

The Wooing of Slumber

LIFE
and
HEALTH



Vol. XXI

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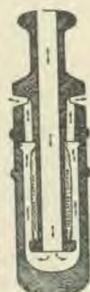
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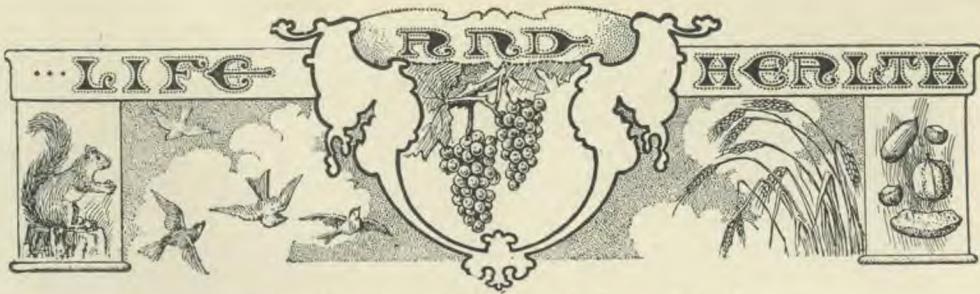
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"Something better is the law of all true living."

Vol. XXI Takoma Park Station, Washington, D. C., November, 1906 No. 11

The Wooing of Slumber

G. H. HEALD, M. D.



THE young lover who shows himself unduly anxious to win his girl's heart may by his very anxiety defeat his own purpose.

This is the working out of a principle which manifests itself in other lines besides courtship.

What we are overanxious about is what we are pretty apt not to get. The anxiety acts as a preventive.

Sometimes a little child manifests inordinate impatience to gain a certain end, and mother says, "You'll have to wait till your hurry is over, dear."

So it is with the anxious person who lies down dreading the night because of the hours of tossing which he, from past experience, fears are before him. He hears the clock strike ten, eleven, twelve, one, two; and each time it strikes, he gets more vexed, and seemingly wider awake than ever.

But finally exhausted nature asserts herself, and he falls to sleep to awake unrefreshed, perhaps cursing his luck because he is a victim of insomnia.

In his desperation he may be driven, notwithstanding he knows the danger,

to indulge in sleeping powders, and as his nervous system is wrecked by the drug, he grows rapidly worse.

Now we may question whether, in the first place, loss of sleep is the cause of his awaking unrefreshed. Many a young person will be out nearly all night and not feel nearly so bad as the person who has tossed on his bed during the same time.

Many a person habitually restricts himself to four or five hours' sleep, and yet does an immense amount of work.

Is it not rather the worry, the fretting, that uses up the person who does not sleep? Is not the mental condition, through which he passes enough to account for his ill feeling the next day?

Let him make up his mind that he does not care whether he sleeps or not. Let him proceed to read in bed (this is not so bad a practise if the light and the book are placed in favorable positions) not with the hope that sleep will come, but with the determination to be utterly indifferent to sleep. It is probable that when he really assumes such an attitude, he will not be long in getting to sleep. Nature is saying to him, "Wait till your hurry is over, dear."

Even if he does not get to sleep right away, it's no matter, so long as he is not worrying. He is getting bodily rest, which is an important part of the night's duties. The way to woo slumber, then, is to woo her by indifference.

But there are some physical conditions which will interfere with sleep; for instance, an overloaded bowel. The remedy is obvious: an enema before bedtime, and the use of more laxative foods. Some persons wake in the small hours of the morning because of gas in the intestines. This sometimes comes eight or ten hours after the last meal; and in some instances at least relief is obtained by eating the last meal (light, of course) just before bedtime. This may postpone the formation of gas until it is time to get up. Another preventive is the avoidance of those foods which cause the formation of gas,—usually fibrous foods containing a large quan-

tity of cellulose, such as cabbage, beans, radish, pears, green corn, apples, especially if the skins are eaten.

Where one is kept awake by slight sounds, the ears can be stuffed with cotton, or with paraffin, slightly warmed and molded into the outer ear.

Overeating and hearty suppers are, of course, not favorable to sound sleep. And the use of tea or coffee may take away altogether the desire to sleep.

Another cause of poor sleep, which is so patent that it need hardly be mentioned, is the practise of taking the business or household cares to bed, and there nursing them. One can by means of such a mental state drive away all hope of slumber.

So attending to the mental attitude that it is one of indifference and calmness, and keeping the digestive system in good condition, will do very much to restore one to habits of right sleeping.



"NONA"

Divine Healing

AUGUSTA C. BAINBRIDGE

8— Give God the Glory



Is divine healing for me?" "Who forgiveth all thine iniquities, who healeth all thy diseases." Have you accepted the first part of the promise? Who has taken the last part from you?

—Satan, and Satan only. Unbelief will rob you of forgiveness of sin. It will also rob you of healing. This is the work of the destroyer.

"How may I secure divine healing?"

—Just as you do any other part of the gospel. One step at a time, we walk with Jesus. He has never changed. "Jesus Christ, the same yesterday, and to-day, and forever."

Have you accepted Christ Jesus as your Saviour? Do you know he has forgiven all your sin? Are you trusting him day by day to keep you from sin? Are you yielding your heart and life to him that he may cleanse and purify it? Then you need not withhold your body. It can be no more defiled by disease

(transgression of physical law) than your mind, which is defiled by transgression of the moral law.

If every sin you know of has been confessed, it is forgiven; for his word is true: "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

If there is no cloud between you and Jesus, look to your neighbor. Have you fully and lovingly forgiven all who have trespassed against you? Have you made full restitution of all that you have ever had in your possession that belonged to another?

Are you willing, at any cost, to walk in all the light you have, whether it regards your finances, your family, your moral obligations, the church, or even your own body? Are you willing, as fast as God shines more light upon you, to walk in it? This is consecration, and prepares the way for sanctification, of which healing is a part.

Are you sure the Lord means you when he says, "Ye are not your own, for ye are bought with a price"? Is your body, with all its passions, desires, appetites, and tastes, yielded to him? Can you "therefore [for this reason] glorify God in your body"? Glorifying God in the body, means a very close and constant denial of self. It means the putting away of old habits of thought as well as action—the putting off the old man with his deeds. Is the "old man" still dear to you? Do you see any loveliness or beauty in him? If you do, you have a journey to take down into the valley of humiliation before the Lord can heal you.

Do you believe that this is God's way of healing—just simple faith in his word? Do you take it just as you take forgiveness—because he who speaks the word can not lie? There is healing

for only those who take him at his word. "Who forgiveth all thine iniquities, who healeth all thy diseases."

Can you say, "'Who forgiveth all thine iniquities;' yes, dear Lord, I believe; and, 'Who healeth all thy diseases;' yes, dear Lord, I believe"? If you are a sinner, the first means *you*. If you are sick, the second means *you*.

Do you believe this is God's own ordained way of healing? Do you believe "there is none other name under heaven" for healing, but Jesus? Do you believe, "Neither is there salvation in any other"?

Then rest your faith right there, and commit your body to *him*, once for all, with every health interest, with a perfect willingness to do just what he would have you do. Let your committing be continual, like the "continual" in the sanctuary. Definitely, positively accept him as your healer, just as you accept him as your Saviour, and rest your body in his will just as you rest your mind. Let this new life and health he gives you be his, and his only, to use as he directs. Let every earthly interest be brought to him, and the life be given exclusively for his glory. For his glory?—To show his character, to let him mold and fashion it, to use as we mortals use tools or dishes.

Now, you have met the conditions; they are all comprehended in, "Lord, I believe."

Suppose you do not *feel* any different; does that change God's word? Then, will you rest on *feeling*, or will you rest on the WORD OF GOD? Rest in the Word. Repeat it over and over to your weak, doubting mind, and accept it as a reality. Say it to Satan when he tells you you are no better than you ever were. Say it to yourself, and to your Heavenly Father, telling him that you believe it.

Stand on his promise until the work

is accomplished. Stand firm, knowing it is *God* whose word you believe. God can not deny himself or refuse his own word. He will not fail you. Your healing is a fact. It may come suddenly; you may even feel his Spirit's power in

usually, as the twilight when the day is done, and you may hardly see a change from hour to hour, or day to day; but it is *his* to choose which way he will heal you. *Your* part is the believing. His part is the healing. You keep your part



“PERPETUAL MOTION”

your body or in some member of your body; or it may come slowly and grad-

in continual exercise, and just watch him do his. Praise the Lord!

“The Gospel of Relaxation”

G. H. HEALD, M. D.



ANNA PAYSON CALL, in “Power through Repose,” describes the condition of many persons who go through life with tense, contracted muscles, unnecessarily wasting muscular and

nervous energy, and never obtaining true rest, even when in bed. There are comparatively few who give themselves up to perfect rest by lying limp like a

cat. If one attempts to move the limb of a sleeping person, resistance will be immediately manifest, showing that the muscles are in a state of tension. Miss Call believes this condition is abnormal, wasteful of energy, and unhealthful.

But it is in regard to the use of relaxation in bodily pain that I desire especially to write. The usual custom is to brace one's self against the pain, and by an effort of the will, “bear it.” Miss

Call says, "I know there are pains that are better borne and even helped by a certain amount of *bracing*, but if the idea of bearing such pain quietly, easily, naturally, takes a strong hold of the mind, all bracing will be with a true equilibrium of the muscles, and will have the required effect without superfluous tension."

"One of the most simple instances of bearing pain more easily by relaxing to it occurs while sitting in the dentist's chair. Most of us clutch the arms, push with our feet, and hold ourselves off the chair to the best of our ability. Every nerve is alive with the expectation of being hurt.

"The fatigue which results from an hour or more of this dentist tension is too well known to need description. Most of the nervous fatigue suffered from the dentist's work is in consequence of the unnecessary strain of expecting a hurt, and not from any actual pain inflicted."

This same principle is more or less applicable to all pain. You may not think it, but that headache, or backache, or neuralgia which you so much dread is as bad as it is because of the attitude of your own mind—because you are expecting it. Perhaps, sometimes, you have become absorbed for a time in a very interesting conversation, so much so, in fact, that you forgot all about your pain, and did not feel it again until you returned to your own thoughts. This one fact, familiar to nearly every one who has had extensive experience with pain, is evidence of the immense power exerted over the bodily condition—at least over the bodily sensations—by the mind.

According to Miss Call, one can render himself excellent service by ceasing to resist pain, by avoiding muscular tension, by becoming "limp," as it were.

A cat is never hurt by a fall; neither is a child so often hurt as an older person by a proportional fall. The limpness saves the body, whereas tensing or stiffening the limbs and the body during the fall favors fracture or some other severe hurt. Resisting the fall by tension is worse than useless; so is tensing against pain.

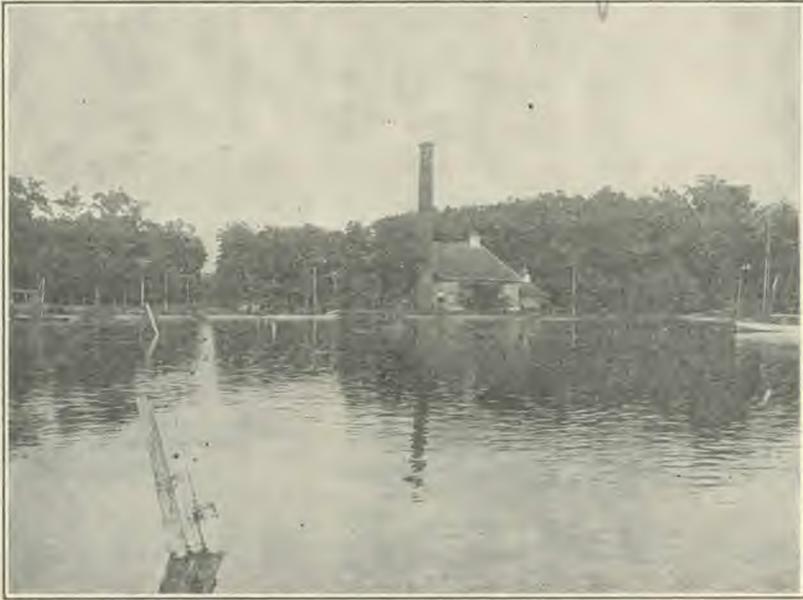
Pain is not an entity; remember that. It is only a feeling;—pretty intense, sometimes, but more so because you think on it. Resolve to ignore it, and get into some absorbing work which will leave you no time for self-pity.

If there is a removable cause for the pain, remove it, of course. If no cause can be found which is remediable, the plan just outlined offers the best remedy, far more reliable and permanently efficient than any of the nerve-deadening drugs. Such a mental attitude toward pain can become habitual. In this connection it may be well to quote from *Effects of Mind on Body*, a paper written by Professor Goddard after a most thorough and painstaking study of the phenomena connected with the various forms of mental healing, a study extending over many months. Professor Goddard says: "The mental attitude of patients at all stages—before and after and during the cure—is one best described in terms of belief, or more explicitly, in terms of attention as modified and controlled by more or less conscious beliefs. *Before the cure the patient thinks about, and attends to his pains and symptoms. In his cure he ceases to attend to these* [italics supplied], either neglecting them entirely, or attending wholly to the sensations of improvement that he is led to look for. After his cure, if it is permanent, his attention is directed outward, to normal human interests and the daily affairs of life."

Professor Goddard, in explaining how

a physical change can come about as the result of a mental change, says: "A large part of this work is sufficiently explained by the simple removal of worry or the distraction of the attention from the disease. . . . *It seems most likely to be a relaxation of muscular*

as well as a mental attitude. The result of attention to an organ is an unconscious muscular contraction which necessarily interferes, as a rule, with the normal functioning. The withdrawal of the attention relaxes the muscles, and allows normal action and nutrition."



PUMPING STATION — LAKE GOGUAC

Let's Be Good

BENJAMIN KEECH



WHY? Because it's right and pays such immensely large dividends. Bad men produce discord, make other people bad, and frequently land in the penitentiary. They leave this deranged planet all the more so, which is a terrible thing to do.

Good men are different. Being in harmony with heavenly forces, they naturally make harmony on earth. And the

very sight of one, on the street, has a beneficial effect on other folk. Good men are happy in spite of unhappiness, and they always find life worth living.

Bad women abuse their husbands by feeding them pies 'n' cakes 'n' things.

Good women are the salt of the earth, and there's no knowing what beautiful things they may accomplish, when they industriously start out.

Almost every one admires a good person. Almost every one would like to

be good if he only knew how. A nice, practical way to begin is to imitate somebody who you know is all right. He may be either dead or living. But if in the former condition, it is not necessary to copy him in that respect.

But a great many complain that they can't be good. Their environment is too much against them. Thank the Lord, with his help, the worst kind of surroundings can be made to change when once a soul would rather be decent than otherwise. Set the leaven to work by sending forth a whole lot of fervent desires (prayers) to be good, under better conditions. By and by you'll get your wish. "For whatsoever a man soweth, that shall he also reap." Gal. 6:7.

And after you've got to be a good person, you'll have hundreds of opportunities to hold a lamp for other struggling, distressed, bad people. Isn't that a lovely thought?

Just think! We can all have a share in the glorious work of making humanity better. No matter how obscure we may be, we can all help sometime, somewhere.

And if we weren't originally blessed by "fate," and have had bad times being good, let's not give up, but keep right on sowing desires and working to induce them to sprout. Of course, the beginner

can't help being blue once in a while. But he isn't obliged to remain that way.

"Why grovel when we can soar?" Why lie prostrate in the roadway of defeat, after we've had our first encounter with disappointment, when we can more sensibly step to one side and gather fresh strength for the next attack?

Here's a nice, helpful motto for the beginner: "If you can't be good, be as good as you can."

There are very few souls but can be good, or at least better, if they really desire to. Anyway, they can make an attempt, and even that will help. I have already given a few reasons why it's desirable to be good. Now I'll give some more.

It (being good) has a rejuvenating effect on the character. It promotes sleep, stimulates the digestion, and improves the circulation. It makes you a center of beautiful forces. It makes people love you. It makes the weak strong, and changes a blue, whining individual into a bright, energetic fighter against wrong. It makes you happy and healthy in all ways.

If you still have doubts, study the histories of a number of good and bad people, and decide for yourself. If their ultimate fates don't convince you, I don't know what will.

Let's be good.



CURRENT COMMENT



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

The Tomato as a Medicine

IF I order my patients to eat tomatoes, I have reason for doing so. I am a complete arthritic. . . . Four years ago I began to eat tomatoes. I had read several articles defending the tomato, and I craved it. So I began to eat it,—at first timidly, then freely, then greedily. I have eaten tomatoes at every meal. In summer I eat them raw, in winter stewed. Since I began to eat them, my colic has disappeared. My idea is that the war against the tomato originated in a fancy of chemists. Doctors forbade their patients to use the tomato because of its acidity, and because they proscribed it, arthritics and diabetics took fright.—*Dr. Moret, in Journal of Medicine.*



Breakfast Cereals Prepared at Home

RICE may be popped like corn, although, of course, the meshes of the "popper" must be finer.

Another very economical and appetizing dish is that known, in New England at least, as rusks, made by drying and slightly browning stale bread or cake in the oven, and then crushing. Rusks are eaten with milk and cream like any dry breakfast foods.

Stale bread may be dipped in a little molasses and water, and dried from twelve to twenty-four hours in the warming oven of an ordinary range, then crushed, and served like the granular brands of breakfast foods. Many tests have been carried on with home-made breakfast foods, and they seem to be

quite as appetizing as the preparations which they resemble, and which sell for twelve and a half or fifteen cents a pound.

If the labor of cooking must be taken into account, and strict economy is needed, crackers in milk may be substituted for the ready-cooked breakfast cereals. Crackers are similar to the regular breakfast foods in composition, and at average prices furnish more nourishment for the same amount of money.

Nor should it be forgotten that as a rational, palatable, and economical dish, bread and milk ranks very high.—*Farmers' Bulletin, No. 249, U. S. Dept. of Agriculture.*



Sulphured Fruit

RESIDENTS of North Pasadena have been complaining of the fumes from the burning sulphur used in a fruit-dryer at that place. Well now, if these fumes are so bad to smell, what do you think must be the result of eating fruit when treated in this way? The Germans wisely refuse to admit such fruit. Americans are so foolish as to demand food that looks white and pretty, no matter how it has been doped. No wonder there is so much dyspepsia in this country.—*Los Angeles Times.*



"The Cup That Cheers"

No takers of stimulants keep long at the same dose; the tendency is to constant demand, and therefore the quantity and strength of the tea taken are con-

stantly increasing. In the same way it is well known that those who take laudanum may begin with a few drops and end by taking it from wine-glasses, and the moderate drinker insensibly slips into the drunkard. The fact that should act as a warning or danger-signal, is the insidious manner in which tea lays hold of its victims. It comes as a harmless friend, the comforter in sad and weary hours, literally "the cup that cheers;" but attempt to give it up, and you then realize, perhaps for the first time, the power of the poison with which you have been playing. Some may comprehend the dangerous influence, and resolve to get free at all cost, but a much larger number put the ultimate reckoning off to a future day, when work may be less pressing, or general health in some unexplained manner better, and meanwhile secure a fresh lease of relief as the result of increasing doses of stimulant.—*Alexander Haig, M. D., in the (London) National Review, July, 1906.*



Scrap Tobacco

WHILE the cigar butt fished from the gutter has not in this country become the article of commerce that it is in many European cities, notably Paris, where those who make a specialty of the collection of such relics form a recognized branch of the guild of ragpickers, no doubt some unsavory enough components enter into the composition of the cheaper varieties of the tobacconist's commodities. But equally disgusting possibilities are not absent in the manufacture of wares of a much higher grade. . . .

The fact that cigar makers as a class are particularly prone to tuberculosis is well known; and also that in rolling the tips of cigars many workers are accustomed to moisten the end with saliva; but there is still another source of con-

tamination that is not so widely recognized. Scrap tobacco is the trade name for cuttings and fragments of tobacco leaves discarded by the cigar maker, and usually falling from the work-table to the floor. This is a recognized product which is widely used and finds a ready market, but while lying about the workman's feet it is subject to many vicissitudes, and is sure to become sullied with filth, if not contaminated with actual disease germs. Attention is directed to this source of danger to the public health by D. D. Stevens. . . . In one Southern State and adjacent islands he estimated that nearly fifty per cent of the cigar makers were tuberculous or syphilitic.—*Medical Record.*



Drug Slavery

AN efficient health officer, a most honorable and capable physician, in resigning his position preparatory to leaving the State, has the following to say relative to his unsuccessful efforts to rid himself of the "drug habit" which he has unfortunately contracted: "I leave — permanently on account of ill health, and relinquish all claim to a noble and grand profession for other and more tangible reasons. But I willingly make the sacrifice in order to preserve unsullied my honor and character, on which I place incomparable value. Doctor, my trouble has been taking drugs, and if you can solve the problem, why a man of stern character falls I should like to know it. However, I must quit medicine to rid myself of the trouble. 'Tis impossible to keep away when identified with drugs.

"Our relations have always been pleasant. You always extended the hand of courtesy on every occasion when soliciting any information appertaining to the office of health physician."

We reproduce the above to show how well-nigh hopeless are the efforts to rid one's self of such habits, and to suggest, what must be self-evident to all, and yet too often unheeded, that the only safe plan is not to tamper with drugs, such as narcotics, stimulants, hypnotics, anodynes, or sedatives, unless imperatively demanded to relieve a temporary condition.—*Iowa Health Bulletin.*



Value of Patent Medicine Testimonials

THERE is absolutely no dependence to be placed in a testimony to the merits of a patent medicine, notwithstanding that some very good people conscientiously testify. When the matter is traced down, the testimony is found to be due to ignorance and faith, or to temporary exhilaration from the gin or stimulating drug in the mixture; then many people are greatly pleased to have their words and pictures appear before the public; others easily commend through a gift of a dozen bottles, and not infrequently people of some little rank and office testify through the offer of a good big sum of money.—*The Pedagogical Seminary.*



Inefficiency of Patent Medicines

THE use of patent powders for headache, sleeplessness, nervous exhaustion, and similar difficulties has enormously increased within the last few years. Taken in small doses and at rare intervals, these much-advertised remedies do not seem to be injurious. But a person who gets into the way of using them soon gets out of the way of sticking to rare intervals. This is almost inevitable. As long as the powder will produce the result he wants, he is really forced to keep on using it, for the actual cause of the trouble has never been reached, and

it keeps making more trouble for him and demanding attention. But after the drug has been used long enough for the system to become habituated to it, the effect grows less and less in proportion to the size of the dose. So the doses have to be increased.—*Luther H. Gulick, M. D., in World's Work.*



Care of Wounds

EVERY wound, no matter how slight, may become infected with disease-producing germs unless proper care is taken to prevent such an occurrence, and it is almost entirely from this cause that deaths occur after vaccination. In Germany Voight estimated but one death in sixty-five thousand vaccinations, and in his own practise of five years he vaccinated one hundred thousand people with but one death. Compare this with the death-rate before vaccination, when from one in every twelve to twenty died with smallpox, and the life-saving effect of vaccination will be evident.—*Bulletin, Cal. State Board of Health.*



State Pure Food and Drug Legislation Needed

CONGRESS has enacted two laws that are destined to do away with much of the fraud and deception connected with foods and medicines. The federal law regulating slaughtering and meat-packing establishments, combined with the federal pure food law, will give a large measure of protection to the people in what they eat and drink. As regards the inspection of packing and slaughtering establishments, Secretary Wilson's first instalment of the new regulations shows that this inspection will be systematic and thorough; the preliminary work already under way preparatory to putting in force the provisions of the pure food law next January

shows the same thing. But — and this is the point to be considered in every State — these laws apply only to the District of Columbia, to the Territories, and to interstate and foreign commerce. Each State is left to regulate its own internal affairs. . . . In like manner the public will be protected by the federal pure food and drug law against certain frauds originating outside, but not within, their own State.— *Journal of the Amer. Med. Assn.*



Modern Longevity

INCREASING luxury and speculation have much to account for what is ordinarily and superficially attributed, perhaps too exclusively, to the strenuous life. It is not hard work that kills, so much as bad habits and neglect of ordinary hygienic living, which no public sanitation can entirely counteract. That occupation itself is a life-saving factor is shown by the frequent rapid decline of health and early death in individuals who have retired from active business.— *Journal of the Amer. Med. Assn.*



Vaccination Protects

SINCE the reform of vaccination by the department in 1895, and the establishment of its standard of a protective vaccination, there has been in the intervening eleven years only one case of smallpox among the hundreds of thousands of children in attendance on genuine certificates of vaccination in the public and parochial schools of Chicago. Prior to 1895 there were frequent cases of the disease among children who had been vaccinated in the old method and with the old-time infected vaccine "points."

On the other hand, there have been a score or more cases — some terminating in death and the remainder in hideous

disfigurement — among unvaccinated school children admitted to school attendance on certificates falsely asserting that they had been "successfully vaccinated." On examination — as in the cases of the Brown School children — the only positive proof of a "successful vaccination," namely, the presence on the child's person of the typical vaccinal cicatrix, was never found in a single instance.— *State of Chicago's Health.*



Child Labor Legislation

GRADUALLY by the example of those near them, all our States are coming to enact laws to limit child labor in factories. Such a bill has just been passed in Georgia, which provides that under no circumstances shall any child under ten years of age work in factories — certainly a low enough limit. If under twelve, he may so work if an orphan or with one or more parents depending on his labor. No child under fourteen shall work at night between 7 P. M. and 6 A. M.; and no child under fourteen unless able to read simple sentences and write his name, and shall have been in school three months of the year. There is nothing very drastic in these provisions, but they are a good beginning.— *Independent (Editorial).*



Physical Unfitness in School Children

WE should remember that fifty thousand American children are annually removed from schools on account of debilitated physical and nervous conditions brought on by physical incapacity and injudicious mental pressure. Such children, being unable to acquire a suitable education, fall by the wayside, grow up in invalidism and ignorance, and help to fill the ranks of the weaklings, the worthless, and the criminals.— *Frank Allport, M. D., in Pediatrics.*



How Shall the Medical Missionary Work Be Brought to the Position Where God Would Have It?

W. A. GEORGE, M. D.

THIS important question may be divided into two parts. What can we as medical workers do to bring the medical work into the place it should occupy? and, What will others do to help? To a great extent the first question is the important one for us; for, although we shall be largely dependent upon others, this line of work is left especially for people engaged directly in medical missionary work to look after. And again, while we are able to do but a small fraction of the work that is to be done, we shall have our influence in encouraging others to engage in this work.

The Lord has told us that the medical missionary work is to occupy the same position in his work upon this earth in this generation that is occupied by the right arm in connection with the body. The arm is not to take the place of the body, but is to occupy a position of helpfulness and usefulness to the body. While we are to occupy a very important position as physicians and nurses, yet we must not get the idea that we are to be independent and wish to do a work that will bring special credit to us as individuals. On the other hand, we must be willing to occupy a humble position, and do anything that will bring honor and glory to God. While the Lord has given us every encouragement as to the great responsibility which rests

upon us and the vast field of usefulness that is placed before us, we are not to be self-exalted and think for a moment that because God has given us such great opportunities, and has said so many things in regard to the importance of this line of work, we are to be independent in respect to other lines of work connected with this message. There is danger that while we may be prospering financially, or may be gaining a reputation which brings favor and prosperity from a worldly standpoint, we shall forget the all-important part of our work — the advancement of the cause of Christ in the earth, which is preaching the gospel to save souls for eternity.

Some may become skilful in this line of work, and even famous in the community in which they are located, and yet fail of reaching the most advanced position in our work because they do not work in God's lines. God's ways are not man's ways. He does not see as man sees. Often very small things *prevent* great results, and in like manner earnest efforts put forth by individuals with little skill, and yet done with a humble spirit, may *bring* great results. The humblest nurse with a burning desire in the heart to save souls, although not the most skilful in the application of the remedies which she has learned in her nurses' course, may do a work for God that will count for more in eternity than the work done by some physician who has great skill, and whose fame is spread abroad in the land, and yet who

lacks the humble spirit which will cause him to do the most essential work that God requires of him.

We as medical workers need to search our own hearts and know for a certainty whether or not our methods are right; whether we are working for God only, or whether we are working for self; whether we are working with a supreme desire to advance God's work on the earth, or whether our personal interests are uppermost in the mind. These are solemn questions, and questions which must be decided aright in each of our individual cases, for eternal consequences are at stake.

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Spiritualistic Healing in Iceland

GUY DAIL

A STRIKING development of late is the exciting time the Icelanders are having about Spiritualism. Two leading political editors began to promulgate spiritualistic sentiments in their papers. They also spoke publicly in favor of this doctrine, and went so far as to organize a spiritualistic circle, giving seances nearly every evening during the winter.

This experience awakened a deep interest among all classes of people. Our paper had several very strong articles against Spiritualism. One of the most noticeable manifestations of the doctrine at this time was an attempt to cure disease. Supposed spirits of deceased physicians were said to have visited their seances, and to have given instructions with reference to the care of the sick.

One instance: An attempt was made to cure a cancerous patient, who had been declared incurable by the physicians. The two papers seeking to promote Spiritualism stated that the spirit physician enabled the medium to open the abdominal walls, and remove a large amount of pus from the inside of the

stomach, and that immediately thereafter the wound grew instantly whole, so that no trace of it was visible, and that the patient was very much better. As can be conceived, this created a great stir in the community, when it became public, and a few not very mild words were spoken and printed against us, because we were anti-spiritualists. But in about a week from the purported operation, the patient was dead. The advocates of Spiritualism proclaimed that he had died, not from the effects of the cancer, but because he had taken a severe cold. Most of the physicians in Reykjavik, being strong materialists, demanded and secured a post-mortem examination, as this would, of course, lead to a correct solution of the problem. The result was, their report showed, that the man had died of cancer, and, therefore, that the teachings of the Spiritualists in this instance were altogether false. This made a good impression in favor of the truth, and again opened the ears of the people. Naturally enough, the Spiritualists keep on with their work; but we are glad that the enemy overdid himself this time.

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Progress at the Sanitarium in Plumstead, Cape, South Africa

GEO. THOMASON, M. D.

THE principal interest at the sanitarium for some weeks has centered about the addition which is now being erected. The work has satisfactorily progressed under the able direction of Brother Carr. The second story is completed and furnished, including the new operating room, which we have already had occasion to use. We have had five surgical cases within the past few weeks, three of whom are still in the ward. We are glad to report all the cases successful and progressing nicely.

The new bath-room is almost com-

pleted. The plumbing and partitions are now being put in. We are expecting the hot-water heater here almost any time, as well as the storage tank.

We have erected a platform thirty-five feet high for three four-hundred-gallon tanks. These will give us a good pressure of water, as well as a constant supply. At the present time we are handicapped by lack of water pressure. This is not likely to trouble us in the future, however, both on account of the storage tanks and for the reason that at the present time the municipality is laying a six-inch water-main within a stone's throw of the sanitarium, which will give us an abundant water-supply, and with far greater pressure than we have had before.

A number of patients from the suburbs are coming in for treatment only—seven at the present time. Besides these, several patients are receiving treatment in their own homes. We shall expect this patronage to increase considerably after we open our new bathroom.

The Lord has greatly blessed our medical and surgical work, and it brings joy to our hearts as we note the progress of patients healthwise from day to day, and see despair give way to hope, and discouragement to good cheer.

The health food business is steadily increasing from month to month. It has been decided that, as soon as practicable, the headquarters of the food business will be removed from Cape Town to Plumstead. This will be an advantage in many ways, especially as regards its connection with our sanitarium work. Among other things, we shall be able to add to our forces several workers who are anxious to come to the sanitarium; it will more directly advertise the sanitarium; it will increase a desirable line

of correspondence, thus widening our sphere of usefulness, as well as adding to the number coming to the sanitarium.

We bespeak the continued prayers of those having the interest and progress of the medical missionary work at heart.



Compassion for the Sick

MEDICAL mission work goes back to the example of our Lord. He had compassion for the sick, and healed them, and also gave power to his disciples to heal all manner of sickness and all manner of disease. The skill which is shown by our physicians on the mission fields, the marvelous cures effected, and the great display of kindness shown to the needy and afflicted, win the respect of the natives, and make an open door for the gospel. The gospel in its varying forms of helpfulness can open any door, however tightly it is closed by prejudice or by heathen superstition. The countries of the Orient knew nothing of surgery, and little of the cure of disease, before surgeons came from the West. There was a superstition that disease was caused by evil spirits, and these could be driven out, only by the beating of drums, the sounding of gongs, the screams and shrieks of friends, or the drinking of the ashes of some idol charm. They had, in some places, a vague intuitive knowledge of the use of native herbs.—*Selected.*



THE governor of Hamadan, Persia, whose little grandson was wounded by robbers on a journey, was delighted with the care given to the child in a Christian hospital, and promised special assistance in opening a similar hospital in Hamadan.



AND HOUSEHOLD SUGGESTIONS

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

Hominy

As the time of year has come when the fatty and starchy elements are acceptable to the system, and the new corn is being gathered for winter use, it may be well to give a recipe for a wholesome, palatable, and yet very inexpensive food:—

Select sound, bright ears of corn, rejecting any portion which may have small or ill-formed kernels. Shell enough to fill a quart cup, blow out the chaff, and put it into two quarts of cold water, in which has been dissolved one teaspoonful (level) of concentrated lye. If wood ashes are at hand, lye made from them will answer the purpose as well, or baking-soda may be used (more than of the lye will be required). Cook

vigorously until, if pressed between the thumb and finger, the hull will readily slip off. Immediately remove the corn into cold water. Rub thoroughly in several waters, that all the hulls may be removed. Let it stand overnight in plenty of water. Pour off most of it, and rub in the hands to remove any hulls remaining. Rinse, and put in cold water. Cook rather slowly until each kernel blossoms like a rose. Salt to taste, but do not serve until it has penetrated each kernel. If during the cooking more water is needed, let it be added hot. It is excellent eaten just so, but the taste of the consumer will decide what he will use for sauce.

Order in the Home

AN important factor in good house-keeping is to be orderly. It is not sufficient that there be an appearance of order and system, but that these really predominate. For instance, stored articles should be so classified and put away as to be readily found on very short notice. In some homes there will be a

few nails, screws, corks, knife blades, etc., on the pantry shelves, in the knife and spoon box, in the table drawer, and perhaps in the work box or sewing-machine drawers. One might suppose it would be easy to find such articles when wanted, but it is in just such homes that much time is wasted in hunting for the

little things needed; when, if they were classified and occupied a fitting receptacle, there might be hours of time saved.

"I don't see where the shears have gone," says the one who needs them. Just as if the shears were animate, and could take up a journey at will! No; they were left in some out-of-sight place, and so time must be spent in hunting for

them. Misplacing articles causes loss of time, temper, patience, and self-respect, while order and a knowledge of the whereabouts of utensils make work easy, save time and annoyance, besides increasing the respect of others.

Order is said to be heaven's first law, and surely it must be the practise of each inhabitant.

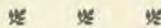


Nuts and Nut Foods

SOMETIMES we think no other good things are so unjustly accused and abused as nuts and nut foods, especially the latter. Scientifically, they are proper edibles, and experimentally, the same, except when misused. They are often eaten in too great quantities. Their nutritive value being greater than that of flesh, they should be used in smaller quantities than the flesh foods which they replace in the menu.

Nuts contain an average of perhaps twenty per cent of proteid, and beef

somewhat less. Three ounces is a liberal estimate for the daily proteid need of a hard-working man. If too much is taken, the system is clogged with that for which nature makes no provisionary store. To do this is like the house owner who would store lumber, mortar, glass, and other repair material in his rooms. It is only in his way, hindering the work of the legitimate occupant. Much better to secure it as needed than do injury to vital functions by an oversupply.



Recipes

Lentils

SOAK lentils overnight in cold water. Put them in fresh cold water, and cook slowly until soft. Just before they are done, add salt and other seasoning as desired. Some like onion flavor. This can be easily obtained by cooking with them a portion of an onion, and removing it before serving.

Any portion of the lentils remaining may be passed through the colander or meat mill, and will be found available for soup if diluted with milk, water, or tomato.

Vegetable Loaf

ALTOGETHER new material may be used for this, but it is frequently made from the left-overs. For instance, there may be on hand a bowl of tomato or other gravy, a few lentils or beans, some boiled rice or potatoes, and something else which will combine well with the rest. These, seasoned with salt, sage, onion, or any desired flavor, and rubbed through the colander or meat mill, and mixed with a portion of bread or zwieback crumbs, will make a very palatable loaf. The addition of one or two

eggs, beaten separately, improves the flavor. It should be of sufficient consistency to slice when baked. Serve with tomato or other gravy.

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Tomato Soups

A PLAIN tomato soup may be much enriched, and improved in appearance, by adding to it a few noodles cut in the

usual way, or in any fancy form for which cutters may be obtained in large tin stores. Spaghetti broken fine answers the same purpose. Vermicelli is excellent, but there is nothing more interesting than the fancy "pastas," such as stars, rings, crescents, and the alphabet. To find in your soup while eating, the letters to spell some suggested word or make a short sentence is a pleasant and innocent diversion.

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Practical Suggestions

PATTIES of various kinds may prove more palatable if formed in a mold, instead of being made in the hand.

SPLIT and broken Lima beans, which might spoil the appearance of a dish, might be removed and utilized in the preparation of soup.

WELL-WASHED salt sacks are useful in making caramel cereal. Partially fill, and wind a cord several times around the mouth without tying.

A FEW drops of lemon juice added to sauces, gravies, or stews, after cooking, bring out the flavor wonderfully, and is a great improvement.

POTATO cakes, and patties of various kinds, may be spread on tins for heating, covered tightly, and kept hot. Just before serving, drop into a hot oiled pancake griddle to brown.

WHEN washing celery, remember that there are certain insects in it which defy anything but soda. After washing in salt and water, let it soak for a few minutes in water to which you have added soda or bicarbonate of soda, in the pro-

portion of a piece as large as a hazelnut to half a gallon of water. Then thoroughly rinse in clean cold water.

IF you add a little lemon juice to the water in which new potatoes are boiled, they will be a good color, and will not turn dark after cooking. If they are difficult to scrape, put them in salt and water for a few minutes before beginning.

MUCH time, effort, and material may be saved by the following method of stewing apples: Wash the fruit, remove decayed portions, cut in quarters, and remove only a small portion of stem and blossom end. No harm comes from cooking sound cores and skins. Pass through a fine colander, and sweeten. If they were cooked in very little water, the portion remaining in the colander may be moistened, and so a trifle more of pulp be saved. Apples which are likely to decay, may be prepared according to the above recipe, and dried in the oven. Care is necessary that the right temperature be maintained. When needed for use, soak in warm water.



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

"Wash Me"

MRS. FLORA E. YERGIN

THE only windows in my house,
 With dirty specks are covered o'er;
 How shall I see through them the tree
 That bears its blossoms at my door?

As are the windows of my house,
 So are the windows of my heart,
 Except my God shall clear the stain,
 And clean and brighten every part.



Explanatory

YOU have noticed that the home of Mrs. M. C. Wilcox, who has charge of the Mother's Department, is Mountain View, Cal., which is three thousand miles from the place of publication of this journal. The great publishing house, the Pacific Press, located at Mountain View, was burned to the ground the night of July 21. This threw all who were connected with this house into a state of perplexity, and it has been with difficulty that we could resume our regular work.

We hope hereafter to look after the work of the department ourselves, and would greatly appreciate it if those who are interested in any line of woman's work would send in contributions which would be helpful and instructive to our readers. We long to raise the standard of our work to its proper place in the

world, and to send forth a benign and hallowed influence which shall be befitting to those who are called to perform the highest office of work ever bestowed upon mankind; namely, that of motherhood — molders, teachers, transmitters of character, transformers and constructors in a most emphatic sense. And this work will effect, not merely the generation upon which we are working, but all the succeeding generations of mankind, continuing beyond the stream of time, away into the ocean of eternity. Can we afford to be careless, listless, unconcerned about this most solemn and sacred work? — No, surely we can not. Let us, then, put more thought, intense interest, and enthusiasm into it, and by God's grace pass on to others the beautiful lessons we are learning in the great school of experience.

Pitfalls of Our Boys

MRS. M. C. WILCOX

It has been said by one writer that "every morning in the year within our nation fifteen hundred boys get out of bed, run, romp, play, sing, serve at home, study at school, make hilarious and glad city, hamlet, and farm. When the shades of night settle deep over hill and valley, weary, innocent, and hopeful for the morrow, they retire. They sleep, they dream. At dawn they awake from their slumbers, arise, and in the light of a new day, go forth, not boys or children any longer, but men. They go out and mingle with fifteen hundred other men a day older than themselves, and others still older, thus forming a mighty legion of thirteen million in number, all of them young, yet men; men, but young."

It might appear to those inexperienced that the transition from boyhood to manhood came suddenly—in a night. Not so. The period of adolescence extends over a period of years in which the boy *gradually* matures into a man. This period is indeed a most critical period for the boy—a time when both father and mother should unitedly deal with a most firm, yet loving hand. Never in his history is a boy in so great need of tender sympathy and wise counsel as at this particular time. Grateful indeed will be the boy, when in after years he has grown to manhood and looks back, for the firm and gentle influence of restraint that held in check the impulses and emotions so strong at this period in his history.

Appetite

But in dealing with the subject of "Pitfalls of Our Boys" we must begin long before the period of adolescence begins (generally understood to be from twelve to twenty-one years), for many

and serious are the pitfalls of our little boys. Beginning away back in early childhood when mothers or parents alone are responsible, one of the most serious of pitfalls is a *depraved appetite*.

It is not my purpose at this time to give a temperance lecture on appetite. It is my design only to hint at this point, leaving mothers to fill in themselves as to the many and different ways a depraved appetite may be created, nourished, and fostered by food and drinks partaken of by themselves and furnished at their own tables.

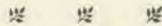
Impurity

Another awful pitfall is that of *impurity*, or *self-pollution*. In very young children it may seem of such trivial importance as to need no attention. But do not flatter yourself, dear mother, that this little practise will soon be forgotten and outgrown. Not so; it will grow with the growth, and strengthen with the strength. Therefore be watchful, be vigilant, keep in the closest touch with the boy, talk to him in the most confidential way to draw out his hidden thoughts and emotions. Then you can advise and counsel far more wisely. Oftentimes you feel that this habit is entirely overcome, you have worked so hard to help the boy, and you have every reason to believe he is determined to overcome. Still it is well to inquire carefully every few days to see if he has maintained his purity of purpose. If not, go with him to the throne of grace, and there plead with God together for victory.

It is well for mothers all through the period of childhood to go to the child's room at night and seek God with him. You must have the child's confidence, or he will grow away from you and take

others into his counsel. It takes a strong purpose on the part of mothers to do this, I know, but strong mothers make

strong sons, and you will be more than rewarded by and by when that son blooms out into pure and noble manhood.



Bad Beyond Belief

BENJAMIN KEECH

A DAY ago an old, gray-haired woman spoke words in my hearing that stirred my soul to its very center. She said that during the Civil War, a little babe, whose father was in the army, and whose mother was drunk, was given to her to care for.

The poor little soul, coming to earth under such unfavorable conditions, spent most of its time in crying; and the only way to keep him silent was to give him the "whisky" which he seemed to crave from the very first.

"I poured diluted whisky down his throat till I thought he could not hold another drop," said that old, gray-haired woman. "I tried to make him drunk, several times, but the doctor said he guessed it was no use." She tittered and laughed, as she spoke.

Well, the poor little thing lived through it, and grew up. But the influence of a mother who drank before he came to earth, and of a foster mother who made him drink after he arrived, was naturally too much for him. He became a drunkard.

Now, as is often the case with such persons, this man had a great longing for all that is good, right, true, and pure. But he never got near enough to God to receive any help. He tried, of his own strength, to quit drinking, but could not. He tried various "cures," and failed.

All this time there was a pure, Christian girl who was watching him and noting his struggles. She loved him for

what he might have been, and for what she thought he still might be. Finally, with a woman's noble—but perhaps rash—heroism, she married him to reform him. And he has not drunk a drop since then.

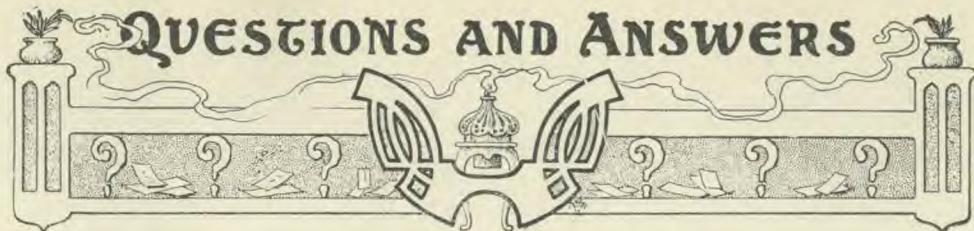
Now, it is very dangerous to marry a man to reform him. It rarely works. But that has nothing to do with my story. What I am getting at is this: To-day, right among us, there are thousands of mothers that are making future drunkards and drug fiends out of their little tender babies by dopping them with soothing sirups and harmful preparations which, according to reliable authorities, contain a large percentage of laudanum, opium, cocain, and whisky.

The old, gray-haired woman, of whom I have told you, may wake up sometime, and be sorry. Other mothers may also wake up and repent—when it is too late. But think of the sorrow and suffering that need never have been if they had roused in time and become sensitive and sensible.

It is really a wonder that most persons are as good as they are. But, as I once heard a mission worker say, "There are enough bad forces at work in this world to-day to have wiped the human race off the face of the earth long ago, were it not for the divine mercy of God." That being so, let every one who is, or expects to be, a mother or a father, straightway begin to acquire true knowledge.

(Concluded on third cover page)

QUESTIONS AND ANSWERS



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

A. E. B., Mich.: If you will send your name and address, we will answer your questions by mail. A reply in these columns would have to await its turn and would be delayed; moreover, we never answer unsigned letters in this column.

W. J. M., Panama: Please read above to A. E. B., Mich. Send your name and address.

225. Diabetes.—G. F., Chicago: "1. Is sugar diabetes curable? 2. Prescribe diet for same. 3. Does jar of locomotive affect kidneys? 4. Do irregular hours, sleep, work, or meals cause kidney disorder? 5. How can it be cured?"

Ans.—1. Some cases are curable, some are not.

2. There is probably no disease in which diet is of more importance than in cases of diabetes mellitis, and none in which the selection of food requires more close observation and sound wisdom. The old method of prescribing a meat and gluten diet, leaving out all starchy food, is no longer followed by the up-to-date physician. It is now well known that sugar is often formed in this disease from the nitrogenous compounds of the tissues. Some starch should be used in almost every case; the amount used must be governed by the ability of the system to digest starch without materially increasing the output of sugar. The diet, therefore, can be intelligently prescribed for a given case only by having the case under daily observation for sufficient time to determine the ability of the system to digest starch without increasing the amount of sugar excreted.

In a general way only can we prescribe a diet for a case of diabetes. In all cases the relative quantity of starch foods should be lessened. The following are excellent vegetarian foods from which a selection may be made to meet the requirements of most cases: gluten flour prepared in various ways, as gluten bread, sticks, wafers, mush or gruel, cream, milk, cottage cheese, nuts (which may be taken with dry toast and chewed very thor-

oughly), eggs, peas, lettuce, spinach, celery, tomatoes, ripe olives, kumyss, zwieback, and baked potatoes. Meat need no longer be relied on as an exclusive diet for these cases. In all cases its use may be largely diminished, and in many cases wholly dispensed with.

3. The jar of a locomotive, and also of the automobile, where one is subjected to it continuously, does no doubt affect the kidneys in some cases; but these cases are exceptional.

4. Irregularity in sleep, work, and meals is injurious to one's health, and for this reason may result in kidney disorder or other form of disease.

5. We suspect that the writer of the preceding questions has fallen into the common error of considering diabetes a kidney disease. Diabetes is not a disease of the kidneys. The best home treatment is toning up the general health, by an outdoor life, abundance of sleep, careful use of cold treatment, such as cold friction, hot and cold to stomach and spine given daily, which will increase the oxidation of the sugar. Exercise should be taken freely in mild cases, but in severe cases it should be restricted, never being carried to the point of fatigue.

226. Chronic Ulceration of Throat.—W. E., Ky.: "I have chronic ulceration of the throat; white patches break out on tongue and lips at different times. Throat is raw all the time. Can hardly swallow. My age is fifty-one. Have used snuff since I was a little girl, but not for past six months. Have had the throat trouble for about a year. Have been confined to serving room for twenty-three years. Daughter, a physician, has prescribed mercury, which I have not taken. Please give diagnosis and suggest treatment."

Ans.—You are not suffering from an ordinary sore throat. Have your throat examined by a good physician who can have your case under personal observation.

227. Sore Mouth and Throat.—A. F., Pa.: "Since early in March I have had sore mouth and throat, red and inflamed. Sometimes I can hardly eat. It does not yield to

mouth wash and gargle prescribed by physician. Bowels are irregular. Last winter I took medicine six weeks for rheumatism; am now taking Bliss Nature Herb Tablets. Please suggest something for the sore mouth."

Ans.—Your sore mouth may be due to a bad stomach, and if so, you can not cure it by any local treatment of the mouth.

Eat but two or three varieties of food at a meal. Select articles that are wholesome, and such as you can relish. Take plenty of time to eat them, remembering that a cheerful mental condition is the first essential of good digestion, and keep the teeth clean by the use of brush and tooth soap. Rinse the mouth out every three hours with the following simple preparation:—

Essence of cinnamon	...30 drops
Menthol crystals10 grains
Fluid hydrastis 1 dram
Water 4 ounces
Mix.	

Let the fluid come freely in contact with the throat.

Quit all patent medicine.

If after four weeks the throat and mouth are not decidedly better, have your throat carefully examined by a good physician.

228. Cold in the Head.—Miss E. D., Wash.: "1. What is a good remedy for a cold in the head?"

Ans.—The cure of a cold in the head is by no means so simple a proposition as it appears. The general treatment of a cold is of the first importance. Balance the circulation by means of a hot foot bath, or a warm full bath followed by a cool spray and a thorough rub with alcohol and oil. That will check the tendency to take more cold. Take a copious hot enema. Take but little food for a few days. Avoid close rooms and bad air. Sleep with the windows open. Spray the nose with glyco-thymoline one part, water four parts, used warm. Follow this with a spray of oil petrolatum (1 ounce), menthol crystals (3 grains), oil Eucalyptus (5 drops), oil of cassia (2 drops). There are other preparations that will abort a cold in the head almost invariably, but they are not safe to advise for general use.

229. Gastric Juice and Germs.—J. S., Wis.: "Will the juice of the stomach, when healthy, kill the germs which are likely to contaminate milk and other foods?"

Ans.—Perfectly normal gastric juice in a

perfectly normal stomach would be able to dispose of almost any disease germs. In fact, the average stomach doubtless disposes of most of the disease germs which enter it without serious results. But in view of the prevalence of disease, one can not be too particular in the selection of clean, wholesome foods, especially in the selection of milk.

230. Saccharin.—O. F., Kan.: "1. What is the nature and appearance of saccharin? 2. What are its effects when eaten? 3. What foods are likely to be adulterated with it?"

Ans.—1. Saccharin is a white crystalline powder, soluble in four hundred parts of cold water. It is intensely sweet, being, when pure, about five hundred times sweeter than sugar. Saccharin, as ordinarily sold in the market, is not quite pure, but it is more readily soluble in water, and is only about half as sweet as the pure article.

2. In the small quantities in which it would be used to sweeten food, it has little or no effect on the system, and is not considered injurious. It is eliminated from the body unchanged, being excreted by the kidneys as saccharin. It therefore has no food value.

3. Such foods as require a large amount of sugar, as jellies, preserves, acid fruits, and cheap candies. To what extent this is done, we can not say.

Diabetics who can not take any sugar at all, are often given a small amount of saccharin to satisfy their longing for sweets.

231. Yellow Lumps in Tonsils—Pain in Shoulders.—M. H., Tex.: "1. What causes a hurting in left shoulder when I practise on piano or typewriter? 2. I spit up yellow lumps, which have a very offensive odor. Do they come from the throat? 3. What causes them? 4. What will cure them?"

Ans.—1. We can not say positively without more accurate knowledge of your case. It may be due to spinal irritation, to wrong position while sitting, to too long practise, to rheumatic trouble, or numerous other causes.

2. These offensive, cheesy bodies are formed in the tonsil, from which they are coughed or hawked up.

3. They are the retained and partially decomposed secretions which collect in the cavities of the tonsil.

4. Removal of the tonsil, or thorough cauterization, which will obliterate the cavities of the tonsil, is the only satisfactory cure.

EDITORIAL



An English View of Nutrition

Science Progress in the Twentieth Century is the name of a new quarterly periodical published in London. The first issue bears date of July, 1906. An important article in this number by F. G. Hopkins, D. Sc., F. R. S., has the title, "Utilization of Proteids in the Animal."

This paper reviews the work of many investigators, showing that the proteids taken into the body are, in all probability, broken up into much simpler compounds before entering the blood current, to be there rebuilt into the proteids of the blood, animals of different species taking the same kind of food and building therefrom their own peculiar proteids.

He further points to the probability that these blood proteids are again broken down by the action of ferments in the tissues, to be built up anew by each of the tissues into new forms according to its needs; for "the proteids of one tissue differ from those of another, and the individual tissue has, like the whole animal, a need for preserving its specific stamp."

The work of Folin, quoted in this paper, shows that the amount of urea excreted daily depends entirely on the amount of nitrogenous food consumed, and not at all on the amount of work done. It has been found that the portal blood, carrying the recently absorbed food from the intestines to the liver, is rich in ammonia, undoubtedly the result

of the breaking up of the nitrogenous part of the proteid. This ammonia does not appear after the blood leaves the liver, being there converted into urea (probably by union with carbon dioxide). So it would seem that the nitrogenous food consumed by man and animals is broken up, giving up much the larger part of the nitrogen-containing molecules to be immediately excreted as urea, and retaining the non-nitrogenous part to be utilized in the tissues in the liberation of energy. A small proportion of the nitrogenous molecules must, of course, be retained to repair the waste of the tissues.

The article concludes: "If the views which are tempting us just now justify themselves, and if the organism really uses the dietetic proteid in such a partial and selective manner, it seems to many that we shall be compelled to divest the proteid of some of its dignity as a pre-eminent foodstuff. Such views predispose us to accept the results of experiments like those of Professor Chittenden, which have become so familiar, indicating that the optimum consumption of proteid is a great deal less than we should have thought possible some years ago. This is a matter of practical importance, and we must give such indications full consideration. At the same time we must be cautious in coming to a conclusion while our ignorance of detail is so great. Proteid as a source of energy may show itself to be of no higher

order than fats or carbohydrates, and the amount actually needed for tissue repair may be small; but the demands of the body are complex, and the constituents of proteid may have uses which come under neither of these heads. What is the optimum [best] supply for such purposes we can not even yet be said to know."

Two points are worthy of note in this conclusion: (1) That the evidence is gaining ground that we do not require so much proteid food as we formerly thought; (2) that the true scientist is modest in his statements, in marked contrast to many of the people (the "antis" and others) of one idea, who with a minimum of scientific foundation make a maximum of vociferous assertion.



The Limitations of Mind-Cure

DOWIE claimed that he prayed and laid hands on seventy thousand people a year. This would in two and a half years be one hundred and seventy-five thousand. He claims to have actually cured in two and a half years seven hundred cases. Hence he cured *four tenths of one per cent of his cases!* The cures were so dramatic and sensational that the 99.6 per cent of failures was not noticed. There were doubtless cases, and always will be cases, where the proper mental influence will produce an immediate and remarkable cure. Such cases are the gold-mine of the Christian Scientists and other types of mental healers.

There is an important relation between mind and body. No doubt every case is either helped or hindered by the mental condition of the patient. But the teaching that this method of curing is sufficient to reach all cases, that there is no need of taking ordinary precautions about preserving the health, that all drugs and other applications are abso-

lutely useless — well, it is theory run mad — a mountain of assertion built from a molehill of fact.

"The idea of disease produces disease, in direct proportion of its definiteness, and in inverse proportion to the strength of the ideas opposing it."— *God-dard*.

"If mind causes disease, it is reasonable to suppose that it can cure the diseases that it causes."— *Dr. Hall*.



Hygiene of the Voice

DR. SCHWEINITZ, the great authority on diseases of the nose and throat, has written some sound words on the hygiene of the voice, which, though intended by him for physicians, I will pass on for the benefit of LIFE AND HEALTH readers. I quote from the "American Text-Book of Diseases of the Eye, Ear, Nose and Throat," published by Saunders, Philadelphia:—

"The hygiene of the voice includes the hygiene of the whole physical organism, for there is scarcely any portion of the body which is not related directly or indirectly to the mechanism of the voice. Disease of any kind is reflected in the voice as clearly and as undeniably as in the face. . . . This much we know, that the pharyngeal and oral (mouth) cavities are continuations upward of the alimentary canal, and are lined with the same membrane; that the color and general condition of the tongue are indications of the condition of the stomach below. A coated tongue means a coated stomach, and, if I may use the expression, a coated voice. The care of the digestion, then, is of the first importance to the vocalist, both because of its direct influence upon the organs of voice, and because of its indirect influence through the circulatory and the nervous system. Strong, healthy nerves are essential to a

good voice, and these nerves are dependent upon good blood properly circulating; and this, in turn, is dependent upon good digestion, and this upon good food thoroughly masticated. Articles of food affect the voice also by direct contact with the organs, and therefore highly seasoned and stimulating food should be avoided. Tea, coffee, liquors, and the after-dinner cigar may injure the voice in the same way."



American Meats

DR. HODGSON, Deputy Medical Health Officer, in a letter to the London *Lancet*, calls for a more stringent law to regulate the importation of American meat. He refers to the German law which requires that the heart, lungs, kidneys, etc., be left intact in slaughtered animals, and if these show disease in the slightest particular, the carcasses are rejected. In England, the law requires no such supervision.

So during the recent meat famine in Germany, English butchers sent over to Germany some carcasses of American animals which had been slaughtered on their arrival in England. Complying with the German law, only such carcasses were sent over to Germany as contained internal organs free from evidence of disease. At the same time numbers of the carcasses which would not have passed muster in Germany were sold in the English markets after having the tell-tale organs removed.

Dr. Hodgson concludes: "Surely, if we in England will go to this trouble for our foreign customers, it is not too much to ask that foreigners be made to do the same for us. As it is, if they choose, no matter what the condition of the internal organs might be if the rest of the carcass was apparently healthy, it would be good enough for England, though not good enough for Germany."

Bee Stings for Rheumatism

A GENERATION ago bee stings were recommended as a cure for rheumatism. It was said that twenty to thirty stings would cure a severe attack. As the remedy was almost as heroic as the disease, it never was very popular, and was finally forgotten. Recently the remedy has been revived, and according to the *Washington Times*, it is now being put into good service.

According to a recent news item, "a large bee raiser, of Royersford, Pa., is being besieged by numerous persons for the use of his bees for the cure of rheumatism.

"Councilman Howard Buchanan was the first to try the new remedy, and the results were so satisfactory that a number of other persons have followed suit.

"John Anthony has been given such great relief by being stung that he has dispensed with his crutches.

"Lewis Deegan, another convert, has been given great relief.

"A prominent business man of Pottstown, who has suffered for years, was stung eight times by Pratt's golden clover bees, which are the kind exclusively used for the rheumatic cure.

"Mr. Mosteller says he will now begin to charge a fee for his bees' stings, the same as regular doctors do for their services. He says it will be more profitable than raising honey."

The quality of the bee probably has nothing to do with it. The sting of the wickedest hybrid would undoubtedly be as effectual as that of the gentlest Italian, and the hybrid could be counted on to use his "hypodermic" without fail.

The editor can not speak personally regarding the efficacy of this cure, for though he has worked around bees when they were "robbing," and received enough hypodermic treatment to cure half a dozen attacks of rheumatism all at

once, he (unfortunately?) did not have the rheumatism to cure.



Where Sanitation is Unhealthful

FRESH air won't do for the Jamaican negro. It's as bad for him as a dose of arsenic, provided he gets enough of it. In his own home, he sleeps in close, unventilated hovels, and seems to thrive. Transported to the Isthmus and given the advantage—or disadvantage—of modern sanitation, he catches cold, contracts pneumonia, and dies. Scientific ventilation is a hardship to which he has not been inured. Long exposure to unsanitary conditions has made him practically immune to the disorders incident to filthy surroundings, and has rendered him particularly susceptible to other conditions which are found to be essential to the health of dwellers in more temperate countries.

So it is with the person who is hereditarily and constitutionally filthy. It might be dangerous to attempt to clean him up—that is, so far as he is concerned; but some might say if it shortened his lease of life, it would be a good riddance.



Civilized Football

SOME, at least, of the American universities have taken a right stand in regard to football. The two California universities, Berkeley and Stanford, have decided that hereafter the game must be played according to Rugby rules.

President Wheeler, of Berkeley, has written to inquiring high-school principals in California, advising that they adopt the Rugby rules instead of the untried intercollegiate rules.



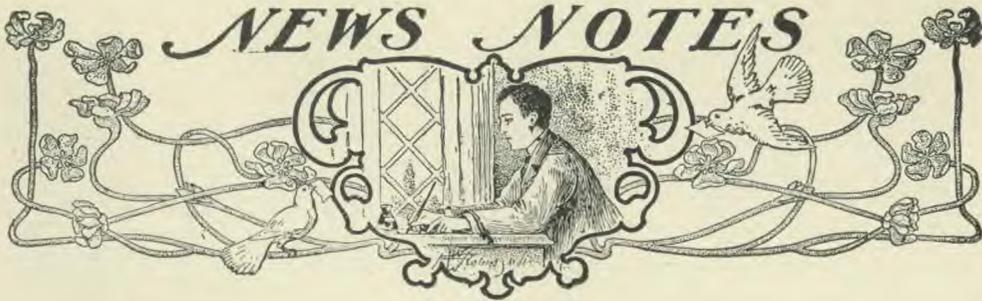
Two excellent articles on hygiene appear in the November *Ladies' Home Journal*: "How They Told Their Children," by Marion Sprague, explaining the methods followed by different parents in making clear to their children, at the proper time, how life is passed on from one generation to another,—a skilful handling of a delicate subject,—and "The Physical Child," in which Dr. De Witt G. Wilcox argues for better protection of the health of children, urging that the little ones shall not be sent to school too soon.



"A NON-SURGICAL TREATISE ON DISEASES OF THE PROSTATE GLAND AND ADNEXA," by George Whitfield Overall, A. B., M. D., Rowe Publishing Co., Chicago.

The experience of Dr. Overall led him to the conviction that in the treatment of prostatic and allied diseases, too much dependence had been placed on surgery.

In this work he outlines methods of treatment—non-surgical—the result of his many years' practise, and already three editions have been called for. The last edition contains three original methods of treatment not given in former editions. The work, of course, is intended especially for physicians.



THE milk supply of New York City is unequal to the demand, and the price is going up.

A FREE dispensary for the treatment of tuberculous patients has been opened in Los Angeles, Cal.

THE State Health Commissioner of Pennsylvania has ordered that all houses be placarded where there is whooping-cough.

THERE has been a remarkable drop in the number of deaths from infant diarrhea in New York this year over last—fully one third.

THE town of Petaluma, Cal., has an incorporated company to import goats from Switzerland and supply sanatoria and others with condensed goats' milk.

THE New Hampshire State Board of Health reports that as the result of examining 408 samples of foods, "186 were found adulterated, misbranded, or below standard."

It is said that notwithstanding the efforts of the health officers to prevent the spread of the disease, one fourth of the school children in New York City have trachoma, or inflamed eyes.

THE cholera epidemic in the Philippines seems to be losing its force. None of the natives who were inoculated with the vaccine prepared by the government contracted the disease.

THE treatment of various diseases by means of baths in water from certain mines, containing radium emanations, is reported to be meeting with success in Europe, and is becoming popular.

AN English physician states, as a result of experiment, that all forms of animal life, including insects, take kindly to the use of alcohol. According to him, fishes are the only "teetotalers."

THE city of Geneva, N. Y., will hereafter issue no licenses to dealers in patent medicines and nostrums. The mayor says that the loss to the city will be more than made up by gain to the people.

ACCORDING to the Internal Revenue Bureau, the consumption of beer is on the increase in this country. One hundred and sixty million more gallons were consumed by us last year than the preceding year.

THE Massachusetts State Tuberculosis Commission proposes to recommend to the legislature a campaign in all slum and tenement districts in favor of the home cure and open-air sleeping for the relief of tuberculosis.

A BROOKLYN physician, who collected statistics of fatalities in games during 1895, found seventy-eight in all, of which twenty-eight were from football, twelve from baseball, and nine from horse racing. Of the football players seventeen were high school boys.

A MEDICAL expert on leprosy says that fleas and mosquitoes transmit leprosy germs; that it requires many years for the disease to become established, when it may burst out in epidemic form. He believes all lepers in the United States should be confined in isolated camps.

DR. NICHOLAS SENN, Chicago's eminent surgeon, just returned from Africa, says that cancer is a disease of civilization. He is led to assume, from the fact that there is no cancer among the African natives, "that if we in Chicago and other places in America had natural mothers, and were allowed to be brought up simply, and on the plainest food, the spread of cancer among Americans would be quickly checked. My investigations showed me that cancer is not a parasitic disease, but is merely erratic tissue growth; and when we have found a method to ripen the undeveloped tissue, which is a cancer, the cure will be sure and absolute."

IN a number of instances whooping-cough has been relieved in a remarkable manner by the administration of chloroform, until the muscles were relaxed, but not until the pupillary reflex was lost. The anesthesia was continued about five minutes. There were no unpleasant after-effects.

THE members of the Chicago Tuberculosis Institute have established, at Dunning, an institution for the treatment of tuberculous patients by the open-air method. There are three portable cottages, one each for dormitory, dispensary, and kitchen, affording accommodations for twenty patients.

THE Indiana State Board of Health has prepared a stringent pure-food ordinance, which, if carried out, will guarantee to the people of that State sound and healthy meats. The ordinance proposes to regulate the details of the practise of slaughter-houses, butcher shops, meat and fish markets, and eating-houses.

THEY had the usual epidemic of hydrophobia-scare in New York this fall. But there are many who believe hydrophobia is largely a creation of the imagination. It is quite easy to understand that a person bitten by a snappy dog might, through fear, contract all the symptoms said to accompany hydrophobia.

IT has been observed, both in animals kept in the dark and in man where the night is turned into day (as is the case with bakers, night-watchmen, etc.), that the blood becomes poorer in coloring matter. In many cases there are also changes in the blood-cells themselves. These changes are evidently the result of light-starvation.

Two New York girls—school-teachers—have given up their schools, bought an abandoned farm of sixty acres at Bakerville, and are now engaged in "husbandry;" only no husbands need apply. They do all their own work, and are making a success of it. They say they are tired of doing ordinary things, and adopted this means of earning a competence. They manufacture peanut butter, and are making a good thing out of it. Two other girls have a four-acre plot at Fairfield, where they raise flowers and vegetables. How much better it would be for men with families who are now housed up in some congested part of our large cities, without sufficient breathing space for their little ones, to get out to the

land. A small place of a few acres, cared for by some members of the family, can be made to add materially to the family income. Such small places can often be found in the suburbs of large cities, within traveling distance of the factories or places of business.

THE Kansas City Board of Health has adopted a new way to bring dirty restaurant keepers to terms. They post up on the dirty restaurants placards which it is unlawful to remove without authority from the board. The placard states that the kitchen is conducted in a dirty and unsanitary manner, and that food prepared in this condition is dangerous to health.

AN Austrian physician, Dr. Schwartz, uses three gallons of milk daily as his exclusive dietary, to which he has adhered, as he claims, for twenty-three years. He appears to be in the best of health. Though he is fifty, he considers himself still a young man. It takes the entire yield of two cows to supply the doctor; hence he must, since first adopting his milk diet, have used up several cows.

THE town of Urbana, Ill., is to have a modern septic tank system of sewage disposal in order to demonstrate to surrounding towns the advantages of such a system. In this system, the sewage is conducted into a series of tanks, where it is progressively acted upon by different varieties of bacteria until it is comparatively inoffensive, when it is, perhaps, allowed to pass onto land for irrigating purposes.

THE food inspector in Chicago has concluded that he would do well to inspect the output of the candy factories. A lady came to him, indignantly showing him a tooth which she had found in a caramel. Another woman found a caramel with a worm in it. Going to the store where this lot of candy was bought, the inspector saw a worm crawling over the candy. He concluded to begin a crusade of inspection among the candy stores.

ATTORNEY-GENERAL CORSON, of Pennsylvania, has stated his opinion that according to Pennsylvania law, all school children, whether attending public or private school, must either be vaccinated or leave school. Perhaps, later, they will not allow unvaccinated children on the streets. But here is a poser for those who favor radical measures: Vaccination either protects, or it does not. If it *protects*, the unvaccinated can not be a menace to the vaccinated. If it does not pro-

lect, it is useless. If the unvaccinated is only a menace to himself and others who rather run the risk of smallpox than those of vaccination, it is his privilege as an American citizen to remain unvaccinated. The Declaration of Independence asserts the right of the individual to "life, liberty, and the pursuit of happiness." If remaining unvaccinated and contracting smallpox is a part of his program for securing happiness, it is his privilege — or should be — so long as in the exercise of that privilege he does not menace others.

REPORTS of the antitoxin division of the Pennsylvania State Department of Health, show that the death-rate from diphtheria from all cases treated with antitoxin was three per cent. No deaths were reported where the instructions of the commissioner as to the liberal use of antitoxin twenty-four hours after the beginning of the attack were followed.

DR. S. KNOPP, who has worked long and earnestly in the slums of New York and elsewhere, in the warfare against tuberculosis, and who has well earned the right to speak with authority, says that *the excessive use of alcohol is responsible for more tuberculosis than is anything else.* He says he is not preaching temperance, but he maintains that more alcohol is consumed in patent medicines than is sold over the bar.

THE new labels for foods in packages which will be prepared in accordance with the new national food law, must contain the true name of the product, the true name of the manufacturer, and the true name of the place of manufacture. No picture, design, or device which gives any false indication of the origin or quality shall be used upon any label; for instance, the picture of a pig appearing on a label which is placed upon beef product, or of a chicken on veal or pork, is prohibited.

DURING the last forty years, as a result of increased medical knowledge regarding the worthlessness of alcohol as a remedy for disease, the proportional consumption of milk and alcohol has been reversed in London hospitals. Forty years ago they spent yearly forty thousand dollars for alcohol and fifteen thousand for milk. Now they spend forty thousand dollars for milk, and fifteen thousand for alcohol. No doubt the patients would be better off if that fifteen thousand dollars' expenditure were well-nigh wiped out.

A SWISS scientist and investigator, who has been studying the preferences of mosquitoes, found that the color of the clothes worn by an individual has much to do with this preference. In his experiments with the malarial mosquitoes, nearly four times as many mosquitoes lighted on persons with dark clothing in a given time as on those with light-colored clothes. So it is the part of wisdom when going into a mosquito district to wear light-colored clothes.

THE chief sanitary inspector of Chicago, after investigating the candy factories, said: "I saw sickening conditions in the plants of concerns whose candy is as well known in New York as in Chicago. Many of the floors looked as if they had not been scrubbed for a week, and the tables on which chocolate creams were rolled were coated a quarter of an inch thick with accumulations of starch and sugar." It is generally known that workers in candy factories soon lose their taste for candy. Probably others would, if they could take a view behind the scenes.

THE State Food Commissioner of Pennsylvania who recently compelled the glucose trust (Standard Oil) to come to terms and cease marketing sulphured glucose, has recently secured the conviction of about a score of retail candy dealers for selling impure candies. The total fines of these candy makers, \$1,092.50, were paid by the glucose trust. Commissioner Warren, regarding the victory against the glucose people as complete, is looking around for other worlds to conquer, and will probably attack other adulterations. If this keeps on, we shall know what we are eating, after a while.

"BECAUSE she was brave enough to live for many months in a tent, defying alike the blizzards of winter and the heat of the summer sun, Miss Albertina Zobel, who skilled physicians a year ago said could not live more than a week or two, has survived the ravages of typhus and palsy, and is now on the road to complete recovery. For weeks and months it was discouraging work, for improvement seemed slow in showing, but finally she became so accustomed to her mode of life that she actually seemed to enjoy it. Soon afterward the color began to return to her cheeks, and her physicians knew that the heroic treatment had saved her life."

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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

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To ease the minds of those who criticized the poem "The Brother Tree," I wish to say that the editor is alone responsible for its appearance in this paper.

G. H. H.

OUR readers will be interested in *Liberty*, a new thirty-two-page quarterly magazine, recently published in the interests of the principles governing the civil and religious rights of the people. The second number is now out, and is filled with sparkling articles upon the fundamental principles of religious liberty. Price, 5 cents a copy; 25 cents a year.

Two years ago the agents for LIFE AND HEALTH were ordering only 25 and 50 copies each month, and with but few duplicate orders. Now these same agents, together with many new ones, are ordering from 100 to 1,000 copies, and duplicating their orders several times each month. One agent sent us an order

for 10,000 copies, with the statement that he had tested the selling qualities of the journal, and felt safe in ordering 10,000 copies at one time.

❖

What a Boy Can Do

A BOY can make the world more pure
By kindly word and deed;
As blossoms call for nature's light,
So hearts love's sunshine need.

A boy can make the world more pure
By lips kept ever clean;
Silence can influence shed as sure
As speech—oft more doth mean.

A boy can make the world more true
By an exalted aim;
Let one a given end pursue,
Others will seek the same.

Full simple things, indeed, these three,
Thus stated in my rhyme;
Yet what, dear lad, could greater be—
What grander, more sublime?

—Crusader.

❖

A Prescription

WHEN the brain seems fogged and fuddled,
And the mind is dull and muddled,

Then it's best

Not to wait, for you are fated,

If you do, to be prostrated;

You need rest!

—Herbert Brooks, in *Four-Track News*.

❖

"IF 'squatoes, fleas, and bugs were only vegetarians,

How might a man fore'er rejoice!

In peace he'd rest upon his bed,

And 'gainst them never lift his voice."

❖

MARY had a little lamb;

When it began to sicken,

She sent it off to Packingtown,

And now it's labeled chicken.

—Success.

The Laurel Vegetarian Restaurant

FULL COURSE DINNER 35c LUNCH 25c

A la Carte at all Hours

Open Sundays. Closed from Sunset Friday to Sunday Morning.

Proprietresses J. & E. QUACKENBUSH

11 West 18th Street New York City

Between 5th and 6th Avenues

(Continued from page 320)

Spiritual laziness, ignorance, and selfishness are the three worst forces at work in the world to-day. Nearly every kind of badness is some form of one or the other, or all three; and they do, in short, contain the whole gamut of sin, error, and wrong doing. So, let us pray to become spiritually wise and energetic, and let us unselfishly labor to waken the sleeping consciences of others.

✽

The Home Life

MRS. E. G. WHITE

CHRISTIAN fathers and mothers are to bear the fruits of righteousness in the home life. A most solemn responsibility rests upon them. The home of every Christian should be a little church, a representation of the heavenly home, from which others may learn what a family can become in this world through obedience to God's Word. Heaven is much nearer to the earth than many realize. The an-

gels of God are ascending and descending the ladder of shining brightness that Jacob saw. God is above this ladder, and his glory, flushing the threshold of heaven, is shining upon every round.

God desires parents to bear much fruit by training and disciplining their children aright. Such work requires tact and skill; for different minds are differently constituted. In order to be successful in this work, parents should engage in it prayerfully and intelligently, beginning with themselves.

The husband and the wife are to bear with and respect each other. The husband is the priest of the household. The wife is to lean upon his large affections, and his arm is to strengthen and sustain her in carrying the burdens. Both should learn to use much discretion in the management of human minds. In dealing with their children they should depend upon the guidance of the Holy Spirit.

LISTERINE

The original antiseptic compound

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

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

Lambert Pharmacal Company, St. Louis, U. S. A.

The Colorado Sanitarium



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

The buildings are equipped with all modern conveniences including **Steam Heating, Electric Lights, Elevators, Gymnasium; Baths of every description, including the Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form, Classified Dietary, Laboratory of Hygiene** for bacteriological, chemical, and microscopical investigations; **experienced Physicians and well-trained Nurses of both sexes.** No contagious or offensive diseases are received in the institution. No consumptive patients are received.

Write for catalogue and card of rates. Address —

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Boulder - - Colorado

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