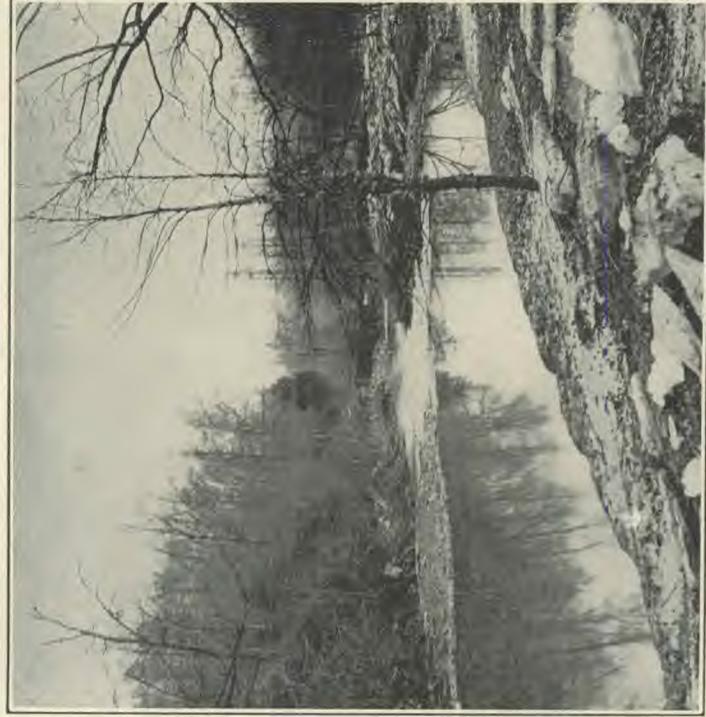


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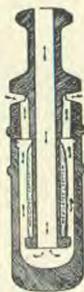
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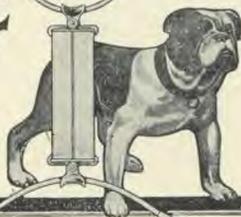


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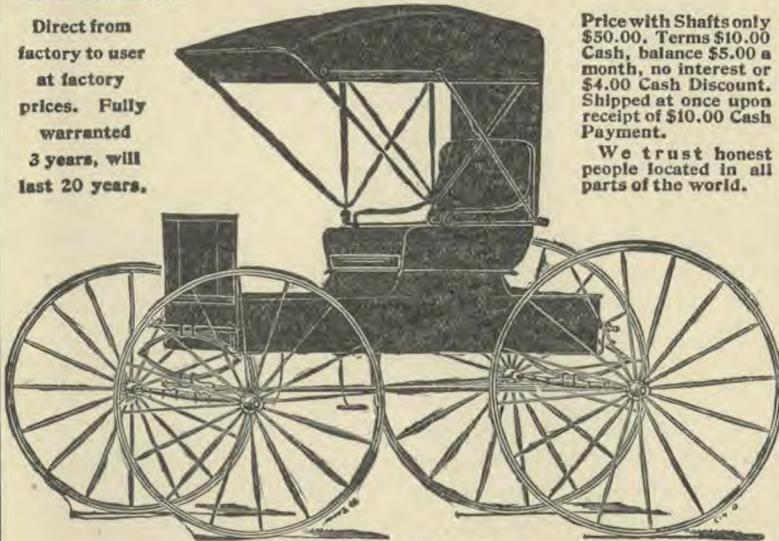
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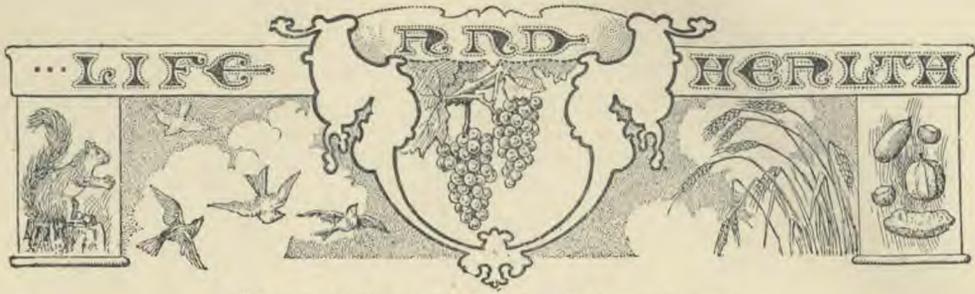
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"Something better is the law of all true living."

Vol. XXII Takoma Park Station, Washington, D. C., February, 1907 No. 2

## How to Overcome Constipation

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



IN a little book entitled "The Recollections of a Rebel Surgeon," by Dr. Daniels, reference is made to a Dr. Pringle, a village doctor in the South during the war, who had escaped conscription.

So great had been the demand for men, that all were taken between the ages of sixteen and forty-five, "robbing the cradle and the grave," as expressed by one. Hence to see a man in the village in citizen's clothes was a rare sight. Dr. Pringle was a dapper little fellow of the band-box sort, with his starched shirt front, and black cloth suit neatly brushed. His presence was in marked contrast to a half dozen or more "hospital soldiers," convalescents, who had gathered around and were earnestly discussing the topics of the day. Presently one cadaverous-looking fellow, the very picture of diarrhea and the effects of diarrhea, drawled out:—

"Doctor, you ought to be a very happy m-a-n" (with rising inflection on "man.")

"Why so, my friend?"

"'Cause you've got a biled shirt, and your bowels ain't outen order," replied the poor fellow.

Now while this happy state is implied of one who possesses a "biled" shirt and no diarrhea, we have seen many persons equally happy after being cured of their obstinate constipation, even though they did not possess the much-coveted article of wearing apparel.

The first consideration in the treatment of constipation should be given to the diet. Upon rising, the patient should drink two glasses of water. By adding a small quantity of table salt, in some cases, better results may be obtained. Following this a brisk walk of thirty or forty minutes in the open air is an invaluable part of the treatment. Breakfast should consist of oatmeal with fruit juice, or some of the flake foods, Graham or rye bread, and plenty of fresh fruit, and perhaps a cup of cereal coffee. Butter is not objectionable, although honey is considered better. A breakfast of rye or Graham bread and plenty of buttermilk is often relished equally well.

A brisk walk of twenty or thirty minutes should follow, after which an effort should be made to have the bowels move. This should be done whether there is any feeling or inclination that way or not. If after a few days there is no natural

movement, a small injection should be taken — about a pint of cold water at a temperature of 80° F. to start the movement. But two or three days should elapse after beginning the diet outlined before resorting to the injection.

The midday meal should consist of two or three well-prepared vegetables, such as peas, beans, spinach, cauliflower, lettuce, tomatoes, potatoes, etc., Graham bread with butter, and any of the gluten paste preparations, such as macaroni and vermicelli.

The evening meal should be light, consisting of rye or Graham bread and butter, with fresh or cooked fruit. A glass or two of fresh buttermilk could also be taken for this meal.

Unless the digestion is known to be unusually slow, or there is undue dilatation of the stomach, water should be drunk quite freely, two hours after each meal.

Injection is an effective means in many cases when properly used. When the colon is inclined to pack, a soap-suds enema, taken with an ordinary fountain syringe, should be used two or three times a week before retiring. The patient should be in the knee-chest position. The water should be warm, and by kneading from the left groin upward over the descending colon, a quart of water can easily be taken. It is not advisable to distend the bowels with more than the above-mentioned quantity. But the warm enema soon loses its efficacy because of the relaxing effect upon the bowels; at least its use for any considerable length of time results in the formation of the enema habit. The use of cold water is entirely free from this objection. Cold water energizes the nerves and muscles, and its use increases the vascular tone. Where one has depended upon the enema for any considerable length of time, the habit can usually be overcome by the graduated enema.

The procedure as outlined by Dr. Kellogg is as follows: "Beginning with three pints of water at a temperature about that of the body, the amount of warm water introduced every day is diminished by half a pint, one fourth pint of cold water being added, making the total amount of the fluid one-fourth pint less each day. At the end of the twelfth day the enema will consist of four ounces of cold water. In the majority of cases the decrease in temperature will generally compensate for the diminished quantity in stimulating effect, so that the bowel is thus brought to a more natural state."

Much can be done by daily massage and manipulation of the bowels. This should be done in the morning before rising, special attention being given to the left side and groin. The legs should be flexed, and the muscles of the abdomen thoroughly relaxed, so that deep pressure can be used over the lower part of the descending colon. Then take half a dozen deep inspirations, afterward lift and lower the abdomen several times. By a little practise one can learn to give the abdomen a complete roll, starting from below upward. While lying horizontally, the patient should slowly rise to a sitting position with the arms folded. Then let him slowly relax to the dorsal position. This should be repeated a dozen or more times. Horseback riding is an excellent form of exercise. Exercises which stimulate firm contractions of the abdominal muscles will tend strongly to the cure of many cases of constipation.

#### Hydrotherapy

This agent offers a great number of valuable procedures to be used for the various chronic maladies, not least among these being constipation. Among the simple but effective methods are fomentations for fifteen or twenty minutes. These should be followed by the heating

compress applied as follows: A half dozen thicknesses of cheese-cloth are wet in cold water and applied over the entire abdomen. This in turn is covered by two or three thicknesses of flannel, so applied as to exclude the air. The cold sitz bath also gives good results when there is lack of tone of the muscles and of the blood-vessels of the abdominal and pelvic regions. Water at a temperature of 70° to 80° F. should be used, the bath lasting only five minutes. Vigorous rubbing will do much to eliminate the disagreeable cold sensation. The sitz bath should be taken at least every other day for a while.

Where a faradic battery is available, it can be used to advantage in some cases by placing one plate over the spine, while with a sponge attached to the other electrode it is moved over the abdomen. The

current should be strong enough to cause contractions of the muscles. A still more effective method is to attach a small electrode suitable for inserting about four inches in the bowel, to one cord, while to the other is attached the sponge, as described above. The treatment should not be continued more than fifteen minutes.

These agents, used singly or in combination, have been the means of curing many obstinate cases of bowel trouble in the hands of the writer. They are so simple that they may be used quite as effectively in any home.

Whatever method of treatment is adopted, one should undertake it with the firm conviction that he must succeed, and that no slackness on his own part will be responsible for failure.



ONE OF THE POTOMAC RIVER FALLS

# Only Two Kinds

G. H. HEALD, M. D.



ES, there are just two kinds, normal and abnormal. You are one or the other. The normal can do rational things and avoid irrational things; the abnormal can not. It is rational to be happy. It is decidedly irrational to be unhappy. Just think of it! Unhappiness can do you no good; it can do no one else any good. It can do harm, a great deal of it, and nothing but harm. No one ever felt better for being unhappy. No one ever gained a point in that way. No one ever made life easier for himself or his friends by a long face. Unhappiness is always and absolutely bad. It has no reason for existence any more than the smallpox, and should be vaccinated against, or quarantined against, or stamped out in some other way.

Unhappiness is contagious. It breeds like a pestilence, but unlike the pestilence, it does not seem to inspire terror. Its victims, instead of attempting to flee from it, rather tolerate it, nurse it,—pride themselves in it, even! One should certainly not feel unhappy when everything is going well; and yet many, with all that heart could reasonably wish for, and much more than their share of life's good things, are unhappy. They imagine if their social position were a little different, or if they had such and such accomplishments, or if they were in some other way situated a little differently, they could be happy. Whatever they have or are is not exactly to their liking, and they pine for other experiences. Are they single? they would be married. Are they married, they long for the early days when they were free. Is it necessary for them to practise economy in order to make both ends meet? they envy the child

of fortune who has fallen heir to a large estate. Are they rolling in wealth? they sigh for the freedom from care that is manifested by the cook and the gardener. And so on, *ad nauseatum*.

If they get what they want, they are surely happy then?—No! There is something always between them and happiness—some unkind remark, some disappointment, the weather. “Now WHY did it rain just when I wanted to take a trip down the river?” as if the weather clerk had taken the contract to supply weather for their especial benefit. So it goes through life. People have formed a habit of being unhappy, and the habit grows. The face comes gradually to wear the scowl “that won't come off.” It is really a disease, for in the last analysis, disease, whether of the mind or of the body, traces itself down to a *wrong habit of the cells*,—muscle cells, gland cells, nerve cells, brain cells. O, how many there are who are daily forming this vicious habit of unhappiness! Though they know that life is much more pleasant for themselves and for their friends when they wear a smiling face, and though they do make a feeble effort to be happy, yet they are drawn back, time and again, into the old unhappy state.

Do you recognize this condition, dear reader? Have you known what it is by sad experience to look out at the affairs of life through a pair of green or blue goggles? Do you long for relief? Possibly your stomach may be at fault. Many a case of hopeless despondency is such because of a stomach like a swill barrel. I do not know but I should have said “every,” instead of “many;” for dyspepsia and despondency are twin brothers, the one encouraging the other, and the two making a combined attack

against the citadel of life. If you are unhappy, leave off your hurtful indulgences, and get your stomach straightened out if it needs it. If the stomach is at fault, it is no use to go further until this is attended to. But righting the stomach of itself will not entirely remedy the evil. In fact, if nothing further were done in the way of cure, it is more than likely that the unhappiness would sooner or later bring back a relapse of the stomach disorder.

Having attended to the stomach and anything else that is wrong with the physical condition, the next thing to do is to begin going through the mechanical part of being happy. Wear the insignia of happiness on your face. In other words, let it beam with smiles. Can't? Nonsense! It may seem odd and unnatural, but never mind. Keep right at it. **THAT SMILE BELONGS THERE.** If you will notice carefully as you smile, you will realize that this mechanical act reflects back on your mind some of the emotion of which it is the sign. It may be feeble at first, but persevere in this practise, thinking happiness, singing hopeful, happy songs if you know any, whistling, if you can,—for the whistler is always happy,—repeating some inspiring verse, or some scripture such as Rom. 8:28. Be an optimist, saying that all things are working together for *you*.

If we but realized how much a simple smile might lighten the load of another and add to this world's happiness, and perhaps lead that other into the happiness habit!—yet how often we miss the opportunity that might be ours **AT SO SMALL A COST**, of being a benefactor, and, incidentally, of lifting ourselves onto a higher plane. Why not say tomorrow morning, "This day, I shall endeavor not to miss one opportunity to make another happy"? Try it; keep on

trying; and see how the bright beams will finally shine in your heart. The life that has been one of emptiness will then be full; selfishness will turn to service, and you will have made a heaven here on earth.

Is this all theory? Do not say so until you have given it a thorough trial. Others have done it. You can—and be normal.

But how about the person who has actual sorrows,—dire poverty, shattered health, an unfaithful or a drunken husband, a new-made grave containing all that was dear in this life? Can one be happy under such circumstances? One may feel deeply the affliction, but pining over it, nursing it, pitying one's self, having rebellious feelings against God, perhaps—these do not mend matters, but make them worse. A calm resignation,—“Not my will, but thine, be done.” “The Lord gave, and the Lord hath taken away; blessed be the name of the Lord.” “Whom the Lord loveth he chasteneth,”—this is the Christian's consolation. Here is the reason why they “sorrow not, even as others which have no hope.” Even in the deepest affliction, there may be that inward peace and resignation which of itself is a healer of all wounds of the mind. And one who has so endured a mighty weight of oppression and come off victorious has a wealth of experience, and can with tender sympathy, obtained only in this way, help some other poor soul on the pathway of life.

This is the normal condition,—happiness during favorable circumstances, happiness during unfavorable circumstances. Indeed, it takes severe adversity, sometimes, to bring a chronic growler to his senses, and help him appreciate his blessings and privileges, which, by his life of unhappiness, he has been spurning.



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

## Jesus the Healer

### II — The Deaf and Dumb



HE maketh both the deaf to hear, and the dumb to speak." Mark 7:37.

The people of Decapolis brought unto Jesus the man who was deaf and dumb.

The heart of the Creator responded to the man's need. He who made the ear, he who formed the tongue, could say "Ephphatha," that is, "Be opened." "He put his finger into his ears, and . . . touched his tongue." The divine touch was creative, healing, yes re-creative. Yet he looked up to heaven. He owned the Father as the source of power, and in his name, in his strength, the command was given.

In this case, the answer came instantly, for we read: "And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain."

The same almighty Power that planned the organs of hearing and speaking was the One that brought salvation. Sin, transgression of some physical law, had wrought its evil work, and that which, in God's plan, was intended to be a delight, a joy, was a deprivation, a loss. Then since the Son of man came "to seek and to save that which was lost" (Luke 19:10), he was the one to whom to appeal; he was the one to hear, he was the one to give the sufferer release.

Will it always remain a fact that "all things were made by him; and without him was not anything made that was made"? Then will it also always remain a fact that he "took our infirmities, and bare our sicknesses." Matt. 8:17. The organs he made in the beginning were perfect, and we know, since God is God, and "there is none else," it was his intention they should remain perfect. But man has not obeyed the laws of creation, and his disobedience has brought pain, disease, infirmity, sickness, and all the train of evil, ending in death. Man lost this perfect estate, and a Saviour, a Redeemer, was promised. He came in a body, that he might bear our sins "in his own body on the tree." 1 Peter 2:24.

Since these bodies of ours now, here, in this sinful world, are marred and disfigured by sin, just here and now we need a Saviour, a Redeemer. Here, into this world, mingling with sinners, just such a Saviour, a Redeemer, came; and he said, "Ephphatha." Since he is "this same Jesus," and he is "passed into the heavens," carrying with him his name — Jesus — and all it implies, we know he can "be touched with the feeling of our infirmities;" and we may obey the injunction to "come boldly unto the throne of grace." Boldly does not mean defiantly, it means confidently, and

only *willing obedience* begets confidence. The mocker who is unwilling to obey, to walk in the light, can never have this confidence, and need not come to God, for God can not be deceived.

Does not God, then, heal wicked men who do not know him, or is there another healer for them? There is but one Creator, hence there is but one healer, and, of course, in all men God is working with healing power. He sends his rain on the just and the unjust, and his sun shines on the evil and on the good. He does not contradict his own laws, even in the bodies of men who do not own him; yet he has special blessings for those who ask for them. Healing is one of these.

Salvation is provided for all mankind, and in a sense, all humanity are constantly receiving the benefits of it; for every wicked person who does not own God, really lives and breathes and thinks by virtue of the atoning sacrifice of Christ. Yet these have not received the blessing of that atonement by faith, for they have not humbled their hearts before him, forsaken their sins, and received pardon.

So divine healing in its truest sense is for those who, confessing their sins against the laws of their being, receive pardon for their transgression, and in the name of Jesus, their sacrifice, ask for healing — physical cleansing. Such will not be denied, but will receive according to their faith.

### Radiant Lives

I PRESUME everybody has known some whose lives were just radiant. Joy beamed out of their eyes; joy bubbled over their lips; joy seemed to fairly run from their finger-tips. You could not come in contact with them without having a new light come into your own life. They were great electric batteries charged with joy.

If you look into the lives of such radiantly happy persons — not those people who are sometimes on the mountain top and sometimes in the valley, but people who are always radiantly happy — you will find that every one is a man or woman who spends a great deal of time in prayer alone with God.—*R. A. Torrey, D. D., in Triumphs of Faith.*



“GOD could have fed the multitude even if there had been no small boy with his loaves and fishes; nevertheless he wants small folk to be coworkers in his great deeds. He is not dependent upon these things, but he does use them.”



“WE may refuse to believe God’s promise to give strength sufficient for our need; or believing his word true, we may refuse to ‘deny self,’ ‘put off the old man,’ that we may ‘put on Christ,’ who is our strength. In either case sin is the result.”

# CURRENT COMMENT



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

## The Anti-Alcoholic Movement among Students and Practitioners

THE zeal and example set by a few earnest workers in the movement for the restriction of the consumption of alcohol have been amply rewarded by the results. . . . The latest addition to the forces of anti-alcoholism is the club of abstaining students which was founded a short time ago, and which has now upward of two hundred and twenty-five members. When the fact is taken into consideration that among German students drinking is regarded as an indispensable part of the university education, the radical change of opinion can be estimated. These students will refrain from the use of alcohol while practising their profession. Another club which does not boast of a very large number of members is the club of abstaining practitioners, among whom are several hospital officers. The present way of thinking has brought it about that in the routine treatment of internal diseases, all alcoholic beverages are being slowly discarded. Thus in the clinics of Professors Monti and Kovacs the use of brandy or wine, which were frequently prescribed in pneumonia, has been dropped without any other effect than the saving of money. It seems that not so much the liquor itself as the knowledge of its presence and its supposed beneficent action tended to demoralize the patients. The admission of female doctors to the wards of our large hospitals may also be responsible for the decrease in the prescribing of alcohol, as all the medical

women are members of the temperance society.—*Vienna Correspondence to the Jour. of the Amer. Med. Assn.*

✽

## Paralyze Your Leucocytes?

“WOULD you care to paralyze your leucocytes?” is reported to be Metchinkoff’s form of invitation to partake of alcoholic beverages. This great scientist is, as is well known, a profound student of the white blood cell and of its phagocytic power. The leucocyte normally eats up the microbe which would otherwise destroy the man. Metchinkoff has discovered that a rabbit, after taking alcoholic drink, can not be made immune to anthrax; the leucocytes have evidently by this means been paralyzed.—*New York Medical Times.*

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## A Deadly Fallacy

THE argument that nature designed man for a polygamous animal, often used in defense of libertinism, is as flimsy as that she intended him for a tobacco smoker or a narcomaniac. The instincts of a normal man, made in God’s image, are distinctly monogamous, and are centered exclusively in one complementary personality of the opposite sex, loved also from a rational and spiritual standpoint. And this is the key to the whole situation.

The place to begin the cure of marital infelicity is not the divorce court, but the early home; the time is not after marriage, but long before. The saving philosophy is that the ideal plane of

purity occupied by the woman must be occupied also by the man who, scorning like her to profane those attributes of his being which are most sacred in the eyes of God and humanity, shall, when he marries, be able to offer to the woman who gives him her hand, just what he requires of her—a body and mind unsmutched by sexual impurity.—*Dr. John D. Quackenbos, in Good House-keeping.*



### The Venereal Peril

WITHIN the past few years we have seen the public aroused in regard to the perils of tuberculosis; the movement is still in progress, and intolerant zeal may even need to be checked if the popular interest in the matter increases as it seems likely to do. The evil of venereal disease is just as great. It may not cause so much mortality, but its evil effects on the welfare and happiness of society are much greater. With the present drift of modern civilization these are accentuated; the increasing migration into cities, the stress of life, making early marriages less frequent, the tendency in our mixed population to neglect the higher moral considerations and to undervalue religious instruction, all help to increase the evil. It is the duty of the medical profession to take the lead in this movement for the enlightenment of the public regarding the ravages of these two preventable diseases.—*Editorial, Journal of the Amer. Med. Assn.*



### Unclean Newspapers

WHEN the public fully grasps the enormity of the offense committed by a newspaper in spreading before its readers the disgusting announcements of certain medical advertisers, the newspaper agency for the dissemination of foulness will be obliterated. Throughout the country there has been a recent

general awakening on this subject. Of all the things in the world which should be free from filth is the daily visitor to the home. Any man thrusting an obscene circular into the hands of a young woman would be kicked into the ditch by the enraged father. But such is the inconsistency of human nature, that the same father would, perhaps, subscribe for a newspaper for his own and his daughter's reading which contained identically the same objectionable matter. Why?—Because he has not thought about it. When he does think about it, he will stop it.—*Cleveland News.*



### Smallpox and Vaccination

BEFORE the introduction of vaccination, smallpox was the worst scourge in existence. It was conservatively estimated that in Europe alone over two hundred thousand died each year from it, and that great numbers were left blind or otherwise maimed for life. It was a disease of childhood, and few attained to adult life without having had it. The protective influence of vaccination was first made known in 1798, and more or less extensively adopted during the next few years. Immediately following this there was a sudden decrease in the extent and mortality of the disease. This has often been credited to the improved sanitary conditions; but the fact that other contagious diseases, and especially filth diseases, decreased only in a very limited degree, proves this ground to be not well taken. Indeed, in cities where the growth was large and sanitary conditions worse, the mortality from smallpox decreased in the same ratio as in places where better sanitation prevailed.

Fortunately, careful records were kept in various countries, and from these it is easy to prove the effect of vaccination.

In Sweden, during the twenty-eight years preceding vaccination, 2,050 died

annually from smallpox in every million population; during the forty years following vaccination, only 158 per million. In Prague, for the seven years before vaccination, one twelfth of the total deaths were from smallpox; during the thirty-five years after, the ratio was only 1 to 457. In Copenhagen, for fifty years before vaccination, the smallpox death-rate was 3,128, and for the fifty years after, 286. In Berlin, for twenty-four years before, the smallpox death-rate was 3,422, and for the next forty years only 176.

Figures might be multiplied, but it is useless, for the experience of almost all physicians and all hospitals proves the protecting power of vaccination. That the protection in all cases extends throughout a long life is not claimed, but even if later in life the disease is contracted, it is much lighter, and is seldom fatal. Every one, however, should be revaccinated, when the protection is almost perfect.

The danger attending the operation is very small, and when compared with the danger attending the disease, sinks into insignificance.—*Bulletin, Cal. State Board of Health.*



### A Time for Study and a Time for Sleep

THE new-born infant must sleep about twenty-two hours; and this amount is so slowly lessened that at twelve years the child still requires twelve hours. Ten hours should be given to sleep until about the eighteenth year; and nine hours may be required until well along in years. *American Medicine* declares it to be nothing short of criminal to let boys of fourteen sit up until ten o'clock at night, and then rout them out at six. Lower animals can be killed quickly by depriving them of sleep; the boy is not killed, but he is perhaps so exhausted that he loses resistance to disease. Medical students

often make the same mistake, forgetting that a tired brain never absorbs anything. Those students who retire in time to sleep at least nine hours, get far more out of their course than the "grinds." Some of the best men habitually take ten hours. "The whole subject, though very old, is so new to the laymen who do the damage to schoolboys, particularly in boarding-schools, that there is urgent need of wider publicity and much discussion for enlightenment." Proper consideration should prevent the exhaustions which so frequently follow school courses. Mothers should be taught that it is harmful to arouse children at any age; they should awaken in the morning naturally. If they are not in time for school, they do not retire early enough. "If they are sleepy heads, it is either the fault of the parent or the result of ocular defects."—*The Medical Times.*



### The "New" Dietary

THERE are many individuals who say they believe there is something in the new system, but that at the present time we do not know enough to justify us in adopting it. I submit that the facts we already possess are fairly convincing to those who follow them out to a logical conclusion. At the present moment more than one half of the population of the world, including those living in all kinds of climates, and including the races with the finest physique, do not eat meat. Those men who are afraid of sacrificing their manhood by a departure from the beef-and-beer system, may take comfort in the fact that the Romans at the time they conquered the world were vegetarians, as were also the majority of the Japanese at the period of their grandest achievements. Japan has a climate similar to our own, except for greater extremes both of heat and cold. In the circumstances it is a matter for little sur-

prise that men in our own country who have adopted the new system find they enjoy infinitely better health, and can accomplish more, alike in their ordinary work and in trials of strength and endurance. With those critics who deem these considerations no argument, but stake all on the cold-blooded science of the pathological laboratory, the results obtained by Chalmers Watson in his investigations into the effect of a meat diet on rats may carry more weight. It is only in accord with clinical evidence to be told that rats so fed exhibit marked predisposition to disease and early decay, and that even if the health is not seriously affected for the worse, such degenerative changes as a harshness of the skin are in evidence; it is not surprising to hear of a tendency to sterility and diminished powers of lactation. With these facts in mind, it seems somewhat anomalous that many medical men should still be impressing on their patients the necessity for a little meat, at any rate once a day.—*Dr. W. A. Potts, in the (London) Lancet.*



#### Reading in Bed

It is refreshing to find a celebrated physician recommending the practise of reading in bed for half an hour before going to sleep,—a pleasure, because it answers to the experience of no end of people, most of whom have been told again and again that they ought not to do it. Of course, it all depends. Almost everything does. But, provided the light is good and properly placed, and the book not too heavy to hold comfortably, and especially if one reads propped up with a pillow instead of lying flat, all unusual strain of the eyes is avoided. Especially for those who work either mentally or physically, in the evening there is a use-

ful change in reading a little while just before going to sleep. Sometimes it makes all the difference between sleeping promptly and looking for sleep in vain.—*Family Doctor.*



#### The Earthquake Cure

In this halcyon time, the sick walked. In many cases men and women who were regarded as permanent invalids traveled on foot for miles in the streets, slept on the ground, ate whatever coarse food they could get—and got well! Never in the history of the city was the general health better than it has been since the fire. Many causes contributed to this surprising result—the enforced simple life, no intoxicating liquor of any kind for nearly two and a half months. They tell great stories of reform in this direction,—fresh air, hard work, excellent sanitary conditions enforced by the military physicians, and no brooding over personal ills.—*Ray Stannard Baker, in American Magazine.*



#### Some Uses of Cottonseed Oil

It is said 30,000 barrels of cottonseed oil are used every year in Maine to pack sardines, 300,000 is the amount Holland uses to improve its famous butter, while Italy and Spain import 600,000 barrels to re-bottle and send back to this country as "olive" oil. And America produces it all. Yet Americans refuse to use this same bland vegetable oil on the table unless it has a foreign label which pretends that it is something else than it is. Cottonseed oil is as wholesome as any olive oil, as cleanly and nutritious as any butter, better than some, but there is a prejudice against it in America because it is an American product.—*Jacksonville (Fla.) Tribune.*



## Health Principles in Australia

DURING the year I have spent considerable time in field work, principally in giving health lectures. These have been well received; through them a spirit of inquiry has been created, and I feel certain good has been accomplished. At Perth, West Australia, we were offered one of the best and most commodious halls in the city. The hall was filled, and people were standing up. The audience was made up of business and professional men principally.

The leading papers devoted considerable space to a report of the lecture, and also wrote editorials which were very fair, and helped the work forward. The editor of the leading paper has since sent for a cook-book and other health literature, and has published articles from my pen favoring a fleshless diet and abstinence from alcohol, tobacco, and tea.

In Wellington, New Zealand, a lecture, occupying the space of two entire columns, was published in one of the leading papers. At Gisborne they printed everything I gave them. At Brisbane we had a very intelligent and appreciative audience. The papers also did everything we could expect them to do to give prominence to what was said. Thousands read these papers and get the benefit of these principles, whom it would be difficult to reach in any other way.

In Brisbane I was invited by two members of Parliament to visit their homes and dine with them. One of these men took the greatest pains to show Mr. Anderson and myself through the Parlia-

ment building, and also spent one hour in conversation in his office. We gave him the "Rights of Man," for which he thanked us. His brother has since been a patient at the sanitarium. The health principles appeal to the thinking classes in Australia. D. H. KRESS, M. D.

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## A Hydropathic Institute, Adelaide, Australia

THIS institution has now been in operation for six years and seven months. God has blessed the work from the beginning, and it has steadily grown. Not by leaps and bounds, but little by little it has won its way into many hearts. Many have expressed gratitude for the restoration of health through the simple agencies that God has so graciously revealed to his people.

Being located near the center of the city, expenses are necessarily higher than if situated farther away. A good share of prosperity has attended the work, though not as much as we would like to see. The most trying time we have is the very cold winter months—June, July, and August—when our patronage falls very low, and it then becomes difficult to keep afloat. But we feel very grateful to the Lord, for he has helped us through these trying times. Each year we have been able to show a slight gain.

We can safely say that the treatment rooms of the Hydropathic Institute are among the best equipped anywhere. However, we still lack one thing, and that is a sanitarium on a small scale, with a duly qualified man at its head. With

this the cause would still advance in body- and soul-saving work. The last three months we have been working hard to get something matured in that line, but have met with apparent disappointment at every turn. We had almost, as we thought, secured a very fine place on a lease of ten years, but just before the completion of the lease, the lessee changed his mind and said we could not have it under twenty-five years. Up to the present no other property (and we have seen many) has been offered for lease.

A. W. SEMMENS.

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### Rome, Italy

WE have been favored by getting an opening in the great health institute here, the Kinesiterapico, a two-million-franc sanitarium, the director of which is a professor who teaches in the royal University of Rome. He is very favorable to our health work, and told me that if we contemplated opening a sanitarium here, he would gladly leave the big institution to engage in a work like ours. He is a leading exponent of hydrotherapy in Italy. Just recently this institution put in a boarding-house in connection with their sanitarium, which they wish operated on vegetarian lines. The professor asked me to find them a vegetarian cook from among our people, and after considerable effort I have succeeded not only in finding a cook, but Dr. Ottosen's wife is coming to help them launch the project. So we shall have our principles well represented in the best-equipped sanitarium in Europe. This is a good step in the right direction.

CHAS. T. EVERSON.

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### From a Doctor's Note-Book

TOWARD dusk one night a dapper, upper-class man, whom I subsequently found to be the vice-president of Capiz,

accosted me and invited me to visit a sick friend. We were soon clambering up the rungs of the bamboo ladder, which answers for steps in these regions, and on entering a shack of the better sort found a large delegation of curious natives staring at us. It was quite evident not only that my advent had been advertised, but that the case was one of special interest. Drawing aside the rough curtain from one of the doorways, we found ourselves in an almost "air-tight compartment." Filipinos appear to entertain a deadly fear of the atmosphere outside their shacks, and consequently entertain too frequently, within their shacks, the unwelcome guest, consumption.

In this particular case, however, the patient was far from being a hectic, emaciated consumptive; she was a vigorous young woman with promise of years of health before her. This was just where the pathos of the scene lay, for it seems that she had been given up to die. The priest had crossed her forehead with ashes and holy water; two native doctors had been summoned, but both had refused to attend the case. Their fees in such cases were reported to be five hundred *pesos*, equivalent to two hundred and fifty dollars in United States currency, and the husband was not a wealthy man. And to send for another *medico* would not be very wise, for his fee was said to be nearly twice as much. Nothing remained, therefore, but to wait for death.

And then, apparently as an after thought, the missionary doctor had been called. Is it any wonder that there was some tension in the atmosphere when he arrived? A brief examination proved immediate action imperative to save life. A very moderate use of a little common sense and the exercise of a few of the simplest principles of occidental surgery,

(Continued on third cover page)

# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Unfermented Dough Breads

As stated last month, fermentation lessens the food value of flour, so we now give some information about making palatable bread which retains all the nutritive properties of the grain. Batter breads, a recipe for which was given last month, require eggs, incurring an expense at certain times of the year which all do not feel like bearing. Then the dough breads are dryer, requiring more thorough chewing, and hence a better mingling with the saliva, or mouth liquid, on which the digestion of the starchy part of the bread largely depends.

Either milk or water may be used as the liquid, and there are several shortenings which are inexpensive, healthful, and palatable. Any good grade of flour will be successful if the work is well done. If the object is to have a tender bread with little shortening, a flour containing little gluten should be selected, that which is made from wheat raised in subtropical climates. If the desired end is to give much strength of body tissue, it will be better to select whole-wheat flour of the very best quality, though more shortening will be required to make a tender bread.

Cream, olive oil, peanut oil, cooking oil, butter, egg yolks, pulverized nuts, or other fats may be used for shortening. The amount of fat contained in these

varies greatly, so good sense must be used in regard to the amount. In the manufacture of these breads there is room for the "try, try again" principle. "If at first you don't succeed," you will be much pleased when you do, for these breads are very satisfactory to the eater.

Since space will not permit of recipes under all the varying conditions, we hope this one will serve as a pattern, and that the reader will experiment with the different materials until the editor will find it difficult to publish all the good recipes sent in.

#### Suggestions

Have all the material as cold as is practical, and work in a room as cool as compatible with health and comfort. A marble slab makes a good, cold kneading board. A good baking utensil is made from quarter-inch mesh wire netting, with an inch turned up on four sides and bound with tin, riveted at the corners. Flat baking tins will do if the better can not be secured. An ordinary meat mill is a great convenience for doing the kneading by grinding twice. If not to be had, the hands or some other appliance must be used. The little corrugated wooden wheel pie marker has come to be an almost necessary utensil to the writer for separating the portions of dough before baking.

### The Dough

Sift one quart of flour into a mixing bowl, and rub into it two tablespoonfuls of oil after the fashion of making pie crust. Use a little salt if desired. Use just enough cold water to make a very, very stiff dough. If a little dry flour appears, it will probably disappear as it passes through the mill. For variety, spread a few of these thin wavy strips on a tin and bake. People with poor teeth will enjoy them soaked in hot milk. Others will like them dry. Press the remainder of the dough firmly together, and knead until there are no seams. With the rolling-pin make it less than one-half inch thick, and as nearly square as convenient. A plain knife may be used to cut in strips as wide as the dough is thick, but the wooden pie marker is better, using it as one would a tracing-wheel. When several strips are cut, lift them on to the baking pan, and run the wheel across at such points as will give sticks of the desired length. The marks left between are rather ornamental, and, too, give space for thorough baking. All breads of this kind must be baked with space between. Bake until well browned, but in an oven not too hot. Cool in single layers, and as rapidly as possible.

Many different forms may be made from this dough. A piece about the size of a large walnut may be made to imitate the Southern beaten biscuit. Knead with the finger-tips as bread is kneaded with the hand, stretching the dough smooth over the top, with any surplus gathered pressed firmly together on the opposite side. Plunge the thumb through the center, making an opening for the passage of heat.

Another form is secured by making a long roll about one and one-half inches in diameter. With a sharp knife cut off pieces one-half inch thick, make a thumb hole in the center, and place on the baker; or with a dull knife cut once

through, give the roll a half turn, and cut again. Irregular in shape, they will remind one of the same shaped candy kisses of a half century ago.

Rolled as thin as thick paper, perforated well with a fork, marked in squares or diamonds, and well baked, we have an article delicate and crisp. Crisps is the name given.

The dough, somewhat thicker, with ground dates or raisins between two thicknesses, well pressed together, and cut into squares, may be denominated fruit crisps. English currants or sultanas may be kneaded into the dough and made into crackers. The plain dough may be baked in cracker form. Invent more forms, and send us word how to accomplish the work.

Perhaps a word should be said respecting the necessity of cold material and cold air. Cold air is a condensed air. When dough containing it is heated in the oven, it immediately expands, causing larger pores, and therefore lighter bread. This principle does not apply to fermented bread, a subject on which a beginning will be made next month.

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To wet a floor and partly absorb the water with a half-wrung mop is not cleaning the floor. It is not mopping, but slopping. The mop should be clean, having been thoroughly rinsed after previous use. The water should be changed often, the floor rubbed, rinsed, and thoroughly dried. If dried from dirty water, the floor will look dingy, and only lazy or unobserving persons will be satisfied with the results. I well remember that after my first effort at floor cleaning I said, "Mother, how does my floor look?" "It looks more even, but not any cleaner," was her reply. Hundreds of times she has been thanked for her wise though not flattering answer.



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

## The Bright Side

THERE is many a rest in the road of life,  
 If we only would stop to take it;  
 And many a tone from the better land,  
 If the querulous heart would wake it!  
 To the sunny soul that is full of hope,  
 And whose beautiful trust ne'er faileth,  
 The grass is green, and the flowers are bright,  
 Though the wintry storm prevaileth.

Better to hope, though the clouds hang low,  
 And to keep the eyes still lifted;  
 For the sweet blue sky will soon peep through,  
 When the ominous clouds are rifted.  
 There was never a night without a day,  
 Or an evening without a morning,  
 And the darkest hour, as the proverb goes,  
 Is the hour before the dawning.

There is many a gem in the path of life,  
 Which we pass in our idle pleasure,  
 That is richer far than the jeweled crown,  
 Or the miser's hoarded treasure:  
 It may be the love of a little child,  
 Or a mother's prayers to heaven;  
 Or only a beggar's grateful thanks  
 For a cup of cold water given.

— Selected.

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## Reading and Association of Our Children—2

MRS. M. C. WILCOX

A LIGHTER class of literature may be found in natural history stories. But emphatically let us know the character of every book our children read, and resolutely exclude everything that will defile. Let us bring in all that is possible of pure, elevating, and refining literature, for every beautiful thought that enters a child's mind adds to the strength and loveliness of the character.

But is it the wisest thing to do, to go

to the world for literature when we have so many excellent works of our own that our children should read? I can not think so. You may consider me narrow minded, but I have had many serious thoughts about these things. A work has been committed to us to do that no other people on this earth *can* do, until God takes it away from us and gives it to others. If we expect our children to engage in this work, they will need all

the encouragement they can possibly get from the home education along the lines of our distinctive work. In every home where there are children, there should be reading circles in which father and mother are actively engaged.

O parents, I speak from experience; it will pay to put aside some of the other work for the most important one — that of making the evenings pleasant and attractive to the children. Of course it will take time. Something will be left out if this is done. But is there anything else in all the round of life's calls, and even its seeming duties, that might not be well left out for the sake of anchoring our children to the Eternal Rock? Is there anything else that could be so fatal as to leave our children out to perish in the wickedness of the street while we are absorbed in our work, our society, or even in religious services?

It is such a little time at best that we have them with us. They grow up so quickly and leave the fireside circle and go out into the cold, selfish world for themselves. Let us leave no stone unturned to make home the brightest, happiest, and most sacred spot on earth to them. You can not hope, without great vigilance, to keep the boys off the street, away from the brilliant, beguiling places of amusement in the city. It takes careful thought, earnest effort, and much prayer to restrain and not harden, to preserve and not cripple, to fashion and not mar, the bounding, pulsating life-forces of a wide-awake American city boy in this age of the world. But it must be done if we would save our boys from the contaminating poison of evil.

And dear fathers and mothers, open your hearts, take the boys and girls right into your confidence. Read with them, talk with them, pray with them, play with them, go with them to church, to lectures, and to suitable places of amusement. Grow right along by their sides;

do not allow yourselves to lose the youthful elasticity out of your lives, and grow away from the spirit of childhood. Our bodies will grow old in spite of us, but there is no reason why our spirits should not be always young. In that blessed home the members of the family grow always toward youth. Instead of acquiring the marks of age, of care, of exhaustion, they become every day fresher, fairer, fuller of the exuberance of life. It ought to be so in every true earthly home.

If the association of children with their parents, brothers, and sisters is pleasant, free, and unrestrained, you will not find so much cause for anxiety in the choice of outside companions. They will readily fall into line with the judgment of those whom they love.

"However humble our homes may be, let us see that they are clean and tasteful, and let us not forget the educating power of beauty. If it is but two rooms, let us put into them just as much culture and refinement as possible. It is impossible for a child to grow up into loveliness of character amid scenes of untidiness and disorder. The association of inanimate things has a marked influence over us all. The home itself, its shape and appearance, its interior arrangement and decoration, its external surroundings, the flowers, the grass, the fields, its outlook on the grand old hills, the majestic sea, or its picturesque landscape, — all have an influence on the character and the shaping of its final destiny."

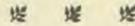
I think of my own children, my dear little impulsive, impetuous, turbulent-dispositioned six-year-old — the baby. How intense he gets when things go wrong! How he follows me around from room to room with his little train of cars, playing at my feet or by my side, a veritable interrogation point, talking almost incessantly. If I do not reply, or if I look serious, he will say, "Mama,

I love you. Smile at me." Sometimes it seems that he says it a dozen times a day, but it always sounds just as sweet. O how I miss him when he is away for a little time! But he is growing up. He must be squared and fitted, chiseled and polished, for the place God has for him in his work. And this is my work — my highest, noblest, grandest, God-given work. I want your prayers. I am resolved by God's help while my life is spared, to give my best energies to the building of character in my children, and I want you, my dear brethren and sisters, to do the same.

We need young men and women, real moral heroes. As Mark Hopkins says: "Never was there a time in the history of our world when moral heroes were

needed more than now. The world waits for such, and the providence of God has commanded science to labor and prepare the way for such. For them she is laying her iron tracks and stretching her wires, and bridging the oceans. But where are they? Who shall breathe the breath of a higher life? Who shall touch the life of a paganized science and of a pantheistic philosophy, that they may see and know God? Who shall consecrate to the glory of God the triumph of science? Who will bear the life-boat to the stranded and perishing nations?"

Can we not, dear fathers and mothers, train our children to do just this work. God grant it, for his name's sake.



## The Decadence of Family Life

THE following excerpt, taken from the *Ladies' Home Journal*, is very suggestive of the future of American homes. We have but to look about us on every side, especially in our large cities, to see its truthfulness verified. A contractor and builder in San Francisco told me just before the earthquake that it was surprising to see how many of the beautiful and apparently well-kept homes were being exchanged for small quarters where only very light luncheons could be served, and where the people stay when not out to the theater or to fashionable dinners served at restaurants and family hotels.

To be relieved from the responsibility of superintending a home, the care of the servants, and all the trials incidental to home making, is what is sought, so as to leave women free to spend the evening or night at the theater and other fashionable places, and sleep as late in the morning as inclination might prompt.

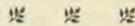
And it is not women alone who are at fault; men want their freedom from the care and responsibilities of the home as well. But what does it mean to the homes of our land and the future of society? We are rejoiced that some of our prominent men are awake to the situation that confronts us:—

"Along with this decadence of the pastoral relation, and possibly responsible for it, has gone a decadence of family life. Not only in the great cities, but in many of the smaller cities, the apartment house, the boarding-house, and the family hotel have taken the place of the home. The little children go earlier to the kindergarten; the boys and girls earlier and in greater numbers to boarding-schools. The family has sometimes two homes, or even three or four, and the greater the number of homes the less home. I do not know what the statistics show, but the impression on my mind is that divorce and domestic separations

are ominously frequent now, and were very rare then. And whatever weakens the family tie weakens the foundations not only of all social order, but of individual morality.

"I am glad to put myself on record as in hearty agreement with the note of warning on this general subject which ex-President Cleveland has recently sounded. Whatever turns women away from the sacred offices of the home to seek 'careers,' whatever leads children to think that clubs and associations, sacred or secular, are more sacred or

more dear than the home, whatever drives or draws fathers away from the personal fellowship of the home circle to attend to the duties of business or the pleasures of a club, is perilous, and, if not recognized and resisted, may be disastrous, not only to the happiness of the individual, but to the future of society. Far more important than the endowment of libraries or colleges, the purification of politics, or the reinvigoration of the churches, because fundamental to them all, is the housing, the defending, and the maintaining of the home."



## When Girls Go Wrong

WHEN we remember that children read the daily papers, that they frequently hear discussions among their elders which are more or less veiled, with the idea that they do not understand, that they are constantly in the streets, back and forth from school, directly or indirectly in contact with those much older than themselves, it is no wonder that at a very early age their curiosity takes a dangerous turn; and therefore the necessity for companionship between mothers and their girls, and fathers and their boys. . . . Not more than one child in twenty has ever been able to tell me that father or mother had given him any counsel or advice on one of the most important matters of life, pure and holy when properly understood, but one of the greatest sources of corruption in childhood — and therefore in manhood and womanhood — when unexplained, or learned from the filthy, poisonous sources of the street. . . .

The great trouble is that parents frequently do not know their own children. They think they do, and occasionally we find a mother who is very much insulted to be informed of the

shortcomings of her daughter. I have never known of a single case out of the large number dealt with in five years, where the mother did not afterward admit her mistake, and confess, often with tears, that she did not know, and could not have believed, and left only expressions of thankfulness that a warning came in time to save the purity and virtue of her darling child.

The very day that I write this, a mother and father have spent an hour with me talking to their sixteen-year-old girl, who had fallen to the very depths. The girl admitted to me, in the presence of her father and mother, that her first knowledge of such matters came through notes passed about the school, and the common gossip that floats among children at the curious age, and that impure suggestions had come to her from several boys before she was twelve years old; that she showed no proper resentment; that she knew of evil then, but did not understand; no sympathetic, fond heart had ever explained. Yet her mother did not know. . . .

The great majority of girls who enter into a life of sin and are generally forced

to the attention of the courts at sixteen or twenty, after the real mischief is done, begin their wayward course as early as eleven or twelve. It may be a small thing, it may not attract attention, but that it was there I have no doubt; and every wayward girl I ever talked to in my court assured me of its truth. . . .

We can do more to bring about happy marriages, to decrease divorce, desertion, infidelity, and crime in a single generation by exacting and receiving from parents greater care and interest in their children than all the courts can do in a thousand years.

I am therefore convinced that this moral question among children is by far the most important problem that concerns the preservation of the American home; and beside it, the mere matter of the boy who steals or runs away, is of small moment. If then, the nation decays,—as it must, if the American home is undermined,—it is because mothers and fathers have proved false; it is because mothers and fathers have become traitors toward childhood's sacred cause. Schools, churches, children's courts, can do much, but they can not supply the deficiency of hopeless homes, for there, in the bosom of the American home, is the little child; and there also is the state—for the child is the state, and the state is the child.

Preserve the child, and you preserve the state; take care of the child, and the

state will take care of itself.—*Judge Lindsey, of the Colorado Juvenile Court, in the Juvenile Advocate.*



### Child Training.

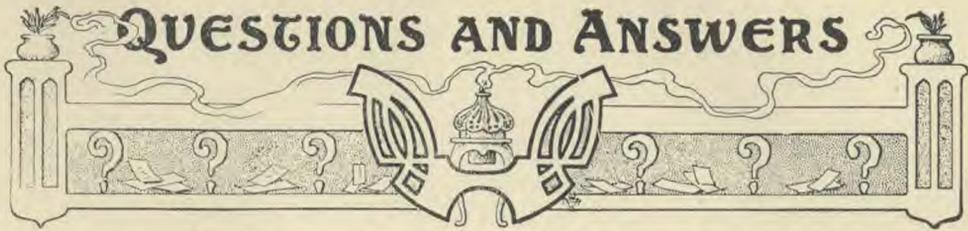
“TRAIN up a child in the way he should go: and when he is old, he will not depart from it.” That is true, for it is written in God's Word.

It has been well said that early training and a good example have more effect upon a child than inherited traits of character. Timothy was trained by a godly mother, and as Paul says, from a child he knew the Holy Scriptures. How carefully Moses' mother must have instructed him, during the few years he was under her care. These two did not depart from the way they had been trained, but spent their lives in the service of God.

How beautiful is the faith of a little toddling child! How it trusts its mother for everything! She should develop that faith, and teach her child to ask God for what it needs, telling it that a wise Heavenly Father will not withhold any good thing, but explaining that if sometimes prayers appear unanswered, it is because God denies the thing in love, knowing it is not for our good.

The mother should tell her child that Jesus loves it always, and that his loving heart is grieved when it does wrong.—*Selected.*

# QUESTIONS AND ANSWERS



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

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

*Ans.*—We can not speak from personal knowledge, but have no doubt of the truthfulness of the report. The London *Lancet* recently called attention to the fact that "liqueur chocolates," which became very popular, contained over five per cent of pure alcohol. The candy consists of a hardened sugar shell, enclosing the alcoholic liquid. The manufacture of such candy was stopped because the alcohol used escaped the revenue duty. Much more important, however, is the fact that such candy is used mostly by children, and creates a desire for alcohol. How far such candy has been manufactured in this country, we are unable to say.

**247. Removal of Tonsils—Poor Circulation—Keeping Cough Medicine on Hand for the Children.**—"1. Would it be fatal for a woman thirty years old to have her tonsils removed? 2. What would you advise for poor circulation? 3. I am advised to keep Chamberlain's Cough Medicine on hand so I can give it to the children when they cough at night. Do you advise it, and is it harmless?"

*Ans.*—1. No; when tonsils are removed by a skilful operator, there is scarcely any danger. If the tonsils are enlarged, have them removed.

2. Tone up the general system by good feeding, outdoor life, sunny sleeping rooms with open windows. Either a cold hand bath, cold shower-bath, cold sheet rub, or cold plunge daily, followed by a vigorous rubbing till good reaction is secured; hot and cold applications to the spine every other day, hot and cold foot-bath taken at bedtime, and dressing properly, so that the limbs have their share of clothing without overclothing the rest of the body; exchanging despondency and worry for cheerfulness and contentment and the maintenance of a hopeful mental attitude, are a few of the things that we would recommend for improving the circulation. Of course if there is any disease of any part of

the body, such as tuberculosis, heart-disease, malaria, or diseased condition of any special organ of the body, these must be modified as conditions require.

3. No; we do not recommend you to dose children with Chamberlain's Cough Medicine or any other patent remedy. The simple use of water is of more value for the home treatment of acute colds in children than all the patent medicines ever used. See answers to question No. 246 in this issue.

**248. How Long Should Bread Be Kept.**—F. E. C., Tenn.: "How long should home-made bread be kept after it is baked? I am told it is not good after three days."

*Ans.*—That depends wholly on the conditions under which bread is kept. If bread is placed in a closed bread box, where the air being damp and warm, mold or bacteria may be abundant, the bread would begin to spoil quickly, certainly within twenty-four hours; but if the bread is well baked and placed in a thoroughly clean tin box, earthen jar, or other suitable container, and kept in dry cold air, say at or near the freezing-point, it may be kept perfectly wholesome, and would be found good at the end of several weeks, or even much longer.

The question of *how long* bread has been kept is not so important as *how* it has been kept, cleanliness, freedom from molds and bacteria) and dry cold air being the essentials.

**249. Jaundice.**—L. S., Cal.: "I have a friend who suffers from a pain in the right side, sometimes very severe, after which she gets very yellow and has jaundice for some weeks. She usually has an eruption at the corners of the mouth, extending over the face an inch or more, which is very hard to heal. What can be the cause of the pain and jaundice? What is the trouble with her face? What treatment would you recommend to prevent these troubles?"

*Ans.*—The lady is doubtless suffering from catarrhal jaundice. It is possible she may also have gall-stones. For home treatment we recommend her to drink abundantly of pure

water, to avoid overeating, not to eat fats or sugar or eggs except in very small amounts, to use fruits very freely; and also to apply hot fomentations and cold compresses over the liver, alternately, changing every three minutes for one hour twice daily, or better still, if she can do so, to use the alternate hot and cold douche to the liver under strong pressure for ten minutes, twice a day. Mechanical vibration and static electricity given over the region of the liver daily are very beneficial. The eruption at the corners of the mouth is probably due to an acid condition of the saliva. Rinse out the mouth several times a day with milk of magnesia, and dust the sores with a little aristol powder. This will heal it in a few days.

**250. Ulcer of Stomach.**—J. L. M., Vt.: "I suffer a great deal, and am told that I have ulcer of the stomach. 1. Is ulcer of the stomach a rare disease? 2. What are the symptoms of ulcer of the stomach? 3. What are the causes? 4. What should such a person eat?"

*Ans.*—1. Ulcer of the stomach is not a rare disease; it is quite common, but is often not recognized because of lack of accuracy in diagnosis. Evidence of ulcer of the stomach is present in about five per cent of deaths from all causes.

2. The symptoms are usually few, the most important of which is pain, usually felt over the stomach near the lower end of the sternum, or breastbone. Often this pain radiates backward, and is felt at a point in the spine on a level with the lower end of the sternum. These pains always occur at the same place, never shifting about. Vomiting of blood occurs in some cases.

3. Lowered vitality is always present. Improper foods and improper methods of eating are the principal causes. Anemia, hyperacidity, and bacteria are each a prominent factor in certain cases. Hasty eating and mental depression are among the common causes which lower the vitality of the stomach and result in gastric ulcer. Of all our errors in methods of eating, none is so destructive as eating under a state of mental depression.

4. In severe cases the stomach should have absolute rest for several weeks. Neither food nor water should be given; the strength should be maintained by nutritive enemata, such as peptonized milk. No solid food of any sort should be eaten for many months. Malted milk is, perhaps, one of the best foods. A tumbler full may be given every four hours. If the patient is not sufficiently well nourished,

a raw egg may be beaten and added to the malted milk. Thorough mastication of wholesome food eaten cheerfully is the best dietetic safeguard against this very serious disease.

**251. Shortness of Breath.**—Mrs. J. W., N. D.: "1. What causes shortness of breath in a fleshy person of fifty? 2. Why does it hurt the back of my head and neck to lift a half pail of water? Both difficulties are increased by getting warm. Warm days, I have to keep a wet cloth on my head and sit in the fresh air."

*Ans.*—1. The shortness of breath is probably due to weakness of the heart. This is sometimes due to a large accumulation of fat around the heart, and sometimes it is due to fatty degeneration of the heart itself.

2. We do not know.

**252. Diseased Tonsils—Nasal Catarrh.**—H. E. R., Wash.: "1. Why should a man who works hard and who sleeps outdoors most of the time cough up small gray glassy specks from the lungs? Complexion is very yellow. 2. What would be a good remedy for catarrh of the nose?"

*Ans.*—1. These glassy gray bodies are not from the lungs, but are formed in the tonsils, from which they are coughed up. Such tonsils are usually ragged and enlarged. In such cases the tonsils should be removed or cauterized, which will entirely cure the trouble.

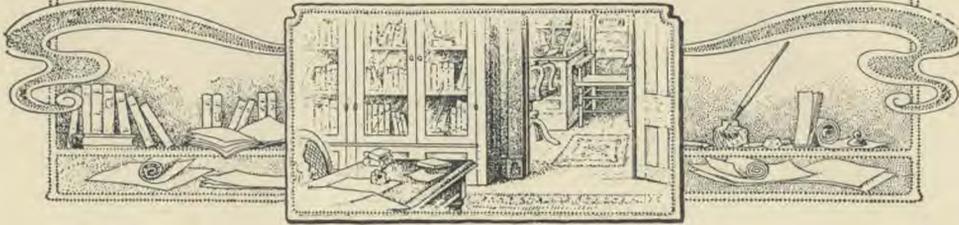
2. Spray the nose twice a day with oil petrolatum to each ounce of which is added—  
3 grains menthol crystals.  
3 drops eucalyptol oil.  
5 drops terebene.

**253. Does Cooking Devitalize Food?**—E. M., S. C.: "1. Is it true that cooking devitalizes the food, as some claim? 2. If so, would not many articles of food be better uncooked, that is, impart more vitality? 3. How can one who was poisoned by coal gas about fifteen years ago, and who has thus lost much of the natural vitality, regain vigor and strength? 4. A test with litmus paper, recently showed that there is no hydrochloric acid whatever. Is it safe to use a 1-10 solution of hydrochloric acid in such a case, and how long is it best to continue it?"

*Ans.*—1. Not in the sense claimed by these raw-food faddists. Cooking changes in some degree the structure and also the flavor of some foods. Cooking renders all starchy foods much easier of digestion; in fact, the human stomach can not readily digest raw starch. The central idea of the raw-food advocate is that the vitality, or life, of the cell structure of the food is transferred into, and becomes a part of, the life principle and vitality of the human body. This sounds nice if it were only

(Continued on page 59)

# EDITORIAL



## A Reformer Among Charlatans

IN order to learn something regarding the methods of a Chicago firm advertising to cure a certain loathsome disease, I wrote requesting a circular. Since then I have been deluged with letters and circulars from this firm, urging me to take their treatment before it is everlastingly too late. If one had the disease or any symptoms which might lead to a suspicion of the disease, these earnest appeals would doubtless land him in the net of the medicine men. Besides this, I have been receiving letters from other firms dealing in cures for private diseases, so that I know that my name has been handed around by this firm to other firms as one of the "gullibles." But I do not mind that, for the various circulars and letters I receive help to keep me in touch with the latest methods in use by these sharks.

The last one received comes from a Pennsylvania town. A certain "Professor" Slater sends out a circular in which he seeks public favor by striking a blow at the patent medicine evil. Here is the way he does it:—

"My experience of many years in the drug, chemical, and medicine business has taught me that there is no other article in the world, with the single exception of intoxicating liquor, that injures, stupefies, ruins, and kills half so many men as the patent or so-called proprietary medicines compounded, recommended, and sold by men who are for the most part ignorant of the simplest rudiments

of true medical science; who are devoid of all human feeling; and who care for nothing but the dollars they derive from the sale of their poisonous and death-dealing nostrums."

"Don't believe any of the tales told by the harpies who use the public press to advertise their 'Free Cures,' 'Free Treatments,' 'Free Prescriptions,' 'Divine Healings,' or 'Absent Treatment' schemes. They are all frauds of the first water, no matter what claims they make about being physicians, medical institutes, big companies, or philanthropists; and their entire stock in trade is the tissue of lies as black as the father of lies himself. These vagrants are never to be trusted."

"Beware of any fakir who guarantees a cure. He is always a dangerous man—the very lowest type of the horde of frauds who prey on the credulity of suffering men and women, and amass riches from ignorantly prescribing for the ills of humanity."

This is all true, and very good. Naturally the reader concludes that this man exposing frauds must be an honest man. He has on the outside of his circular in blazing letters:—

"Do not be ashamed. There is not a vulgar sentence or word in this circular letter, and you need not be ashamed to have your nearest friend see you read it. All men and women should see, read, and profit by it. Be wise. Be your own doctor."

What is his proposition? For one dol-

lar he will send the prescriptions for four "sure cures" for private diseases of different kinds,—diseases one might naturally be ashamed to have his family physician know he had contracted. These prescriptions, according to the "professor," are those in regular use by physicians, and by them held as a secret. All you have to do is to go to a drug-store and have them filled. How simple!

But if there were four such unfailling remedies, physicians would not be constantly looking for new remedies for these diseases, and there would be a larger percentage of cures. Physicians themselves know they have no unfailling remedies for these diseases. One seems to have better success with one drug, another physician with another drug. When one drug has been used for a while without much effect, it is changed for another. There are no sure cures known to the profession.



### Some Enemies of Reform

IN New York, a crusade has been inaugurated against vice. A similar work is also begun in Philadelphia, and perhaps in other cities. Physicians have banded themselves together to do what they can by education and by securing legislative enactment, to lessen the prevalence of vice and the consequent amount of venereal disease. As may be expected, this movement meets with considerable opposition from certain sources.

Many are so prudish that a frank discussion of these evils and their consequences is immediately resented as immodest and improper. There are too many who might be compared to the "whited sepulchers"—fair outside, but full of corruption inside. Such may naturally be expected to oppose a movement for the enlightenment of the people on this, the most potent cause of loathsome disease.

Another source of opposition is the daily newspapers. They refuse to exclude from their columns advertisements known to be evil, such as medicines "for ladies or girls in a delicate condition." They decline to publish articles of an educational nature warning the young against the dangers of the social evil. That would be "immodest;" but the advertisements are all right, for they bring in a neat income. Some day, the public conscience may be aroused to make short work in the newspaper offices, as it has in the insurance offices, but that time has not come yet.

The newspapers, instead of accepting their prerogative of being educators in all reform lines,—of directing thought toward a better and cleaner civilization,—have yielded to a lust for power, and have scrupled at nothing that will build up their circulation and advertising departments. Anything is published that may be expected to act as a circulation feeder. With large circulations, their advertising columns are in demand at high prices; and the men most able to pay exorbitant rates for space are the men who give nothing or worse than nothing for the money they receive. These men, though not technically amenable to the laws, are to all intents and purposes criminals. Every one is, who obtains money under false pretenses. The newspapers are partners in these criminal acts when they, for a share of the ill-gotten gain, let out their advertising space to those who by this means swindle the public.



### Two Reasons for the Use of Alcohol Examined

THERE are two reasons urged for the use of alcohol which it may be well to examine:—

1. Alcohol is a food.
2. Alcohol is a germicide.

These statements may both be granted.

In a sense, alcohol is a food. Notwithstanding the furor of protest that went up when Atwater and others proclaimed that alcohol has a certain food value, it seems now to be generally accepted by investigators that alcohol will act in the same way as carbohydrates or fats in lessening nitrogenous waste.

But this is only a part of the story. This is the laboratory finding, from which have been drawn some very wrong conclusions. More conclusive evidence regarding the value of alcohol as a means of adding real force to the body may be had by making a comparison between the amount of work which can be done with alcohol, and that which can be done without it. And here we need not take isolated examples; for repeatedly has the efficiency of troops on the march been tested, some regiments using alcohol and some abstaining, with the unvarying result "that these regiments which were not supplied with alcohol marched farther, and were in better condition at the end of the day, than others to whom it had been given." Forms of work requiring larger drafts upon the intelligence than the marching of soldiers, are also performed less correctly with alcohol than without it; thus, typesetters can do more work and make fewer errors when they abstain from its use.

That alcohol is not an efficient germicide *within the body* is evident from the fact that persons addicted to the use of alcoholic liquors "show less resistance in acute diseases and in operations accompanied by shock than temperate individuals; and in very intemperate cases the prognosis must be guarded, even in an attack which would ordinarily be accompanied with little danger. This has been confirmed by a number of experiments on animals which were subjected to treatment with alcohol and then inoculated with pathogenic germs. The results have invariably shown a greater susceptibility

to infection, and a greater mortality, than in control animals which had received no alcohol."

It is a noteworthy fact that pneumonia patients or tubercular patients have small chance for life if they are alcoholics. Alcohol actually lessens the resistance of the tissues against bacterial infection.



### Let the Children Sleep

IN this brain-racking age, when there is an effort to push pupils to the limit of their endurance, it behooves parents to see that their children obtain all the sleep they need. Especially in high school is it the case that each teacher will insist that the pupil shall stand well in his particular study. One teacher will require a large amount of copying; another will demand that a number of reference books shall be consulted in the preparation of his work; another will require work in some other direction that consumes a large amount of time. The pupil who attempts to stand up under the load may have to do so at the expense of one or more hours of sleep.

Nothing is gained by this practise in the long run; for long before the end of the term, a threatened nervous breakdown may compel a halt, and a loss of more than was gained by encroaching on the sleeping hours; or if the work is carried for one year in this way without a breakdown, the crisis will come later, and will probably be the more severe. Different persons need different amounts of sleep; but it is not safe in any case to cut down to less than eight hours for the growing child; and in many cases, eight hours will not be sufficient.

I have before me now a letter from a mother who has evidently allowed her daughter to study at the expense of sleep and recreation. The daughter at seventeen is broken down, and may be an invalid for the rest of her life. At any rate,

it is necessary for her to stop school altogether, in order to have any chance for recovery.



### “The Swing of the Pendulum”

As showing how rapidly and completely medical thought changes in the matter of treatment methods, we need but compare the fact that twelve years ago a physician who did not confine his patients to a milk diet, or at least to a liquid diet, was considered guilty of malpractice, with the statement made by a leading medical journal of recent date, that “there is practically universal agreement that an exclusive milk diet — except for patients who are very fond of milk and who can take large quantities of it without disturbance — is a mistake. During the first week of typhoid fever, patients rarely crave any food, and only small amounts should be given. As soon as they begin to develop an appetite, however, additions should be made to their diet. . . . Several, even of the most conservative British physicians declared that they considered it advisable to give a patient *almost anything he asked for* [italics supplied]. This, of course, is to be followed only as far as the more nutritious classes of foods are considered. All kinds of fruit juice are to be permitted, though the greatest care must be exercised in the removal from them of seedy particles or anything else that, failing to be digested, might prove irritant to the typhoid ulcers.” On the other hand, unmodified milk was found to have passed into the intestine “in large craggy masses, which certainly must prove a serious cause of irritation in typhoid ulcers.”



A NEWSPAPER which advertises a fraud is a party to the fraud.

It is no mitigation of the offense for

the publishers to plead that they did not know they were advertising a fraud.

A publisher should have some reasonable cause for believing that every advertisement he accepts is reliable.

Many publishers not only do not exercise care to refuse to accept advertisements unless they give evidence of being sincere, but they actually solicit advertisements from concerns which they know to be frauds of the worst kind.

There are papers which go daily into respectable families that are accessories to swindlers, procurers, abortionists, and what not. In fact, some papers will receive anything that will not actually subject them to criminal procedure or forfeiture of the mailing right.

What kind of influence can such papers have on the youth? Every parent owes it to his family to exclude all such material from the home.



### The Ladies' Home Journal, February, 1907

WHAT RHEUMATIC PEOPLE SHOULD EAT.—By Mrs. S. T. Rorer. This article shows that the child who eats candy is likely to become rheumatic when grown up, that vegetarians rarely have rheumatism and kindred troubles, and that the omission of one meal a day is often beneficial. Two points are made in conclusion: that mastication is the saving factor for rheumatic people, and that rest after the principal meal of the day is a good thing for them.

THE YOUNG MOTHER IN THE HOME.—By Emelyn Lincoln Coolidge, M. D. This article by the former house physician of the Babies' Hospital in New York describes what a young mother did for her baby boy when he had the measles, and enters carefully into the details of her successful treatment.



It is reported that a French physician has discovered a method by which insensibility and total anesthesia may be produced by an electric current, thus doing away with the necessity for anesthetics.

A COMMISSION sent to Brazil to study yellow fever has submitted a report stating that the workers have succeeded in transmitting the disease to monkeys (chimpanzees) by means of *stegomyia* mosquitoes.

A NUMBER of factories, realizing that a tuberculized patient is likely to infect others and thus diminish the efficiency of their work, have employed physicians to watch carefully the health of the operatives, and give medical attention to those who need it.

RECENT experimentation has shown that the preparations or extracts from the suprarenal glands produce degeneration of the arteries. This information naturally causes regret, as these preparations gave promise of being very useful in a number of conditions.

STREET noises have become a great nuisance in London since the introduction of the motor bus, and, as a consequence, a noise-abatement committee, consisting largely of physicians, is attempting to secure ordinances providing for the control of unnecessary street noises.

PARIS physicians, as a result of a visit to England, are establishing in Paris a training-school for nurses. Realizing the immense value to the nurse of an understanding of foundation principles, they have decided to make the first two years of the three-years' course theoretical, and the last year practical.

GREAT BRITAIN is behind the United States in the matter of the medical inspection of school children; but a number of prominent physicians are making an effort to have included in the Education bill now before Parliament, a provision for efficient medical inspection of the schools, and also for the teaching of hygiene in the elementary schools. Sir

Lauder Brunton is authority for the statement that babies are dying in multitudes because of the ignorance of parents. Such ignorance, he says, of the simplest laws of hygiene exists also among the teachers, the result being an increased child mortality, and the sending out into life of many stunted and deformed children.

SIR LAUDER BRUNTON maintains that dust is one of the greatest foes to the human race, causing colds and other diseases of the air-passages. He himself has frequently caught cold, so he says, as the result of taking up a dusty book from a library shelf. He believes that if it were not for dust, most persons might live in good health up to and past the age of ninety.

IN a recent bulletin of the Minnesota Dairy and Food Commission, attention is called to the fact that while the State law prohibits the sale of adulterated or misbranded articles, it can not prevent the entrance of such material into the State from the great mail-order houses of Chicago. Recent examinations of foods furnished by the Chicago establishments showed a large number of articles which were illegal because misbranded, or adulterated, or colored with coal-tar. The hope was expressed that the national pure food law would put a stop to the shipping of illegal goods by mail order houses.

Two French investigators advocate the use of raw milk for infants, referring to a series of observations made by themselves, which prove that raw milk is an ideal nourishment for certain nurslings. When raw, milk contains soluble ferments which aid digestion, and phosphorus in inorganic combination. These are destroyed by sterilization. According to these observers, children fed cooked milk fail to gain in weight. But the writer of this note knew of at least one case where raw milk, and everything else tried, failed to nourish the child, until at last boiled milk was used with excellent results.

A NEW ORLEANS physician states that if lung gymnastics (deep breathing) is practised for a few minutes three or four times a day, there will be a much better and more healthful oxygenation of all the tissues of the body. At least it will not cost anything to make the effort.

THE danger of leaving poisons around within reach of children is illustrated by a sad incident reported from Virginia. A mother mixed up for herself a dose of salts, and left the room. Her three-year-old son took advantage of her absence to put in a quantity of disinfecting tablets. The mother, returning later, swallowed the mixture, and died some time after, in great agony. The attending doctor said that she had taken enough poison to kill twenty persons. The bottle of disinfectant tablets had inadvertently been left where the child could get them, and in his innocence, he thought he would do what he saw his mother do.

DR. EWER, health officer of Oakland, Cal., has adopted drastic measures in order to stamp out an epidemic of diphtheria which has continued for some time among the pupils of the high school, notwithstanding all efforts at disinfection. Making cultures from the throats of all the teachers and pupils, he found that one fourth of the number had in their throats the germs of the disease in a virulent form, though many of them showed no pronounced symptoms of diphtheria. He has decided to exclude all the infected ones from the school until such a time as bacteriologic examination shows their throats to be free from the diphtheria bacillus.

ONE woman—Mrs. Isaac L. Rice—has, with hardly any aid, carried to a successful completion her crusade against noise in New York City, which she began one year ago. She has worked against moneyed interests, political influence, and almost overwhelming odds; and though apparently defeated at times, she continued the battle, until now the law of the city forbids all unnecessary use of the steam whistles. The siren whistle, the worst ear splitter, perhaps, is permitted only on fire boats, to be used only when actually going to fires. Other boats are not permitted to use their whistles for private signals. Mrs. Rice deserves the hearty thanks of those who live within hearing distance of the harbor, and especially of the thousands of patients in the large hospitals on the river bank.

SOME one has suggested this cure for neuralgia of the face: If on the right side of the face, place left hand in a basin of water as hot as can be borne. For neuralgia of the left side, treat the right hand. Relief may be obtained, it is said, in five minutes.

THE mayor of an English town promised to give one pound (five dollars) as a birthday present to the mother of every baby reaching the age of one year. This was kept up for two years, and many a poor mother received the one-pound present. During that time, the infant mortality of the place was reduced from one hundred and twenty-two per thousand to forty-four per thousand, showing that a little encouragement will help many parents to attend to the little details which make the difference between a living, healthy child, and a fresh mound in the cemetery. Perhaps not one of these mothers would knowingly do that which would sacrifice the child's life; but the hope of getting the prize at the end of the year, evidently encouraged many mothers to study more closely the laws of infant hygiene.

A PHYSICIAN of Buffalo, N. Y., calls attention to the value of deep breathing in disease of the chest, especially in subacute obstinate bronchitis, and in lingering pneumonia which does not yield to other treatment. He says that patients with subacute bronchitis improve rapidly, provided cough mixtures are discarded, and the patient is allowed fresh air in abundance. He says that in lingering pneumonia, there are times when forcible action of the affected lung for definite periods each day will be more strikingly successful than all other methods of treatment combined. "The victims of slow pneumonia or subacute bronchitis are often kept too long indoors, and fresh air is carefully avoided. Mental and physical apathy are occasionally due to this prevalent practise, and breathing in the open air is what the system demands."

A PHYSICIAN who has for several years been using fullers' earth, a finely powdered porcelain clay, for the treatment of various bacterial affections makes the statement that he has found it extremely efficient in many conditions, from cholera and other internal inflammations to ulcers and poisoned wounds. He was led to his discovery by the observation that cadavers buried in clay do not decompose as do those buried in other soils. He believes the clay acts by depriving the bacteria of the material which they must have in order to grow. He tried fullers' earth on himself in-

ternally, and found it to be harmless. In the few cases in which it was used in cholera the relief was almost instantaneous. The dose internally is about two teaspoonfuls (125 grams) of the most finely pulverized porcelain clay poured on top of half a tumberful of water. When the powder sinks to the bottom, it is thoroughly stirred, and the whole amount is taken within a few minutes. Experiments with dogs show that large quantities of arsenic can be given with impunity if accompanied by large doses of the powdered clay, which leads to the supposition that the clay may prove to be a most efficient antidote in cases of various forms of poisoning.

THE energetic enforcement of the milk regulations in Rochester, N. Y., has caused the dealers to endeavor, through their paid attorney, to have the control of the milk situation put into the hands of a non-medical officer who will be "safe and sane." According to this attorney, it is not right to compel an entire city to pay a higher price for milk, in order that 7,500 babies may have healthy milk! In other words, these men would deliberately endanger the lives of thousands of babies in order that the milkmen might be permitted to furnish their customers dirtier, and consequently cheaper, milk. There is a money value to milk. Babies—well, they just come without money and without price. It would, however, be a great pity if the Rochester milkmen succeeded in carrying their point after ten years' demonstration of the fact in that city that clean milk every year saves the lives of hundreds of babies.

SECRETARY FOSTER, of the California State Board of Health, is warning the people of that State against the present cramming method of education. He states that the practise is ruining the health of the children, and is making many hopeless idiots, because of too great mental tasks. The Los Angeles *Times*, commenting on this, says that "it would be a thousand times better for your children to grow up with a little less 'book larnin'—which, in a majority of cases is of little or no value in later life—rather than that they should ruin their health, and become chronic invalids, a burden to themselves and to all around them, and, should they marry, the mothers of physical degenerates. Never let your child study evenings. If he can not learn enough in school hours, let it go. And if the teacher objects, take the child out of school, and give what instruc-

tion you can at home, as the editor is now doing to a daughter. American public schools are like sausage mills, where all variety of material is put through the same machine. The strong and phlegmatic may pull through. The weak and nervous will either succumb or lay the foundation of serious chronic ailments."

THERE is much disturbance among liquor manufacturers over the ruling of the Department of Agriculture to the effect that nothing but pure whisky can be labeled "whisky." There are many blended products prepared by rapid and comparatively inexpensive processes which are sold and drunk as "whisky." The spirit from which these blends are prepared is furnished by the distilleries, so the distillers as well as the blenders are opposed to the new ruling. To the person who desires to live on that only which is healthful, the question of whisky adulteration can not have a personal interest; it is merely replacing a very bad article by one a little worse, and he will have none of either. But "personal interest" is hardly the proper expression, for there is not one soul in this broad land but is directly injured by the liquor traffic. Though he may not have a father or son or daughter ruined by drink, he helps to pay for the jails, the hospitals, and the asylums which are largely filled by drink's victims.

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(Continued from page 52)

true, but the fact is that every molecule of starch is broken up and loses its identity as starch before it leaves the alimentary canal. This is the first step in the digestion of starch, and is much more readily accomplished on cooked starch than it is on raw starch.

No vital principle is transferred to any living body by any food. The vital or life principle is given by the Creator alone, and is as much a mystery in plant life as it is in animal life.

2. Most ripe fruits are nicer eaten in their natural state, but all grains and nearly all vegetables are greatly improved by cooking.

3. By leading a natural life—using good food in proper quantities (you may be eating either too small or too large a quantity), breathing an abundance of pure air, getting sufficient sleep, living in the sunshine, and maintaining a hopeful mental attitude.

4. Yes, if well diluted with water and used for a few weeks only.

# 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  
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If questions are sent to this Office in connection with other matter, they should be written on a separate sheet addressed to the editor; otherwise they may be overlooked. The editor does not look over the business correspondence.

All questions must be accompanied by return postage. If the reply is not worth that much to the inquirer, it is not of sufficient value to take up our time in replying. We are glad to answer all reasonable questions of subscribers, but we do not wish to pay two cents each time for the privilege of doing so.

## "Experiences"

THOUGH the departments of LIFE AND HEALTH are getting somewhat numerous, we have in contemplation still another department, entitled EXPERIENCES; but the matter for this one must be furnished by our readers. Have you had marked success in the treatment of some disorder? Have you found some new way of doing a thing—whether in the sick-room, the nursery, the kitchen, or the

garden—something that may be a help to other readers of LIFE AND HEALTH? Can you give your fellow readers the benefit of your experience? We shall appreciate the receipt of accounts of such experiences, of say one hundred words. Every mother, every householder, if she is a success, is an expert in one or more lines, and has stores of experiences that others would be glad to avail themselves of. Address the editor.

✽

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 meat* 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.

✽

*Good Housekeeping* for February will have the following articles on hygiene and sanitation: "In the Sick-Room," by Isabel R. Wallach; "Inside the Family Bakeries," by Elizabeth H. Westwood; "Feeding the Baby," by J. R. S.

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For "Are you happy?" the Burman says, "*Woon tha th'la?*" the literal interpretation of which is, "Is your stomach all right?" This shows a familiarity with the cause for gloominess that is rather surprising to find among a people whom we are prone to look upon as ignorant, especially since physicians have discovered this so recently. Again, if a Burman were to tell you that a young man had married, he would probably say, "*Thoo ain toung cha dai,*" which means, "He fell down into the prison-house."

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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.

### From a Doctor's Note Book

(Continued from page 43)

and the danger line was crossed. The "shadow of death" had passed, and the young mother was quietly resting.

The anxious parents, still somewhat worried over the possibility of an excessive fee (for in the good old days of native practise, the *medico's* charges in such cases often meant the sale of the home, if not the complete impoverishment of the luckless spouse), smiled expansively on discovering that there were no charges. Is it surprising that the missionary doctor met with a cordial greeting on his return visit to that shack, or that numerous love offerings of bananas, chickens, and eggs found their way to the dispensary?

These Filipino people are grateful, and their hearts are open to the appeal of love. In hearts thus warmed the word of God will grow and bear fruit.—*R. C. Thomas, M. D., in Baptist Missionary.*

"OUR Lord's ministry was threefold. He was teacher, preacher, healer. His relation to the world as evangelist is our relation to the world as missionaries. As he was, so are we in the world. Christ is, then, in his own life and teaching, our authority for medical missions."

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### Mission Notes

WE must do what we can to prevent disease. We should inform ourselves of and study continually the rules of hygiene. It is better to keep sickness away than to repair its ravages. It is the duty of the Christian to use all precautionary measures. Jesus will never countenance neglect. It is well to pray over our sick ones, and we should pray, but do not neglect the hot applications, or the hot teas till the doctor comes. The Christian will pray, and at the same time "keep his powder dry." God always works through means. He blesses the means.—*Selected.*

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