and regard it as their natural "make up;" but in the majority of cases it is an involuntary riot of the nervous system provoked by an improper diet. A writer in the *Review of Reviews* for July says:—

"Those who are most subject to fits of temper are 'arthritics.' Generally they are hard workers, very active people, who seem to be in good health and who eat a great deal of meat. From time to time they become morose, bitter, and as companions they are disagreeable; and then the people who are fond of them say, 'They have worked too hard.' Their real trouble is the result of uric acid poisoning. Certain doctors give such patients certain

bromides 'because they need something to calm them.' That is malpractice. As a rule, men and women who are subject to fits of temper need nothing but a well-ordered diet. They should reduce their daily rations of meat."

But there are other persons besides arthritics who have bad tempers provoked by improper diet. Some who do not eat meat have fits of indigestion manifested in a bad temper through bad combinations of good foods. All such ought to study our Healthful Cookery department in LIFE AND HEALTH, and learn how to combine good foods and to adapt them to their individual cases. We firmly believe in the Scriptural teaching that as a man "thinketh in his heart, so is he." But medical science is constantly demonstrating another maxim equally true: As a man eateth, so is he.

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DRS. G. A. HARE and Jessie Hare, who have been spending the summer in Europe, and have been taking advantage of the splendid clinical opportunities offered at Vienna, have returned to America. Dr. Hare expresses surprise at what he learned of the ancient baths of the Romans and their advancement in hydrotherapy. We hope the doctor may be induced to favor the readers of LIFE AND HEALTH with a series of articles descriptive of his trip.

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IN the July issue, page 183, the formula for feeding the third and fourth weeks should read, one tablespoonful, instead of one teaspoonful, of top cream.

The Laurel Vegetarian Restaurant

FULL COURSE DINNER 35c LUNCH 25c
A la Carte at all Hours

Open Sundays. Closed from Sunset Friday to Sunday Morning.

Proprietresses J. & E. QUACKENBUSH
11 West 18th Street New York City
Between 5th and 6th Avenues

(Concluded from page 232)

involves much more than the simple spraying of the nose and throat. It may mean complete reformation of life. Right methods of eating, working, clothing; improving digestion; keeping the channels of elimination normally active; keeping the body clean outside and inside; an outdoor life; well-ventilated sleeping-rooms; a dust-free atmosphere; a cheerful mental condition,—when these essentials of good bodily health are secured, the remaining local catarrhal troubles are easily kept under such control that nature is able to effect a cure.

We can not discuss the general treatment of catarrh in detail in this department. We hope to treat it more fully in another column of a future number of this journal. Answering your question as to what to use in your atomizer, we recommend: glycothymolin 1 oz., water 3 oz. Spray the nose and throat thoroughly with this; then spray the nose only with the following: menthol crystals 8 grains, camphor gum 2 grains, terebene 5 drops, alboline 4 oz. Mix.

Use each of the above twice a day.

THE Chicago Society of Social Hygiene, composed of physicians, clergymen, and business men, has been organized for the purpose of combating social evils in Chicago in a systematic way.

AWAKENED by the ominous sound from Chicago, the New York health department has directed the local health officers to immediately inspect all slaughter and packing establishments in the State.

CHEMICAL analysis of several of the wells now being used for drinking purposes in San Francisco, shows that they are dangerous for this use, even when boiled. Dr. Twitchell, the sanitary engineer, has issued a warning to the people that it will not be safe to drink the water for months without boiling.

DR. WOODS HUTCHINSON is a believer, with Dr. Osler, that men who are past the age of usefulness should go to the scrap-heap. He says he advises his old patients who, by economizing their strength, might be enabled to eke out an existence of ten years or more, in helplessness, to enter into hard work, and die with the harness on, even if it cuts life much shorter.

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¶ Listerine is peculiarly free from irritating properties, even when applied to the most delicate of the tissues, whilst its volatile constituents give it more healing and penetrating power than is possessed by a purely mineral antiseptic solution; hence it is quite generally accepted as the standard antiseptic preparation for general use in domestic medicine, and for those purposes where a poisonous or corrosive disinfectant can not be used with safety. ¶ It is the best antiseptic for daily employment in the care and preservation of the teeth.

Literature more fully descriptive of Listerine may be had upon request, but the best advertisement of Listerine is—LISTERINE

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