

Are Your Habits Friends or Enemies?

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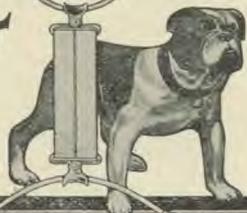
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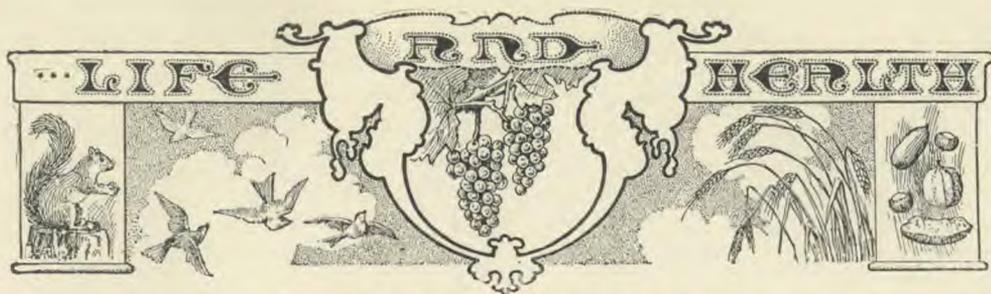
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"Something better is the law of all true living."

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No. 1

Some Results of Constipation

J. R. LEADSWORTH, B. S., M. D.



WHAT is constipation? What are the conditions of society which promote its frequency? What are its effects upon the system? What measures can one so afflicted adopt in the way of diet and treatment to effect a cure? In the first place, there is a very wide difference in the opinion of individuals as to what constitutes constipation. At one time we had under our care a mining man suffering from a severe attack of rheumatism. An examination revealed that our patient had a movement of the bowels about once in ten days. In following up the treatment we endeavored to overcome this condition of the bowels. Soon the movements were only about three days apart, and this seemed a reason for congratulation. But imagine our chagrin upon being reproached by our patient for this unwarranted disturbance of the alimentary canal, stating that such a condition of diarrhea would soon exhaust him.

Few there are who comprehend the consequences to the system of a sluggish condition of the large bowel. A person may be nourished for weeks by nutritive enemata. This is due to the absorp-

tive function of the large intestine. It can be readily seen that when the body wastes are not promptly eliminated, they are thus retained in contact with the absorbing surface, and a large part of the poisonous substances is reabsorbed. When the body is carrying on its functions abnormally, man is liable to be overpowered any moment by the poisons generated within. Many chemical substances of a highly injurious nature are constantly formed in the body laboratory. We might enumerate many destructive substances thus manufactured, a fact which would seem to emphasize the necessity of keeping this important channel of waste active and free. We should see to it that this excretory organ is doing its full amount of work.

To enumerate all the conditions directly traceable to constipation would far outreach the bounds of this paper. We can consider only a few. If, as has been said, Americans are a nation of dyspeptics, there is sufficient evidence for believing that the most potent factor in producing the functional digestive disturbances is constipation. Invariably where the last condition can be cured, the dyspeptic symptoms largely, if not entirely, disappear. And it is quite certain

that a physician would begin the cure of indigestion by attempting to cure the torpidity of the bowels. Think of that bad taste in the mouth arising from a moldy, coated tongue, and of such a foul condition extending from the mouth to the lower bowels, and of the system so saturated by the reabsorption of these body toxins that to be within the range of such a malodorous breath is absolutely dangerous. It is more than probable that such persons derive a certain amount of satisfaction from thinking as did the old colored auntie. Upon being asked how she would feel in paradise with her breath tainted with the fumes of tobacco, she replied that she expected to "leave her bref behind her when she got up dar."

It is well known that the nearer one approaches perfect health, the more transparent the tissue becomes; that when the kidneys and bowels fail to carry off their wastes as rapidly as formed, the skin at once assumes a muddy, mottled condition. Treatment for many of the disagreeable skin diseases is begun by clearing out the body poisons.

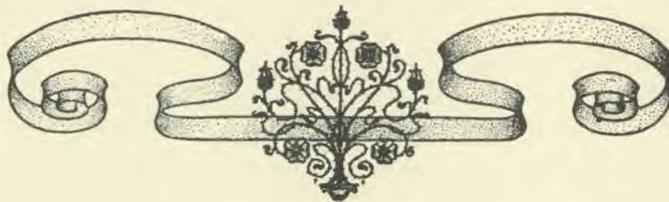
Tuberculosis is being looked upon as a filth disease arising in the majority of cases from unsanitary conditions, both inside and outside the body. Gout and rheumatism come from faulty elimination of the poisonous wastes. The most

approved treatment for that pitiable condition known as epilepsy has resolved itself into that of increasing the work of the excretory organs.

Not the least important is the thirty feet of intestinal canal. Some months ago we spent some time at a state institution for feeble-minded children, where six or seven hundred inmates were confined, the greater number of whom were epileptics. The medical superintendent recognized that these children should be kept busy, so that the waste functions would be as free as possible. In the absence of other active employment, proper tools and wheelbarrows were provided, and these children were given daily employment in digging at a large mountain, and wheeling the earth into a ravine below. When kept actively at work, the number of epileptic seizures in the institution was greatly reduced, but on Sundays, when all were idle, the number of fits was usually doubled.

A large part of mankind have periodical bilious attacks, megrim, etc., which they look upon as necessary evils, things which can not be cured, so must be endured. These are diseases that border on the epileptic state, and when treated as conditions of self-poisoning, most promising results are secured.

Our next article will deal with treatment along rational lines for the cure of constipation.



Are Your Habits Friends or Enemies?

G. H. HEALD, M. D.



VERY person has habits of some kind,—good or bad,—he must have. Most often it is a curious mixture of both good and bad. Each individual is a bundle of habits,—a machine,—working in his own peculiar manner, with his own characteristic ways of standing, sitting, speaking, writing. Your friend's voice, which you could recognize among ten thousand if you heard it over in Egypt or anywhere, his penmanship, which you could distinguish from all others, were not his by inheritance, but are the result of the habitual action of certain of his muscles in a particular way. The very form of the features and the expression are a matter of habit. No two persons are alike. There are no doubles. What we are is what we have grown to be as a

result of our oft-repeated acts. Each of us is busily engaged, carving the statue of his own character, and every blow of the hammer leaves its indelible impress.

It is never necessary to plant weeds. All we need to do is to neglect the garden, and the weeds will take care of themselves. They can be recommended as a sure crop, requiring no attention and little care. But if we want a profitable crop, a garden that will be a credit, we must work diligently, cultivating the desirable plants and repressing the others.

Habits are comparable to plants, some good, some bad; the good must be carefully fostered, the bad care for themselves.

Effort is required to go up-stream, but gliding down with the current is easy; and the nearer one approaches the rapids, the more difficult it is to make headway against the current. So evil habits, once formed, carry one on with ever-increasing momentum.

Have you picked up little tricks of speech, little slang expressions that you wish you were rid of? Have you be-

come rather careless in your pronunciation, or in your toilet, or in your manner of meeting and greeting others? Have you noticed as you grow older, that your acquaintances are not so ready to overlook these peculiarities as they once were, and that you are

slowly but surely being relegated to the "top shelf" as a "back number"? Realizing this, and attempting to reform your habits, have you found to your sorrow that it is no easy matter to change the customs of years,—habits which you have learned to despise, and which make you ashamed of yourself,—so that the more you strive to rid yourself of the old ways, the more you settle back, like the unfortunate in the quicksands, whose every move only sinks him the deeper? Do you find yourself wound around by a silken cord, once easy to break, but now

There is no more miserable human being than one in whom nothing is habitual but indecision, and for whom the lighting of every cigar, the drinking of every cup, the time of rising and going to bed every day, and the beginning of every little bit of work, are subjects of express volitional deliberation. Full half the time of such a man goes to the deciding or regretting of matters which ought to be so ingrained in him as practically not to exist for his consciousness at all. If there be such daily duties not yet ingrained in any one of my readers, let him begin this very hour to set the matter right.—James.

so securely wrapped that hardly a finger can be moved?

This is probably your experience if you have allowed unprofitable and unfavorable habits to form. You have awakened at last to the fact that you are a slave. Whatever you attempt must be done with the most painstaking thought as to every little detail. Each time you dress, eat, drink, converse, or write, you must be alert in order to avoid the result of unprofitable habits. You resolve to eat slowly and masticate your food; but in less than a minute after you begin your meal, the viands are disappearing with the accustomed

rapidity. You determine always to meet your friends with a smile and good cheer, but in an unguarded moment the old spirit seems to control you, and you have wounded your best friend. Whatever you attempt is marred by the effect of wrong habit. What others do correctly

and easily, you do with difficulty; and unless you give close attention to each detail, you are making all kinds of blunders.

Such is the picture of an unsuccessful career, the result of improper training during the growing period. When one takes up some new line of activity, be it skating, or bicycle riding, or piano playing, or writing, is the time when attention to a proper performance of every detail should be given; and this vigilance should not be relaxed until the automatic performance of every part of the work in a correct manner is habitual. This is the formation of good habit. It

is comparatively easy at first. We do not attempt to straighten a tree when it is matured, but while it is yet young and tender. If you are young yet, remember that youth is the time to form habits that will be your friends in later life. There is usually one right way, and several wrong ways to do a thing. Whatever you do, do right. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God," means do it right, in every particular, and keep on doing it right, and do not for one single time permit yourself to do it any other way. Let that and nothing else be your

standard. Be severe with yourself, and you will in time be rewarded bountifully. In diet, in sleep, in dress, in your toilet, in your language and deportment, in your manner of study, in your consideration of others, in your every thought, be always exactly right, and never

The great thing, then, in all education is to make our nervous system our ally instead of our enemy. It is to fund and capitalize our acquisitions, and live at ease upon the interest of the fund. For this, we must make automatic and habitual, as early as possible, as many useful occupations as we can, and guard against the growing into ways that are likely to be disadvantageous to us, as we should guard against the plague. The more of the details of our daily life we can hand over to the effortless custody of automatism, the more our higher powers will be set free for their own proper work.—James.

make one exception. Your efforts, irksome enough at first, afterward become easier, until finally your habits are your servants, and not your masters. Then the higher faculties of your mind, being free from the care of the semi-unconscious acts which go to make up your personality, can be devoted more fully to other (and I was going to say greater) interests. You will have good health, a sound mind, an excellent training, and you can depend on yourself in an emergency; and best of all, others will learn that they can depend on you. Try it, my young friend, and you will live to thank the writer of this advice.

But you who are older and have become discouraged at the frequent repetition of your failures, the result of bad early training, do not despair. Your case, though very serious, is by no means hopeless. "While there is life, there is hope." Perhaps you have periods when you are more or less despondent, and everything appears to be tinged with a deep blue, and again you have times when you are more hopeful and courageous. Like the pendulum, you swing from one state to the other. Now during one of your hopeful periods, say to yourself that you have undertaken to prove that your thirty or forty years of bad habits can be overcome by persistence, and that you have set out to prove it.

And a wonderful help it will be if your faith grasps the hand of the Infinite. You can know that you are asking according to his will, for he wills that we should have

minds and bodies and habits that glorify him. In fact, he has commanded us to glorify him in our bodies and spirits, and also to do all we do to his glory. He has commanded nothing that he will not give the help to perform.

If you have a personal friend in whom you have confidence, one who will be likely to sympathize with you in your effort to overcome, tell him of your difficulties and your determination to overcome, and then tell him from time to time what progress you are making. His

encouragement will be a stimulus to you.

Even if you are afflicted with graver habits, such as alcoholism, drug addiction, or secret vice, your case is not hopeless, provided you are sincerely anxious to be rid of the habit. A man giving up the use of tobacco sometimes throws his pipe and tobacco away, but carefully notes just where the pipe falls, so he can get it again provided he finds it too hard to give up the habit. Such men always go back to the habit, because they have not burned the bridges behind them.

A band of rescued men were out on a mission farm. In their testimonies,

they praised God for having given them the victory over the liquor habit; but most of them thought they could not overcome the tobacco habit! Why? Was God less powerful to help them overcome the appetite for tobacco than he was to free them from the craving for liquor? Or were they more

Could the young but realize how soon they will become mere walking bundles of habits, they would give more heed to their conduct while in the plastic state. We are spinning our own fates, good or evil, and never to be undone. Every smallest stroke of virtue or of vice leaves its never-so-little scar. The drunken Rip Van Winkle, in Jefferson's play, excuses himself for each fresh dereliction by saying, "I won't count this time!" Well, he may not count it, and a kind Heaven may not count it; but it is being counted none the less. Down among his nerve-cells and fibers the molecules are counting it, registering and storing it up to be used against him when the next temptation comes.—Bain.

anxious to get rid of the liquor habit because they regarded it as more degrading? The latter seemed to be the case, and every one of these men who failed to give up the use of tobacco, afterward went back to drink, and I lost sight of them.

If you want to reform on one point, do thorough work, and reform on every point, asking God's help frequently; at the same time realizing that *you must use your own will power*, and keep ever at the work of reform.



Conducted by Augusta C. Bainbridge, 612 Tenth Ave., Station M., San Francisco, Cal.

"THE world's a room of sickness, where each
heart
Knows its own anguish and unrest;
The truest wisdom there, and noblest art,
Is his who skills of comfort best."

Jesus the Healer

10—The Lame Man



SILVER and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk." Acts 3:6.

Many will tell us that the diseases healed by faith in the Son of God are of the imagination purely, and require no healing power, only a change of thought in the patient. Even if that were true, does not a change of thought require healing power? Is not a mind diseased in need of a cure, and is not the Creator of the mind the only one who can heal the same?

But here is a lame man, born lame, who had never walked; and he would certainly be one whom we all would pronounce incurable. Surely this one will not ask for healing. No, he did not. He did not know enough to ask for that; but he asked for the *best he knew*, "an alms." No doubt he asked in faith, for "he gave heed unto them, *expecting* to receive something of them." With what

a glorious "something" was his faith rewarded, when Peter "took him by the right hand, and lifted him up." What sensation must have passed through his feet and ankles when they "received strength"! What sensations of mind, what rejoicing of soul, when "he leaping up stood, and walked."

Here was Peter, just such a man as any one of us; but he was one who knew and believed the power that is in the name of Jesus of Nazareth. It was no risk in his mind to speak the word. So sure was he of the healing power that was in that name, that he reached forth his hand, and met the hand of the lame man, and they rejoiced together.

That could have been nothing else than healing power, and the power of the Creator is healing power. Nerves, blood-vessels, muscles, tendons, tissue, skin—all that made those weak ankles and feet strong, was created by the power of a living Creator.

That power is here now. The Creator has not lost it, nor given it to any one else, neither has he lost the heart of love

that desires to give it to his child. We his children have lost faith in him. But since "faith cometh by hearing," and "it is the gift of God," no lame man, woman, or child need lose heart. Hearing cometh by the Word of God. Take your Bible, and praying for the enlightenment of the Spirit of God, read over and over all the miracles of healing of the lame recorded in the Book. Read them until they are real to you. Read them until your heart says freely, "Lord, I believe." The healing may come instantly, or be gradual. It may be with no other means than prayer; or you may be directed to some means. If you are, be not disobedient to the heavenly vision, but obey

while you trust, remembering that no matter what means you may be directed of God to use, it is *his power alone* that heals. Many, very many, lose the blessing right here. They see the "air," or "sunshine," or "water," or "rest," or whatever the means may be, and they lose sight of the Healer, and hence lose their healing. This man "gave heed." That is our pattern. Let us *give heed*, and rest in the promise, remembering whose word is given, whose name is all-powerful, and that God can not deny himself. Read also Acts 14:8-10 and 8:7, then Matt. 11:5; 21:14; Luke 7:22, and other texts. Read, believe, trust, obey, and be healed.

"Ask God to give thee skill
 In comfort's art,
 That thou mayst consecrated be
 And set apart
 Unto a life of sympathy;
 For heavy is the weight of ill
 In every heart,
 And comforters are needed much
 Of Christlike touch."



GREAT FALLS — POTOMAC RIVER

CURRENT COMMENT



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

The Purin-Free Diet

THE purin bodies have attracted attention because of their relation to arteriosclerosis and gout, and because of the demonstrable deleterious effect of the purins upon the general vitality. These compounds are closely associated with uric acid. . . . These bodies are present in meats and in certain whole grains or seeds, such as oatmeal, whole-wheat bread, peas, and in tea and coffee. The foods which are free from purins are milk, white of egg, cheese, white bread, macaroni, potatoes, apples, bananas, raisins, dates, nuts.

A growing school of dietetists is developing, upon a sound scientific basis, the doctrine that a purin-free diet has great advantages both in health and in illness. It is shown that the mere freedom from purins in the diet, however, will not accomplish everything unless attention is paid to other important factors in digestion. It is insisted that with a purin-free diet the amount of food may be much smaller, the meals should be fewer, and the mastication should be slow and complete. . . . The diet recommended in acute disease is simple. Uncooked milk, diluted with soda-water, every two hours; milk with well-cooked, strained rice; and fresh juice of grapes or oranges, are the main reliance recommended. Pineapple juice, cooked apple, and banana from which the outer fiber has been scraped are of advantage. For general nourishment the white of egg may be added, beaten in milk or water with a little sugar. Egg lemonade, made by shaking together the white of an egg

in a half pint of cold water, with the juice of half a lemon and sugar is a valuable combination. Such a dietary is purin-free, and is wonderfully sustaining.

The foods of the highest nutritive value are nuts, macaroni, dates, raisins, cheese, and unleavened bread. These are purin-free. It is shown that one can subsist and do much work on a small amount of such food if well masticated. After a hearty meal it is a common thing for a person to eat enough nuts or raisins (the most highly concentrated nourishment) to make a good meal, and then discover that they do not agree with him.

Not all fruits and vegetables are purin-free. Strawberries contain purin bodies. The vegetables are less valuable as articles of diet. Many vegetables contain but little nourishment; and others, such as peas, beans, spinach, asparagus, and onions, contain purins. The purins, however, which are derived from vegetables, seem less harmful than those from meat, for the latter are always combined with a certain amount of leucomains and products of decomposition, no matter how soon after the death of the animal the flesh is placed on ice.

It is doubtful if we soon become converted to a purin-free diet, but it is certain that there is a strong tendency toward minimizing the use of purin-rich foods.—*New York State Journal of Medicine.*

✽

A Purin-Free Diet

THE mere fact that a diet is purin-free is of little value unless attention is paid to the other factors essential for

healthy digestion. Thus the amount of food should be small, the meals few, and the mastication efficient. At the same time the food should be plain. The tendency in some quarters to adopt a fruitarian diet, and then spoil it by rich sauces and elaborate cooking, to say nothing of spices, pickles, vinegar, and condiments, is only likely to breed disappointment and disgust. The man or woman who forswears meat and lives on highly flavored dishes, with cream and other rich accessories, would do much better on a plain mutton-chop or a fish dinner. If, however, simplicity is made the first essential, then much further benefit can be obtained by discarding all those articles of food and drink which contain uric acid and allied bodies in excess [meat, tea, coffee, etc.] . . . The condition of "hyper-pyremia," due to an excess of carbohydrates, recently described as the underlying element in many disorders, is not developed on a properly arranged fruitarian diet; all excesses are bad, and too much starchy food in conjunction with meat is especially injurious.—*Dr. W. A. Potts, in London Lancet.*



Some Truths About Sleep

THERE is a growing belief that usually a person sleeps as long as he needs sleep—some more, some less. We are coming to the belief that soporific drugs [sleep producers] have little place in medicine. . . .

The horrors of sleeplessness are but slightly due to the want of sleep, and chiefly to the idea that to lie awake is a terribly nerve-destroying thing. The victim of insomnia laments his infirmity, and worries lest he become a nervous wreck. This attitude of mind when he goes to bed, tends to keep him awake, for he is in a state of expectancy of insomnia; and what is worse, he is unhappy about it. If he would resolve that he does not

wish to sleep, but would read, he would soon drop into normal unconsciousness. . . .

Man should go to bed to give his body rest and relaxation; and the brain will put itself to sleep if it needs it. While the body is in relaxation, it is not necessary that the brain should be unconscious in sleep. If the body is given eight hours of rest, the brain may be left to take care of itself. If the insomniac is impressed with this fact, he will find that lying awake for an hour or two while his body is at rest does not harm him. He will find that, his terror gone, he ceases to be an insomniac, and becomes a philosopher. It is a common error for a man to put off his bedtime till late because he finds that he can not sleep till then, or to get up early in the morning for the very poor reason that he is awake.—*New York State Journal of Medicine.*



The Open-Air Cure for Tuberculosis

THAT dread and prevalent malady, consumption, is ever being attacked with greater zeal, science, and philanthropy, and they who are giving their best efforts to its arrest and eradication ask little more from the public at large than intelligent co-operation. Chicago, for one community, has a tuberculosis institute, which is even now establishing a camp for consumptives. The habitations of the first inmates of the colony will be canvas tents or portable houses, so built as to be open on all sides to the free admission of air. No medicines will be used, the treatment being one of fresh air and diet. The sponsors of this humane treatment are physicians of rank and women of social standing and influence. The recipients of the charity will, at its inauguration, be about twenty women in the early stages of tuberculosis, and a number of children with tubercular bones and

glands. The unfortunates are poor, and some are likely to become charges upon the county. The patients will be treated and studied with a most scientific exactitude, and the conclusions of the camp's professional administrators will undoubtedly increase our knowledge of the efficacy of the open-air treatment for tuberculosis. To witness the gradual decline of a beloved relative or friend is a melancholy experience from which the race has had no respite for unnumbered centuries. Now science believes that it knows enough to give the consumptive hope, and to help those who surround him to contribute to the processes of a simple and inexpensive cure.—*The Standard, Chicago.*



Mind Versus Medicine

MEDICAL men of rank everywhere are seemingly coming to agree that there has been too much medicine and too little mind in the old treatment of disease. There is, for instance, Dr. Richard Cabot, an eminent specialist of New England, who is not at all afraid to say that, in general, the less drugging the better. Only the other day, in an address before a number of people interested in the subject of mental healing, he said:—

“In practically all diseases, then, there is some help to be given by mental treatment.

“When a man comes to me, as a practical application of therapeutics I say sometimes: ‘Suppose you have this same pain in your shin, would you have come here to see me to-day?’ He generally will answer: ‘No, I thought it was a pain in my heart.’ Give him the correct facts, the truth instead of the mistake, and he is well.

“In the milder cases a cure by mental means is as easy and as difficult as the cure of shyness, of stage fright, or of stammering. Take stage fright, with

the weakness of the knees, and perspiration, bodily evidences of a mental state. Some people have to get over it. Politicians do. The difficulty with the man who is not a politician is to supply that pressure.

“In the more difficult cases it is not more difficult than to effect a radical change in character.”

The “bread pills” and colored water of some of the more far-seeing of the old-time practitioners used to be regarded either as a joke or contemptible trickery. They were neither, but rather an early glimmering of knowledge. Ladies with hysterical tendencies and gentlemen with the hypochondriac bent are better subjects for what Dr. Cabot calls psychotherapeutics than for medicine. Fresh air, sunlight, exercise, pleasant environments, the right sort of amusements,—all these things are coming into their own place as curative agents as the ancient nostrums fade away.—*Washington Times.*



The Decline of Intemperance

CHICAGO labor leaders are organizing total abstinence societies, which members of labor organizations are joining in large numbers. Some of the unions have inserted clauses in their agreements with their employers that drunkenness, or drinking, or smoking while on duty, shall lead to expulsion from the union. The movement is in line with the demand of the age for sober men. The advent of the new order, which requires of all classes of labor technical skill unknown before the era of modern invention, is not one in which a man mentally weakened by drink can “make good” beside his sober fellows.

This is seen in all callings. The locomotive engineer who has entrusted to him the lives of hundreds of passengers and property running into hundreds of

thousands of dollars in value requires all his faculties. A drunken engineer on the engine of an express train is a thing unthinkable. The exacting work of the complicated linotype machine excludes drunkenness. No more sober men than printers are to be found. Similar examples could be given in practically all crafts and trades.

The demands of modern society have, too, banished drunkenness from the professional classes. The lawyer on whose judgment hangs the proprietorship of millions has no brain power which he can afford to sacrifice to drink.—*Editorial, San Francisco Call, July 6, 1906.*



Cause of the Appetite for Alcohol

ALMOST all those who are fighting the liquor traffic entirely ignore the most important feature of the whole question—the main cause that leads people to consume immoderately alcoholic beverages. This is wrong diet, more especially an undue proportion of the nitrogenous element in food, as it is found in flesh food. Any one who consumes large quantities of flesh foods, and thus upsets the balance between the nitrogenous elements and the carbonaceous elements in his system, must necessarily be driven to a great craving for some form of concentrated carbon to offset the superfluous amount of nitrogen which he has taken. He may find this concentrated carbon, as most of the women and a few of the men do, in candy, or he may find it as most of the men and a few of the women do, in alcohol. It is not, however, merely an excess of nitrogenous food that may lead to a craving for liquor. Any dietetic errors that cause fermentation of food in the stomach, and consequently a more or less inflamed condition of the lining of the stomach, will cause a morbid craving for a stimulant of some kind, to use which is just about as sensible as it

would be to throw oil upon a fire for the purpose of putting it out. Fresh fermented bread acts the same way.

Let the Prohibitionists begin at the beginning. Let them first teach people how to eat, and then they will find it much easier to teach them how not to drink to excess. Temperance in the use of alcoholic beverages and simple non-stimulating diet must go hand in hand. A nation that consumes large quantities of flesh food will always be a nation in which drunkenness is rampant. It is simply a question of cause and effect.—*Los Angeles Times.*



The Partially Trained Nurse

POPE put a brake on human progress when he wrote, "A little knowledge is a dangerous thing." This statement is a half-truth, and like all half-truths, it is dangerous and misleading. Thus, in nursing, it is a question whether to feel that one knows too little is not better than knowing it all. The nurse, except in rare occasions, is not supposed to take the initiative. Like the famous Six Hundred, her's is not to know the reason why. Yet the average nurse, made two-thirds doctor, is really in an anomalous position. She knows much of medicine, and yet she is simply to follow out the instructions of another. She has had a long, arduous training, enough to wreck health and spirits, with many lectures, and she feels, perhaps properly, that she knows almost as much as the doctor.

The question arises naturally, Are not our nurses too well trained? Dr. Benedict, in a recent article in this journal, advocates in cautious language the use of the partially trained nurse. The idea is growing; schools established to teach the fundamentals of nursing, with a fair amount of practical experience, are growing like mushrooms.—*The Medical Times.*



Canton, China

WE live in the native city, in native houses with no compounds. Some of the sights, sounds, and smells are a bit unfamiliar to our missionaries on arriving, but they become accustomed to them in time, as the rest of us have. One night one man died of plague in the street a stone's throw from our back door, and another as near, on the stones of our river street door. Of course we all dislike such occurrences, and they are especially disagreeable to newcomers, but there is really comparatively little plague in Canton this summer, for which we all feel grateful.

A leper lives in a big pile of stones right in front of our house. At first I felt a little averse to such a neighbor; but since seeing what a struggle he undergoes in his attempt to keep his poor broken body nourished and bathed and clad in clean clothes, I have come to feel quite differently. He seems determined not to yield to the foul enemy that has taken possession, and fights for life like a hero. The least favor we show him is received with such real appreciation that we feel favored in being able to do a little for him. So often we wish we could have the means to send him to a hospital, and a harmless insane man who lives the same way, to an insane asylum. I feel quite sure the leper could be healed with proper treatment. He is only about twenty years old, and must some time have come under the influence of the gospel, for on hot nights when he can not sleep, he sits on his pile of stones,

and sings the gospel songs familiar the world over.

The Presbyterian mission has a church with quite a large membership, in the leper village. On the twenty-second of May they opened a home for boys in the village.

MRS. J. N. ANDERSON.



Bombay, India

It is now two weeks since we arrived in Bombay, and our hearts go out in gratitude to our Heavenly Father, who has been so kind and merciful to us. We have every evidence of his favor and kind, keeping power, and we are truly happy in his love.

We had a pleasant trip the entire way. We find it cool in Bombay, and pleasant, except for the rains, which are now falling. A cholera epidemic has been raging. Each day about twelve persons die of that disease. Last week one of the best European physicians in Bombay died of it. The plague is gradually subsiding. Brother Hansen tells us that the month before we came, its poor victims were carried out by the dozen daily. We feel the need of God's protecting care. But come what will, we are determined to stay right here until he comes, or until he releases us by death, unless he gives evidence that he wants us elsewhere.

I had hoped to start a small sanitarium and treatment rooms inside of a year, but the Lord has opened the way for us to have one now. We have rented a flat containing five rooms, and servants'

quarters, in one of the best parts of Bombay. It is airy, sanitary, and in good repair. We could not duplicate it for anything near what we pay for it (less than forty-five dollars a month). We are very busy, trying to get settled. We shall be able to accommodate a few persons inside.

We have received much encouragement as to the probable success of our work, and already one patient is waiting to come in. Just around the corner from us one physician has threatened to give us all the trouble he can, but we know that if God be for us, no man can harm us, and so we are happy.

LUCINDA A. MARSH, M. D.

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Calcutta, India

THERE are some things of an encouraging nature, which will be of interest. The wife of a patient who came here last year is now working in the health food factory. She seems thoroughly interested in the truth, and wishes to be baptized. A young man came here for treatment. During his stay he became interested in the truth, and at present is working in Bombay, in connection with our people there. He also seems to be really interested, and desires baptism. We have had, besides these, others who have been interested, and who have certainly been convinced of the truth, but have not taken a definite stand. One man in particular has expressed his belief in it, but has not yet taken his stand, on account of his work.

The conditions in India make it very difficult for one to begin keeping the Sabbath. I often think that we shall have to sow seed now, and wait for the increase.

We are all quite well, enjoy our work, and have the house full. Some of the rooms are occupied by boarders; but we are able to represent the principles of truth even to these, and are also able to break down the prejudices relative to our vegetarian diet.

R. S. INGERSOLL, M. D.

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Medical Missionary Notes

THERE are plenty of openings for the medical missionary. He will find open doors that to ordinary gospel workers are closed. To know how to help the people who live in ignorance of the laws of health, to be able to impart the needed instruction, to relieve them of physical suffering, increases the value of a worker, and gives him added influence with the people.

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THE medical missionaries have hard work before them. They have to go into the houses of all classes, work early and late, and suffer many inconveniences. They are rewarded, however, by seeing good results from their labor. None can enter this work from a selfish standpoint. The medical missionary must be willing to be the servant of all. The work from start to finish is sacrifice; he must bear and forbear. But the faithful medical missionaries have crowns awaiting them.—*D. H. Kress, M. D.*

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OFTEN a patient returns in gratitude to thank the mission surgeon, and has to be restrained from falling down and worshipping him. Some of these expressions of thanks, mingled as they are with heathenish ideas, are strong evidences of the influence of missionary medicine.



AND HOUSEHOLD SUGGESTIONS

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

The Cooking School

It will be the object of these articles to so set forth the art and science of a correct dietary that the simple-minded and unlearned may find help and health in their practise.

Every movement of any part of the body breaks down tissue, hence there must be taken in the food such material as will replace it, else we should soon come to nothing. The portions of our food which do this are called proteids, or tissue formers. They are found abundantly in peas, beans, lentils, lean flesh, macaroni, eggs, milk, and grains.

Wheat, the grain most largely used, is rich in gluten, one of the best tissue formers, and it is possible for one to maintain fair health for a time on a diet of wheat alone.

Though there are many other appetizing ways of preparing it, the most common preparation of wheat is bread, of which there are more than a score of different kinds. A few recipes for making good bread will be given from time to time. There is an advantage in using the whole of the wheat kernel in making bread. When ground somewhat coarse or granular, it is known as wheat meal; somewhat finer and rather flaky, it is graham flour; still finer, rejecting the woody outside portion of the kernel, it carries the name of whole-wheat flour.

These are all excellent forms of wheat flour. By the improved process of milling, other grades of flour are made, rejecting only the woody bran of the grain, and giving the consumer a white or yellowish-white article. The flour made from wheat raised in cold climates — hard wheat, as it is called — makes the best bread because it contains more and better gluten than the wheat grown in subtropical climates. The difference is readily seen when making yeast bread, a much lighter, sweeter, more porous loaf being possible.

A flour test not likely to fail is made by grasping a handful and pressing it tightly, then letting it fall. If it retains the imprint of the hand, it is not likely to make the best bread, but if it falls apart as salt or sugar would do, it is probably a good bread flour, especially if it be of a yellowish tint. This does not by any means prove that the other is worthless. It is excellent for unfermented bread. Being largely composed of starch, very little shortening is required for pastries, whereas with the bread flour considerable must be used to overcome the toughness occasioned by the large amount of gluten.

Some may want to know more about gluten. When a dough of water and flour is washed in cold water, the starch

finds its way to the water, and finally there is left in the hand only a tough, rubbery, tenacious mass identical with that which one obtains when chewing a mouthful of wheat. The more of this there is, the more valuable the wheat and flour is considered.

We like the idea of each family's preparing its own food material as far as practical, so will tell you how to make wheat meal if you have a meat mill, or if you have only a coffee-mill, it will do the work, though rather slowly. The wheat may be washed and thoroughly dried, then using a fine disk in the mill, you will have an excellent article. If a portion of it is too coarse to be used in bread, sift it out and cook it for a breakfast mush. If the finer portion is used in bread, care must be exercised not to use too much, or the resulting loaf may be coarse and somewhat heavy.

Fermented, or yeast, bread may be more palatable, easier of mastication, somewhat more conveniently made, etc., but it may be a question as to its adaptability to the use of the individual as compared with that which has not been leavened. It is estimated that the yeast germ appropriates to its own sustenance one seventh of the nutrition of the flour.

This is quite an item, especially when flour is high-priced and wages low.

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Puffs

MATERIAL required: 1 egg, 2 cups sifted bread flour, 1½ cups unskimmed milk.

Gem irons made of iron are the best. Have them slightly oiled and quite warm on the stove or in the oven. Should the cups be quite large, only partly fill each one. Have the oven at good heat, and all the material as cold as possible. It is better to do the work in a cold room. The cold air which will be incorporated expands, making a lighter puff.

Put the milk and egg yolk in a medium-sized mixing bowl. Beat the white so that the dish can be inverted safely; keep it cool. Now with a batter whip thoroughly beat (not stir) the milk and yolk until well bubbling. Slowly sift in the flour from a spoon or sieve, continually beating so as not to lose the air already incorporated. When all is in and well beaten, drop in the white, and carefully fold into the batter until it is all alike. Immediately fill the heated cups, and bake for about forty-five minutes.

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Useful Kitchen Utensils

BATTER whips have largely taken the place of the mixing spoons which have been used for many years. They are not expensive, for when obtainable, they may be bought for five or ten cents. However, if not near a hardware store, or if to be economical one wishes to do so, a batter whip may be made at home. Wire may be folded in any form which will do the best work. Care should be taken to make the whip so that it can be thoroughly cleaned.

A good salt-shake can be made from any broad-topped bottle by making nail holes through the tin cover, leaving the smooth side in and the rough part on top.

Divide a quart tin can lengthwise, and make nail holes from the inside out, and fasten onto a strip of board, and you will have a very good grater.

Melt off the opened end of a corn can so as to leave a smooth edge; make a few openings in the can for the passage

of air, and you have a chopping knife which will do excellent service in chopping anything which ought to be chopped in a flat-bottomed pan. This saves not only the expense of the regular knife, but also of the common wooden bowl.

Will some one tell us about how many chopping bowls are eaten by the average family in one generation? If this is thought a ridiculous question, please inform us where the wood from yours went, for there is only a paper-like thickness now left.

One of the chores to be dreaded in connection with cooking is the oiling of

bread tins, skillets, etc. Usually this is done in a very unhandy manner, which may be greatly improved upon in the following way: Make a few gathers or plaits in a strip of soft cloth eighteen inches long and two and one-half inches wide. Wrap it around the lower end of a common clothes-pin, and secure in place with a cord. So much for the swab. A corn can makes a good dish for the grease, and is tall enough so the swab may remain in and be covered to exclude dust, flies, etc. Much less material is required to oil vessels than by the ordinary method. Not much depth of oil should be in the can.



Practical Suggestions

Preparing Pineapple

IF you wish to get the most enjoyment from your pineapple, do not cut it in chunks, either large or small. Do not cut it at all, but with a silver fork shred it into small but irregular fragments. Sprinkle over it the necessary sugar, add a trifle of water, and when it has stood a few hours, eat it with the satisfaction worthy so excellent a fruit.



Too often we forget that stewing and boiling are two different methods of preparing food. Boiling causes loss of the best flavors, as may be recognized by the odors escaping from the boiling kettle. To prevent such losses set the covered fruit in the oven. There it will continue to stew, retaining its flavors, and there is little danger of burning.

Cocoanut Pie

LINE a deep plate with rich crust, and bake until a light brown, thoroughly pricking to keep from puffing. For the filling, grate half of a medium-sized cocoanut, and pour over it one pint of hot milk; add two eggs, well beaten, and sugar to taste. Bake rather slowly until perfectly firm. This can be baked in a pudding dish without the pie crust. Set the dish in a pan of boiling water, and bake slowly. It can also be covered with a meringue if a more fancy dessert is wanted.



PUMPKIN, squash, and sweet-potato are similarly prepared for pie, but an improvement over the pie is respectively pumpkin, squash, and sweet potato custard. The material is prepared the same as for pie, but it is baked in a deep tin without crust.



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

Comrades, True

DEAR little boy, with eyes of blue,
 Sweet little laddie, with locks of gold,
 Deep is the love that I have for you,
 Deep is the love that for you I hold.
 What would this world mean to me, my
 sweet,
 What would it mean if no sunny light
 Shone from your eyes, and no dimpled feet
 Wandered beside me, through vistas bright?

You and I, little one—comrades true;
 I am your teacher, but you are my guide;
 Thus may we wander 'neath skies of blue,
 Onward together, love, side by side.
 When, with your trusting hand clasped in
 mine,
 We two go faring o'er life's rough strand,
 Then does my heart fill with joy divine,
 Led by the strength of a little hand.

— Benjamin Keech.



Prospect and Retrospect

YES, another page is finished in the book of life. Its record has been hurried on and transferred to the pages of that book in heaven from which we shall all be judged at the last great day. I wonder how many of us feel satisfied with the record. Well would it be for all if, as we pass hurriedly on, we could appreciate the value of the moments, the cost of lost opportunities, and the sense of remorse and sadness that creeps over one as one stands on the threshold of the new year and takes a retrospective glance over the past when it is forever gone. Ah! how different it might have been for each of us could we only have thought, have appreciated, have known!

"Of all sad words of tongue or pen,
 The saddest are, It might have been."

To mothers is the reality of this thought most keenly significant; for as the years go by, even in this life we are often permitted to see the fearful meaning of these things, in the characters formed under our influence and instruction.

But we do not wish to dwell at length upon the sad and mournful side of this picture, for here lies the beautiful, unsullied page of the new year open before us, and we have lived long enough to know something of the possibilities of life, so we turn from the dead past to the living present and great, hopeful future, and —

"Build on resolve, and not upon regret,
The structure of our future.
. . . Waste no tears
Upon the blotted record of lost years.
But turn the leaf, and smile, O smile to see
The fair, white pages that remain for thee."

Shall we not resolve right here and now to be noble, earnest, God-fearing mothers — home builders, living not for ourselves, but for those whom God has given us?

In the pages of this department we hope may be found many helpful hints and suggestions for mothers. It is our one aim to make it truly helpful, and if the great family of women who read *LIFE AND HEALTH* would make an ex-

change corner of ideas and experiences of this department, I am sure they would find it would grow more and more helpful each month. Just try it and see. Of course we can fill it full of nice selections from other writers. Do you prefer this, or would you have it made up more of original matter from its readers? I am sure it will run somewhat on the co-operative plan this year. We therefore invite your interest and co-operation in the Mother's Department.

And with this invitation we extend to you sincere New-year's greetings. May it be the happiest, best, and most profitable year of your lives.

The Reading and Association of Our Children

MRS. M. C. WILCOX

I AM simply one mother among the many mothers here before me. I am interested in you and your work because I know you are working for the same glorious end that I am working for — the salvation of the souls of your children. I know that every true mother is eagerly longing to have unfolded and developed within her child all that is noblest, truest, and best. But just how to get at this work in the most winning and effectual way is the question we are here to discuss.

The beautiful years of woman's life lying between the ages of twenty and forty-five — the time when mental powers are at their best, when enjoyment in the pleasant things of life is the keenest — are the years when her children are growing up about her knee. It is during these years that she is making her permanent investment for the future, writing her messages of love, of heroism,

of faith and hope upon the age which is to come.

There are those who feel that it is too much to ask of woman to tie herself up to the nursery during these twenty or twenty-five years,— the very core of her life,— that there is something better for her than to be the mother of children. But what is the work that is better? Where is there any work in which woman can engage that is grander, more inspiring, and more far-reaching in results than that of true motherhood? Of course if we do not study to fit ourselves for this work, if we can not see in the pleasure the honor that others see, if we are unreconciled to our lot, we may expect disappointment and failure in our work. But if our work is taken up joyfully, sacredly, with a heart open to the inspiration of Heaven, we shall find in it an everflowing fountain of pleasure and happiness.

It is true it is not a smooth, easy path, but don't you know it is not by any means the smoothest, easiest things that we have to do in this world that give us the most real pleasure? For myself I thank God for the hard things, the bitterest trials, the fiercest conflicts, of my life. They have helped me to better know my own strength. They have developed faith and courage. Life has taken on a more sacred, a deeper, fuller, grander meaning.

I look back to the time when I came out from my quiet country home, some twenty years ago, to live and engage in the activities of the busy, intense, concentrated life of the city. To me there is such a contrast between my life then and my life now — *my* early life and the life of my children — that it seems that the generation and age have marvelously changed. The pressure, the stress, the strenuousness of the very atmosphere you breathe, the alluring, seductive, beguiling temptations that greet you on every hand, the impurity and corruptness that seem to exist in hearts and minds of even the smallest of children, are so alarmingly significant that my soul has been led to cry out in bitter anguish, "O God, *who* is sufficient for these things?" Not one of us, *no*, not one of us, separated from him. Had it not been for the pure and beautiful teachings gathered from the pen of Mrs. E. G. White along the line of parents' work, their attitude toward the world, its schools, its pleasures and amusements, I fear that I would long ago have been disheartened and given up in despair. But now that she can not go in and out among us as in days gone by, it seems to me that the most fitting thing that we can possibly do is to collectively try to pass on to others these things, and to demonstrate by the lives of our children and by our own lives the power of these beautiful principles.

It was my privilege to speak at one of our camp-meetings some years ago on the subject of "Home Amusement," which seemed naturally to cover some of the same ground as this subject, for our reading is one of the essential features of home amusement. It seemed to me then that the selection of our children's reading, the shaping of their tastes for book companions, was one of the most potent factors in their early education.

I have not changed in my opinion in this respect since that meeting eight years ago — only to be more thoroughly convinced of its truth. The little nursery songs and rhymes which we teach our children linger in the memory as long as the child may live, even to the years of old age, when all else is forgotten. They are remembered, and they sing themselves over again in the heart to the very close of life. An aged man who had not been a Christian, on his death-bed began to say over the Lord's prayer. It was one of the first things he ever learned, and naturally enough, it stayed with him to his dying day, when he repeated it over and over again.

The little nursery rhymes are some of the earliest seeds sown in the fruitful mind of a child. Suppose the mother says over and over to the little child in her arms, as she dances it about,—

"Hi-diddle-diddle, the cat's in the fiddle,
The cow jumped over the moon,
The little dog laughed to see such craft,
And the dish ran away with the spoon."

That little one at once forms a love for that little jingle. It asks for it again and again until it knows it itself. The mother right then and there begins to form its taste for literature. As it gets older and goes to school and hears and reads the fairy tales and myths that come into the course of work in the lower grades of our public schools, which are in perfect keeping with the little nursery

rhymes taught by its mother, the taste formed is still stronger, the impressions are broader and deeper and more difficult to efface. Then by the time the child has read the books demanded by nearly all the courses of study in the public schools, its taste is so fixed that it can find no pleasure in the reading of that "dry old book" called the Bible. To him it is away behind the times, and fit only for the perusal of religious bigots and fanatics. This is one of the strong currents on which our young people are drifting away from the pure principles of truth taught in God's Holy Word. But who is at fault? Where did the child first form its taste for light literature?—Right in its mother's arms, from its mother's lips.

Now, mothers, let us not as Christian mothers teach those foolish little rhymes to our little ones. There are better things for us. If the baby must have rhymes, let's get a purer, better class of rhymes than those of old Mother Goose. Get some that teach some sweet, pure truth, like—

"Hi-diddle-diddle, mother duck's in the middle,
Her baby ducks swimming around,
With bills like a ladle, and feet like a paddle,
No danger that they will be drowned."

I know you can find plenty of them if you try.

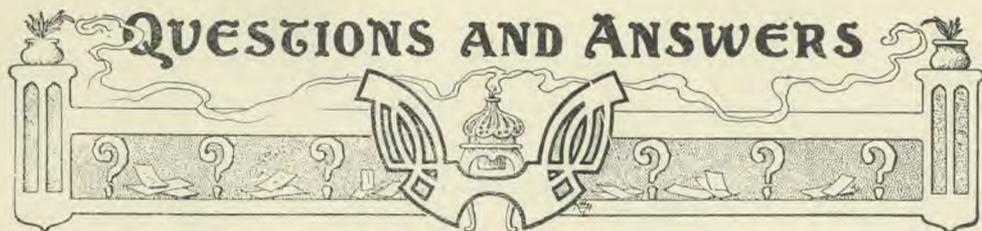
But everywhere and in every possible place let us crowd in the precious Word of God. We have made it a practise to tell our little boy Bible stories almost altogether when he teases for stories. It is simply wonderful how interested he will become in the simplest little incident relating to Jesus and his work

among men. If well told in an interesting, animated way, the driest details will make an impression on the mind of the child, and rest assured, they will not be forgotten. I remember hearing of one mother who insisted on reading to her children a chapter from the Bible every day; small though they were and could not understand the meaning, still they must sit still and listen attentively till she finished. Determinedly and perseveringly she kept this up with them all through their younger lives. When they were grown, the son became an eminent D. D., and felt that his success was all due to his mother's early training.

"There is nothing in all our English literature equal to the Bible for simplicity, clearness, and strength. Its style is simple and natural as the prattle of children at play, yet never lacking in grace or dignity. Good writers, such as Thomas Carlyle and John Ruskin, were enthusiastic students of the Bible."

It is possible for us to form our children's tastes in reading as well as in all other things. We can create a taste for solid reading as well as for light literature. It was not in the purpose of God that the Bible should be written in a sensational style. If we expect our children to love to read the Bible, we must not allow too much light story reading. The Bible variety is much better for strength of intellect. Therefore help the children to learn to like the Bible. I have found much pleasure and profit in encouraging my son to read to me, while I am about my work, from D'Aubigné's "History of the Reformation." It was of great profit to us both. The whole narrative is replete with thrilling interest.

QUESTIONS AND ANSWERS



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

242. Home Treatment for Colds—No Patent Medicines.—Mrs. J. L. C., Wis.: "What can I do for my children when they take cold and begin to cough or have sore throat, especially in the night? I have always kept patent medicine in the house and given it to the children quite freely, but I find those that take the most medicine have the weakest stomachs, and I am afraid the patent medicine is doing harm to their stomachs. I see you advise simple home treatment for many diseases, without the use of medicine, and it strikes me very favorably. Now please tell me what simple home treatment I can use for my children when they take cold, as I do not wish to use any more patent medicine."

Ans.—We are glad to note that the public mind is being stirred up on the enormous evil of the patent medicine business. American children are born with poor stomachs at best, and this weakened vitality is still further reduced by the vicious practise of dosing with patent medicines for a score of ills which could all be quickly relieved and wholly cured by the use of simple home treatment which any intelligent mother may use without either expense to herself or harm to the child. In treating a beginning cold, you should give the child a hot foot-bath or a warm full bath. Just before removing the child from the bath, the temperature of the water should be cooled several degrees. Dry the body by means of a towel; rub sufficiently to give a good reaction. Finish with an oil rub, using olive oil, cocoanut oil, or even a little vaseline. Put the child to bed, and keep him warm. Should there be any cough or sore throat, a moist compress should be placed on the chest or throat. This is done by wringing out of tepid water a cloth about the size of a small table napkin. Fold it so it will cover the upper portion of the chest. Place over this a layer of oiled paper to prevent evaporation. A piece of writing paper on which a little oil is rubbed, will answer. Cover all with several thicknesses of dry flannel, and bind snugly to the chest so as to exclude the free access of air. This may be repeated on several successive nights if necessary.

If applied for sore throat, the moist compress should be folded narrow, about two and one-half inches wide, and placed on the throat, and covered with the oil paper and flannel the same as for the chest. This very simple method of home treatment, which any one can use and which can be used almost anywhere, will cure the average cold more quickly than any patent medicine, and has the great advantage of not disturbing the stomach, and of being free from the bad after effects of drugs.

243. Butter and Olive Oil.—A. J. L., Kans.: "Is butter more injurious than olive oil and other free fats?"

Ans.—If the butter is sweet and fresh, and is made from cream obtained from healthy cows, and if the olive oil is pure and sweet, we think neither is injurious if taken in small amounts. In fact, they are both very valuable foods; but the fact is olive oil is seldom either pure or sweet; as sold from the stores, it is usually more or less rancid, and butter may be made from the milk of cows suffering from tuberculosis or other diseases. In recent years this danger has been on the increase. The excessive use of free fats, the questionable source from which they are obtained, and the bad conditions under which they have been kept, constitute the chief objection to their use as articles of diet. The best way to obtain a proper amount of fatty foods is by the use of fresh nuts, provided one is careful to use only fresh nuts, and is willing to chew them thoroughly. We regret to state, however, that a large proportion of the nuts sold in the market, especially at the beginning of the season, is a mixture of old and new nuts. This pernicious practise will cease when the people are educated to demand only fresh, wholesome nuts. Stale or rancid nuts, partially masticated, are worse than good olive oil or good butter, and are often the unsuspected cause of sour stomach or heartburn.

244. Malaria, Dandruff, and Corns.—E. B., Kan.: "1. What is the best home treatment

for malaria? 2. What is your opinion of the use of quinin or calomel? 3. What will cure corns?"

Ans.—1. The best treatment is prevention, which includes such measures as will prevent infection and increase the bodily resistance. It is known that malaria is an infectious disease, due to an animal parasite. The infection is caused in most cases by the bite of mosquitoes. Therefore keep the home surroundings free from mosquitoes. This can be done by destroying their breeding place. This is easily done because the mosquito breeds only in still water. Keep all surface water drained away. Rain barrels, pails, and other containers of water should be emptied or tightly screened. Where water can not be gotten rid of, it should be covered with kerosene oil. Only a very small amount of oil is needed to cover a large amount of water. Trees should not be allowed to throw a dense shade around the dwelling. Direct sunlight is a great disinfectant, and should enter the home freely. Persons who suffer readily from malarial influence, must keep the bowels regular, and freely active daily. This can be done by laxative foods, such as prunes, figs, apples, and coarse foods containing much indigestible residue, massage of the bowels, outdoor life, moderate exercise, abundant drinking of cold water, especially on arising in the morning. The use of a laxative may be advisable, but this should not be repeated often. Increase the bodily resistance, by eating only wholesome foods in proper quantities. It is very important in all cases to avoid overeating. Overeating is especially to be guarded against.

In many cases it is well to take little or no food for one or two days, although lemons may be used as freely as desired while fasting. Persons who are subject to malaria should not use such foods as melons, raw lettuce, celery, or overripe fruit. Where there is reason to expect a chill or fever, the bowels should be cleaned with a hot enema, and a hot vapor bath or a hot blanket pack should be taken, just before the expected chill. Hot treatments, unless near the time for a chill, should be given so as to produce a tonic effect; this is done by following each with a short vigorous cold friction, such as a cold towel rub or a cold hand rub.

2. We can not recommend quinin or any other strong medicine for home treatment of malaria or any other disease, but there are severe cases of acute malarial poisoning

where quinin properly given is of undoubted benefit. But such preparations should be used only under the personal supervision of a well-trained physician. Almost any person can live in any ordinary locality and be wholly free from such diseases as malaria or tuberculosis if he will make a practical use of the scientific facts that are now so well established regarding the cause and cure of these two diseases.

3. Any corn can be cured by removing pressure from it, and no corn can be cured without this simple treatment. Tight shoes make corns; loose shoes that permit the feet to slip in them also produce corns, due to the rubbing of the foot against the shoe. Shoes should be fitted tightly around the instep, and should at the same time give abundant room for the toes, so that the corn is not at all pressed upon. Where it is impossible to get this kind of shoe, a very comfortable makeshift can be used in the shape of a corn pad, which is simply a padded ring glued to the toes so as to take the pressure off the corn. But remember the cure of a corn depends on removing the pressure.

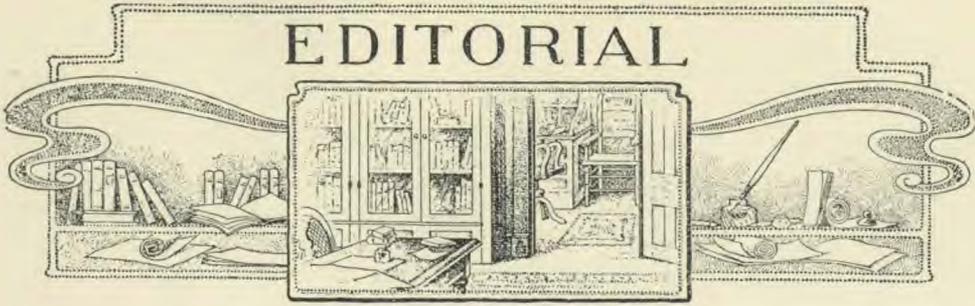
245. Peeling of Skin from Fingers.—F. G. W., Utah: "I have a trouble about the fingernails. The skin gets dry and hard and peels. The trouble used to affect the inside of the fingers and palms of the hand, where hard, dry blisters would form and then peel off, leaving the skin very tender. Do you think the trouble comes from the bone? I have used a salve and ointment, which does much good, but it will not cure it. The fingers are sore around the nails, and look very bad. Please tell me what the trouble is, and what I can do to cure it."

Ans.—You are troubled with a dry catarrh of the skin. In severe cases of this sort the entire skin will be shed from both hands in the course of a very short time. We recommend you to protect the hands from the dry air and from all sources of irritation. This can best be done by wearing gloves. Where they can not be worn during the day, they should be worn at night. Bathe the hands in hot water daily, scrubbing them thoroughly with soap and a nail brush, trim the skin around the nails with sharp, curved scissors.

Apply the following lotion to the hands before they are thoroughly dry:—

Tr. Benzoin Compound.....	1 dram
Alcohol	1 dram
Glycerin	1½ ounces
Water	4 ounces
Mix.	

EDITORIAL



“Sugar Is Sweet, but Bad for the Stomach”

I HAVE received a clipping, with the request that I “tell the readers of LIFE AND HEALTH what you told me—‘Sugar is sweet, but bad for the stomach.’” Here is the clipping:—

“Note has frequently been made of the remarkable sustaining power of cane-sugar. A South American mountain climber writes in a recent book that he had found it the finest heat-producing, muscle-nourishing food in the world. For men who exercise much, such as soldiers and athletes, he claims that a plentiful supply of sugar is better than meat rations. He used a quarter of a pound a day to the man in his party, and was inclined to think nearly a half pound of the cane-sugar could be used.

“Another mountain climber says that on one expedition, which was a feat of endurance, brown sugar formed an important part of the party’s rations. He says that they existed almost entirely on it in all their climbs.”

I have modified my views considerably of late years—as I think every one will be compelled to do who carefully studies the subject—regarding the value of sugar as a source of body energy. We have come to realize that sugars and starches enter the blood in pretty much the same form, that is, in the form of dextrose, or levulose, or a mixture of the two; and so far as we know, the energy produced in the body by the breaking up of the end products

of cane-sugar is the same as that produced by the breaking up of starch or malt sugar. It is true that the body handles levulose differently from what it handles dextrose, but, if anything, the advantage is in favor of levulose. Now, cane-sugar breaks up into dextrose and levulose, while starch and malt sugar break up finally into dextrose only. Many of the fruits contain a mixture of dextrose and levulose, and not a few, until they are overripe, contain a very appreciable quantity of cane-sugar. So it will be understood that cane-sugar is not necessarily a more harmful form of sugar than are some of the other forms. There is in the intestinal juice of man a ferment whose sole purpose seems to be the turning of cane-sugar into dextrose and levulose.

The objections usually made against the use of cane-sugar are: (1) It is more irritant to the stomach walls than are some of the other forms of sugar; (2) it is more fermentable than other forms of sugar.

It may be admitted that in concentration, cane-sugar is quite irritant to the gastric mucous membrane, more so, perhaps, than other sugars; but no one should ever use it in such quantities as will produce this irritant effect. Experiment does not bear out the statement that cane-sugar is more fermentable than other sugars.

The free use of sugar—and it is cane-sugar, which, on account of its cheapness, is most likely to be used too

freely — tempts to overeating. Undoubtedly too much sugar is used for the good of humanity. Cheaper than almost every other article of food when its nutritive value is considered, it is no wonder that sugar is used freely in the preparation of many dishes which might not be eaten were it not for the sugar. How much cake, pudding, and other desserts would be eaten if the sugar were left out? The free use of sugar undoubtedly causes gluttony.

Some persons can never eat a dish of rice or a plate of mush, or hardly any other food without sprinkling it freely with sugar. This, I do not question, is an abuse of the sugar bowl. Many of the foods on which sugar is used as a seasoning have a delicate flavor of their own, which is disguised by the sugar. The ability to appreciate these flavors is soon lost, with the sugar habit. The person of normal taste rarely needs to make use of the sugar bowl at the table.

But I do not believe that cane-sugar is to be condemned altogether. It has its uses. In the canning of certain fruits, it acts as a preservative, improves the flavor, and adds to the nutritive value. And as to the expense, it must be remembered that at the usual price of fruit, there is more nutrition in ten cents' worth of sugar than in ten cents' worth of fruit.

In some cases, people have refrained from using sugar to sweeten sour fruit in the belief that the addition of the sugar would render the fruit more or less harmful. This, I think, is a mistake. The attempt to replace cane-sugar by some other form of sugar, with the idea that the substituted sugar can be used with impunity in large quantities, is also, I think, a mistake. The only advantage, or the principal advantage, of other sugars over cane-sugar is that they are so expensive that one is not so likely to use them in unlimited quantities.

Typhoid Fever in the District

As our readers probably know, the city of Washington usually harbors a full quota of typhoid fever patients. For years this has been attributed to the fact that the city water-supply — from the Potomac River — is contaminated by drainage from towns up the river. In order to reduce the typhoid contamination to a minimum, a filter plant was installed, and in the latter part of 1905 was put in operation. For some months before the filter was put in use, the typhoid mortality in the District was unusually high, and the people were cautioned not to use Potomac water without first boiling it. In the public schools, the janitors were instructed to boil water sufficient for drinking purposes, each school day, and the pupils were not permitted to use unboiled water.

It was confidently predicted that when the filter plant was put in operation, there would be an end of the typhoid epidemic. But, strange to say, there has been as much typhoid fever this year as there was before the installation of the filter plant.

The examination of the filtered water shows that the filter is doing remarkably good work, so far as the removal of bacteria and other insoluble impurities is concerned. The local health officers are very much perplexed, and have carefully investigated other possible sources of infection, such as the milk supply, and the wells of the city, but to no purpose.

Three physicians of the Public Health and Marine Hospital Service have been detailed to work with the local health officers in the attempt to determine the real cause or causes of typhoid fever in the District.

The *Engineering News* of New York appointed a civil engineer, Mr. Theodore Horton, to work in conjunction with Prof. Wm. T. Sedgwick, of the Mas-

sachusetts Institute of Technology, to investigate the typhoid situation in Washington and report.

Mr. Horton has reported the results of his investigations, which have been published in the *Engineering News*. He believes the filter plant for the city of Washington to be, perhaps, the most complete filtering plant in the world. He finds it doing excellent work. The number of bacteria in the filtered water is remarkably low. Mr. Horton gives reasons for believing that the high typhoid mortality has been due in only small part to the use of Potomac water. Many cases he believes to be due to infection encountered on summer vacation trips. Other causes of infection, he thinks, are the use of water from public wells; the use of old-fashioned box privies, visited by swarms of flies; the milk supply; oysters; and uncooked vegetables.

This all means that we are just learning the alphabet of municipal sanitation. With all our knowledge we seem to be as unable to control typhoid fever as were the people of a generation ago to control cholera. Before the installation of the filter plant, every one—health officers included—was certain that the Potomac water was responsible for the prevalence of typhoid. Now that there is as much typhoid fever after the water has been filtered by the most approved method, the presence of the disease is attributed to a number of conditions which are, perhaps, no more prevalent in Washington than in some other cities, which have a lower typhoid mortality.

It is probable, however, that as a result of the present thoroughgoing inves-

tigation we shall know much more about typhoid fever and the means of its transmission than was known before.



A Cold Bed

It is not conducive of good health to sleep cold. If the sheets are chilly, and it is difficult to warm up, one should go through some exercise, such as vigorously contracting all the muscles simultaneously (tensing), or rubbing the hands briskly together between the knees. Either of these exercises will usually in a short time cause the skin to glow with an increased supply of blood. If, after exercise, the bed still feels chilly, it will be better to sleep between blankets or in slumber slippers. A delicate person should not attempt to sleep between sheets, in a cotton or linen night shirt, when the room is cold.

If there is insufficient bed clothing for proper protection, a layer of newspapers under the mattress, and another under the spread, will do much to limit the loss of heat.

It is well to remember that cold articles gather dampness, if there is any dampness to gather, and a cold bed is very likely a damp bed.

When there is very little sunny weather, it will add much to the sleeper's comfort to spread the bedding before the fire during the forenoon, and make the bed up while the bedding is still warm.

The attempt to harden feeble folk by means of uncomfortable beds in cold rooms is not consistent with modern ideas of hygiene, any more than is the overheated, stuffy bedroom.

Books and Magazines

"EVERY-DAY LIVING," by Annie Payson Call, author of "Power Through Repose," etc. A very large share of sickness, perhaps most of it, is due in great measure to what may be called the frictions of life — the worries, the resentments, the misunderstandings, seemingly trivial, but powerful for evil.

To each one these "frictions" seem to be due to the perverseness or the thoughtlessness of "the other fellow." Miss Call shows in an admirable way that each individual is personally responsible for the frictions in his own life, and points out the way to a better mode of thinking and living, whereby one may not only minimize the friction in his own life, but also act as a missionary in helping others to a better life.

The book is an admirable treatise on mental (and shall I say moral?) hygiene. 214 pages, cloth; price, \$1.25, net; \$1.35, post-paid. Frederick A. Stokes Company, New York.



"SCIENCE OF COMMON LIFE," by A. T. Simmons, B. Sc. (London), and E. Stenhouse, B. Sc. (London); 320 pages, 60 cents, post-paid, Macmillan and Company, New York.

In looking for a book on domestic science for the nurses' training-schools of the Pacific Coast sanitariums, I found and recommended this little volume, known also as "Experimental Hygiene."

It gives, by the laboratory method, an excellent elementary knowledge of the physics and chemistry that underlie physiology, hygiene, domestic science, and the allied studies of a nurse's course. The experimental work is simple, but effective. Parallel with the experimental work is a connected text adapted to the comprehension of those who have had no training in either physics or chemistry. Unquestionably such a knowl-

edge as is given in this volume will be of great advantage to the student nurse, as well as to the prospective housekeeper. Practical truths are taught in heating, ventilation, food, and dietetics.



THE *Ladies' Home Journal* for January, 1907, will contain "How Men Eat in Restaurants," by Mrs. S. T. Rorer; a practical article showing how the average business man in the city injures his health by careless eating, especially how he becomes nervous and irritable through eating hurriedly at luncheon and paying little attention to digestive disorders. Mrs. Rorer further points out that highly seasoned dishes are usually chosen, and that coffee is very generally used as a stimulant. She urges that a man who takes his luncheon in a noonday restaurant should order food that is in season, and that he should be careful to masticate his food thoroughly.



"THE SOCIALISTS: WHAT THEY ARE, AND WHAT THEY STAND FOR," by John Spargo; Charles H. Kerr Co., Chicago; fifty cents. This book gives, in simple, dispassionate language, the beliefs of the socialists, wherein they differ from many who are now advocating public ownership, and how they radically differ from the anarchist.

"THE PHYSICAL BASIS OF MIND AND MORALS," by M. H. Fitch; Charles H. Kerr Co., Chicago, Publishers. A discussion of mind and morals as the product of the human body, acting as a machine. It is an attempt to explain mental phenomena in terms of matter and energy, working from the supposition that there is in the universe nothing but matter and energy, and that matter itself is but a manifestation of energy.

"CRIMES OF THE COWPOX RING," by Lora C. Little, editor of *The Liberator*; showing the evils of vaccination. Paper, 75 pages, 10 cents. The Liberator Publishing Co., Minneapolis, Minn.



THE birth-rate of Paris is steadily decreasing. Fewer children were born this year than last in every district of the city but two.

A BROOKLYN doctor has a new cure for consumption, consisting of a plaster applied to the chest of the patient. The composition of the plaster will be kept secret until the remedy has proved to be successful.

THERE has been considerable typhoid fever in the refuge camps in San Francisco, which is charged to the free soup kitchens where the flies had free access to the foods, and to the contaminated Spring Valley water.

THE annual report of Lieutenant Corbin speaks of the additional dangers that beset the soldier, when, deprived of the canteen, he is obliged to go to some of the low dens around an army post in order to get his accustomed drink.

VACCINATION is not compulsory in Pennsylvania. A child can be excluded from school if not vaccinated, but by a recent declaration by the attorney-general, parents can not be fined for keeping their children out of school under those circumstances.

AT Canton, Ohio, "brandy drops" were sold to small children, several of whom in the schoolroom acted as if half intoxicated. The mayor purchased some of the drops. These were covered with a layer of chocolate, but in the cavity inside was some form of alcoholic liquor. The drops are said to have become popular with the children.

THE circular of warning recently issued by the Scott County (Iowa) Medical Society, warning youth of the dangers of sexual license, has attracted marked interest and much favorable comment. Many requests have been sent from a distance for copies of the circular, and it is hoped that other medical societies all over the country will take up this beneficent work of warning the youth regarding the dangers connected with loose morals.

THE statement is made by the *Medical Times* that there are in Great Britain some forty thousand makers and venders of patent medicines.

MISS ANNA SCHAFFER, well known in Los Angeles, Cal., is said to have completed a forty-five day fast, beating the famed Dr. Tanner, of New York, by three days, and the editor of *LIFE AND HEALTH* by forty-four days.

"DR. EMILE FISCHER, who four years ago won the Nobel prize for chemistry, has discovered, he declares, that coal is edible. He has been making an extract of coal, and finds that this extract has the same nutritive qualities as are possessed by beef steak and eggs." He deserves another noble prize in chemistry!

THE legislative committee engaged in preparing new patent laws for Switzerland has decided that patent medicines shall not be included in the new enumeration, and will consequently be unpatentable. This has raised a storm of protest among the chemists and patent medicine men of Switzerland and Germany.

A PHYSICIAN of Dresden has discovered that eczema of the face, caused by tooth powders or tooth washes, is due to the presence of peppermint or other irritating oil. When the offending oil was discontinued, the eczema improved. In some cases, it was necessary to use a simple powder, as precipitated chalk, with no essential oil.

Now is the time when the men who are fishing for suckers will exploit the "pure food" idea to the fullest extent. A Chicago man has organized a "National Pure Food Health Club," the membership to which is gained by the payment of one dollar. This entitles the member to attend the lectures of the founder of the club, at which the virtues of a certain line of "health foods" are expounded to the members.

THE efficiency of the health department on the Isthmian canal is shown by the fact that not one American has died from disease there during the last three months.

THE city physicians of Sioux City, Iowa, having traced several cases of infectious disease to rummage sales, has ordered that there shall be no rummage sales by the churches and other charitable associations, unless the second-hand clothing be first disinfected.

LUTHER BURBANK, the plant wizard, has shown by some of his statements regarding humanity that his wisdom is not confined to plant lore. He condemns in strong terms the cramming process of our modern schools. He does not believe that a child should begin school before the age of ten.

THE city of Leicester, England, has furnished, in prominent places on the streets of the city, cabinets containing dressing materials and other appliances to be used in case of accident or emergency. The cabinets are locked, but can be opened, the same as the fire-alarm boxes, by breaking the glass.

THAT part of Austria bordering on the Adriatic Sea is swampy and malarious. As this is the great recruiting ground for soldiers for the Austrian government, it is important that the healthfulness of the region be improved as much as possible. With this end in view, the government has been taking energetic action, draining the swamps, and burning over the marsh land with petroleum. Cinchona has also been distributed in large quantities. As a result of these measures, there has been a diminution of malaria in the district of sixty-two per cent.

THERE has been organized in New York a band of public-spirited men and women, under the name Public Health Defense League. It is proposed to establish a national body with branches in every State. The objects of the league are (a) to obtain and disseminate accurate information concerning practises and conditions dangerous to public health and morality; (b) to work for State and national laws for the protection and preservation of the public health and morals. Some of the things that will be opposed by this organization are quackery, criminal medical practise, adulteration, substitution, sale of narcotics, alcohol, etc., advertisements of business injurious to public health and morals.

THE revelations regarding the methods of the Chicago packers has caused an increased interest in the pure food question in other countries. It is probable that more stringent food laws will be enacted in most of the European countries.

RECENTLY a baby was born weighing twenty-two pounds. Its brothers (or sisters) weighed at birth ten, fifteen, sixteen, and eighteen pounds, respectively, an average of sixteen pounds for the five—so say the newspapers. It is in order to guess what the next one will weigh.

THE milkmen of Rochester, N. Y., have asked that the enforcement of the milk laws be taken out of the hands of the health officer, and given over to the commissioner of public safety. It is significant that during the last nine years, while the present health officer has been serving, there have been 1,000 infant deaths, as against 2,000 during the nine years previous. This means a saving of 1,000 baby lives in nine years, by an energetic health officer; and the milkmen are mad about it! Can you guess why?

AT the tuberculosis congress recently held in New York a resolution was passed recommending the creation of a new cabinet office, that of Secretary or Commissioner of Health. It was also recommended that this officer be given full authority and ample facilities to do efficient work in the suppression of tuberculosis, also, that where State boards of health exist, they should be given authority to formulate and enforce a code of regulations for the prevention of the ravages of tuberculosis.

THE daily Consular Report of Oct. 9, 1906, published under the direction of the Department of Commerce and Labor with the full indorsement of the government discussing the uses of cottonseed oil in oil-producing countries, says: "All this is not intended to find fault with the Old World for its use of our cottonseed oil for mixing and manufacturing (it is the best and most wholesome product for such purposes), but to draw attention of American consumers thereto. Undoubtedly a large proportion of the olive oil imported into the United States is composed of that cottonseed oil which the American people refuse to consume in its honest forms, but consume when imported in the several well-known brands of the Old World's famous olive oils."

HERE is one that proves that the Canadians can tell as good stories as the Americans. According to the story, an engineer had his spinal cord injured, and the surgeons spliced it out with an inch of a dog's spinal cord. Tell us another.

THE local government board recently reported that in England, adulteration of food is very prevalent. Dealers, as a rule, keep some of the genuine article to sell to strangers, in order to avoid detection, and sell the spurious article to customers whom they know.

PROFESSOR VON BEHRING has completed his laboratory investigations concerning his "tubase" or serum for the cure of tuberculosis. It is used hypodermically, and is said to render well persons immune to tuberculosis (after a treatment of four months), and to cause tubercular patients to respond more readily to other treatment.

IN the Strasburg polyclinic for children, yeast has been found to be an excellent remedy for various gastrointestinal disorders of children. Especially was it found to be valuable in cases of enteritis accompanied with much putrefaction. In some cases the yeast treatment succeeded after failure of calomel, bismuth, and flushing of the intestine.

A NUMBER of Italian physicians have, as the result of a study of the subject, announced that abstinence from salt notably decreases the convulsions of epileptics, both in the number and in the violence of the attacks. In the more severe forms of the disease, it was found necessary to give the bromids at the same time; but in the milder forms, abstinence from salt was enough, in many cases, to suppress the disease for a long time.

L. DUNCAN BUCKLEY, A. M., M. D., of New York City, describes psoriasis as one of the most obstinate of skin diseases, yielding only temporarily to local treatment. He says it is not purely local, but is due partly to constitutional trouble. According to him, "the avoidance of meat, or an absolute vegetable diet, is the most valuable aid in treatment, and will sometimes be attended with freedom from the eruption." Other authorities speak of it as due to an excess of proteid in the diet. Psoriasis, one of the most common of skin diseases, is characterized by a round, well-defined, thickened or raised portion of skin, having an inflammatory surface covered with white scales."

A YOUNG man of Virginia escaped from an asylum, eloped with his former sweetheart, and forged a check, for which he was arrested. His father came to the rescue, and secured his release, on the promise to take him back to the asylum. The father says the son is insane through the use of cigarettes.

PROFESSOR CHITTENDEN, in a recent paper published in the *British Medical Journal*, after giving the results of experimental work involving a number of men and covering a period of five months, expresses the opinion that there are more people suffering to-day from overeating than from the effects of alcoholic drink.

SENATOR BEVERIDGE intends to bring before Congress a bill forbidding interstate carriers to carry products of mines and factories where children under fourteen years old are employed. The factories will be compelled to file a statement each six months, stating that they have not employed any children under fourteen during the previous six months.

ONE correspondent, writing from San Francisco, said: "From the first few hours of our disaster until the present time, the increase in marriages has been phenomenal. . . . The marriages in San Francisco have been increased at least ninety-five per cent during the months of April and May." "The shock brought about an enormous increase in the birth-rate." "Excluding the number of victims killed, the death-rate has distinctly diminished. . . . The neurasthenics, the pseudo-paralytically, the hypochondriacs, all were cured in an astonishingly short space of time. These people suddenly became well and strong, and active once more, taking an interest in life, in their surroundings, and in their friends." This might be a suggestion for the fitting up of a sanitarium with special floors, beds, etc., to give real old-fashioned earthquakes to the patients. If necessary the plaster could be made to drop from the ceiling, and the windows to smash in the most approved fashion. It would be expensive, but our wealthy neurasthenics could well afford to take the cure. Whether the vibration is a certain remedy for the race-suicide evil remains to be seen. If it proves to be a successful preventive, appropriate legislation might be enacted, providing for special earthquake institutions to which the courts might send all unmarried people over the age of twenty-five, and all childless couples.

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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A Correction

WE have received the following communication from Panama: "In your November issue of LIFE AND HEALTH, page 326, there is an article entitled 'Where Sanitation Is Unhealthful.' In that article there are statements that are not at all complimentary to Jamaicans, and which are not true. As a Jamaican I wish to defend my country and my countrymen, and protest against statements that are not founded on facts. I have also been on the Isthmus and lived in the homes of the Jamaicans.

"Jamaica, the garden of the West Indies, the health resort of the Americans, with her ever-salubrious and aromatic breezes, is the pride of the Jamaicans, and they do appreciate and love these magnificent gifts of nature.

"The expressions, 'Fresh air is as bad to him as a dose of poison,' and 'he lives in unventilated hovels,' are hard statements. Not having the danger and the dread of mosquitoes in his own country, he can afford to live in ventilated cottages."

We are glad to get this letter and to have the opportunity of making this correction. The item referred to was going the rounds of the papers in this country, and was taken without verification, and commented upon. We regret that an item should have been allowed to slip through which gives just cause of offense to an intelligent class of our readers.

As our correspondent suggests, Jamaica has, in the interior, a climate so healthful that it has become a noted resort for invalids from the United States and other countries. We think, however, that the lowlands of Jamaica will be found to be not altogether free from mosquitoes.

✽

MRS. JENNIE E. BROWN, of Waverly, Iowa, offers to send to any one who will promise not to use the process for commercial purposes, directions for preparing nut meal equal to any of the manufactured products, at a cost for raw materials of less than one fourth the price of the manufactured articles. Address her as above, enclosing self-addressed stamped envelope.

✽

"I HAVE noticed that the beautiful people in the world are those who are looking for beautiful things in other persons and in nature, and that the ugly folks are those who never see above the mud at the bottom of some pool — it may be a single room in which they live with a thousand complaints and bemoanings for companions; it may be a palace barren of contentment."— *Selected*.

✽

Our advertisers are reliable. When you write them, be sure to mention LIFE AND HEALTH. This will be a favor to us and to the advertiser.

A PENNSYLVANIA man, injured by a stroke of lightning, was hardly able to walk. Later he found that his rheumatism had left him. Any one else want to try the cure? A live wire would probably cure any ordinary case of rheumatism.

ONE of the principal X-ray specialists of England is a victim of those rays. Turning from his regular practise, he devoted his time almost entirely to the development of X-ray therapy until he became one of the most expert in this line. After the Boer War, where he went to do X-ray work on the battle-field, he began to observe a growth of warts, accompanied by excruciating pains. He now protects himself against the rays, but is steadily getting worse. He has had no freedom from pain in two years, and it is now so severe that he is incapable of mental or physical work. Drugs give no relief. Cocain seems to increase the sensitiveness and the irritability of the nerves.

THE son of Dr. Wm. R. White, of Providence, R. I., will not eat meat; neither will he eat vegetables. His meal consists of a shredded wheat biscuit, with three or four bananas, and a large quantity of milk. He has eaten this way for years, and is in perfect health. His color is good, his teeth are

excellent, his temperament is uniform; he never complains of heat or cold, and he is a good sleeper. His superb health proves that his instinct which has led him in the choice of this diet, is a safe guide.

PRESIDENT ELLIOTT, at the dedication of the Harvard Medical School, said that in the past physicians had been chiefly concerned in the treatment of diseases and injuries, but that in the future, more than in the past, the work of the physician would be preventive, rather than curative. Commenting on this, *The Journal of the American Medical Association* said, "This brings us to a point in the address on which we wish to place particular emphasis; namely, the new function of the medical profession, of teaching the people in general directly how diseases are caused, and how prevented. In this work a beginning has been made, as witnesses the campaign against tuberculosis in particular. This function must be extended; and President Elliott calls on the medical schools to provide popular expositions concerning water supplies, foods, drinks, drugs, the parasitic cause of disease, and modes of communication of all communicable diseases." We are advancing. Not many years ago a physician who attempted to teach the public was considered a quack.

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

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

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