

Some Medical Foibles

LIFE AND HEALTH



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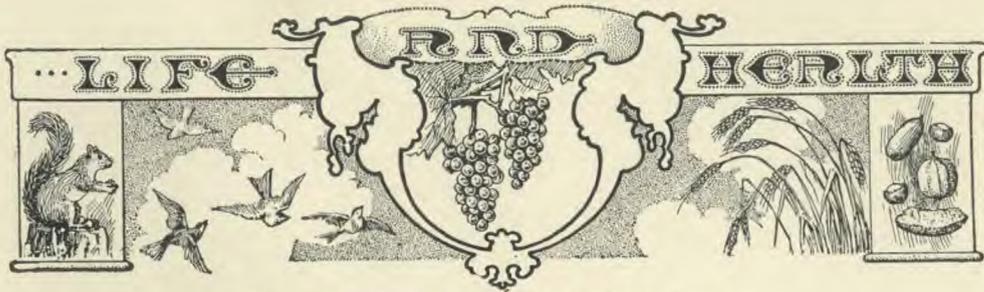
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"Something better is the law of all true living."

Vol. XXI Takoma Park Station, Washington, D. C., October, 1906 No. 10

Hydrotherapy in the Treatment of Feeble-minded Children¹

LOUISE PATTERSON, M. D.



IT has been said, "The truly great stand upright as columns of the temple whose dome covers all." Hippocrates, the father of medicine, was truly great; but if he could wake from his long sleep of one thousand five hundred years, and look over the various therapeutic agents in use at this stage of the world's history, he would doubtless be astounded. Every available space in the medical journals teems with advertisements of the so-called healing agents. Patent medicine venders grow rich on the credulity of the people. Truly, of making many drugs "there is no end," and some of us, if not all, are led to exclaim with one physician, "Medical men are tired of the many new hypothetical systems that are thrown aside as rubbish only to be replaced by similar ones."

Osler in his review of the contributions to medicine during the nineteenth century, referred to "a large number of drugs the action of which we know little,

yet we put them into bodies the action of which we know less;" and have we not all been more or less guilty in this respect?

If we could get into the complete confidence of the pharmaceutic agent, we would learn that thousands of tablets and pills are sold in which there is no medication whatever. One Minnesota physician, wishing to make a test of these blanks, purchased a variety and dispensed them, as he said, "for all manner of ailments." To use his own words, "I am forced to acknowledge that seemingly as many cures were wrought, and as many patients returned for more of the wonder-working but drugless blanks as returned for calomel, acetanilid, quinin, ipecac; and I can not help believing their effect was less harmful."

Let us look at a few diseases,—rheumatism, for instance. There are a thousand and one drugs indicated or advertised for this trouble. How much does any one of them do toward a cure? Think of typhoid fever, pneumonia, scarlet fever. Can we cut short an attack of any one of the above-mentioned diseases by any drug at our disposal?

¹ Read before the Association of Medical Officers of American Institutions for Idiotic and Feeble-minded Persons, at Vineland, N. J.

Osler says of pneumonia, "It runs its course uninfluenced in any way by medicine." He says again, "The profession was long in learning that typhoid fever was not a disease to be treated with medicine." Of scarlet fever he says, "There are many specifics vaunted, but they are all useless." And so we might take other diseases and quote other authors.

I would not dispense with drug medication entirely; quinin may be of great service in malaria and allied diseases, but we have all seen it fail. Biclorid and iodides may be specifics in cases of syphilis; antitoxins may be a boon to humanity;— but considering the thousands upon thousands of so-called remedies, the specifics are very few, and the physicians should be able to discriminate between the "wheat and the tares."

Digitalis will help a rapid, irregular, feeble heart, but so will an ice-bag placed over the heart area. Strychnin will increase the respiratory rate and capacity, so will a short cold douche or short ice cold compress after reaction occurs, and hot and cold will do better. Acetanilid and other coal-tar products will reduce fever: so will cold baths, and they have the advantage of increasing the red blood cells, while the coal-tar products diminish them in marked degree.

When in the seventeenth century the celebrated Sydenham wrote his treatise on fevers, he almost made an apology for advocating the use of such a simple remedy as water. Since then a great

change has taken place. It is no longer necessary to apologize for using water in the treatment of disease, for scientific men, like Winternitz, Baruch, and Currie across the water, and Bell, Hare, Kellogg, and others in America, have lifted hydrotherapy above empiricism, and placed it on the scientific basis which it now enjoys.

We would not wish to give you the impression that we rely entirely on water to the exclusion of all other therapeutic agents; for electricity, massage, exercise, a rational dietary, all play an im-

portant part in the healing process: but for building up the resistance, increasing the red blood cells, strengthening the heart, giving a new lease of life by invigorating the whole system,



water is indeed a very powerful agent.

Shortly after we began the work at the New Jersey training-school, we decided that we would give treatment that would build up the general health of the weaklings. We went over the recent hospital lists, picked out the weak ones from the simply feeble-minded to the lowest grades, secured the services of a nurse who could give the treatment. The number treated was thirty-five, many of whom had been in the hospital more or less during the past year. Treatment was carried on from two to four months, as was thought the cases demanded. The results exceeded our fondest hopes; through this severe changeable winter only one of these children has been sick, and he had a slight attack of acute artic-

ular rheumatism. The treatment given was tonic hydrotherapy, mostly with massage or electricity as was indicated. These treatments, with a rational diet, plenty of outdoor air and exercise, do the work, and prove our theory that these things will do more for the sick child than all *materia medica*.

Ten of the low grade children, after a careful physical examination, were ordered a cold plunge and brisk rub down every morning. Some of these were quite low physically as well as mentally. These children have made a marked improvement physically.

I have only one bad case of tuberculosis, so far as I have been able to discover. Last June he weighed eighty-three pounds, and as early as that hygienic measures were tried on him. He had creosote up to September 1 (when he could keep it down), but nausea was one of his drawbacks. In June he was put outside to sleep, and there he has slept since, with the exception of five weeks in the winter, during which time he ran down rapidly, lost his appetite, had a cold and cough and much more fever; he was put out again, and soon gained what he had lost. After September 1 he depended entirely on water treatments, diet, and fresh air. He has gained twenty pounds, is red and rosy, has practically no cough and no fever except when he has an attack of acute indigestion. He is up and enjoys life, but I am very slow to pronounce him cured of tuberculosis. He is still having treatment, and is being watched very closely.



Another case had a uremic convulsion directly after some violent exercise. We found he passed about one ounce of urine in twelve hours, and found albumin and no casts. He was given one pint of warm water to drink every hour, fomentations to his kidneys every four hours, injections of warm water twice daily, hot blanket pack twice daily. In the next twenty-four hours he voided three quarts of urine with a marked reduction in the amount of albumin. He began improving in two days, and was soon in his usual health. He still has a trace of al-

bumin however, but with constant watching and one and one-half quarts of water taken between meals, we do not look for any alarming symptoms.

Another boy, seven years old, had broncho-pneumonia on the left side, and croupous-pneumonia on the right; the right lung was badly involved. He had a very distressing cough, for which he was given something to help him. His other treatment consisted of fomentations to the lungs for one-half hour every four hours, followed by ice cold friction all over, a cold chest pack was worn between the treatments; he had leg packs to relieve pulmonary congestion; the bowels were washed out daily with cold water. For two days it seemed as if his heart would give out, and he had several severe attacks of heart failure; when he began to improve, he had an effusion on the right side. Tapping was suggested, but I have seen very serious and severe cases cured by treatment. He was then given hot and cold to his lungs every two hours, followed by ice cold friction all over, to in-

crease the red blood-cells, and a cold pack was worn between times. The result was absorption of the fluid.

Another, twenty-nine years old, had intestinal obstruction, due to seeds, stones, etc., that he had swallowed. Massage and high rectal flush were tried — no result. Faradic electricity was given, and the result followed in fifteen minutes. This was a tedious case, and he needed constant care, owing to condition of the rectum. He was kept on a liquid diet, (hot water for the first few days, and afterward milk) and he lost flesh rapidly. Tuberculosis was strongly spoken of, but he had no cough or night sweats, and shortly after this began to improve, and I am happy to say gained forty pounds in four months.

Two cases of typhoid, one of which was complicated with a very serious bronchitis and delirium from the first week, had ice-bags to the head constantly, cold compress to abdomen changed every ten or fifteen minutes, fomentations to the chest every three hours, followed by the cold bath, hot to spine as a sedative, cold chest pack worn between treatments, and was given one and one-half to two quarts of milk every twenty-four hours. Both made an excellent recovery.

Two cases of erysipelas had local applications of ichthyol to the lesion (changed daily); cold sponge baths every two hours, liquid diet, bowels kept well open, hot water to drink every hour. The disease was improving in a few days, and the children were soon well.

In cases of contagious diseases, the plan is to quarantine promptly. Keep elimination up in every way possible, combat the fever with sponge baths, use every possible means to prevent the spread of the disease, and treat complications as they arise.

All sick children have a liquid diet as long as the temperature is up, and are fed frequently, depending on how much they take.

In a case of acute articular rheumatism, absolute rest in bed, liquid diet with no meats or broths, and little or no nitrogenous food, but with fruit, fruit juices, predigested cereals or milk, a daily hot blanket pack to profuse sweating, keeping the head and face cool, and an ice-bag over the heart if necessary, followed with a soap wash and alcohol



rub; fomentations to the joints every four hours, ice cold friction all over; a cold compress on the inflamed joints between treatments; warm acidulated water (dilute lemon juice) one pint every hour, except meal-time; encourage elimination in every possible way; and the patient comes out in better health than if fed so many nostrums.

Allow me to repeat; good, wholesome food, God's sunshine and fresh air, hy-driatic treatment, exercise or play in a sand pile, will do more for sick or well children than all the drugs in the pharmacopœia. Moreover the drugs, more often than not, produce more or less undesirable results.

Divine Healing

AUGUSTA C. BAINBRIDGE

7—Give God the Glory



HIMSELF took our infirmities, and bare our sicknesses." Matt. 8:17. To take away an infirmity from another, would leave that "other" without it. Since he himself, Christ, our Healer, took our infirmities, we are, or should be, without them. All we have in Christ is received through the avenue of faith. If we believe this word and accept the truth just as the precious Word gives it to us, we carry our infirmities no longer. Not one of them, with which we may have struggled for years, need be ours one moment longer. He took it when he took the rest of our sins; and he atoned for them all together, in one mighty sacrifice on Calvary.

"This same Jesus" who lived on earth, who died on Calvary, who ascended from Olivet, who is coming again in power and glory, "*bare our sicknesses.*" Sickness is one of the results of transgression, of sin, of departing from the law of God; and he who bore all our sins, did not leave this one for us to bear. Why do we consider it necessary to bear what he has borne for us? Why may we not claim freedom in his gracious name?

Do we think this is something yet in the future? We have no right to think that when he himself said, on Calvary, "It is finished." We have only to believe, to accept, and to appropriate individually that finished work.

Do we not slight his work when we neglect this? Just as far as we appreciate the fulness of the redemptive work of Christ for both soul and body, just so far shall we be able to appropriate by faith the benefits his sacrifice obtained for us. Just as we claimed the blessing of pardon for sin, without seeing any sign of having it, so we must claim healing. Our ground of confidence is the word, Christ bare them "in his own body on the tree." He came in a body just like ours, and lived in it, and died on the cross. Had we, as a race, never committed any sin in a body, a flesh-

and-blood body, or any sin that affected the body, it may be we might not have needed this part of redemption; but since all our sins were committed in the body, and many of them acted very



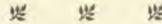
seriously on the health of the body, he himself came in a body, and bare them in his own body on the cross. We believe we are forgiven, because he says we are, and this before our hearts feel any differently. It is just the same with physical as with mental or spiritual healing; for there is only one God, and only one Creator, and he is the Saviour of the body. We must believe that he has healed us, because he says so. He took our sicknesses upon himself, and by his stripes we are healed. If we cling to this one grand truth instead of looking at our feelings, we shall surely receive according to our faith.

Have we committed any sin against the body? Have we broken any of the

laws of health? Have we confessed that to him? Then "if we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." While we look up and say, "I am forgiven because *he says so*," we may just as freely look up and say, "I am 'made every whit whole' because Jesus himself bore all my sins and all my sickness long ago. I believe his word."

Does he point us to the fresh air, or the sunshine, or water, as the means he would use? Then shall we say the water

healed us?—No, never; a thousand times No! Water is only one of the agencies he sometimes uses. He himself is the healer. Air, sunshine, and food are also his agents. If we say or think these have healed us, we are giving to a creature, a created thing, the honor due to the Creator. God is not dependent on agencies. He may use them, or he may not, but we have the same right to claim healing as we have forgiveness. "Who *forgiveth* all thine *iniquities*; who *healeth* all thy *diseases*."



Some Medical Foibles

G. H. HEALD, M. D.



WHO would not prefer good health to invalidism; soundness of mind and body to unsoundness, capacity for work

to inefficiency, ease and comfort to racking pain? To ask the question is to answer it, for every person with mind enough to know anything appreciates the value of a sound mind in a healthy body; and I suppose, to some extent, everybody does some things, and avoids others, in the belief that he thereby improves his physical and mental condition.

Many of these acts, such as the wearing of charms or amulets, are mere superstitions; and very similar are some of the other practises, as, for instance, the processes for removing warts. Here are a few choice samples: (1) Rub the wart with a bean, which should be put in an envelope and buried. When the bean sprouts, the wart will be gone. (2)

Cause the wart to bleed, and allow a drop of the blood to fall on a penny. Throw it away, and the finder will get the wart. (3) But perhaps you do not want some one else to get the wart. Then rub the wart with a kernel of corn, which throw out in the dooryard. If the corn is picked up by a chicken, the wart will disappear. (Does it reappear in the chicken's stomach?) There is an "if" about all these cures. If you want one that is not conditional, (4) steal a dish-cloth, rub the wart with it, and bury the dish-cloth, and the wart will vanish. With all these, and a lot of other sure cures, no one ought to have warts!

But you say these are mere childish fancies, not believed in by those who are older. Perhaps; but here are some that are not only believed in, but practised by older people—by gray-headed people about ready to totter into their graves. An onion in the pocket will prevent fits. There are many persons who carry an onion for this purpose, and curiously enough, they never get fits! In the same way a potato in the pocket, or a horse-chestnut, will cure rheumatism. A red

string around the neck is just as effective for the same purpose.

If a child has fits, allow a puppy to play and sleep with it. As the pup contracts the disease, the child will begin to improve, and will get better as the dog gets worse, and will be well when the dog dies. But as this is a little hard on the dog, it might be well to try the onion method first.

There is a wide-spread belief that if one eats the leaves of poison-oak or poison-ivy, he will not thereafter be susceptible to the poisonous effect of the plant. On that supposition, I myself, when young, chewed poison-oak leaves, and I have not since been poisoned by the plant, though often in contact with it. That I was once susceptible is proved by the fact that I was poisoned quite severely by poison-oak in my early childhood days. Did chewing the leaves confer immunity? Possibly it may act in some way as a protective inoculation.

Many of the beliefs and practises have not even so much show of scientific foundation as the last. For instance: a black silk cord around the neck will prevent diphtheria and croup. A wedding-ring rubbed on a sty will cause it (the sty) to disappear; or if a wedding-ring is not at hand, the tail of a black cat, touched to the sty, will prove as efficacious. Sulphur is carried to ward off the itch and other contagious diseases. In times of great danger of infection, smelling the sulphur vigorously will prevent an attack. A tarred string tied around the neck is another protective against contagious disease. Why with these excellent preventives, may we not abolish quarantine and vaccination

and disinfection, and use these simpler methods? Some improve their health by sleeping with the head toward the north, in the direction of the earth's greatest magnetic lines. Others prefer to sleep with the head to the east, so they are riding around the globe at the rate of twenty-five thousand miles a day, head first. I suppose this keeps the blood from rushing to the head. One prescription that ought to take work away from the oculists is this: if the eyes are weak, bore the ears as for ear-rings, and the eyes will become stronger.

In some cases, the method used to insure good health probably has an effect opposite to the one intended; as, for instance, when one, in order to avoid catching a cold, wraps up like an Eskimo, and shuts out all the oxygen in the effort to avoid a draft. The avoidance of "night air" is a similar abortive health measure.



Some men believe that chewing tobacco preserves the teeth. Others believe that tobacco smoke has a remarkable antiseptic effect. One intelligent physician, who was not a habitual smoker, said he would never risk passing through a yellow fever ward without a lighted cigar in his mouth! There may have been a "method in his madness," for it is possible the smudge kept the mosquitoes at bay! By the way, do you know that there are people, even now,—and some of them carrying an M. D. at the end of their names,—who do not believe that yellow fever is transmitted by means of mosquitoes? They are over forty. The contents of their skulls is like mortar that has set. 'Tis there to stay. They will never get over the idea that yellow fever

is "catching" from the body, or clothing, or bedding of some one who has had the disease.

I once knew an intelligent physician, educated in one of the best European schools, who would never have his hair trimmed except at a certain stage of the moon, fearing that otherwise some dreadful disaster might befall his head protection. Had this doctor considered the matter, he would have known that thousands have their hair cut at all times of the month, and he could easily have obtained statistics showing whether those who cut their hair in the "dark of the moon" fared better than others. But this trouble he did not take. He had absorbed the idea of lunar influence early in life, and it stayed with him, notwithstanding his excellent medical education. The belief entered his brain while it was yet plastic, and hardened there during his growth, becoming a part of himself.

And how many pieces of hardened, crystallized nonsense there are in the human brain, anyhow!—beliefs for which no adequate reason can be given, except that they have had the undisputed right of way there from time immemorial, and have become, as it were, old familiar friends; and acts for which no rational purpose can be assigned, except that they are habitual. This fact, the survival of early implanted ideas, explains in part why it is that people cling to old opinions, and receive with suspicion all new truth that is presented to them, or else reject it entirely. I once undertook to prove to an unlettered man that the earth is round and turns on its axis, but I found I had undertaken more than



I bargained for. All my arguments fell flat before the fact that he had placed a rock on a stump at night, and it was still there in the morning, so he was *sure* the earth does not turn round, or the rock would surely have fallen off during the night! To him, that argument was absolutely impregnable and unanswerable, and that closed the argument.

A notable example of the persistence with which early ideas permanently fix themselves in the mind is the very general belief that meat is absolutely essential to the well-being of a people. So firmly rooted is this idea, that no amount of demonstration, no amount of proof, is sufficient to phase it in the least. Men, honest men, intelligent men, are actually astounded when they meet a vigorous vegetarian and learn from him that he eats

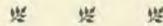
no meat whatever; and usually they are a little inclined to believe that he must go off somewhere and take a little on the sly occasionally! A few generations ago, the same opinion prevailed regarding the use of alcohol, and "teetotlers" were looked upon with the same supercilious air that now greets the vegetarian.

Majorities have a splendid hind sight. Some one has said that the majority is always wrong. The majorities of to-day are honoring the heroes who, a few generations ago, dared to disagree with the majorities of their generation. Christ's persecutors built tombs for the prophets whom the majorities of former generations had persecuted, but they were like their forefathers, every whit.

I have been reading, in a Christian Science publication, some of the testimonials of people who say they were

cured through instruction in the tenets of this cult. One says, "I am more than grateful for my healing through Christian Science." Then he was *actually sick!* But Christian Science teaches that *in reality* there is no such thing as sickness, except as it exists in the imagination. The writers of the testimonials are careful to avoid saying they were actually

sick. Such expressions as these are common: "The doctors said I could not live much longer;" "It seemed to me I could not endure the pain any longer," etc. Does Christian Science cure of real disease, or only of that which is imaginary? We are willing to accept the testimony of their teachings that the only disease they cure is imaginary.



Benjamin Franklin as a Vegetarian

A. DELOS WESCOTT

PROBABLY no American citizen has been more widely and favorably known for his wisdom, integrity, and industry than was Dr. Benjamin Franklin. He was pre-eminently a self-made man. In his autobiography he mentions some things which contributed to his wonderful success. He says:—

"When about sixteen years of age, I happened to meet with a book written by one Tyron, recommending a vegetable diet. I determined to go into it. My brother, being yet unmarried, did not keep house, but boarded himself and his apprentices in another family. My refusing to eat flesh occasioned an inconvenience, and I was frequently chid for my singularity. I made myself acquainted with Tyron's manner of preparing some of his dishes, such as boiling potatoes or rice, making hasty pudding, and a few others, and then proposed to my brother that if he would give me weekly half the money he paid for my board, I would board myself. He in-

stantly agreed to it, and I presently found that I could save half what he paid me. This was an additional fund for the buying of books; but I had another advantage in it. My brother and the rest going from the printing house to their meals, I remained there alone, and, dispatching presently my light repast (which was often no more than a biscuit, or a slice of bread, a handful of raisins, or a tart from the pastry-cook's, and a glass of water), had the rest of the time, till their return, for study; in which I made the greater progress from that greater clearness of head, and quicker apprehension, which generally attend temperance in eating and drinking."

Then Dr. Franklin goes on to tell how he mastered subject after subject and book after book without any teacher. Certainly there are few books better calculated to furnish a young man or a young woman with the elements of success than the life of Benjamin Franklin.

CURRENT COMMENT



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

Juvenile Smoking

THE medical evidence taken by the select committee of the House of Lords which is considering the Junior Smoking bill was overwhelmingly conclusive as to the injurious effect of tobacco upon boys. Dr. Arthur Wigmore went so far as to say that owing to the great increase of smoking among the boys, there is a marked deterioration among them which is not to be found among girls. Dr. Sims Woodhead denounced the cheap cigarettes smoked by boys, as "rank poison." So they are, as any one who has been rash enough to try them will certainly agree. Sir William Broadbent went so far as to prefer that the age limit should be twenty-one instead of sixteen—a counsel of perfection hardly likely to prevail. But Sir William agreed that it is before the age of sixteen that the greatest mischief is done, and any measure which strikes at the practise of smoking under that age deserves the unanimous support of all sensible folk. The question is one of national importance.—*Pall Mall Gazette*, July 27, 1906.

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Some Effects of Corset Wearing

THROUGH the deficient oxygenation entailed by the costal type of respiration, the tendency to chlorosis in young girls is explained, while the absence of diaphragmatic massage, which normally accompanies respiration, leads to disorders of the stomach and liver. The greater prevalence of gall-stone disease among women is but one of the condi-

tions referable to the reduced activity of the biliary circulation in the liver which follows this fixation of the diaphragm; and movable kidney, enteroptosis (prolapse of the abdominal organs) and pelvic displacements are other penalties, the risk of which must be incurred by the possessor of a modish figure.—*Editorial in Medical Record*.

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How Much Ought I to Eat?

"How much ought I to eat?" has been asked with great earnestness millions of times. Eat what you want, and as much as you want, at regular times, ought to be a sufficient rule for all men of common sense and in good health. But in the imperfect subjection to reason, instinct, and appetite, in which we find ourselves, a more definite guide is needed. The amount of food required differs with the different seasons. We need more in winter than in summer. It differs with the weather; more food is needed on a cold, damp, raw day, than on a cheerful, dry, warm one. Men require more food than women; those who labor, more than those who rest; those who are growing, more than those who have reached maturity. To lay down rules for all these would require a better memory than would be exercised, and to weigh out the food to each particular case would be attended with a very great deal of trouble.

It is a fairly safe rule to leave the table before one is quite satisfied, certainly before one is satiated. But how many

there are, especially of the leisure class, who eat, drink, and gorge themselves to disease and premature death! . . .

Food containing an excess of proteid leads to disturbances in digestion, such as overactivity of the secretory functions, and also to putrefactive changes, thus allowing abnormal products to be absorbed, and producing a train of symptoms, largely nervous, such as headache, stupor, and even convulsions. . . .

An excessive diet with a preponderance of carbohydrates produces gastric fermentation, glycosuria (alimentary) which may later develop into diabetes. It also tends to obesity.

An excess of fat leads to obesity, derangement of digestion, and to an acidotic condition.

The average so-called "health foods," while having a good caloric value, are only partly absorbed, and hence do not give the patient the required amount of nutriment. The use of these foods alone is much more apt to produce a condition of under-nourishment than of over-nourishment.

Better the good, old, plain, well-cooked food such as our mothers and grandmothers fed us, taken in moderation, with more fruit and fun and less fret and fume, and we shall have many more years in which to pay the salaries of life insurance officials—should we care to do so.—*Geo. F. Buller, M. D., in Medical Examiner and Practitioner.*



Overeating by the Poor

It is usually supposed that the sufferings of poverty are largely connected with insufficient nutriment, and much is said about the extravagance of the rich and the hunger of the poor as contributing to the miseries of this life. It is rather interesting, therefore, to hear from philanthropic workers, who may be sup-

posed to know what they are talking about, that a large portion of the illness of poverty-stricken New Yorkers is due to overeating. There is plenty of malnutrition and some actual starvation in the slums, but this testimony indicates that it is more exceptional than has generally been supposed.—*Journal of the Amer. Med. Assn.*



Why Should We Eat Meat At All?

AGAIN comes round the old question, Why should we eat meat at all? We have had the recent picture of a nation going to war, performing marvelous feats of mind and body on rations composed largely of wheat and rice. In the march to Peking some years ago, participated in by American, Russian, English, and Japanese soldiers, the grain-eating Jap ran right away from his white brothers in the endurance test; he traveled faster, and he traveled in far better physical condition. The question arises, Was this due to his food? Undoubtedly as a nation we eat too much meat. Travel through the slums of a large city where the life is open and we can see the food of the people, and we find the Americans and the Irish spending their pittances for flesh, while the sturdy German and Italian buys salads, lettuce, green vegetables, etc. In fact, in many cities there has sprung up a race of Italian hucksters who cater to the wants of their people with surprisingly good vegetables and salads.

Let us remember this: the nation has to be educated that while good meats are essential from time to time, they should not constitute the basis of our diet; that our national tendency to kidney, liver, and muscular troubles can be definitely traced now to overindulgence in flesh food.—*Editorial in New York Medical Times.*

Prevention Versus Cure

THERE are different ways of looking at disease. The simplest way, the most primitive way, is to look at it simply as something to be cured. This explains the power of the medicine-man, the miracle-worker. To cure disease is what we constantly ask of a physician to-day. But after all, this is mere repair work; it is like patching up a leaky boiler. It is necessary; no one doubts that; but from the most advanced point of view, its place is restricted. It is no longer the all-important thing. A much larger work is that of prevention. In recent years we have begun to realize this.

We try to provide such an environment for man that disease can not get at him. We provide good ventilation. We purify the drinking water, we analyze the milk, work out problems of sanitation, kill off the germ-bearing mosquitoes. . .

But there is another way of looking at the matter. It has to do with the vitality of a man. It is internal, not external. . . . If a man is so full of vitality, of resisting power, that he beats off every onslaught of disease, he is better off than the man who keeps well only because he has built a stockade around himself and lives inside of it. . . .

Vitality is not simply freedom from disease. It is something far more fundamental in a man's life than that. It is usually the men of tremendous vitality who exert an influence upon the work of the world. They are the men of power. . . .

It is commonly supposed that the bigger a man's muscles, the more vitality he must have. That is absurd. . . .

Vitality depends on two things: what a man inherits from his parents, and what he does with himself—his habits of life. . . . Vitality appears to be in an inverse ratio to the number of years the family has lived away from the soil.

The children of parents who have led the intense and exhausting lives of cities, are likely to be delicate and without ability to stand even an ordinary amount of wear and tear. No attention to hygienic living, muscular exercise, and the like, can make up to them for this deficiency in their inheritance. . . . But most of us are not in that situation. We have vitality enough if we will only make the most of it—learn how to develop and stimulate it.—*Luther H. Gulick, M. D., in World's Work.*



Don't Worry; Smile

CENTENARIANS give various reasons to which they ascribe their longevity, but it is significant that they all agree on the advantage of plenty of work and little worry in aiding length of life. The advice lately given by a woman over one hundred is worth considering, as she advises one to eat when hungry, sleep when sleepy, work constantly, keep cheerful, and avoid worry. This puts in a few words the doctrine of the simple life, and her conclusion is worthy of an ancient sage when she says that if these rules will not produce health and long life, there is bad blood in the family, and it had better die out.—*Baltimore American.*



Value of an All-round Training

PURE mental labor or pure manual labor narrows and stunts the growth of the individual. This man may be best adapted to perform mental work; but if he never uses his hands, muscles, and eyes in skilled manual work, a vast field of experience remains forever as a sealed book to him. The laborer cut off from all opportunity for mental growth and enjoyment is placed close to the level of the animal or of the machine. In order to insure well-rounded development,

mental and manual work should fall to the lot of every man or woman. . . . The world needs the doer and the thinker united in one individual. Do our high schools, colleges, and universities emphasize sufficiently this practical side of school training?—*Frank T. Carlton, in Journal of Pedagogy.*



Society People Adopt Outdoor Living

MRS. HENRY SIEGEL, of New York and Chicago, has returned from Europe a rampant advocate of outdoor living, and what she preaches she has herself already put into practise. Mrs. Siegel went to Europe, broken in health and a nervous wreck, as she herself says. She returns with the full bloom of health in her cheeks, with springy step and alert movement of body, and gives the credit all to the outdoor treatment which she undertook and gave a fair trial.

Her country place, Driftwood, at Orienta Point, was closed all of last season while its mistress was abroad in search of health. Recently she threw it open again, and entertained, in her old fashion, ten of her friends in celebration of the fact that the beautiful place is once again to be the home of her friends. Her daughters, too, are advocates of the "open air" treatment, and together with their mother insist in sleeping on the veranda in all kinds of weather, and if their tint of cheek and general air of good health is due to their course of treatment, it may not be long before many other New York maidens adopt the fad.—*Washington Times.*



Bad Air Versus the Gospel

How many preachers, during the winter, struggle Sunday after Sunday to drive the gospel message home to minds dulled and deadened with carbonic acid

gas? Almost as well expect a man to labor with the victim of nitrous oxid in the dentist's chair. If the clergy but knew it, they could greatly facilitate their own work by exerting their influence to the utmost in behalf of adequate ventilation of their places of worship. It is impossible to reckon the loss of effectiveness, the starving of minds and souls, attributable to bad air alone.

We recall a little country church, encountered on a vacation Sunday in summer, whose windows could scarcely be opened for the nests which the birds had been building for a generation on the sills, and about the blinds. Not a window had been opened in that auditorium, apparently, in years. Our readers could tell of city and suburban churches in which the candle, as described by Professor Woodbridge in our February number, would burn dim on every winter Sunday, choked with the bad air which human candles tolerate from force of habit.

A reform in ventilation is coming rapidly. It will reach the churches forthwith, and the kingdom of God, and the health of the church-going classes, will be gainers thereby.—*Good Housekeeping.*



The Air Cure

PEOPLE are for the most part willing enough to stay in the open air in the summer, but with the appearance of cold weather and its consequent chill, the temptation with many people is to shut windows and doors in houses and offices with the idea of keeping out the chilling wind. So it happens that for weeks before the starting of furnaces and stoves creates some sort of ventilation, the inner air of thousands upon thousands of offices and dwellings is never changed.

Of course, vile microbes multiply in

such an atmosphere, and it is small wonder that autumn brings a great amount of colds, influenza, and other disorders. Many a man can trace an all-winter cold to a few hours in some unventilated church or theater, where the atmosphere has been unchanged for several weeks. In fact, churches are greater sinners in this respect than theaters, for most modern theaters pay great attention to ventilation.

It would not be expensive for most churches to install a simple ventilating apparatus. Two or three wooden pipes, a foot and a half in diameter, could be opened from the ceiling to the roof or the chimneys; underneath each of these a gas-jet could be lighted. The current thus formed would sweep out a tremendous amount of foul atmosphere, which would be replaced by pure air forcing its way in through doors, windows, and cracks.—*Family Doctor*.



Unsanitary Schoolrooms

IN the matter of cleanliness, we are still more remiss. Dry sweeping, or, at best, sweeping with wet sawdust, is the rule in most schoolhouses. In Boston a few years ago it was found that forty-one per cent of the schools had never had their floors washed. Chicago does better than that, for her school floors are washed five times a year. It is doubtful if there are any office buildings with so low a standard of cleanliness as that. Dust of the street, tracked in by hundreds of feet, rises from the floor to mix with the still more irritating dust of the blackboard, and in this atmosphere, often unrelieved by a single breath of fresh air, the children must plan to spend the rest of the day. Surely it is a wasteful and foolish policy which neglects the sanitary condition of schoolhouses, compels the child with latent tuberculosis to spend a large portion of his day in surroundings favor-

able to the development of the disease, and assumes responsibility only after he has succumbed to it to become a charge on the community. The child has a right to demand a sanitary schoolroom.—*Editorial, Journal of the Amer. Med. Assn.*



Why Is School Work Irsome?

DISLIKE of school work is only the external symptom of a partially concealed cause. Repression, the endeavor to teach along lines which are not those of natural development, the use of second-hand knowledge where first-hand might be utilized, bear the bitter, though natural fruits of dislike of school and its tasks, and destroy the desire for knowledge and intellectual growth and development. Premature efforts to force the book—grammar, literature, spelling, writing—upon the unprepared and unwilling child, act as a damper upon originality and spontaneity. Many pass through the ordeal, but multitudes fall by the wayside. More drawing and painting, more work with plaster materials, more shop and laboratory work, more contact with nature, and less memory drill and text-book study, are needed.—*Frank T. Carlton, in Journal of Pedagogy*.



German Work in Combating Tuberculosis

GREAT as is the humanitarian movement which prompts the erection of the German sanatoria, where the poor afflicted with tuberculosis in its early stages can be restored to their earning power and to the bosom of their families, *it can not be compared with that other great work which has been instituted in Berlin—I refer to the "Fuersorgstelle," or helping stations.* In different sections of Berlin, the committee in charge of the tuberculosis relief work

has rented apartments where the poor who suspect that they have tuberculosis may come and receive aid. These apartments are very simple, and are run in a very practical and economical manner. There is no attempt whatever at show. There are two rooms, one for a waiting-room, the other for examinations. The floors are bare, the walls plain, no curtains at the windows, no furniture, except a few chairs and a table. There are one, two, or three nurses attached to each one of these stations, whose duty it is to keep a careful record of every case, take the history of the patient, especially inquiring into the conditions under which the patient lives, give instructions to each patient, visit their homes, and instruct them in the proper care of the sick, especially with reference to preventing the spread of the disease. In case anything is needed to increase the patient's chances of a cure or in order to prevent the spread of the disease, this is furnished by the station. In this way patients are sent to sanatoria while they are in the early stages. Advanced cases are directed to hospitals and homes, if there is room for them; if not, they are sometimes taken away from their densely crowded quarters, where there is danger of infecting their family, and placed in more commodious quarters which are provided. Sometimes pillows, blankets, or even beds are furnished to add to the comfort of the afflicted. Food is also given, and flasks for the care of the sputum are always provided. The nurses make regular visits, seeing that the rules are being obeyed, and giving new instructions when necessary.

In case one member of a family is ill, all other members are required to come to the station for examination. In this way as many as seven different individuals in a single family have been found afflicted. This careful work, this early finding out of the presence of the disease, and this watchfulness, will eventually do more to root out the disease than any other measures imaginable. It is storming the disease in its stronghold, attacking it at its source. In my entire trip in Europe, I had nothing impress me so much as this rational plan of stamping out tuberculosis.—F. M. Pottenger, A. M., M. D., in Southern California Practitioner.



Snails as Food

UNDER the above heading the *Lancet* remarks that snails, which are a fairly common article of food in Spain and France, have been suggested for use in England, and that nothing can be said against the proposal from a dietetic standpoint, this particular mollusk being both nutritious and tasty. Compared with the oyster, it is found to contain about one hundred per cent more nutritious substances. Doubtless it would be less liable to sewage infection than the luscious bivalve, and that must be set down in its favor. For ourselves, as long as the supply of wholesome fruits, cereals, nuts, and vegetables holds out, we prefer to do without these questionable luxuries, and a lot of others like them, such as bird's-nests, angleworms, and white mice dipped in honey, all of which have their ardent defenders.—*Family Doctor*.



Medical Work

THE influence of the medical work is far-reaching. A large opportunity is afforded for good, not only to the patient himself, but through the kindly deeds and friendly interest, prejudice against foreigners is removed, and the love of Christ is made known to many. Here are two typical cases:—

An intelligent artisan living fifteen miles west of Pang Chuang, China, spent some months in the hospital of that city. He renewed his schoolboy's learning, and read many little books. Being instructed daily in the gospel and Christian living, he became a devoted disciple, and brought in a score of his village friends, forming the out-station of Chin Ching.

A man living twenty miles from us brought his son, twenty years old, suffering with a tumor on the back of his skull. The tumor was removed, the patient barely escaping with his life. He became a Christian, and served some time in the Teintsin Hospital. He brought the gospel message to his village, and in consequence there is now a large and flourishing out-station in the village.

From our Aintab Hospital in the Central Turkey mission, we get the following account of the way in which one patient showed his appreciation of the help given him. Dr. Shepherd writes: "This week we discharged from the hospital, cured, one Mustapha, from Marash. He came with an ununited fracture of the humerus, into which we grafted a five-inch piece of bone taken from his tibia. The

case was a surgical triumph. He signified his gratitude by taking with him a pair of shoes belonging to one patient, seven and one-half *piasters* belonging to another, and two towels which were the property of the hospital!" In contrast to this is the case, with which many of you are familiar, of the building of our hospital at Madura, under the care of Dr. Van Allen, by the native Hindus. Gifts from the high-caste and wealthy Hindus were received in grateful acknowledgment of what the work of our medical missionaries meant to them and theirs. Money was even received from a devout Hindu priest, the head of a large temple. During the past year the natives of Madura have practically supported the hospital.

The American Board has, in all, seventy-five hospitals and dispensaries, in which were treated three hundred thousand cases last year.—*Cornelius H. Patton, Home Secretary of American Board.*

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A FEW days ago a notorious river-pirate, murderer of several persons, was confined and exhibited publicly in a cage so constructed that he must either stand erect at full height or strangle to death. After six days the stones on which he stood were removed, one day, giving him less and less support, until he died a slow death by strangulation. Before the end some friends managed to give him a deadly opiate. But such barbarous forms of punishment—such refinement of cruelty—are the natural outcome of a Christless system, albeit it boasts its high ethics.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Household Hints

MRS. D. A. FITCH

A Stitch in Time

READY-MADE articles, as bedspreads, towels, and napkins, often have unfastened hems which ravel by use. If a few stitches are taken before the first washing, some trouble will be avoided.



Towel Rack

A VERY convenient rack for drying dish towels and many other articles is made by stretching from end to end of a wooden frame, ropes, wires, or strips of wood, and so suspending it that by means of ropes and pulleys it may be raised and lowered over the stove.

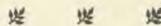
To Capture Fleas

IN the center of a sheet of sticky fly-paper put a tiny bit of raw beef, and place it under the bed.



For Overparticular Housekeepers

LITTLE Phil had lost his mother. Perhaps she had scrubbed herself to death or worried her life out over trifles. However that might be, her loss seemed not to be appreciated by the boy. A neighbor said, "I am so sorry your mother died, Phil. Are you not very lonesome without her?" "Y-e-s," said Phil, "but now I can eat a piece of bread and butter without standing over the wood box."



Culinary Hints

Baking Tins

IT is well known by bakers that any of their goods bake more thoroughly and uniformly in black or dark tins than in bright ones. It may not seem good judgment to do so, but I know a cook who forthwith puts her new tins into the oven and leaves them there until so thoroughly heated they look like old ones. She has no trouble with pale and underdone oven products. Try the scheme.

Stewing Versus Boiling

STEWED fruit should be *stewed*, not *boiled*. The closer the vessel in which it is cooked, the less of its flavor and aroma will escape. It is not a bad plan to set the vessel in an oven if practical.

When we perceive an odor from any substance cooking, it is proof that the food is deteriorating. So be as careful as is practical about allowing food to cook uncovered or partially so.

How To Learn

THERE are many ways in which a knowledge of foods and digestion may be obtained, but there are few so inexpensive as the many bulletins and circulars issued from the office of experiment stations, Washington, D. C. On being addressed the Secretary of Agriculture will send a list of these publications, from which selections can be made, and a postal-card will bring to you, free, a large number. Others have a small price attached.

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Okra

OKRA is the pod of a plant much grown in the Southern States. Of its food value we are not informed. It is highly mucilaginous, and adds much to the appearance as well as consistency of soups. In some form it is a part of almost every dinner. Stewed and served with rice, it forms a staple dish. It is little used in the North, but can be obtained in cans.

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A Teacher of Vegetarianism

IT is encouraging to lovers of a rational dietary to have such an assistant teacher as Packingtown proves to be. Many are disgusted with flesh as food. One lady told me she had lost her relish for ginger snaps and the like because she did not know what might be in them. Her conclusion was that the only safe method is to do one's own cooking.

ONE woman reformed on the use of canned meats as the result of finding a mouse safely lodged in what was probably the bottom of the can at the time of filling. A crew of thrashers gave canned meat a severe letting alone.

Pickles and Pickles

IT is quite common for some who realize the ill effects of vinegar to substitute lemon juice, and pickle cucumbers and other immature vegetables in it.

WHILE lemon juice is free from the objection of having passed through the alcoholic and acetic acid stages of fermentation, yet all the objections are not removed. These immature vegetables are largely composed of raw starch, an element unusable in the system. Even were it cooked so as to be digestible, it would depend largely for its digestion upon the alkaline saliva, and we know that an alkali is neutralized by an acid. Hence the usual harm arising from the use of pickles.

CARE should be taken by persons having digestive difficulty to avoid the use of much acid with starchy foods. Many times it is the starch which is blamed, whereas the difficulty is due to the mingling of acids with it.

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Potato Chowder

PARE and cut into blocks sufficient potatoes to make two quarts. Peel and chop two good-sized onions, half a cup of celery, or two teaspoonfuls of parsley. Put in the bottom of a kettle a layer of potatoes, a sprinkle of onion and parsley, a dusting of salt, and so continue until the materials are used. Add a pint of water, cover the kettle, cook slowly until the potatoes are tender. Rub together a tablespoonful of butter and two of flour; add a pint of milk; stir until boiling; add a level teaspoonful of salt; pour this over the chowder, and heat thoroughly. Serve with small croutons. This will be enough for six persons, at a cost of ten cents.



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

Children

Who does not admire the beauty
Of a blossom oped in May time?
And who does not love the faces—
Lovely faces of the child time?

Sweetest innocence outbreathing,—
Fragrance of the home eternal;
Music like cathedrals chiming
Over spring-time fields all vernal.

Who would crush the tiny violet
As it opened at the dawning?
Who would cloud the happy faces
Of the children in life's morning?

Yet our clumsy feet so often
Tread on blossoms, all unthinking;
Stifle all the glee and beauty
Of the heart so full of singing.

Sharp, quick words we say so often
Sting and bite, and mar the graces;
Thoughtless actions, looks forbidding,
Spoil the happy, loving faces.

I believe the One who formed them,
And the birds and grass and flowers,
Made the children to be happy
All the way through childhood hours,

And designed that we should ever
Keep the little hearts at singing;
Keep the voices like the ripple
Of the merry brooklet springing.

MRS. FLORA E. YERGIN.

Tired Mothers

MRS. M. C. WILCOX

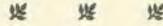
MOTHERS, take time to rest. Let each day's program be so arranged that one hour at least may be devoted to quiet rest, in sleep if possible, if not, in relaxation and meditation. You can then come forth serene and refreshed for the remaining portion of the day, and the whole family will feel inspired by the atmosphere surrounding you. A spirit of composure is contagious as well as a spirit of vexation and irritation, and in the long run great gain will accrue to the entire family by your rest hour. Just try

it for a month, and I think you will surprise yourself. You might have to rise a little earlier in the morning to get the work done, but physically, this will be an advantage.

Tired mothers are invariably nervous and impatient, and if you would not pass on your legacy to your posterity, you should take radical measures to overcome it. How much influence for good do you expect to exert over your children if you can not patiently endure the frets and annoyance of life? You are con-

tinually saying by your life that His grace is not sufficient, while you profess to believe it is. Thus we make unbeliev-

ers of children for whom we are so anxiously pleading, in our calm moments, at the throne of grace.



Curves of the Body

MRS. E. FARNSWORTH

"MAN came from the hand of his Creator perfect in organization and beautiful in form." We know this to be true, because the Sacred Record says that "God saw everything that he had made, and, behold, it was very good."

But since sin has entered the world, man has sought out many inventions; neither has woman been idle in this respect, as we see by the changed contour of her form. These changes, perpetrated by the civilized races, are more monstrous in their violation of the laws of beauty, more at variance with the dictates of reason, and more disastrous in their consequences on the bodily health, than are similar barbarities practised by savage or semisavage races.

Curved lines are the lines of beauty. In the natural and well-developed body these lines are well brought out. We see them in the lower animals. The strong and beautiful curves seen in a spirited horse are attractive not only from an esthetic point of view, but they are of the highest significance from a physiological standpoint. In the healthy animal the well-rounded curves denote health and strength.

The same is true of the human form. An erect head, well-set shoulders, prominent chest, well-curved back, and firmly set limbs are indications of good health; while, on the other hand, stooping or rounding shoulders and a flat chest suggest feebleness and disease.

The shape of the natural waist is not round; it is made so by the corset; as

you can readily see, the diameter is greater from side to side than from front to back.

The corset also destroys the naturally graceful curve of the back, straightening the lower part of the spine, depressing the chest, causing the shoulders to fall forward, and bringing about a general appearance of collapse.

In consequence of the weakened condition of the muscles of the trunk, an ungraceful carriage of the body is assumed in standing, sitting, and walking. The weak-waisted woman can be comfortable only when sitting in an easy chair. She can not rest unless her back is supported. In sitting, the muscles of the back are relaxed, causing collapse of the waist and protrusion of the abdomen by the depression or pushing down of the ribs. In standing, the weak person assumes a variety of awkward positions, the most common of which are, dropping the shoulders forward, projecting the chin and abdomen forward, bringing the weight on the heels or on one foot.

How seldom we see a woman who can walk gracefully! I have often watched the wriggling motions of women in walking, and wondered if they felt as awkward as they looked.

The inability to balance the body properly, and the lack of freedom of motion, are the causes of this ungraceful gait. Another cause may be found in the long dresses worn and the weight of the clothing on the hips.

The first requirement in proper phys-

ical development is a correct position. Here are a few rules to assist you: To assume the correct standing position, the muscles of the legs should be firm; the hips must be well set back, with the chest thrown up strongly in front; the abdomen should be well drawn in, while the head is held back on the shoulders, with the chin slightly drawn in, and the shoulders braced well back.

It is a good plan not to attempt to hold the chest *forward*, but to hold it high. An excellent way to get a good standing position is to rise on tiptoe and stretch the arms high over the head, as if trying to touch the ceiling, at the same time raising the chest and holding the chin in. Now drop the hands to the side, and let the heels drop to the floor, but keep the weight of the body well forward on the balls of the feet. This position, taken several times a day, will do much to correct a tendency to stoop.



The Gospel of Happiness

A WOMAN who has many sorrows and heavy burdens to bear, but who is noted for her cheerful spirit, once said, in explanation: "You know I have had no money. I had nothing to give but myself, and so I made the resolution that I would never sadden any one with my troubles. I have laughed when I could have wept. I have smiled in the face of every misfortune. I have tried never to let any one go from my presence without a happy word or a bright thought to carry with him. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate."

This gospel of happiness is one which every one should lay to heart. Set out with the invincible determination that you will bear burdens and not impose them. Whether the sun shines or the rain falls,

show a glad face to your neighbor. If you must fall in life's battle, you can at least fall with a smile on your face.—*Wellspring.*



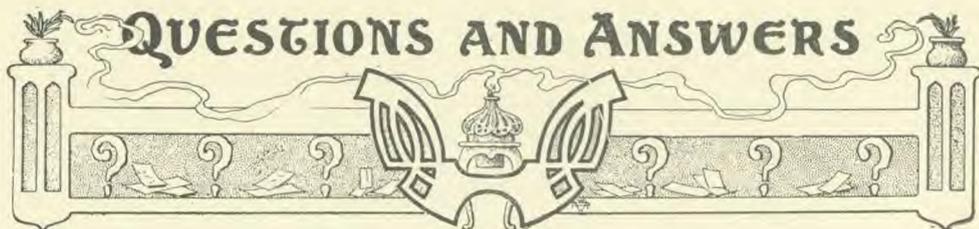
The Safeguard of the Home

"EXCEPT the Lord build the house, they labor in vain that build it." The only real safeguard for the happiness of the home in the early days is the rearing of the family altar. The welfare of the nation is bound up in the praying homes of England. The husband should be priest in his own home.

Well do I call to mind an unforgettable scene in a Cotswold farmstead. From Cheltenham I went to preach in a neighboring town. My host was a genial, hale-hearted Christian man. The hour of evening prayer drew on. We read the verses of a psalm in turn. Then, as the minister, I offered prayer, and was about to rise when I heard the voice of my host uplifted in supplication. The lady of the house followed next, and then, one after another, the maid servants present took part in the holy office. I was told that, at the first, one of the young girls was not a Christian, but the praying household made such an impression upon her that she gave her heart to Jesus, and now found delight in mingling her prayers with those of her master and mistress and fellow servants.

What a glorious example of Christian socialism! The labor problem would find easy solution if this scene were of daily occurrence in the homes of our land. There may not be time in the bustling town for the more leisurely methods of the country, though time for other things is found easily enough, and yet a minister could breathe no more blessed prayer for his church than that it might become a church of such consecrated homesteads.—*Present Truth.*

QUESTIONS AND ANSWERS



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

218. Embalmed Canned Goods.—J. A. H., Pa.: "1. Do factory canned goods, such as peas, tomatoes, beans, corn, peaches, apples, cherries, etc., contain poisonous preservatives? 2. If so, what are the names of the preservatives used? and what is their effect on the system? 3. Do the boards of health allow them to be used? 4. If not, how can any one use them in so public a way without being arrested? 5. Do condensed milk and malted milk contain any of these things?"

Ans.—1. Mild fruits, such as peaches, apples, and cherries, do not usually contain preservatives.

2. In very acid fruits soda is sometimes used to neutralize the acid. Foods that are difficult to keep, such as corn and beans, are sometimes preserved with salicylic acid; such preservatives are injurious.

3. No; but they are powerless to prevent their use, because the public has not had sufficient interest in pure foods to support a board of health when it has tried to secure and enforce proper laws regulating the production of pure food, nor has the public sentiment been sufficiently awakened to demand and secure the election of such persons on boards of health as would do active and efficient work.

4. The work of a board of health is usually a thankless task, and can be improved only by the co-operation of the people whom they serve. We hope that all the readers of this journal will indorse and defend the good work which President Roosevelt has undertaken in behalf of pure foods. By so doing they will stimulate their local boards of health to feel warranted in doing more aggressive work.

5. Not so far as we know.

219. Hives.—E. H. R., Tenn.: "Please inform me as to the cause and prevention of hives."

Ans.—The causes of hives are almost innumerable. In some persons even the slightest irritation of the skin will cause their appearance. The most common cause, however, is some irritation of the stomach. Persons who suffer from hives should be very careful in the selection of foods. Sometimes

such wholesome food as strawberries will cause the appearance of hives. The reason for this is not well understood.

In most cases this abnormal sensitiveness may be overcome by an outdoor life, with free exercise, regular habits, and a moderate amount of physical training.

220. Heartburn.—Mrs. A. L. S., N. J.: "Please prescribe diet and treatment for heartburn."

Ans.—Heartburn is due to butyric acid fermentation in the stomach. "Cooking butter," an article which should never find a place in a civilized home, which is often used to "grease" the pie tins and bread pans and gem pans; or pie tins oiled with olive-oil or good butter, but which are not thoroughly cleaned after each baking, often are the unsuspected cause of heartburn. Any fatty food that is not absolutely fresh and sweet may cause this distressing trouble. Stale nuts and stale olive oil are often a cause of it.

Use a fruit diet only for one or two days (without sugar), then use a diet of wholesome foods, selecting but two or three varieties at each meal; eat slowly, masticate thoroughly, and take your meal, if possible, with an occasional hearty laugh. Most persons who suffer with heartburn will find cottage-cheese and buttermilk acceptable articles of diet.

221. Roaring in Ears—Dry Ear-Wax and Itching.—M. S. V., Ga.: "1. I have had roaring in my ears for about a year. It began after an attack of indigestion, and sounds like a sea-shell held to the ear. Please suggest cure. 2. Wax is small in quantity, and dry, and there is considerable itching. Is warm water and soda a good wash for the same?"

Ans.—1. The roaring is probably due to catarrhal disease of the middle ear. Skillful treatment by an ear specialist will cure some cases. Some cases can not be cured. Outdoor life, free exercise, good digestion, and a well-balanced circulation are important factors in your case.

2. This lessened amount of ear-wax and the roaring sound are both due to the same cause.

Use nothing in the ears but a little vaseline, which may be applied gently every day or two by means of a bit of surgeon's cotton wrapped on the end of a toothpick.

222. Itching After Bath.—A. N. D., Jamaica: "I bathe often; but nearly every time I bathe, whether in tepid or cold water, I suffer from severe *itching* and *bites*, so I must go rubbing and feel like rolling in the dust. Can you tell me the cause and cure?"

Ans.—Such hypersensitiveness of the skin occurs only occasionally, and can usually be relieved by taking a short warm bath daily, followed by an alcohol and oil rub.

223. Drowsiness — Scurvy — Consumption — Raw Vegetables — Food Combinations.—C. R., Ore.: "1. Husband is sleepy as soon as he sits down to read. What is the cause? 2. What is the best remedy for scurvy? 3. What are the first symptoms of consumption? 4. Is it injurious for children to eat raw Irish potato or onion? 5. Is it injurious to eat vegetables and fruit at the same meal?"

Ans.—1. It may be due to weakness of the internal recti muscles of the eye. It is this pair of muscles which keep the eyeballs fixed on the reading so that the image falls on the same relative spot of the retina of each eye. When these muscles are weak, the eyes get heavy and drowsy when one tries to read. If the eyes are weak, it can be determined only by a careful examination, and glasses can be so fitted as to relieve the trouble. In many cases the trouble is due to slow digestion, usually associated with overeating. Overeating should be avoided, and when drowsiness occurs, if the system needs sleep, a good sound nap should be taken, but if the system has been given enough sleep, a cold shower or cold hand bath should be taken as a tonic; this will usually relieve all drowsiness. The food should be thoroughly chewed.

2. The free use of fresh fruit, especially oranges, lemons, and apples, will prevent scurvy, and their use will also cure most cases of it.

3. Lowered vitality; exhaustion on slight or moderate exercise; loss of weight; slight elevation of temperature in the afternoon; slight cough may be present, especially in the morning or on chilling the body; or the cough may be wholly absent at the beginning; later, expectoration occurs, and the ordinary symptoms of consumption. Any or all of these symptoms may be present, and yet the person may not have consumption. Of course the presence of the bacillus in the sputum is a posi-

tive symptom, but this does not occur till the disease is well defined. The shrewd physician of to-day makes his diagnosis correctly, and many of his patients get well, without his waiting for the appearance of the bacillus in the sputum.

4. Yes. Raw onions and raw potatoes were never intended for children's stomachs.

5. That depends on the person and the variety of foods selected. Persons with dyspeptic or weak stomachs should, as a general rule, not mix vegetables and fruits. But for persons in ordinary health there is no good reason why asparagus, lettuce, or boiled potatoes should not be eaten with oranges, peaches, or apples, provided the appetite relishes or craves such food. The starch of the potato is much more easily digested than the starch of wheat.

224. Blood Purifiers—Remedy for Acidity—The Sugar in Health Foods.—Mrs. L. L. H., Mich.: "1. Is it true that saltpeter will ward off an attack of smallpox? A woman here claims that she broke up an attack of smallpox by taking small doses of saltpeter. 2. Is it true that saltpeter and cream of tartar are harmless blood purifiers? 3. I suffer greatly with acidity of stomach, which affects whole system. Some suggest that I try glycerin; some, charcoal; and some, charcoal and sulphur. Could I mix glycerin, charcoal, and sulphur together into a paste and use for acidity? If so, in what proportions? 4. Is it malt extract that is used in preparation of health foods?"

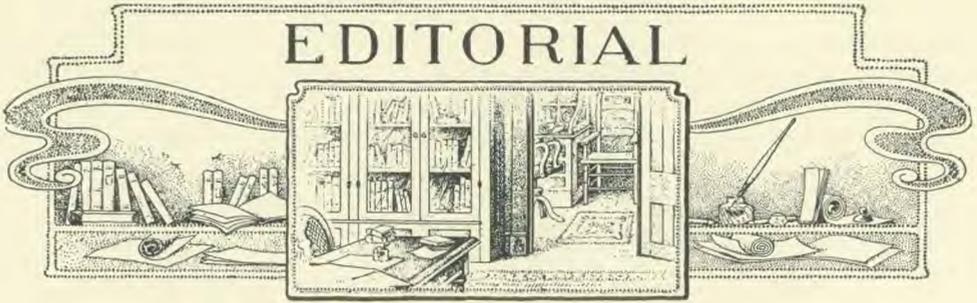
Ans.—1. No. Either the saltpeter or the smallpox was of a remarkable variety.

2. The blood is composed of blood corpuscles and plasma. The plasma is composed mainly of the food we have eaten, and the waste matter from the tissues. The only natural way, therefore, to purify the blood is to put wholesome, clean food into the blood, and keep the eliminative channels, the skin, kidneys, and lungs, in a healthy condition by cleanliness and proper exercise. Let it be emphasized, *no medicine can antidote the effects of bad living*; and if one lives right, all the blood purifiers (even if they had any virtue) are superfluous.

3. Eat but two or three articles of food at a meal. Chew your food very thoroughly. Take your meals sociably and enjoy them mentally, and if acidity does occur, take two or three charcoal tablets with a peppermint lozenge after meals. You will find it better than glycerin and sulphur.

4. Some firms use malt extract.

EDITORIAL



The Tables Turned

ONE king of England — James — forbade smoking under heavy penalties. Now another king of England — Edward VII — has been forbidden to smoke under heavy penalties — the complete loss of health — by his physicians.

History repeats itself! Edward evidently cared little for the "Counterblast against Tobacco" promulgated by his illustrious predecessor; but his own body cells have been rendering a verdict which he dare not any longer disregard. What a retribution it must be to become so saturated with tobacco that one's comfort and peace depend on its continued immoderate use, and one's health is contingent on one's giving it up entirely! Much better never to begin the practise.



The Tragedy of the City

THE following quotation, taken from a recent issue of the *Washington Times*, is an eloquent sermon on the unhealthfulness of crowded city life for the children: —

"If the conclusions of Dr. Alexander T. MacNichol, of New York, who has been making a study of diseases among school children, are correct, the metropolis has a gigantic task before it. Dr. MacNichol reports that of ten thousand children in the city schools thirty-five per cent have diseases of the heart, twenty per cent spinal defects, twenty-seven per cent are tubercular, sixty per cent are

anemic, and fifteen per cent suffer from some neurosis.

"'So common are organic and functional diseases among school children in New York City,' says Dr. MacNichol, 'that should the facts already secured hold good over the entire city, and those afflicted be excluded from attendance, two thirds of our schools would be compelled to close for lack of pupils.'

"Such figures are almost incredible, yet it is presumed the investigator knows what he is talking about. What a serious future they set forth for New York's coming men and women it is needless to say. They are suggestive, too, as causing speculation as to what our district schools would show under similar rigid examination — nothing so appallingly bad, however, we feel certain. Our life is not New York's."

It is for the relief of such conditions that the homecroft movement has been inaugurated. This movement has for its watch-cry "Every child in a garden — every mother in a homecroft — and individual industrial independence for every worker in a home of his own on the land." The word "homecroft" will not be found in the dictionary. It was coined in order to designate a small plot of land on which the occupant at odd hours earns a portion of his living.

Mr. George H. Maxwell is firm in the conviction that the condition of the wage-workers in our cities would be much better if they could be in small homes in the

suburbs, where they could have the fresh air, and where some of the family could raise produce of various kinds, and in this way do something for the support of the family. "The homecrofter, owning his home and a little patch of ground — an acre or two, more or less — is of all persons the one most likely to be interested in home crafts — little lines of manufacture, which, added to the produce of his ground, may afford a support to his family, either constantly, or as a substitute for wage-earning employment when some great shop or factory may be suspended."

LIFE AND HEALTH was not established for the purpose of considering economics and sociology; but in so far as these topics relate to health, public or private, they are within our scope. The movement "back to the land" calling families from the crowded city tenements to the pure air of the country, is a direct move in the line of health. Indirectly, health will be also promoted, because independence, content, peace of mind, are all far more favorable to health than the mental conditions incident to a life in the slums, or even in parts of the city that make considerable more claim to respectability than the slums. It is not at all probable that the defective school children mentioned in the preceding quotation are any large part of them from the slums, as Dr. MacNichol supposes that the conditions shown as a result of his investigations might be found all over the city.



Where Doctors Disagree

THE *Medical Record*, reviewing a work entitled "The Food Factor in Disease," by Francis Hare, M. D., of Brisbane, Australia,—a work attempting to prove that many of the ills of mankind are due to an excess of carbonaceous materials in the blood and tissues of the body,—shows up incidentally the fact

that even the men who claim to be scientific teachers in dietetics are far from reaching an agreement on even the most important questions which suggest themselves in this branch of personal hygiene. Note the following quotation from the *Record*: "To those who have followed Haig in his denunciation of the proteid elements of food, and have been half persuaded that health is to be preserved or restored only by abstinence from these elements, the doctrine of Hare that carbon rather than nitrogen is the poison, comes as a shock and an upsetting of dietetic faith. Both can not be right, else we must starve to death. Which is right, if either, must be left to the future to determine. The arguments of both are seemingly sound and well-nigh convincing, but perhaps neither is wholly right or wholly wrong. We suspect the evil lies in the consumption of too much food of both kinds, nitrogenous and carbonaceous. Man is rightly omnivorous, but wrongly multivorous. It is not so much from what he eats, but from how much he eats that his ills arise."

Of interest in this connection as showing the varying beliefs of those who assume the rôle of dietetic teachers, is the statement of Professor Lee, made in a lecture before the biology section of the New York Academy of Sciences. Professor Lee advises for "that tired feeling," a pound of candy or a dose of baking soda. "When one is very tired," he says, "a quantity of candy will, half an hour after eating, often make one feel very energetic."

The Australian doctor believes that almost all ills are due to too much carbohydrate in the blood; Professor Lee seems to believe that exhaustion is due to too little carbohydrate in the blood. Dr. Haig believes that most ills are caused by the presence of uric acid bodies, the result of the excessive eating of certain kinds of proteid. The un-

learned is apt to heave a sigh of despair (or relief?), and say, "I think the best thing for me to do is to follow the dictates of my appetite."



The Health of the Farmer

How often in the rush of the busy city we long for a breath of country air, a few moments of quiet, undisturbed by the brain-racking noises, and a chance to relax from the high tension of city life!

City air is usually much more impure than country air, both as to the amount of carbon dioxide and the number of disease germs present.

The pure air, the simple life with chance for abundant exercise, the freedom from care and excitement, the lack of opportunity to indulge in the various dissipations of the city,—these all would seem to render country life especially favorable to health and longevity. And yet farmers are not notably the longest-lived or the healthiest of people. A number of causes combine to produce this condition, causes which may be summed up in the two expressions, unsanitary surroundings and unhygienic living.

Cities have their quarantine officers, their sewer systems, and street cleaning outfits. Building inspectors make sure that the plumbing of new buildings is in good condition. Food inspectors shut out adulterated, decayed, and unhealthful foods. Health specialists, in fact, make it their business to look after the health of city communities.

In the country none of these safeguards are operative. The farmer can have his well in his barnyard, or next to his privy. His kitchen sink may empty into a stagnant pool under the kitchen window, or into a cesspool in the cellar. He can have unsanitary conditions of every kind and degree, and no protest

will be made. That is his own business, unless he lives in close proximity to some more particular person.

Even when he has a fair knowledge of sanitary science, the absence of sewer connections and the tendency of offal to accumulate in the barnyard make it difficult to maintain ideal sanitary conditions. When, in addition to this, he does not know about or care about sanitary safeguards, the situation is far from hopeful.

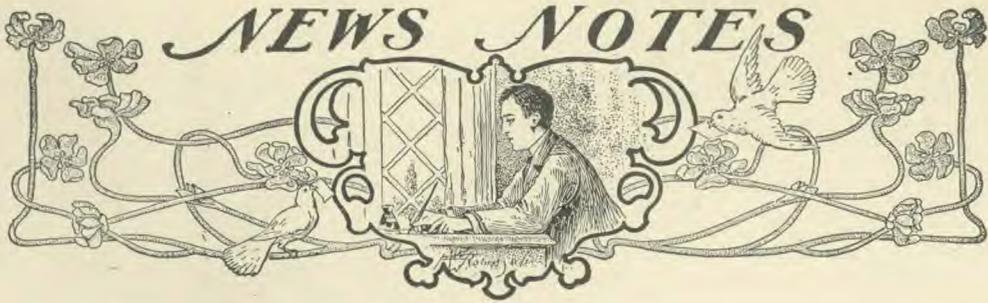
Again: the farmer often sets an abominable table. Situated, as a rule, so he might live off the fat of the land, he contents himself with foods that a mechanic's family would refuse.

Too often he takes little or no time for mental improvement or recreation. Faculties unimproved gradually dwarf until at last, not only lack of time, but also lack of ability and inclination, forbid the proper use of the mental powers; and the undeveloped brain is more or less unresistant to the inroads of disease. Is it any wonder, then, that farmers and their families are not longer lived?

Sickness may be rife in his family, and one by one, his children may be carried off to the cemetery without any one's being the wiser for it. The poor health may be attributed to the climate, to providence, or to almost anything but the true cause.

A funeral in a family, except for old age or accident, should stir every member to act as a sanitary inspection committee of one, to discover and remedy evils, but it does not. The grave soon grows old, and the incident is forgotten.

Why can not the district schools do aggressive work in educating the rising generation so that the coming farmer will be more intelligent in health lines? This is now being done in more advanced neighborhoods; but back where the farmer most needs such help, the schools have the poorest equipment for this kind of work.



THE Indiana State Board of Health intend to include in the list of cautions to pupils the advice not to kiss nor be kissed on the mouth.

SOME Italian investigators have found by experimental work that the tannate of quinin is as assimilable as the salts ordinarily used. As it is not disagreeable to take, it may eventually supersede the bitter salts of this alkaloid.

IN Italy an expensive attempt to control malaria by draining the marshes was unsuccessful. But the use of quinin in doses of from three to twelve grains as a preventive, and the screening of buildings, has reduced the mortality from malaria fifty per cent.

AFTER cholera had practically disappeared from the Philippines, it suddenly broke out in a number of widely separated towns, on almost the same day. Those who believe in the theory that cholera outbreaks depend on the condition of the soil consider this as a vindication of the theory.

LIEUTENANT BENNET, in the New Orleans recruiting office, says that of one hundred and ninety-six applicants to enter the army during July only twenty-nine were accepted. He attributes the general physical unfitness in the South to cigarette smoking, late hours, and other bad habits.

A SUNDAY rest bill which has been before the French legislature for fifteen years has finally passed. This provides for the closure of all ordinary work on Sunday, but makes exception of those lines of work where the complete cessation of the work would be prejudicial to the public. In such cases a special permit may be obtained for part of the employees to rest on other days of the week. Strangely an exception is made in the case of saloons, which are permitted to remain open on Sundays.

THE St. Helena Sanitarium, or California Sanitarium, as it is now called, is said to be having the largest patronage it ever had. Dr. Howard Rand, the medical superintendent, is well liked. He is assisted by Dr. A. N. Loper and by two lady physicians,—Drs. Gray and Brown. The Sanitarium Food Company, of the same place, reports that business is good. They are away behind in their orders on some articles. New machinery has recently been installed at the factory.

At the time of the Packingtown exposures, the British journals raised their hands in innocent horror, and thanked their lucky stars that the British food men were not like the Americans. Since then, the reports of the British factory inspectors (who, by the way, are women) show that there has been about as much fraud, and filth, and corruption in the preparation of English goods as in American. The stir in this country has caused a general awakening, and probably all civilized countries will have a general clean-up.

A SYRIAN, who after a residence of two years in this country, contracted leprosy, was treated in several hospitals before the nature of his disease was detected. At Elkins, W. Va., he was refused admission to the hospital, but the local board of health isolated him and provided for his wants until he "took French leave," expecting to return to his own country. His disease was discovered, and the local population refused to harbor him among them, so he was driven from one place to another, occupying part of the time an empty box car. A U. S. P. H. & M. H. surgeon was sent to examine the leper in his tent in West Virginia, and stated that he could not be deported. The public in the vicinity are very much frightened, and the leper has been neglected, but the county has finally taken him in charge, and will provide food and shelter for him.

AN expedition under Dr. Koch is in the vicinity of Lake Victoria Nyanza, investigating the disease, "sleeping sickness," from which fifteen hundred natives have recently died.

It is asserted that the Minnesota State Dairy and Food Department will make careful analysis of all patent medicines on the market, and that the contents of each medicine will be published, and the presence of opiates, alcohol, or other deleterious substances.

THE newest method of preparing cooling drinks in Paris is to add liquid air. When this is added, numberless little crystals form, and a mist stands over the surface; but this brilliant drink would burn the mouth like a white-hot iron, if drunk before the crystals are melted. This liquid-air-cooled drink costs about five times as much as the ordinary drink.

THE story that a can of pressed meat from Chicago was opened at Rockburg, Va., and found to contain a metal dog license No. 13,506, indicates on the part of the packers, either a curious indifference to their reputation, or gross carelessness, or a confidence that the meat-eating habits of the people are so confirmed that nothing can change them.

THE fourteenth International Congress in Hygiene and Demography is to be held in Berlin, Sept. 23-29, 1907. Germany is making extensive preparation for this event. Some of the sections are: Dietetic Hygiene and Hygienic Physiology, Hygiene of Childhood and Schools, Professional Hygiene and Care of the Working Classes, Combating Infectious Diseases and Care of the Sick, Hygiene of Dwellings and Communities, Hygiene of Transportation. From the character of the men connected with this congress it will undoubtedly be an important and successful one.

THE *Washington Times* tells of a government clerk who earns one hundred dollars a month, and lives on five dollars a month, thus saving 95 per cent of his salary! He says that in the first place poverty forced the simple life on him, and now he enjoys it. "How do I live on so little? Why, that's simple. My strict diet, now when I have a good salary, is simply a matter of choice. It is the healthiest and happiest way to live. My average expense every day is less than twelve cents, and I have plenty to eat. The system requires only so much, and it can be trained. I sleep like a

baby, and at leisure I go for several miles' stroll through the parks that skirt the suburbs. I never get hungry. Most people feel that way when their imagination runs away with them. I live on \$4.11 a month, and I have an itemized statement to prove it. My favorite dishes are apples, eggs, and rice. I avoid meats and indigestible foods. They tear the vital organs and put them out of use." Augustus Riley is now seventy-four, and has never touched liquor or tobacco, and never saw a horse-race.

THE American consul at Kehl, Germany, has reported an almost incredible doctoring of food products with dangerous chemicals. The laws of Germany are very strict in this regard, and there are numerous prosecutions of offenders, but still the adulterators thrive. According to a Strassburg paper, there seem to have been very few articles of manufactured food and drink products which have not been the subject of adulteration on the part of German manufacturers.

Two lovers of the beautiful, lovers of children, lovers of their city (the last two are included in the first), at the beginning of this summer's vacation took a number of school children, and, on a plot on the grounds of the Agricultural Department, taught them practical gardening. The venture was so successful, notwithstanding the unusual wetness of the season, that they are now working to have the young people beautify their yards, and thus help to adorn the city. There is a longer story connected with this effort to encourage in the young a love of the beautiful, and to beautify the city, which we may give later.

SIR LAUDER BRUNTON, one of England's noted physicians, recently lectured before a company of scientists on the value of dolls in the education of children. He believes every school should have a class for education of the little ones in the care of babies. He would not have this a theoretical course, but would have washable, unbreakable dolls, so that each child would have her own baby and learn to wash it, dress it, feed it, exercise it, put it to sleep, protect it from chills, and treat it for sore throat and other disorders. "In fact, all the information that the girl will afterward need for bringing up her own babies might be imparted in a concrete form, in a way that could be remembered, in a dolly's class."

THERE is more cholera in India this year than at any time since 1901.

THE *Lancet* is responsible for the statement that the icing on ornamental frosted cakes is produced by the "disgusting and filthy practise" of blowing icing into the cake through a tube placed to the lips of the pastry-cook. A case was mentioned in which the cook doing this work had syphilis of the mouth. Horrible, if true!

IN accordance with recent authoritative medical opinion, and the ruling of the juvenile courts, the Pennsylvania Society to Protect Children from Cruelty has instituted the practise of performing operations on children given into its charge, when, in the opinion of competent medical men, such a course is likely to prevent a criminal career.

IT is said that in Queensland, Australia, they have excellent meat inspection laws which are so rigidly enforced that there is no possibility of the consumption of diseased meat. All passed meat is labeled by the inspectors, and condemned meat is consigned to the boiling pots. The packers are in favor of the law, and the inspectors state that there has never been an attempt to evade the law, as the packers believe that any complaint would work disaster to their business.

AS a result of the prosecution of the glucose trust by the food commissioner of Pennsylvania for marketing sulphured glucose, the attorney of the glucose people has admitted that the charges were true, and has promised to settle for all fines against the manufacturers for violating the food laws, and further promised that the companies would withdraw all bleached glucose from the markets of Pennsylvania and the United States. This is a great victory for the food commissioner of Pennsylvania and for the people of the United States.

THE Storrs Agricultural Experiment Station, Storrs, Conn., have published a pamphlet—Bulletin 42, *Quality of Milk Affected by Common Dairy Practises*—which will make valuable reading for every one who runs a dairy or owns a cow. The aim has been to study methods which will not involve expense, and yet will make a marked reduction in the number of bacteria present in the milk. It is published, of course, for distribution in the State of Connecticut, but I suppose others out-

side of the State may obtain it. No price is mentioned, but I would suggest to those not in the State of Connecticut to enclose say three two-cent stamps.

THE national pure food board, consisting of Dr. H. W. Wiley and others, has fixed a date (September 17-28) for the food manufacturers who desire to do so, to meet at the Agricultural Department building, Washington, and present their views as to the best way to prepare food regulations, for the carrying out of the recent pure food law.

PROF. ELIE METCHINKOFF, the noted scientist of Paris, now believes that man might live one hundred and eighty years. He formerly placed the limit at one hundred and forty years. His belief is that by drinking sour milk, the lactic acid germs will antagonize the colon germ, which he supposes to be the "germ of old age," producing in the intestine poisons to pass into the blood current and hasten the aging process.

IT has been known for years that it goes hard with an alcoholic when he gets pneumonia, or rather when pneumonia gets him. In the Pasteur Institute for the cure of rabies, or hydrophobia, it has been noticed that in nearly every case where there is a failure to protect against the disease, the subject is an alcoholic. It has also been found that alcohol has a similar effect on animals. One of the workers at the Pasteur Institute experimented with the anthrax germ, which is very fatal to rabbits, but the rabbit can be saved by protective inoculation. A number of rabbits were inoculated with the same amount of anthrax germ, and with the same protective inoculation, all the animals receiving the same treatment with the exception that some of them had been given a small quantity of alcohol. Those that had the alcohol succumbed to the anthrax, while the others recovered. The same thing was observed by others regarding the pus germs and other disease germs. Further investigation showed that the animals which succumbed did so because their white blood corpuscles—whose function it is to devour the germs and other foreign matter in the blood—had been paralyzed, and that extremely minute doses of alcohol sufficed to paralyze the white blood corpuscles. It is undoubtedly this paralysis of the white blood corpuscles that renders pneumonia and tuberculosis especially fatal to alcoholics.

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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