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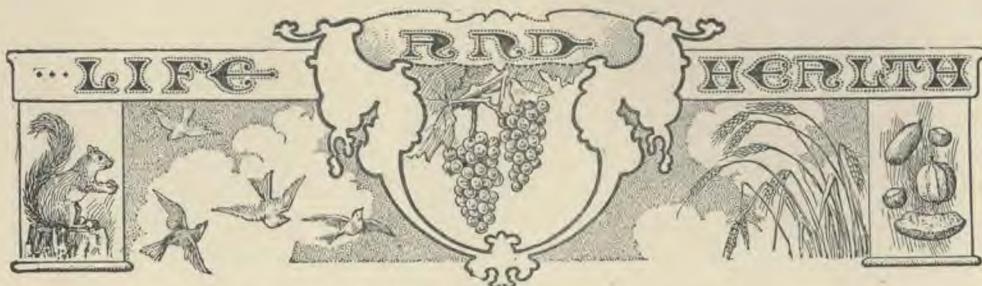
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"Something better is the law of all true living."

Vol. XXII Takoma Park Station, Washington, D. C., March, 1907

No. 3

Your Looks: Take Good Care of Them

BENJAMIN KEECH



LOOKS don't count," you often hear some positive but mistaken individual remark. Looks *do* count, and count mightily. A person's appearance has one half to do with his success or failure, his manners have another fourth, and the cause he is advancing makes the final (or perhaps first) fourth. An intoxicated woman, canvassing at your door, would not meet with such cordial success as a neatly attired woman whom your intuition tells you is a clean Christian, pleasing in manner and genuine in appearance. Whatever your work, you will find it will pay much better if you live so as to appear clean, neat, and attractive. If you look pleasing, you will attract success. Therefore, appear agreeable.

As far as mere clothes are concerned, they do not count for so much as might be supposed. Fine apparel may sometimes help greatly, but it can not do all. One ought to dress according to his work, and where he intends to go. Unless one is genuine, costly clothes may stand in the way. Contrary, a person who bubbles over with good nature and pleasing ways need not worry over the

threadbare places on her coat. They will receive but a passing glance, soon forgotten. Likewise, personal disfigurements will not count, when one is "all right."

Some odd individuals think it shows strength of character to go oddly or uncleanly dressed. It shows the greatest weakness to willingly display no regard for another's feelings. If you do not care how you look to other people, other people will not care how adverse they look at you. By all means take good care of your looks. Begin first with your soul, heart, mind, and conscience. Give them a thorough, vigorous purifying; resolve to keep them clean,—this is very necessary,—then treat your face. Perhaps I should have said stomach, blood, or lungs, before face. But each of those requires a chapter of its own.

If you are a gentleman and have a beautiful, drooping mustache, slice it off even with your upper lip. This will prevent it from getting in the soup, causing liquids and germs to wander over your beard. Keep your face clean. Washing in the coldest water procurable, all the year round, has been found to help create a very satisfactory complexion.

Your hair should be combed at least once a day. Do it up neatly in the prevailing style, but don't overdo it. (This is for the ladies.) One's hair gets soiled as well as the face. It should be washed; also doctored, if necessary.

And the teeth—oh, how much our teeth do for us! And how much we ought to do for them! A person lacking another redeeming feature, who isn't afraid to show his teeth in a nice, engaging smile, instantly wins one's regard. That is a very sure way to tell whether a person respects himself—the way he treats his teeth. When the first little cavity appears, even in children's teeth, have it filled. This will save many future aches and pains. Semi-yearly visits to the dentist are advised, even if no cavities are in sight.

Every one can do much to preserve his own teeth clean, whole, and respectable; this, too, without powders and liquids, which are hardly ever needed. Brushes, too, are not always necessary, at least three times a day. Unless of proper fiber, make, and shape, and unless thoroughly washed after each application to the teeth, brushes may do as much harm as good. Warm water is a fine substitute for teeth liquids.

Every night, before you go to bed, make it a habit to wipe your teeth clean with a piece of cloth. Small squares of germless rag can be kept for this use. But first carefully remove all lodgments from between the teeth. A needle may be employed, but if this sounds too dangerous, especially for children, procure some dental floss, and use that.

Parents who see that their children's teeth—even the baby ones—are early filled, are very sensible, and do a great deal of good in the world. If care is

taken in removing first teeth, the next ones will be straight, even, and of good shape. Remember, a little cavity will make a big one, causing much heart-felt woe. If your work takes you before people, for whose patronage you are obliged to talk and smile, it is just as well to clean your teeth beforehand.

One's hands are also a great help. They should receive attention. Signs of hard work are a badge of honor, but indications of grime are a sign of forgetfulness, nay, irresponsibility. Keep your hands clean. Give your nails a good trimming whenever they need it. Little time is required to remove the soil from under the nails, and people have a way of noticing such things. Keep your shoes respectable, too.

Cultivate an attractive gait. Don't strut, swing, or walk foolishly or sadly. Use a nice, springy step, indicating that you are happy, energetic, and in love with life. See that your head is placed well back on your shoulders, where it belongs. Never let it lop over on your chest. This interferes with the nice, healthy oxygen hovering round you, longing to wander down to the bottom of your lungs and make you feel joyous.

Cultivate heartiness, genuineness, and all other Christian graces that those words suggest. When we are thoroughly healthy, we feel good; and when we feel good, we can not help but act good and look good. One who is clean inwardly—through and through—will look clean outwardly, unless made different from most folk. And when one has done all he can to improve himself, and has faithfully cultivated everything good, Success will be so pleased with his efforts and looks that she will meet him more than half way.

THE CONSULTING ROOM



Conducted by J. R. LEADSWORTH, B. S., M. D., 257 South Hill St., Los Angeles, Cal.

A Poorly Nourished Child A mother comes in with a two-year-old baby, an only child, whose nutrition seems very poor. It is the custom of the mother to supply the morning ration as soon as the child awakes. This consists of cow's milk, diluted with barley water. This is repeated at about 10 A. M., and then at noon the baby is given some solid food. The milk and barley is again given at 4 P. M., and frequently some solid food at supper. In order to coax the little patient to sleep at an early hour, the milk and barley is given at 8 P. M. An attempt has been made to sterilize the milk by setting a bowl in a pan of water, which latter is not even allowed to come to a boil. The milk is then set away, uncovered, in a shed where are kept the vegetables, potatoes, old clothes, and a variety of other supplies.

The following are among the symptoms noted: For two months the baby had frequent attacks of fever, coming on suddenly and continuing one or two days. For the past fortnight it was noted that nausea and vomiting often occurred after taking the first bottle of milk in the morning, but at no other time during the day. The bowels were at times constipated, and at other times very loose, — watery and slimy, containing small rice-like bodies, and were very foul. Physical examinations showed a slight rise of temperature; skin pale, abdomen distended and rigid. The child gave evidence of depraved nutrition, although

possessing a ravenous appetite, and the food eaten seemed sufficient in quantity and nutritive qualities. The parents of the child owned their own ranch and dairy, hence the milk supply seemed beyond question. But as the sorrowing mother buried her face in her hands and wept at the thought of losing her child, we thought of what Dr. Osler said to a mother who accused Providence of taking away her darling: "It was bad milk killed your baby." In this case it seemed that the milk was a likely source of infection, as the attempt to sterilize it was evidently futile.

The morning nausea and vomiting could be accounted for from the fact that the baby was put to sleep with a bottle of milk. Pawlow has shown that the stomach digestion is almost *nil* during sleep. Hence the food taken before retiring had served as a culture-medium for germs; had fermented and putrefied and rendered the stomach entirely foul. Fresh milk taken in the morning was an additional source of fermentation, resulting in nausea and vomiting. While the morning ration only was ejected by the stomach, the putrefactive changes in the bowels were sufficient to destroy almost entirely the nutritive properties of all the food taken. Hence the ravenous appetite and half-starved appearance.

By controlling the milk supply of New York City, the infant mortality has been reduced from thirty-three per cent to four or five per cent within the past few years. This illustrates how important

it is to have the infant food supply above suspicion.

Treatment The first step in reducing an enemy to terms is to run a blockade and cut off the food supply. This principle is essential in getting rid of germs in the intestinal canal. In urgent cases the child should be given plain boiled water for the first twenty-four hours. After this, the food should consist of thin rice or barley gruel. The nutrition of the child can be well maintained on these for five or six days. If this is not taken well, or is not sufficiently nourishing, excellent gruel can be prepared as follows: With one teaspoonful of butter mix three of wheat flour, brown thoroughly in a pan, then add a pint of hot water and bring it to a boil, stirring so that the mixture will be of an even consistency. A half or the whole of a well-beaten egg should be stirred in, and salted to taste. Many children will take this soup with relish. This may be given once or twice a day. The milk diet should not be resumed until the bowel movements show that all signs of infection have passed away. This may be in one or two weeks.

In addition to the diet, the improvement of the case may be greatly expedited by some simple treatment. By passing a soft rubber catheter into the bowel five or six inches and washing out as much of the effete matter as possible, much good may be accomplished. The water should be at a temperature of 105 to 110 degrees, and made into a soap-suds.

For counter-irritation take one teaspoonful of mustard, add three of flour, and water enough to make a thin paste. Spread this between two layers of muslin, place on the abdomen, and over this apply fomentations as hot as the child can bear. These should be continued until a good reaction is had, then removed.

The treatment should be given morning and evening, and a heating compress left on during the interval. For this take five or six layers of cheese-cloth, wring out of cold water, and lay on the abdomen. Cover this with a piece of oiled paper, and over this a snug abdominal binder.

The child should be kept outdoors several hours every day, more if the weather is pleasant. With good sanitary surroundings and a food supply above suspicion, there need be little difficulty in maintaining the health and happiness of children.

¶

A Troublesome Sore A housewife, thirty years old, presented her left hand, which was very much swollen, red, and painful. The most inflamed and painful area was between the knuckles and the wrist on the back of the hand, where were several boil-like prominences. The redness extended up the arm above the wrist. Two small inflamed tumors were also found on the right wrist, similar to those on the back of the hand. The beginning of the trouble was a small wound on the back of the hand, that, being left uncovered, had been bitten by a fly. Immediately thereafter the hand began to swell and became red and feverish. Ordinary household remedies were applied with little benefit, and a doctor was called. Several weeks' dressing and treating did not have any appreciable effect. Finally another physician was called, and after exhausting the ordinary remedies, he diagnosed the trouble as tubercular, and advised free opening, and scraping of the bones. Other physicians were visited, who confirmed the diagnosis, suggesting the probable infection through the bite of the fly.

Upon the writer's advice, the patient
(Continued on third cover page)

DIVINE HEALING



"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings [“beams,” R. V., margin].” Mal. 4:2.

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

Jesus the Healer

12—The Deaf and Dumb

HE Creator, who formed the ear to hear, and the tongue to speak, came to earth, and lived as a man among men. He lived the spotless, sinless life that was in his Father's plan for every son and daughter of Adam. Living free from sin, there was no separation between him and his Father, and the inflowing spirit of creation and healing was not hindered. For the “very work's sake” mortals believed him when he said, “Believe me that I am in the Father, and the Father in me.”

“And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him.” Mark 7:32. They brought the needy one to the One who could supply the need. Speech and hearing are gifts of the Creator, and they asked for that which God desired them to have.

“Put his hand upon him.” They recognized the means of healing that had been ordained from the beginning. The hand, as the vehicle of the healing power, has in its construction evidence of the use for which it was intended. Instinct teaches us, whenever we feel a pain, to



put the hand to the affected part. Many times just placing the hand over the sore place will relieve the pain. Then, as our Saviour, Jesus, received the Spirit without measure, because of his complete emptying of self and entire yielding to the Father, there was nothing to hinder the use of these heaven-appointed channels as a direct pathway for the healing power.

“He took him aside from the multitude.” Very often we need to be alone with God, that there be no distracting influence to cloud the Spirit's action.

“And put his fingers into his ears.” The divine touch was directed to the very spot that must feel the intense power that could unlock the door that sin had closed — perhaps not known individual sin, in this case; but departure from God, sin, has caused all the sickness there is in the world. This no one knew better than he who came to “save his people from their sins.”

“He spit, and touched his tongue.” The wonders that saliva performs in our bodies are only just dawning on our understanding. Christ, the Author of this beneficent factor of health, could use it as no one else could, and accomplish the result desired.

“Looking up to heaven.” Though

he was the Son of God, the Wonderful, Counselor, the Mighty God, the everlasting Father, the Prince of Peace, yet he ever recognized his Father as the source of all his power. And there was no doubt in his mind but that the power was near and available; for the word, "Be opened," was a command given in perfect faith.

"Straightway." Yes; "he spake, and it was done; he commanded, and it stood fast." "Straightway his ears were opened, and the string of his tongue was loosed, and he spake plain." There could be no other result when the Master used his own tools, operated them by his own power, and had a yielded subject.

No wonder they were astonished "beyond measure," for mortals on earth had never before seen a Being through whom God's Spirit could flow freely. That which God had given to all mankind had been taken from them by the enemy of the race, but here was one who came "to seek and to save that which was lost," to restore all that had been stolen, and it seemed a marvel, almost past belief. "He hath done all things well," was the reasonable verdict.

Since God is in one mind, and "what his soul desireth, even that he doeth," we know he is the healer of deaf ears and stammering or silent tongues now just as he was in the days when Jesus walked and talked and wrought among us. His arm is not shortened, and his ear is not heavy. The Holy Spirit is still here; and is here to abide, here to teach us all things, here to reprove of sin, of righteousness, of judgment; here to guide into all truth, to bring good cheer and over-

coming power. John 14:15, 16. May we not accept this finished work, and glorify him on the earth? May we not believe his word, and believing, have *life* through his name? May we not declare the love wherewith he loves us, by letting him show his love through us in these bodies, which are his? Why let Satan hold in bondage what God, through Christ, has released?



Do You Believe in Divine Healing?

"THAT the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus." Philemon 6.

A sanctified man is a man of whom God can dispose fully, whose members God has reconquered and redeemed, wresting them from the usurper's hand. His vocation is to make known the name of his God, his perfection, his character, to give form and expression to the thoughts of his heart, to carry out his purposes. Spirit, soul, and body ought to work together for this end; they ought to be set free and disposable for his glorious service. Here we see the intimate relation between healing and sanctification.

Are "we laborers together with God" when our bodies are filled with disease? Are we "God's husbandry," are we "God's building," when we are less than perfect in health?

"Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; WHO HEALETH ALL THY DISEASES." Ps. 103:1-3.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Yeast and Salt-Rising Bread

FERMENTATION seems necessary to produce bread in loaves of good size; but as heretofore stated, the fermentative process causes loss of nutrition in the flour. Before this fermentation, or rising, can begin, a yeast germ must be introduced, which will give life to still others,—numerous others,—and altogether they produce a gas which expands the particles of dough. Warmth and moisture are indispensable to their multiplication, and therefore necessary for the production of the expanding gas. These yeast plants are constantly found in great numbers in the air. Now if a few of these can be captured and properly cared for, they will perform a service in the bread-making process which we would be loath to be deprived of. This can be done in the ordinary home, but it requires so much care and skill that we refrain from giving the information. It is not usually necessary to undertake it, for manufacturers of dry yeast have done it for us. We heard of a cook in a logging camp who lost his yeast, but having a knowledge of yeast principles, secured some fermenting (working) fruit, and succeeded in re-establishing his yeast.

Some bakers prefer making a soft yeast, renewing it frequently. This is a good plan if ice is procurable, the weather cool, or the baking so frequently done as

to insure perfect sweetness. There are very many excellent methods of yeast production, and of course each housewife considers hers the best, or she would adopt another. Several young housekeepers were experimenting with yeast made by the others. One, perhaps the most inexperienced of all, said of one sample, "I don't like Josephine's yeast. It's too slow for me, and I put boiling water on it too." Moral: Don't use *hot* water on yeast. It's sure to kill it.

There is another germ in the air, perhaps akin to the one used by bakers, which is less frequently utilized in bread making, but which was for many years the common resource of the baker in bread making. Many people at present find enjoyment in eating salt-rising bread, and with some people it agrees much better than does the common yeast bread. Much more skill is required in its manufacture. It is seldom, if ever, as porous as yeast bread, but is very toothsome. This germ is not captured and kept from baking to baking, but must be secured each time. We give a recipe for it, hoping those who undertake it will be possessed of the "try, try again" spirit.

Salt-Rising Bread

Early in the morning sterilize a pitcher and spoon, put into it one pint of boiled water to cool by standing until

it lowers to 120° F. Stir into it flour sufficient to make a stiff batter, having added one-fourth teaspoonful salt and one-half teaspoonful sugar. Cover with a clean napkin, and place on a saucer in a crock of water, and keep at 120° F. It will be light in six or seven hours. Pour it into a warm crock, rinse the pitcher with a cup of water as warm as 120° F., and add to the rising. (Emptyings is the old-fashioned name.) In a warm place, mix in warm white flour to make a dough, stiff enough to clear the board, form into a loaf, place in the baking tin, put to rise at a temperature of 120° until twice its original size, and bake one hour in a rather moderate oven.

This will be found to make excellent zwieback or croutons for soup. Croutons consist of bread slices cut in cubes, and toasted in the oven until of a delicate brown, having first been thoroughly dried.



MUCH is gained by allowing a freshly cleaned floor to dry before stepping on it.

"A BUNGLER is always grumbling about his tools," is an old proverb deserving attention.

EXPERIENCE is a most excellent teacher, but her rates of tuition are sometimes rather high.

WHEN sewing, as when writing, it is better to have the light come from the left. Then your right hand is not in the way of good light.

PANTRIES and cupboards should be kept closed, especially when dust is flying. If adjacent to sleeping-rooms, be sure they are closed overnight.

WHERE an experienced scientific seamstress will baste and fit carefully before sewing, some amateurs can do their work without so much pains. Note the difference in results.

Things Worth Practising

A DEEP ruffle or flounce on the bottom of a kitchen apron, by its setting forward, protects the otherwise unprotected portion of the skirt from any drops which might fall upon it.

Some attribute a peevish and fretful disposition to excessive labor. This may be an occasional cause, but usually we find that the busiest people who love their work have little time or disposition to manifest impatience or a quarrelsome tendency. God gave labor as a blessing.

If among several pieces of work there is one to be dreaded, do that first. It greatly lightens the load.

The dish-cloth, cleaning cloth, and mop should always be left in a cleanly condition, to be ready when next needed. It takes less effort and no more water to rinse them after they have been used than just before using next time. Of course no one thinks of using unclean cloths for cleaning purposes.

Little carelessnesses cost time and money. Rough usage of dishes, by which they are nicked and cracked, soon necessitates the purchase of a new set. Dropping food and other unsightly smears on the floor, around door-knobs, and on the table-cloth, gives an untidy appearance, and costs an effort to remove. Rough handling of tinware and graniteware, striking the doors with shoe toes, handling doors rather than the knobs, and numerous like carelessnesses tend to give an aged appearance to the house, and really injure articles. I know one housekeeper who requires each member of the family to cover with silver coin any spot carelessly made on the table-linen. Her family are thus being trained in habits of neatness, for no one wishes to pay from a dime to a dollar, according to the size of the spot, for the privilege of being a "slopper."



FOR THE MOTHER

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

"As Ye Sow"

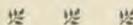
BENJAMIN KEECH

WHEN days are o'erburdened with trouble,
And life is o'erburdened with woe,
When pain and unkindness seem double,
'Tis because we deserve it, you know;
'Way back in the past we have planted
Unkindness and hatred to grow;
We gather the seed that we sow without
heed,
For always we reap as we sow.

When life seems o'erburdened with sadness,
And Hope on bright pinions has fled,
And all the sweet roses of gladness
Lie withered, forgotten, and dead;
Blame none but yourself for the shadows,
Blame none but yourself for the woe;
For sometime, somewhere, you have planted
the tare,
And always we reap as we sow.

When every day holds a full measure
Of joy and of peace and content,
'Tis because we are reaping some treasure
That back in the past we have sent
On its mission of love and of kindness,
To find a heart where it may grow;
The rule is quite just, and believe it we must,
For always we reap as we sow.

O, which would you gather to-morrow,—
The seed of contentment or woe?
The seed of forgiveness or sorrow—
The seed that will kindle love's glow?
The spirit of right and of justice
Will follow wherever we go,
And cruel or kind, we shall certainly find
That always we reap as we sow.



Social Purity

DR. LAURA C. THINIUS

AN intense earnestness is taking possession of the people who are anxious to serve God, and a power from beneath is taking possession of those who are striving for this world. That is the reason, although there never was a time in the history of this world when so much was being done for the promotion of morality and Christian virtue, that evil prevails to even a greater extent than ever before.

The gulf is widening, constantly

widening, between the earnest Christian and the worldling. No wonder that God in his infinite wisdom told us not to be unequally yoked together with unbelievers, for there is no common ground to stand on. Those who are striving for that holiness without which no man can see God, will be constantly watching their thoughts, words, and actions, as these proceed from the heart, and by them we may know whether our hearts are in that condition where God can say

of us, "Blessed are the pure in heart: for they shall see God."

Every one will see God, but to one class he will be a "consuming fire." We can no more impregnate our souls and bodies with sin and come into God's presence without being hurt than we can come into the presence of fire with our clothing saturated with combustible fluid and not be burned; for God is a consuming fire to all sin.

What is sin? "Sin is the transgression of the law." What is law? Law is the foundation of government. The law of God forbids the impure thought, word, or action. Our Saviour teaches us that the look of lust and the impure word are in the sight of God violations of his law.

If we obey the spirit of the law, we shall find that we are under the new covenant, and that the law is written in our hearts, and is easy to keep, for we love it. We shall delight, after the inner man, in the law, and all our thoughts, words, and actions will be in perfect obedience to that law.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." "Sow a thought, reap a word; sow a word, reap an action; sow an action, reap a habit; sow a habit, reap a destiny." Why are deep thinkers so anxious to teach this inward purity of life? Why is it not all right if every one preserves the outward purity and morality of action? Here is the answer: "No whoremonger, or unclean person, . . . hath any inheritance in the kingdom of Christ and of God." "Neither fornicators, . . . nor adulterers, . . . nor drunkards . . . shall inherit the kingdom of God."

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are

God's." "If any man defile the temple of God, him shall God destroy." God does not delight in the death of the wicked, but it is the natural law that sin will burn in the presence of God; and if we make ourselves one with sin, we shall go with it, and be destroyed by the brightness of his coming. Paul says of a certain class, they "have given themselves over . . . to work all uncleanness with greediness." But to you and me he says, "But ye have not so learned Christ; if so be that ye have heard him, and have been taught by him." The line is sharply drawn.

If we are full of filthy thoughts, if our words are fraught with impure sentiment, we can know of a surety that we have not known Christ. "Evil communication corrupts good manners." And Paul advises us not to associate in intimate friendship, nor even to eat, with any one who is filthy in his conversation, or who laughs at evil jokes or evil words. A person's character is shown by what he laughs at, more than in any other way.

The marriage relation and motherhood are the most sacred things on earth, being instituted in Eden before the fall. And there is nothing on earth that is made subject to ridicule by evil men and women more than this. God said, "Be fruitful, and multiply, and replenish the earth;" and if sin had not entered the fair domain, there would never have been need of civil law to protect virtue, for this earth would be peopled, as the other planets are, by a race that respects and loves the law of God. God grant that we may soon see the earth in its Eden beauty.

Now I hear you ask, "How are we to attain this high standard that God has set up?" Here is the answer: "But God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape." The trouble with us is that

we do not trust God and walk out of harm's way through the way of escape he provides; but instead we nourish the temptation, clasp it to our hearts, feed it with evil reading and associations, and fail to see that in the reading of God's Word and godly books, associating with the pure and clean, planting our feet on the sure promise of God, we shall find the "way of escape" provided.

Now it is summed up in this: Are we priceless fruit-trees, bearing the fruit of

the Spirit; namely, love, joy, peace, etc.? or are we worthless trees, ready to be cut down and burned, bearing the fruits of the flesh; namely, adultery, fornication, uncleanness, lasciviousness, etc.?

When we bear the fruits of the Spirit, we are not "under the law," for we are in harmony with the law of our being, which is purity and freedom from sin.

Conclusion: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."



How Shall We Retain the Love We Have Won?

MRS. E. C.

MARION HARLAND is quoted as saying that the foundation of a happy home is laid in the kitchen. How many homes are cursed by discomfort and ill health, hard thoughts, and bitter words, simply because the wife does not know how to cook! Samuel Smiles once said, "Whom God has joined in matrimony ill-cooked joints and ill-boiled potatoes have very often put asunder." Many a meal is spoiled by bad cooking and worse serving. It has been said that there is religion in a good loaf of bread. There is also more gospel in a well-cooked and well-served dinner than in the best sermon that a dyspeptic doctor of divinity can preach. If we wish to have a happy home, we must make home making the chief concern of our lives; we must have a system in the way we manage. It will require some physical effort to make a happy home for our loved ones; but it will pay.

It might be a wise thing to read the praise and properties of a good wife that Solomon speaks about in the last chapter of Proverbs, and strive to imitate her. We can not improve in these days upon what is said of a good wife—that "she

looketh well to the ways of her household, and eateth not the bread of idleness." "The heart of her husband trusteth in her, and he shall have no lack of gain. She doeth him good and not evil all the days of her life. . . . She riseth also while it is yet night, and giveth food to her household. . . . Her children arise up and call her blessed, her husband also, and he praiseth her, saying: Many daughters have done worthily, but thou excellest them all." This is the duty of a good wife and mother; and she has it in her power to make home the best spot on earth to those under her own roof-tree.

When there is order and neatness and a quiet, calm spirit, the dove of peace will brood over the household, and the love we have won will be retained. Let us who are wives and home makers seek to make the home nest just what our Heavenly Father intended—a place where his name is honored, and where he can bestow his blessing. The home was instituted in Eden, and there is nothing better on earth than a well-regulated home where love and unselfishness hold sway.



A Chinese Doctor

H. W. MILLER, M. D.

It is often a question in civilized countries as to where so many of the superstitious practises, such as carrying a buckeye in the left-hand pocket of the trousers to ward off rheumatism, had their origin. Perhaps some of those now practised are newly invented, but those most commonly used have evidently been handed down from of old, and had their origin in heathenism, for we find almost all of them in use in such ancient countries as China, where they have been observed for centuries, and are even written about in their literature.

Some of these superstitious practises are beginning to seem quite ridiculous to the majority of the enlightened in modern lands, but such methods of treatment are still frequently resorted to, and there are many in civilized lands who are willing to have their bodies doped with remedies suggested by those who are illiterate, or perhaps have but a meager education, upon the sole recommendation that the medicine helped some one else.

There was a time when medical treatment was composed entirely of remedies which had been tried with the most favorable results in the largest number of cases, and after that, every patient was treated with this remedy without regard to its physiological effect upon the system, which they had no method of studying at that time.

If you can imagine what a system of treatment would be like, or rather a lack

of system, based upon remedies recommended by nearly every one who has managed to escape with his life after passing through the long list of drugs used upon him,—and it is usually the last one taken that is best,—you will have some idea of the basis of Chinese medical science. When a Chinaman recovers from an illness, he is usually anxious to find out the name of the last remedy used, and how it is prepared. He is then qualified to act as medical adviser to his family, and also to his neighbors. Should he be so fortunate as to find a man who was recovering, with enough physical vitality left to endure the effects of his remedies, and still recover, his remedy becomes popular, and he may enter the profession for a living. I have known Chinese to take a remedy suggested by an old woman who did not know enough to cook her own food in the crude way it is prepared here. All she could do was to kindle the fire with straw and cane stalks.

One day while traveling in a mule cart, a man who was working for me jumped out of the cart and wanted one hundred cash (six cents) on his salary, to run over and pay an old doctor bill. When he returned, he told me that that man's medicine had cured his girl's lip; that he had tried several other people's medicines with the result that her lip became worse and worse, until finally this man's medicine did the work. I asked him how it cured her, for the girl was in our school at the time, and the whole of her upper lip is gone as a result

of the disease. When there was no tissue left upon which to apply medicines, it was well. He remarked it was a pity he had not found this man before, and with such evidence in favor of his drug, he felt it his bounden duty to urge its use upon every one who had even an abrasion of the skin.

Beside the large number of men and women of all classes and occupations who practise medicine simply for the love of the science, every city, town, and village has medicine shops run by men who are supposed to have superior wisdom, and who must depend upon their profession for their support. These shops are recognized all along the streets by tall signboards extending in the air about as high again as the shop. These men are supposed to have an unlimited variety of drugs for compounding their medicines, and when a man comes with a pain in the stomach, the "doctor" looks wise, gives him some advice, is sure he can bring relief, and then goes the rounds, dipping his hand into many boxes, each supposed to contain a different kind of medicine. The number of varieties he compounds depends upon the amount of money he thinks he can squeeze out of his patient. After he has made his collection, he places them in an iron mortar and they are ground, the pestle being struck against the sides of the mortar so as to make a ring that can be heard for some distance. The more frequently the community hears the sound of the mortar and pestle, the more popular they suppose the man's rem-

edies to be. It is not uncommon to hear the patient and the doctor quarreling about the price of the medicine, and in some cases a fight results, the patient wanting more medicine for the money, and the doctor wanting more money for more medicine.

These doctors gather their medicine from every conceivable source, their supply being composed of such things



A SHANG-TSI VIEW, MEDICINE SHOP SIGNS

as mountain haws, orange peel, dead birds, snakes, locusts, the roots of certain weeds, snake skins, fossils, harts-horn, shavings, silkworms, asbestos, moths, oyster shells, and leaves of weeds. Old bricks thoroughly saturated with filth are mashed to a powder, and a tea made of this which is supposed to acclimatize a man as he passes from one city to another. Besides the list the doctor picks up around, if his practise is large, he invests in a few spices and other preparations, the principal ones being cinnamon, nutmeg, licorice, china-root, soapstone, almond-seeds, quince, etc.

But there is still provision for the wants of the man who is alive after exhausting all the different remedies

known in his village,—that of the traveling quack, of which the accompanying picture is a good representation. This man has been in this city for several days, and cries at the height of his voice, in a sing-song style, often repeating little strains of poetry, telling the people of the value of the rare remedies he has, and how old some of them are. He usually

the best word we can use to describe it—is the use of a long needle, which is thrust in the so-called vantage-points where the devil causing the trouble is supposed to be located. Some of these points are the stomach, eyeball, ear, and back, varying according to the location of the pain. In almost all cases of a puncture to the eye, blindness is produced as a result of injury to the lens, or from infection.

To enumerate the methods used in applying their drugs is out of the scope of an article or a book, for they number nearly as many as the people who use them. While the methods we use were at first supposed to be hit-or-miss, they soon learned that we are not in it for the business of running a medicine shop. The first words the patient utters on arrival are,

"Iao mai ioh" ("I want to buy some medicine"). We charge a moderate sum for medicine when we use it. Since we do not dispense it on a mercenary basis, we have gained their confidence.

We believe it to be the greatest privilege to minister to these unfortunate people, and are anxious that they shall not only desire to escape from the vast multitude of poisonous remedies, but feel their need of freedom from the infection of sin. If the physician or medical missionary fails to give his patient more than physical relief, he is missing the greatest opportunity given man to help his fellow men. China is calling for gospel medical missionaries to save her people from the deception of quacks. It is a work similar to throwing out life-pre-



A TRAVELING CHINESE "DOCTOR" AND HIS PORTABLE MEDICINE CHEST

has a set of curious-looking drugs suspended from the top of his stand in plain sight as an exhibition, and for these he asks enormous prices. He deliberates at length on the history of each kind. He sells to all, from children three or four years old to the most aged, receiving fees of from one to ten cash (sixteen cash equal one cent gold). The so-called medical science has drifted into a business instead of a science.

This is the way the sick and the suffering of the millions of China are daily treated, and with the exception of a few foreign medical dispensaries scattered around at the largest centers, the people are all subjected to the torturing methods of treatment described above. A very common, and in fact the only, surgical interference—and interference is

(Continued on third cover page)

CURRENT COMMENT

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

Yale Diet Test

PROF. IRVING FISHER of Yale has concluded an experiment on the relation of endurance to diet. The experiment covered ten weeks. Nine Yale graduates were given one test immediately after the Christmas holidays, when they were fresh from vacations, and another after a term of hard work.

The experiment consisted in trying to find a truer food instinct than most persons are said to have. No attempt was made to prescribe a diet or forcibly alter the quantity or proportions of the food. The men were simply asked to follow the plan, eating slowly and thoroughly masticating their food, giving special attention to its taste, and following implicitly the dictates of the appetite.

A record was kept of the food consumed by each man each day, the proportions of fat, starches, sugars, and protein being worked out by means of a mechanical diet indicator devised for this purpose by Professor Fisher.

It was found that the men had decreased their food ten per cent, the protein fifteen per cent, and the consumption of meat and other flesh foods forty per cent, instinctively.

In order to test the working power of the men, trials of endurance were made at Yale gymnasium at the beginning of the experiment. The same tests were repeated at the end. It was then found that each of the nine men had improved from fifteen to more than one hundred per cent, despite the fact that no special physical exercise had been taken.

The average physical endurance gain was more than fifty per cent. Strength tests were also given, but the improvement in endurance was greater than in strength. Mental tests also were given in the form of problems, and it was found that most of the men had increased in mental quickness.—*What to Eat.*



Intelligent Seeking for Health

It seems strange that in an age of such great intellectual achievements the average individual depends so little upon his own powers of reason and observation when it comes to a question concerning the condition of his own body. The tendency of the general public is to run to the physician or to the corner drug-store for every ailment, when the application of a little common sense would serve as well, and often better. A large percentage of the patients coming to the general practitioner are suffering with self-limited or trivial complaints. A large proportion of these would quickly right themselves if the patient simply obeyed the natural laws of health, reasoning out for himself their application to his own condition.

People are tired of being drugged, and as the average patients of to-day have advanced a long way intellectually, they are beginning to use their intelligence, and to reason about their own physical conditions, and reason is the deadly foe of empirical medicine. Having failed to obtain relief from the drugs prescribed by their well-meaning medical advisers,

they are flocking to the health sanatoriums, where the enforced simple living, fresh air and sunshine do more to bring relief than all the drugs in the pharmacopoeia. It behooves us doctors to note most carefully the signs of the times, before our patients become too wise for us. Instead of dropping in behind, as we shall have to do if the people discover the true road to health, let us be pioneers, let us study and learn from nature, and reap, in the health and happiness of those about us, the harvest of a "well-spent life."—Charles R. Buck, M. D., in *The Medical Times*.



The Final Stage of the Alcohol Question

THE *New York State Journal of Medicine*, after commenting upon the extravagant statements frequently made by temperance reformers, both in their platform speeches and in their text-books, and giving a brief epitome of the alcohol discussion, says:—

"This question of alcohol and alcoholism has passed through all these phases of discussion, and finally it has come to the last stage: science and common sense have taken hold of it, and here the curse of rum is to meet its defeat. During the last ten years patient and honest men, seeking after the truth, have investigated with scientific accuracy the effects of alcohol upon the human organism. A vast amount of data has been compiled. Many old theories have been disproved; some have been confirmed. But we now have the effects of alcohol upon a scientific basis. Its effects upon the vital resistance, upon the phagocytic power of leucocytes, upon heat production, digestion, the heart's action, blood pressure, and upon the nerve-centers, have all been carefully studied by many observers, who all have arrived at practically the same conclusions.

"Alcohol is a poison and an irritant, although capable of combustion to a limited degree. Its usefulness in the internal treatment of diseases is very limited. As an antiseptic, its value is inconsiderable. When taken into the normal human body, its effect is harmful, causing a decrease of both muscular and mental efficiency in direct ratio to the amount ingested. It has its uses. To say that alcohol gives a man courage to face dangers, however, is as inconsistent as to say that morphin gives him courage to face pain.

"Let us now begin with this subject anew. Let us put away the mistakes of the past, and try to place ourselves in the attitude toward alcohol which we should have were it a newly discovered chemical compound and had not been used by man since history began. Under these circumstances, what should we do? Having learned its effect upon the body, we should label it 'poison,' and instead of being the most commonly sold commodity, it would be secured only upon a physician's prescription.

"The people look to the medical profession for instruction and guidance in matters of health. The time has come when we should take a positive stand on this question. We know the vast harm that alcoholic beverages are inflicting upon the people. Its ravages are known as well as those of typhoid and tuberculosis. We know them so well that we scarcely need discuss them among ourselves. And it devolves upon us to instruct the public as to the dangers of alcohol, just as it does to instruct them concerning the dangers of polluted water or bad milk."



Do Cigarettes Lead to Crime?

THAT cigarette smoking has something to do with leading a boy into crime seems to be proved by the fact that of the

ninety boy criminals who were arrested and locked in jail within the last six months, all but two were victims of the cigarette habit. Those of the boys who were induced to give up the habit were reformed, and when released on parole, lived aright and did well. The few who could not be broken of the habit turned out badly when given a chance to do better.

These facts are contained in a report of the county jail of Kansas City, covering six months. Mr. Johnson says in this report that of the ninety boys incarcerated in jail in the last six months not one was at work or at school when arrested, and all but two were cigarette fiends.

We sometimes hear boys of twelve, fifteen, or twenty years of age declare that they can not give up cigarettes, and often they have not sufficient energy or will power to even make the attempt. Sad, indeed, is their fate; poor, weak-minded boys, slaves to this insatiate monster, the cigarette. The poison of the nicotin finds its way all through the body, and gives a very unpleasant odor. It injures the nerves of the heart, and thus weakens its healthy action. This is called "tobacco heart." In fact, tobacco is one of the most virulent poisons in nature. A single leaf dipped in hot water and laid upon the stomach produces a powerful effect by mere absorption.—*Selected.*



Food and Water

OUR efforts should not be directed entirely to the so-called communicable diseases. Many of the disorders of the digestive system could be prevented by proper attention to the food and water-supply. The knowledge of dietetics is much more widely disseminated to-day than formerly, but our people have still much to learn. . . . The

absolute ignorance regarding the proper adequate ration which contains nothing deleterious to health is astounding. Not only the proper quantity and the good quality are overlooked; but the manner of preparing it, and the way to eat it, receive little or no consideration. The laity should understand also that the digestive functions are not properly performed when the body or mind is wearied. The dietary should bear some relation to the age of the individual. We do not give the infant or child the same food as the adult; but the table is loaded three times a day with food of the same character, whether those who partake are in the twenties or have passed sixty.

In the matter of drinking water the advisability of frequent chemical and bacteriological examinations of the private or public water-supply should be dwelt upon; the superiority of boiled water over the water that issues from the average domestic filter should be taught; and people should be urged to take an intelligent interest in the whole matter of potable water-supply by personally refraining from polluting any source of potable water, and by speaking and voting in favor of public filtration and sewage-disposal plants.—*Monthly Bulletin, N. Y. State Board of Health.*



Health and Clean Streets

AMERICAN visitors to Paris, and to many other European cities, notably those of Germany and Switzerland, are impressed by the care and thoroughness with which the streets are cleaned. Some Americans, indeed, have had the impression "borne in upon them" by policemen who have seen them drop torn paper in the streets, and have compelled them to gather up the pieces again.

That, after all, is the nub of the matter. It is not alone that municipal street-cleaning departments are often ineffi-

cient; littered streets are frequently due to lack of public interest and co-operation. Only carelessness or ignorance would permit the pedestrian to throw the empty paper bag or the banana peel into the nearest gutter, or allow the house-maid to sweep into the street the dust and litter she gathers from the front rooms and the hall and steps. Yet both of these things can be seen hundreds of times a day in every large city.

What is most needed is greater care on the part of the individual. He should have civic pride enough to refrain from throwing newspapers or other rubbish into the streets, or leaving it where it will be blown about. When he sweeps his sidewalk, he must remove or destroy the dirt, not merely brush it out of his own way. In other words, he should carry some of his indoor manners with him when he goes outdoors.—*Youth's Companion.*



Typhoid from Other Causes Than Water

THE backwardness of health departments in protecting city milk supplies from infection by typhoid fever is illustrated by the fact that the city of Denver, Colo., has only within a few weeks passed an ordinance designed to compel dairymen to sterilize their utensils before using them. What other health protective features the ordinance contains, if any, we can not state, but it should strike at the root of the matter by prohibiting the use of impure water for washing milk pails, cans, or bottles. In fact, every city should exclude from delivery or sale within its limits any milk from a dairy farm whose water-supply is not above suspicion. At Denver the water company has been bitterly attacked of late on account of the prevalence of typhoid in the city, it being alleged that the responsibility for the disease rested with the

company. Without presuming to pass on this contention, we do emphatically assert that the time has come for health departments and the public generally to look well to other causes than water for the spread of typhoid.—*Engineering News.*



Sterilized Milk

STERILIZED milk is nothing more than boiled milk and a graveyard for dead bacteria and germs. There are practically no milk companies to-day which sterilize. Ten years ago sterilized milk was recommended by the majority of physicians; to-day it is a rare thing to find one who advocates it. Sterilized milk is sometimes used in the household, and it is getting to be quite a common practise for mothers to boil milk before giving it to their babies. This is especially common among the poorer class, who purchase cheap milk, and boil it as a precaution.

Any milk, good or bad, when boiled for thirty minutes, will be free from germs, but boiling coagulates the albumen, and the milk becomes difficult of digestion, and will be refused by many children because of its disagreeable burned taste.—*Joseph H. Adams, in Good Housekeeping.*



On the Causes of Colds

Now is the season of colds, which are conditions of advanced civilization. People who live close to nature are exempt. It is the denizen of the city, surrounded with the luxuries, who suffers the most. The contrivances that he buys to keep away the *cold* are quite responsible for his *colds*. The woodsmen, who lives and works in the cold and sleeps in a freezing hut, enjoys immunity.

The sufferers from colds are not those who live in the outdoor air, but those

who spend a large part of the winter in an unnatural atmosphere. The air in offices, stores, theaters, factories, and dwellings in this climate is bad. Its temperature is usually higher than is consistent with good health; each occupant inhales the materials that have come out of some one else's lungs; and the percentage of moisture in the air is much below normal. These defects are due to the defects of the modern heating appliances. It is a long step backward, so far as healthfulness goes, from the fireplace of our coldless ancestors to the steam-heated radiator of this catarrhal generation.

Of all the iniquitous machinery that has even been contrived to destroy the weaklings and emasculate the strong the steam-heated radiator stands pre-eminent. Here is a thing which can be put in a room, and the more tightly the room is sealed against the inlet and egress of air, the more efficient it is, and the more is it vaunted as a successful heater. The furnace, which was cast out to give place to this thing, is eminently more rational. Every cubic foot of air from the furnace that enters a room displaces a cubic foot; it will not work unless there is ventilation. And the old-fashioned stove and the fireplace all demanded ventilation; but the radiator works best without it.

Another defect of most modern heating apparatuses is that they dry the air. Examination of the air of rooms in the winter shows from five to thirty per cent less moisture than is present in the normal outdoor air. Our indoor winter population lives in an atmosphere so far below the point of saturation that evaporation is constantly taking place from the skin and respiratory mucous membrane more rapidly than under normal conditions. A result of this evaporation is a sensation of coolness. It is not uncommon to find in an office a temperature

of seventy to seventy-five degrees, or even higher, and yet a sensation of chilliness when the moisture is low, whereas in a kitchen, with boiling pots on the stove, a much lower temperature imparts a decided sense of warmth to the skin. It has been shown that persons breathing abnormally dry warm air have the vital resisting power of their respiratory mucous membranes decidedly lowered and rendered susceptible to the complex of phenomena designated as cold. Thus we find in our fine modern system for preventing coldness the conditions conducive to colds.

As heating materials become more expensive, greater economy in conserving the heat in buildings is practised. This is done by minimizing the amount of fresh air which is allowed the tenants. Colds are the result. Colds are prevalent in winter, not directly because of the cold, but because that is the season when people shut themselves in and breathe bad air. Persons who have enjoyed pure air all the summer habitually reverse their practise, and give themselves pure air in winter only when they are out of doors. As a matter of fact, cold air is better to breathe than warm air, even though equally pure. It is more concentrated. Every inhalation of cold air gives one more oxygen than an inhalation of warm air.

The lessons which we learn from the consideration of these things are, that we should inure ourselves to the cold of winter, that we should court the fresh air, and that in heating our houses it should be done by means which give ventilation and moisture. Thoreau said that he loved the cold when it chilled his skin. He was like an oak-tree; it did him no harm because he was always in the air, be it warm or cold.—*New York State Journal of Medicine.*



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

254. Drowsiness at Public Meetings, Sleeplessness and Indigestion.—K. Q. D., Okla.: "I wake nearly every morning at three o'clock, or perhaps earlier, and can not go to sleep again until about time to get up, and then I am very sleepy. I usually find my abdomen distended with gas when I awake. I eat the last meal about 4 P. M. At church and lectures I can not keep awake. As soon as I begin giving attention, I get drowsy. It seems as if I am hypnotized. I am wide awake as soon as I hear the words, 'We'll conclude the service by singing,' etc. Why should my ear catch these words when oblivious to all others? Please explain my condition and outline remedy. I try to be careful in diet, etc."

Ans.—You are suffering from slow digestion. The gas which disturbs you is due to the bacteria which cause fermentation in the bowels. Eat only one or two varieties of food at a meal. Take only half the amount you are accustomed to eat, and chew it thoroughly. Take two or three plain charcoal tablets after each meal (you can get them of any druggist). Wash out the bowels by a very large enema of cool water, to which a little soap is added. Use fomentations to the stomach and liver, alternating every five minutes with a cold compress. Continue this treatment for one hour once a day, preferably an hour after the last meal, and you will find yourself on the road to health.

You would no doubt find it much better to eat but twice a day, provided you do not take too much food. Your drowsiness at public meetings is due to a mental depression caused by the poisons and waste matters from the digestive tract. Not being able to think clearly, the service is a bore to you, and the conclusion is such a grateful relief that it interests you enough to waken you up. Drowsiness at meeting is not always due to indigestion on the part of the audience. Sometimes the speaker has eaten too much.

255. Insomnia — Disinfection.—Mrs. W. R. N., Mo.: "1. What causes insomnia in a strong man who does hard work every day in the field, and eats heartily? 2. What is best to use to disinfect a house where a man lived who had tuberculosis? He did not die, nor even get down bedfast, but is it safe for

others to live in the house? It is an old, papered frame house."

Ans.—1. Insomnia may be due to any one of a very large number of causes, such as worry or anxiety, disordered digestion from overwork, overeating, or other excesses. We advise him to eat moderately, eat much less than is his custom, dismiss all worry, maintain regular habits in every department of life, and be temperate in all things, including work.

2. No house is safe to live in which has been occupied by a person suffering with any contagious disease, especially tuberculosis, until it has been thoroughly disinfected. In every community the board of health should make such disinfection compulsory on the part of the property owners. We have given instruction for the disinfection of houses in a previous issue of the journal, but as back numbers are difficult to obtain, and as this question is so practical, we will give it again in this issue. One of the safest and most practical methods of disinfection for home use is as follows:—

First make the room perfectly tight, by pasting a strip of paper about two inches wide around all cracks of doors and windows, using common flour-and-water paste. Stove holes and fireplaces must have paper pasted over them; then if the floor is bare, sprinkle it till it is quite damp. If the floor is carpeted, the sprinkling will ruin the carpet. In such cases omit the sprinkling, and boil a basin of water in the room for an hour, to render the air moist. Place an iron tub in the room on four bricks. In the tub put four inches of water, set in the tub of water an iron pot or pan, in which is placed one pound of sulphur for each three hundred cubic feet of room space; ignite the sulphur, and when the fumes become very apparent, close the door, paste up the crack on the outside, plug up the keyhole, and leave the room closed for twenty-four hours. This method of disinfection will render a room free from disease germs. Most persons fail to use a sufficient amount of sulphur. By the above plan the amount of sul-

phur required to disinfect a room twelve feet wide, sixteen feet long, and nine feet high, would be found by multiplying the length by the width and height, and dividing by three hundred.

$$\frac{12 \times 16 \times 9}{300} = 5.76, \text{ or } 5\frac{3}{4} \text{ pounds.}$$

256. Viavi and Patent Medicines.—Mrs. F. N. S., Ohio: "I am a reader of LIFE AND HEALTH. Will you, through its columns, give your opinion as to Viavi's being a nerve food. I am interested, and presume many of your readers would like to know. I often see such information given through the Question Department of your valuable little magazine."

Ans.—This is a sample of scores of questions which come to us. This journal does not indorse or recommend Viavi, or any patent nostrum whose secret formula offers a short cut to health. The mission of LIFE AND HEALTH is to teach the simple truths of right living. It regards the patent medicine business as a gigantic evil, which can only flourish because the poisons lurking under attractive labels are hidden from public sight by the veil of secrecy. No honest physician can recommend and no creditable journal can afford to advertise and perpetuate this evil, and the thinking public is rapidly learning that secret nostrums should all be classed as enemies of health. We are glad the day has come when all goods, foods, and medicines must be sold on their merits; and when medicines show on the labels the drugs which they contain, the people will decide not to be humbugged any longer.

257. Pop Corn—Ulcer of Stomach.—M. J., Colo.: "Does pop corn cause ulcer of the stomach? I have been suffering from stomach trouble for several years, and am told I have ulcer of the stomach. Whenever I eat pop corn, I suffer severe pain, and wonder if the pop corn I have used almost daily could have caused it."

Ans.—Ulcer of the stomach may be caused by any injury to its delicate lining. Coarse food swallowed without mastication might cause sufficient injury to produce ulcer of the stomach. All food should, for this and many other reasons, be thoroughly masticated. Pop corn is a very wholesome, nutritious food, provided it is eaten as it should be. The hulls on the kernels of corn are very harsh, and unless ground up thoroughly by the teeth, may cause serious mischief. Pop corn and other coarse foods, which are good for well people, should not be eaten if there is ulcer of the stomach.

258. Uric Acid, Headache, Neuralgia, Overeating.—J. L. O., Wis.: "How can I get rid of uric acid, which has caused me trouble for more than a year? After the urine stands twelve hours, a brick-dust sediment is deposited. My health was good up to two years ago, when I quit hard work. Since then I have been giving my time mostly to literary work. Lately I have suffered from headache and neuralgia almost daily. Can this be caused by brain work? I have had so much help from the practical suggestions in Questions and Answers that I hope you can tell me what I ought to take or do to get well."

Ans.—Take less and do more, and you will soon be well. In other words, the uric acid from which you suffer is due to deficient oxidation of your food. While you pursued an outdoor life, your muscular work called for a large amount of food, and you breathed a large amount of pure air, by which means your food was completely burned up, so that the starchy food was eliminated as carbon dioxide, and the proteid food as urea. This is the normal process. When you lessened your work, you should also have lessened your food. Stop the use of meat, tea, and coffee. Use eggs, nuts, and legumes sparingly. Spend several hours each day in vigorous exercise in the open air, take a daily cold bath, sleep with windows wide open, take the smallest amount of food that will maintain your normal weight, and you will soon be well again.

Work your brain as hard as you choose, provided you take plenty of time for sleep and exercise. Your headache and neuralgia are not caused by study, but by too much food and too little exercise.

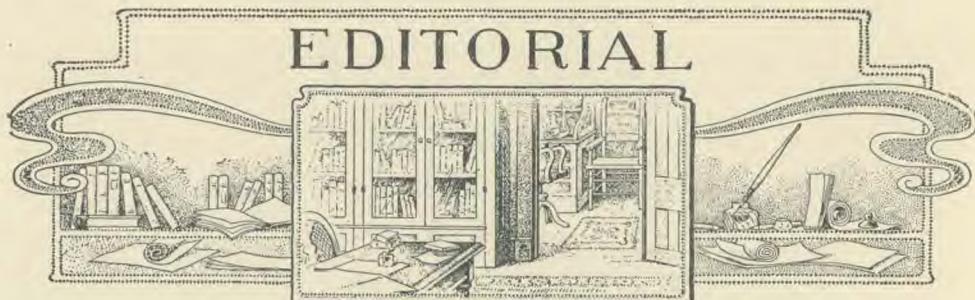
259. Hot-Water Bottle to the Feet—Is It Harmful?—R. S., Ill.: "Is it a bad practice to put a hot-water bottle to the feet at night when one is troubled with cold feet? I am told that such a course is bad, as it weakens the circulation, and makes it more difficult to keep the feet warm."

Ans.—This is an age of extremes, and one has to use a large amount of good common sense in making use of much that is taught in every department of life.

Cold feet indicate a poor circulation. To cure the trouble the circulation must be improved. This is done by free exercise in the open air and sunlight, by proper food, regular habits, and a hopeful mental attitude. A short cold bath, either a full bath, a shower bath, or a hand bath, taken daily with vigorous rubbing, is very helpful. Abundance of fresh air night and day is essential. All these

(Continued on page 89)

EDITORIAL



The Prevention of Impurity in Children

A YOUNG man of intelligence, who had taken a very pessimistic view of life, on being remonstrated with, replied as follows:—

"I will tell you what is worrying me. In this town, when I was younger, boys' minds did not run entirely to impurity; but of late years it has been my fate to know that secret vice is practised in every family where there are boys—yes, and girls, too. Now, if this vice is increasing all over, like that, my idea is that it is kinder to keep children off the earth than to make them arrive and become weakened."

This young man, in order that he may not be responsible for vicious children, has decided to remain single. That is a good preventive, but one that all are not willing to take, and not going to take. There are those who are planning to marry, and those who have recently married. Shall they remain childless?—It is not likely that they will. Then there are those who have children in prospect, or little ones in their arms. Are these little innocents all destined to sweep into the maelstrom of corruption that is drawing the youth of all the world into its vortex? I say, IT LIES WITH THE PARENTS TO DECIDE WHETHER THEIR CHILDREN SHALL BE PURE OR IMPURE. I say more. It is a CRIME FOR PARENTS TO ALLOW THEIR CHILDREN TO BECOME IMPURE. There are truths

about sexual physiology and sexual hygiene that every child should know at an early age—as early as he is able to understand spoken language, and long before he comes in contact with children of the neighborhood. He is bound to learn these truths. It lies with the parents to say whether this instruction shall be in chaste language and in a way to inspire reverence for everything connected with the creation of life as something too sacred to be discussed lightly, or whether it shall be given by street companions, accompanied by all the vileness that the little minds can instil into it.

Many parents have never realized their responsibility as parents to the extent that they have ever given the matter of instruction in sexual subjects a single thought. The children are simply allowed to grow up and learn what comes to them. If parents could know the doings, and the sayings, and the writings of their little "innocents," it might make their cheeks tingle with shame.

Other parents, realizing the danger, are yet unable to approach the subject in a right manner with their children, because, when young, they themselves received such monstrous ideas concerning the generative function. They are ashamed to broach the subject, and keep putting it off until the mischief is done.

Some may flatter themselves that they will keep their children away from contamination; but the nurse or some other servant may do the mischief. The only

safety is in fortifying the young child by a proper knowledge of his functions, and of the way to care for his body.

This may seem hard, it may seem unnecessary; but every parent who neglects it must blame himself for the crime of his child's degradation. Your children are too pure to go astray? Do not be too sure of it. More than likely they could now surprise you with their intimate knowledge of the evil side of this question. Every child old enough to understand speech is old enough to be contaminated; and some learn the evil before they can speak.

There are a number of books by Dr. Mary Wood-Allen, such as "Child Confidence Rewarded" and "Teaching Truth," published by Crist, Scott & Parshall, Cooperstown, N. Y., which will enable mothers to bring the wonderful truth regarding the origin of the body, in a manner that the child will feel an affection for the mother such as it never had in the past. A confidence will spring up which will keep the mother in touch with the child, and will enable her to detect the first symptoms of impure contamination from the outside. What the child has learned from the mother will make the filthy stuff of the street distasteful. This is no theory. It has been worked out in many cases, where the children can testify that they owe their purity to the love and foresight of their parents. The Vir Publishing Company, Philadelphia, publish a little book, "Parental Responsibility," for 25 cents, which covers the same ground. These books can be obtained directly from the publisher or through the office of LIFE AND HEALTH.



"We Ought Never to Wash Our Clothes!"

So says the editor of a prominent New York magazine. The statement is start-

ling, to say the least. Is he advocating a return to the primitive times when the mantle of untanned hide passed as a precious heirloom from father to son? He says the practise of washing clothes "is very disagreeable" (Yes, when you have to do it yourself), "and expensive" (when you have to pay the laundry bills), "an ineffectual process" (because the clothes get dirty again right away). "Burning is far better," he tells us. (The cleanliness will "stay put"—the clothes treated this way will never get dirty again. It is certainly a radical cure,—once for all).

But really, is our editor jesting, or does he mean what he says? He means every word of it. The astounding statements above quoted are from an article on the disadvantage of durability. The author refers to the indestructible furniture and the everlasting houses made by our ancestors which are still with us, having followed down the line from generation to generation, but which have outgrown their usefulness. If they were not in the way, we would provide ourselves with something more modern and better in every way. He calls attention to the present tendency to make everything of a less durable nature, so that it may serve a temporary use, and then give way to something more modern. Clothing, he says, is following this tendency. The clothier now does not attempt to make a suit which "will wear forever," but one so cheap that it can be thrown away as soon as it becomes soiled. Paper collars and cuffs, napkins and handkerchiefs, are much more cleanly and hygienic, and often more economical, than the same articles would be in cloth, even though they have to be replaced new each time.

The objection to this innovation is the same that met the first appearance of the umbrella and other useful inventions. "It

is not the thing." But it will be, some day, perhaps. Custom will doubtless demand that every one use paper handkerchiefs which may be destroyed, instead of going to the laundry to contaminate other clothing. And paper napkins! Think of using, for wiping the lips, a napkin which has been returned from the general laundry! How do you know that it was not washed in the same water with a lot of tubercular handkerchiefs? If your laundryman is Chinese, how do you appreciate his custom of spraying the piece with water from his mouth before he irons it? "Oh, it is sterilized by the hot iron!" No doubt. But would it not be better to have the napkins of paper, and sterilize them in the stove? Doubtless, it's coming—a tendency to use cheaper clothing which may be disposed of at more frequent intervals. Good sanitary sense will eventually change custom.

"If clothing were cheap enough and easily obtainable, we would never think of wearing the same garment twice. Already this idea is practical to a large extent."



Two Seasonal Diseases

THE report of the Department of Health of New York City shows in a conclusive manner the effect of seasonal changes on the prevalence of certain diseases. For instance, the number of deaths from pneumonia each week, beginning October 6, increases gradually, until on January 5, the mortality is more than five times what it was three months earlier. The weekly death-rates for the weeks ending October 6, 13, 20, etc., to January 5 are respectively, 41, 59, 83, 106, 85, 99, 96, 146, 109, 143, 143, 134, 175, 219. This shows to what an extent pneumonia is increased during the colder months. Other facts regarding the relation of sudden weather changes to the

mortality may be learned by a close survey of these and other statistics.

Diarrheal diseases, on the other hand, show a marked decrease in severity during the same period. Beginning with October 6, the deaths from this class of disorders were 176. From that week, the mortality drops gradually to 80 on November 3, and to 31 on December 22. Pneumonia is essentially a cold weather disease, diarrhea (infantile) a summer disease. Both are caused by germs, the summer disorder being propagated largely through the use of impure milk containing a large bacterial growth, the winter disease being caused by germs flying in the air, or transmitted from person to person, these germs often remaining comparatively harmless in the mouth or air-passages until a sudden exposure lowers the vitality. Those addicted to the use of alcoholic liquors are peculiarly susceptible to the inroads of pneumonia, and also of tuberculosis.



The Epidemic in Chicago

DURING the last part of January, Chicago was stricken with a severe epidemic of scarlet fever and of diphtheria, so severe, in fact, that it seemed as if it would be necessary to close the schools altogether. There was some talk, according to some of the newspapers, as to the probability that the health officer would be replaced for inefficiency.

This is one side of the question. The other is that the health officer and his staff have for some months been warning the citizens of Chicago that such an epidemic would result if more attention were not paid to the quarantining of convalescent children still capable of transmitting disease. A call was made back in October for one hundred more medical school inspectors in addition to the present force, so that there might be ample opportunity to examine every con-

valescent child returning to school after an attack of contagious disease. Often diphtheria and scarlet fever occur in such a mild form that a doctor is not called; and the health officers have no means of excluding the child from the schools, yet even this mild form of the disease may be transmitted to one or more other children in a most malignant form.

The attempt is being made, through the principals of the schools, to exclude all suspicious cases, but, of course, the work can not be done as thoroughly as it might be by competent medical inspectors. Therefore lives are being sacrificed to the spirit of economy.

Chicago was the second city in the world to adopt a plan for the restriction of infectious diseases by medical inspection; and the result, in the decrease of communicable diseases among children, and the diminished child mortality, was most gratifying, until finally the work of medical inspection of schools was taken from the jurisdiction of the health board, and given over to the board of education, and since that time medical inspection has been gradually abandoned, and things have been going from bad to worse until the present epidemic, which will probably compel an investigation, and result in a better state of things, unless, indeed, city politics control things and defeat justice.



Commercialized Medical Practise

The *Journal of the American Medical Association*, commenting on a new type of fraud, whereby a St. Louis house advertises to give physicians stock in the concern in proportion to their purchases of the medicine manufactured by the advertising company, says, very rightly: "No man's judgment is likely to remain unbiased and impartial where his pocket-book is concerned—it is not human

nature; no physician can have an eye single to his patient's best interests if he is to receive financial benefit by prescribing one remedy rather than another." The same is true regarding foods. No physician who is financially interested in a certain food is capable of rightly judging of the merits of that food. That is why the profession is in the right when it attempts to stamp as unethical all proprietorship in such articles by physicians. And the formation of corporations within corporations to take away the appearance of proprietorship by the physician does not alter the case in the least.



Polite Theft

THE law says, "Thou shalt not steal," —to the poor man. It says it in very positive terms, and backs it up with dire penalties. Especially must he be careful not to steal from the rich. To the rich, the law speaks in gentler tones. He is at liberty to take the widow's mite and the orphan's crust, provided he does not use crude bungling methods. He may even steal half the mineral wealth of the country, and be counted a benefactor. It is good for his peace of mind that his theology does not include a torrid hereafter. This omission does much to simplify the ethical questions that might otherwise arise in his mind.

For some years past, *Success* has been holding up as shining lights men who have managed to "get there" financially. And strangely enough, magazine exposures and official investigations have since made a goodly number of these shining lights cast a lurid glare suggestive of the pit. The exploiting of the lives of these get-rich-fast "captains of industry," by *Success*, must have about as good an effect on the young as the *Police Gazette*.

It is possible that not every man who has accumulated millions has stooped to measures that will not bear the light of investigation, but the disclosures that have been already made, indicate that the upright capitalist is a rare bird. Of course they have a business honor,—so have thieves.



A MEMBER of the Detroit Physical Culture Club, after a fast of forty-nine days "for his health," did what some people may say he ought to have done—he died. Of all the fads inaugurated by health faddists, this long starvation process is perhaps the faddest. Like the new disease, automobilia, it may help to improve the race by the process of natural selection. That is by selecting for the grave those who may be most readily spared.



The Magazines

THE *Ladies' Home Journal* for March has three articles of special interest relating to health:—

"Danger of Alcohol in 'Patent Medicine,'" by Henry Lefman, A. M., M. D., is a practical, illustrated article pointing out that the danger of alcohol arises from two conditions,—that it is not a food, and that its use, even in small amount, is liable to lead to a habit.

"How to Avoid Waste in Foods," by Mrs. S. T. Rorer, will greatly aid house-

keepers in running their households at a reduced expense.

"As a Physician Sees Women," by a successful practitioner, who tells them how to get a grip on the will-power, and points out that men take care of themselves better than women. He also comments on the craze for operations on women, declares that the surgeon should be called to "halt," and advises women in regard to their attitude toward their physicians.

THE February issue of the *Journal of the Outdoor Life* has a "safe and sane" article on The Duty of the Consumptive—What He Can and Should Do to Prevent the Spread of Tuberculosis.

The article avoids extreme positions, and gives up-to-date information which is destined to be of great value to all tuberculous patients who read it—and to their friends and neighbors. This number can be secured by sending ten cents to the *Journal of the Outdoor Life*, Trudeau, N. Y.



Books Received

"CLASS STRUGGLES IN AMERICA," by A. M. Simons; 120 pages.

"Socialism and Philosophy," by Antonio Labriola; 260 pages.

"Capitalistic Production," by Karl Marx; 869 pages.

Charles H. Kerr & Co., publishers, Chicago.





THE health commissioner of Chicago has compelled the railroads to comply with the law requiring cars to be warmed.

MILK has proved successful as a hemostatic in internal bleeding. It is injected in considerable quantity into the bowel, with, perhaps, the addition of salt.

ACCORDING to a police order issued in Paris, garments must be carried to the laundries in hermetically sealed bags, and must be disinfected as soon as they arrive.

DR. ANDERSON, director of the Yale gymnasium, has collected statistics showing that athletic training, contrary to the usual supposition, actually tends to lengthen life.

A PLANT indigenous to the East Indies is said to destroy the craving for opium. It is coming into general use in the Straits Settlements as a cure for the opium habit.

A NUMBER of Washington, D. C., women have united for the purpose of helping to restore the army canteen, believing that such a movement is in the interest of genuine temperance.

A SOCIETY for the prevention of unnecessary noise was organized in New York City at a meeting attended by prominent physicians, hospital superintendents, and other public-spirited persons.

THE use of cocaine is rapidly increasing in New York City. Dr. Gregory believes that the time will come when there will be as many people sent to the hospitals from the effects of cocaine, as from the effects of alcohol.

THE Japanese have learned how to make a milk-like fluid from the soy-bean, that can be produced for far less than the cost of milk. This vegetable milk is of a yellowish color, and pleasant to the taste, being somewhat like cow's milk, but having a faint flavor of the soy-bean.

THE New York City Board of Health has taken an advanced step in ordering that all rooms in which consumptives have died be disinfected. This, if properly carried out, will eliminate one very important cause of tuberculosis.

LONDON papers assert that Sir William Crooks, with the aid of other scientists, has discovered a process by which nitric acid may be generated from the air, in such a way as to be available for commercial, industrial, and agricultural purposes.

REGARDING sexual hygiene as a very important subject upon which parents, teachers, and young people should be better informed, the Iowa State Board of Health has appointed a committee to prepare a circular of information on the subject, for public distribution.

A PHYSICIAN reports in the London *Lancet* an epidemic of scarlet fever where it became evident that the period of infectiousness continued much longer than is generally supposed to be the case. He inclines to the belief that in some epidemics the period of infectiousness may be more prolonged than in other epidemics.

DR. WILEY, chemist of the Agricultural Department, is authority for the statement that the ice-cream sold to school children in Washington contains as high as thirteen million bacteria to the cubic centimeter, and that the gelatin that is used in the manufacture of this ice-cream is made from decayed hides "that smell to heaven."

PROFESSOR BEHRING is about to give the benefit of his method of immunization against tuberculosis. He has established a course of lectures at which he will demonstrate his method of using his remedial agent, called by him tulaselactin. Only those who personally attend his lectures and qualify under his supervision will be entrusted with the administration of the new remedy.

ONE hundred thousand persons are said to be suffering with "grip" in Baltimore, Md.

OTHER large cities are following Washington in the matter of the formation of woman's clubs for the restoration of the army canteen.

PAPER garments are coming into vogue. A combination of paper and woolen, cream colored, is used for making outing suits, and other articles of dress. The new material may be washed repeatedly without injury. Material sufficient to make a plain suit costs two or three dollars.

ALREADY illegitimate drug concerns are going out of business because of the National Food and Drug Act. One company quit business with \$81,000 liabilities and no assets. As its goods were worthless, the \$81,000 indebtedness was probably contracted for advertising and similar expenses.

THE mother who is attempting to obtain damages for the alleged killing of her son by poisoned food in the famous "poison squad" test weakens her side when she claims that a capsule of boric acid which her son dropped on the floor took the paint off the floor. Those who know what boric acid is will smile at this testimony.

THE Russian government has been making an effort to stamp out leprosy in the Baltic Provinces. Sanitariums have been established, and physicians sent out to gather into these institutions the afflicted, in order that they might be cured; but great difficulty is experienced, as the natives refuse to enter the sanitariums, or to submit to examination.

THE United States Geological Survey has recently issued a bulletin entitled "Water-Supply and Irrigation Paper No. 185," which should be procured by every person on whom devolves the problem of sewage disposal, whether for a large city or for a hamlet. Application for this pamphlet should be made to the Director of the Geological Survey, Washington, D. C.

A REMARKABLE case of a child's dying an old man at the age of eleven has developed in Minneapolis, Minn. At death, his organs presented all the appearances of those of an aged person. At the age of six years, his hair began to turn gray, his eyes to fail, and his steps to totter. When younger, he was exceptionally bright, but of late his mind had been failing.

EXPERIMENTS conducted by Rosenau show that formaldehyd gas can not be depended on as a disinfectant when the temperature is below 60° or the relative humidity below 65. The gas works best when the air is moist and warm. It will be well for those who fumigate with formaldehyd gas to make a note of this.

THE emperor of China has issued a decree, which will, if carried out, stamp out the sale and use of opium in the Celestial Empire in ten years. As a result, the British government is claiming damages, so it is alleged, for the loss that British merchants will sustain as a result of the decree. Christian England!

THE president of the Illinois State Board of Health recommends that diphtheria antitoxin be furnished in all diphtheria cases regardless of the financial condition of the family. The argument in favor of furnishing free antitoxin for those who might be able to pay for it is that it is a public-health measure, and every case of diphtheria that is not promptly checked is in some degree a menace to the neighborhood.

CONGRESS is considering a child-labor bill, which provides for the exclusion from interstate commerce of the products of all mills employing children under fourteen years of age. Many of the members of Congress oppose the bill because they think they see in it an invasion of State rights. It certainly tends to the strengthening of the federal government, but in a point where State legislation has proved strikingly ineffective.

PROFESSOR OSLER is reported to have voiced, in a recent lecture, the following statements: "Many people get on without meat if they have porridge, which is as good as meat." "Alcohol is quite unnecessary; if all the liquor were poured into the sea for a year, the people would be infinitely better, and it would save almost all the problems which philanthropists, physicians, and politicians have to deal with." "If the tobacco were all thrown into the sea, it would be good for the people, and hard for the fish." "Tea and coffee are not necessary, and, in fact, disturb the furnaces of the body: their use is a matter of habit." "Proper diet, no spirits, very little beer, tea, or coffee [why any?], plenty of fresh air and hard work,—these are what are needed in life."

NOTWITHSTANDING the very rainy weather which has prevailed in the vicinity of Washington, the effect has not been manifest in the health of the tubercular patients who are living outdoors. They seem to stand the damp weather about as well as the dry weather. In fact, for a tubercular patient, anything is better than confined air. There was not one of the patients who are taking the "cure" in Washington, who took cold as a result of the stormy weather.

THE great increase in the number of diphtheria and scarlet-fever cases in Chicago has necessitated the appropriation of \$15,000 to be used in the payment of one hundred additional medical school inspectors. But with the additional inspectors, the diseases did not diminish. It does no good to close the stable door after the horse has escaped. One hundred dollars spent in the prevention of an epidemic is worth many thousand spent in attempting to cope with it after it has gained a foothold.

A YOUNG Washingtonian, on a trip in the West, was cremated in a Pullman sleeper at night. He was dead when found, and was terribly burned. Other passengers were slightly burned. The young man was an inveterate user of cigarettes, and it is thought that in some way he set fire to his berth, and was rendered unconscious by the smoke. This is in line with other tricks that the cigarette plays on its unfortunate victims. The young man was a clerk in one of the House committees, and was highly esteemed in Washington.

THE health officers of Chicago are learning that the epidemic of scarlet fever and diphtheria is due, in part at least, to the fact that there are cases of scarlet fever or diphtheria connected with some of the dairies supplying the city with milk. The milk of such dairies was, of course, shut out from the city in all cases where such a condition has been found to exist. Acting on this cue, the officials in the Department of Agriculture who are investigating the typhoid-fever situation in Washington, are making a very close inspection of the dairies supplying milk to the capital city. This investigation will occupy a number of weeks, but it is expected that as a result a sufficient cause will be found for the unusual amount of typhoid fever that has been present in the city for the past few months, notwithstanding the fact that the water is now filtered by the most approved method.

FROM the investigation that has been carried on under the auspices of the Department of Agriculture, it appears that there is such a condition of the dairies supplying milk to the city of Washington, as to justify the belief that a large share of the typhoid of that city is due to this source. A careful examination of the water-supply leads to the belief that not much of the typhoid fever can be due to the water since the instalation of the filter plant.

BACTERIOLOGICAL examinations of different classes of mouths have been made, showing that the well-kept mouth contains thousands of bacteria, that the ordinary mouth contains a much larger number, and among these, disease germs are occasionally found. In filthy mouths, there are millions of germs, and a much larger proportion of disease germs. The pneumonia germ was found in ten out of thirty such mouths examined. The products of these myriads of germs are the probable cause of the foul-smelling condition of such mouths. Tobacco chewers' mouths contained more germs than even the ordinary filthy mouth, which is a certain proof that tobacco has no germicidal action in the mouth.

A LAD addicted to the reading of dime novels, and led by the desire to emulate the "heroes" of this trashy reading, stole nineteen dollars belonging to his mother, and was preparing to buy a ticket to New York when he was arrested by the police and turned over to his mother, who thrashed him and sent him to bed. What a sad ending for what promised to be a life of stirring adventure!

THE high-school girls of Seattle, Wash., have organized for the purpose of driving the cigarette from Seattle. If they stick to their purpose, they can do it, for the young men can not long hold out against the opinion of the young women. If women the country over would say, "No husbands who use tobacco," it would solve the situation in a short time.



Questions and Answers

(Continued from page 81)

are good, but it takes time to improve the circulation. Whenever the feet get cold, warm them, especially at night. Tuck the blankets well around the feet; if need be, wear a pair of stockings, changing them in the morning; and if the feet still get cold at night, use a hot bottle, until you can keep warm without artificial aid.

LIFE AND HEALTH

(Continuing *Pacific Health Journal*)

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

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Manuscript and correspondence relative thereto should be addressed to the editor.

Questions or correspondence relative to any of the departments should be sent to the head of that department.

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.



No Tuberculosis in Goat's Milk

THE milk of the goat has of late been the subject of much investigation, and the highest medical authorities are unanimous in declaring it to be the most wholesome and desirable milk obtained from animals for human consumption. To begin with, the goat is extremely unsusceptible to, and indeed practically immune to, tuberculosis. It contracts this dread disease only in conditions

which can hardly come about in the ordinary course of things. Next, goat's milk is more nearly allied than any other to human milk, not only in its composition, but also in its peculiar fermentative properties—an important point. It has been established beyond refutation that infants deprived of their mother's milk thrive upon goat's milk much better than on that of any other animal.—*The "Circle" Magazine.*



Keep Your Troubles Sacred

A WORTHY wife of forty years' standing, whose life was made up of sunshine and peace, gave the following sensible and impressive advice to a married pair of her acquaintance. The advice is so good and so well suited to all married people, as well as those who intend to enter on that state, that we here publish it for the benefit of such persons:—

"Preserve sacredly the privacies of your own house, your married state, and your heart. Let no father or mother, sister or brother or friend, ever presume to come between you two, or to share the joys and sorrows that belong to you two alone. With God's help build your own quiet world, not allowing your dearest earthly friend to be the confidant of aught that concerns your domestic peace. Let moments of alienation, if they occur, be healed at once. Never, no never, speak of it outside, but to each other confess, and all will come out right. Never let the morrow's sun find you at variance. Review and renew your vow. It will do you good, and thereby your souls will grow together, cemented in that love which is stronger than death, and you will become truly one."—*Selected.*



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

A Troublesome Sore

(Continued from page 74)

servers to men and women who are sinking. The man who has the opportunity to save fifty people who are perishing in a storm has his fame sounded abroad, but such opportunities to gain fame occur very rarely in a lifetime. But China offers much greater opportunities for thousands to become life-savers, though perhaps without the fame. Nevertheless, acts in behalf of the physical and spiritual welfare of the human race, no matter what nationality, receive divine approval, and every man is to be rewarded according to his *works*, and *not* according to his fame.

Christ, the greatest of all life-savers, left the heavenly courts, and we are told that he made himself of no reputation, and took upon him the form of a servant. We can find no higher pattern.

A Chinese Doctor

(Continued from page 64)

began treatment with a large fifty candle-power incandescent electric lamp, the rays being intensified by a reflector. The same good would be accomplished by focusing the sunlight. Treatments were given every alternate day for fifteen or twenty minutes. An elastic bandage was also applied at frequent intervals above the elbow, the pressure being firm enough to interfere slightly with the return flow of blood. By this means the congestion in the arm and forearm was somewhat intensified for an hour or more, after which the bandage was taken off. Like a flood carrying all débris and refuse before it, the suddenly released blood pressure would rush from the constricted arm, drawing better blood to carry on the work of repair. Repeat this procedure several times daily.

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

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