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July, 1907

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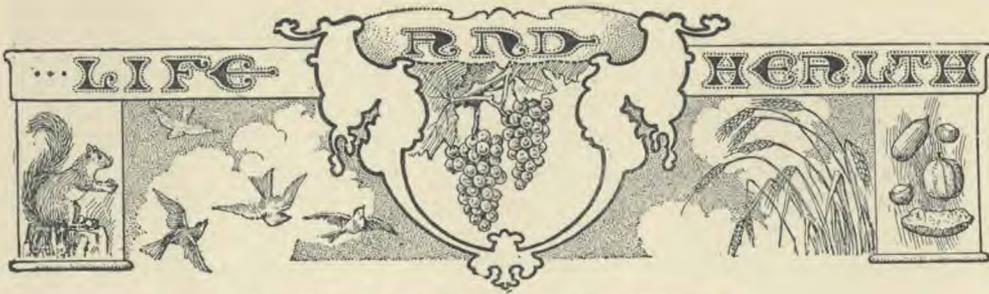
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"Something better is the law of all true living."

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

No. 7

Exercise and Diet

MRS. E. G. WHITE



HERE are many suffering from ill health to-day because they do not pay attention to the laws of health. They do not exercise their reason in caring for the human machinery that God has entrusted to them, and thus they present to God a crippled offering. Many persons confine themselves in ill-ventilated rooms, where the air is not charged with its appropriate supply of oxygen. In expiration we are constantly throwing off from the lungs impurities that defile the air, and there is positive necessity of having a constant supply of pure air. Many breathe air that is poisoned, and the blood is not purified in the lungs, and passes into the body without being vitalized by a fresh current of air. The result is that such persons are troubled with giddiness, restlessness, with confused thoughts, and gloomy spirits. The process of digestion is not properly carried forward, the brain is clouded, and the heart depressed. Such persons are suffering for want of exercise in the pure air. If they would have their

organs perform their work properly, and be saved from the inroads of disease, they must change their course of action.

Schoolrooms are often death traps, as also are ill-ventilated bedchambers. If buildings are constructed in such a way that they can not have a constant supply of fresh air, the health of their inmates will surely be impaired. Ministers are often forced to pay a severe penalty for speaking in close, ill-ventilated buildings. The preacher marvels that he has not power to impress the people, when they, as well as himself, are suffering from lack of vitalizing air, and are thus rendered incapable of appreciating the subject upon which he is speaking. The want of the circulation of pure air in a church makes many a meeting of no effect; for labor is expended for naught, because the people can not keep awake.

There are many who imagine that they are health reformers, and that they are practising right habits in matters of diet. Many have wretched feelings, which they attribute to an insufficient amount of food, when these

wretched feelings are due to a different cause altogether. Sometimes it is because the food is not of the right quality, or has not been properly prepared. Others who have indulged their appetite from childhood, think that it is essential for them to have food that tastes good, no matter how unhealthful may be its character. Thus they



cultivate a perverted taste, and as a result have a diseased stomach. They abuse and overtax their digestive organs by eating that which they like rather than that which is good for them. On the other hand, many who think themselves patterns of strict propriety in matters of diet are in reality not intelligent health reformers, and their example is not worthy of imitation. They have educated their tastes in the wrong direction, and will have to learn anew what constitutes health reform. Some who have professed to be health reformers have said that they were furnished with rich food from their youth, and that their tastes were cultivated to

enjoy this kind of diet. But such should understand that they should take a different course, and educate themselves to enjoy simple, nutritious food. They should study to prepare inexpensive dishes for the table.

Those who profess to be health reformers should not mislead others by their own habits of eating. Neither by precept nor example should they give a false example in these matters. If we

do not begin to practise economy now, we shall be compelled to practise economy in the near future. Time is money; it belongs to God. To use precious time in preparing a variety of dishes that will only result in dyspepsia, is certainly putting time to a wrong use. The cook should not be made a slave, or be required to cater to appetite. Let the diet be of such a character that she may prepare it, and yet have time for the reading of her Bible, for prayer, and for relaxation from labor. We should not cherish self-indulgence, or teach others by our example to follow in a selfish course. We should understand what we are about, and consider what kind of impressions we are making upon the minds of those who look to us for guidance.

As applied to diet, true hygiene demands the intelligent selection of the most healthful articles of food, prepared in the simplest and most healthful manner. It is customary to provide a variety of vegetables and other articles of diet for the first course at dinner.

Then fashion requires that dessert shall come on the table in puddings, custards, or other kinds of sweets. To introduce such combinations into the stomach after partaking of vegetables and fruit is anything but wise. A large share of the endless mixtures called health reform dishes is in reality anything but healthful. Grains and fruits, or vegetables with bread and accompaniments, are all that the system needs. It would be better



not to tax the stomach with unhealthful desserts, and not to demand that the cook expend time and strength and ingenuity in preparing them. It would be much better to discard the sweet puddings, jams, and marmalade, which cause fermentation in the stomach. When these are banished from our tables, when we have sweeter stomachs, we shall have sweeter tempers, and be better enabled to live a Christian life.

There is real common sense in health reform. We can not all eat the same things. Some articles of food that are wholesome and palatable to one person may be hurtful and unpalatable to another. Some can not use milk, while others can subsist upon it. Some can use dried beans and peas, while others find them indigestible. Some, whose stomachs are sensitive, can not use the coarser kinds of Graham flour. It is impossible to make an unvarying rule by which to regulate one's dietetic habits. Do not



indulge the idea that we are health reformers only as we use mush for breakfast. There are some who can not eat mush and have a healthy stomach.

But while we would recommend simplicity in diet, let it be understood that we do not recommend a meager diet. Let there be a plentiful supply of fruits and vegetables that are in a good condition. Overripe fruit or wilted vegetables ought not to be used. Vegetables and fruit should not be

eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables. Thus we may have all the variety that we need to desire, and if we must have puddings and custards, let bread and these articles form the meal.

In order to preserve health, we must practise temperance in all things,—temperance in labor, temperance in study, temperance in eating and drinking. Our Heavenly Father sent light on health reform to guard against the evil that results from a debased appetite. He would have us know how to use with discretion the good things that he has provided for us. By exercising temperance in our daily life, by loving purity and holiness, we may become sanctified through the truth.

Intemperance in eating and drinking, intemperance in labor, intemperance in almost everything, exists on every hand. Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them that they ought to rest, are never gainers. They are living on borrowed capital. They are expending vital force which they will need at a future time. When the energy they have so recklessly used, is demanded, they fail for want of it. Physical strength is gone, and mental power unavailable. They realize that they have met with loss.

(Concluded on page 206)



THE CONSULTING ROOM



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

Self-Destructive Habits of Students

(Miss T. complains of obstinate constipation, pain in back of head, gets up in morning feeling more worn than when she retired, and with a dread of the day's duties; she worries much over school work; sleeps poorly.)

From what you tell me of your habits, it is evident that your physical condition can be readily accounted for, and the causes removed. In the first place, it is necessary to keep up your nutrition in order that the mind may be kept active and the functions of the body regular. Practically, you eat no breakfast, and only a cold lunch at noon. Even while partaking of this last, you report worrying over problems in geometry. Then dinner comes at 6 P. M.—usually a hearty meal. Immediately afterward is the study hour, following which, rest is sought on the pillow. Then follow the hours of broken, unsatisfying sleep. Under such circumstances, I should not expect one to keep up very long. In order to get work out of a machine, a regular supply of fuel must be provided, and the conditions made favorable for its being turned into energy. School work, with the worry incidental thereto, uses up a liberal supply of nerve energy; so much so, in fact, that in this case there is little left to carry on the processes of the body. Hence, digestion and assimilation are greatly impaired. The ex-

cretory organs are inactive, and poisons that should be eliminated are retained in the body to carry on their deleterious and destructive work. With the resistance of the tissues below normal from lack of nutrition, and the natural body poisons greatly increased by retained secretions, it is not so surprising that symptoms of a nervous breakdown should appear. The bowels must be kept active. As a dietary measure for accomplishing this, nothing is better than a dish of boiled whole wheat for breakfast. Good, clean wheat should be selected. As four or five hours are required for cooking, it should be prepared the day before. It is needless to say that for such an article of diet, mastication will need to be very thorough. It may be eaten with a dressing of fruit or fruit juice or lemon sauce. Many cases of the most obstinate constipation have been cured by this simple article of diet. In order for any method to prove successful, one must adopt a regular time for attending to this important function. This should be done even though there seems no inclination on the part of the bowels to move.

The diet should be simple and nutritious. No more than three or four articles should be taken at a meal, and often one does much better on less. Study and worry should be banished during meal-time, and for an hour thereafter. As much time as possible should

be spent in the open air. If students practised walking to and from school instead of boarding a passing car, the effect upon the circulation, as well as upon the other functions, would be very beneficial. In the country, children think nothing of walking long distances to and from school, and cases of nervous breakdown are much less frequently met with in rural districts.

Ambition's Strain

The anxiety manifested by many parents to have their children excel those who are beyond them in physical development and years, as well as in the technical branches, is a most pernicious one. Often it is accomplished, but the injurious effects therefrom leave the victim to drag out a miserable existence. While plodding through the senior year of a medical college, the writer well remembers the leader of the class, a young man of more than ordinary brilliancy. Without any mental exertion, he could make a grade equal to the best. But, in order to win the applause of his parents and teacher, extraordinary mental effort was put forth at the last to leave the class far behind. Recreation and rest, as well as time for meals, were sacrificed in order to gain a little more time to store up a great mass of scientific facts. In order to keep the flagging energies unduly active, resort was had to drafts of strong coffee, and sometimes, even stronger stimulants. One by one, the examinations were passed, and our class leader was showered with praise for his brilliancy and superior intellect. But, in consequence of the lowered vitality, a severe cold was contracted the day of graduation, pneumonia developed, and no human skill was able to save him. He had squandered his en-

ergies merely to satisfy the mind; and when a demand was made upon the resources of the much-neglected body to come to the rescue and resist the inroads of disease, they were found exhausted.

Expensive Education

Not long ago an anxious mother came with her eleven-year-old child to learn what could be done for his extreme nervousness. Up to a month or so previous, he was considered an unusually bright youth. While not yet in his teens, the grammar school was nearly passed. But the freshness and buoyancy of youth had been replaced of late by a pinched, anxious look. The mother stated that previous to a few months back, this boy could easily hold the head of his classes, and that she had not hesitated in encouraging him in passing his grades as rapidly as possible. But now he seemed so different from his former self. He was apprehensive of danger much of the time, and at night could not bear the thought of being alone. His studies weighed upon him as a stupendous task, and excuses were not wanting for permission to give up all school work. But, like most mothers, this one was anxious for her boy to finish the term, and felt that if a good nerve tonic were prescribed, he would soon be all right. Instead of prescribing some of the so-called elixirs of life, the mother was told that both mentally and dietetically the cramming process should stop. That instead, simple, plain food should be provided, and well-regulated physical work planned in the open air, with a view of developing a physical organism capable of supporting the overdeveloped mind of this precocious youth.



"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

15 — An Impotent Man

THE man whom God made, was created in the image of God; but this man of John 5:5 was so far from the original pattern that only the eye and heart of Jesus could see that image restored. Thirty and eight years may have seemed, yes, must have seemed, a long time to this suffering man. He had wearied all his friends, for he himself replied to Jesus, "I have no man, when the water is troubled, to put me into the pool." Truly, this was a sad case, and to human eyes a hopeless one. Had he been in our day, we would straightway have committed him to the "hospital for the incurables."

"Jesus saw . . . and knew." Yes, what the poor man could not tell, Jesus saw. Far beyond what the man knew, Jesus knew. He could read his history, from the first transgression, even to the day he saw him lie there. He knew the "long time" of suffering; and before those sad days of pain, he saw where the "long time" began, in disobedience.

"Wilt thou be made whole?" Such a wealth of love and power in that question! The poor, weak, blind soul could see only the difficulties, the unfavorable surroundings, the things

that had smothered hope and dimmed faith until not one ray of light remained. How little he thought he was talking to One who brought light out of darkness, created the human body, as well as the human mind, and prepared food for all, and appointed them their exercise and rest. Truly this was a case of severe need; and this *need* cried louder to Christ Jesus, the Healer, than any words that could be spoken. He who came to "seek and to save that which was lost," had found a lost man; and there was only one thing to do, in order to fulfil his mission, and that was to save him.

"Rise, take up thy bed, and walk." Can we fancy for a moment how those words sounded to that helpless, hopeless invalid? We can only wonder what sudden transformation of mind took place, when that powerful, enabling word entered his ears, and was carried by heaven-appointed messengers, the nerves, to the brain. How quickly each little cell acknowledged the Master's voice, and obeyed the word, carrying the command to the heretofore atrophied muscles, for —

"Immediately the man was made whole." Now the lost man was saved, physically, but there was something more to be done; and he who had

begun a good work would finish it. Again the Healer sought him.

"Afterward Jesus findeth him," and having assured him of his soundness, gave him the wondrous command that only Deity could enable a human being to fulfil, "Sin no more." Our poor, ignorant minds are often so blinded that we can not see where we sin against the laws of health, and that faithful sentinel "pain" must needs warn us that we are traveling the wrong road. It is time to "Right about face!" and do "no more" the things we have been doing; for their continuance only means the coming of that "worse thing."

We who are weak in any part of our physical frame are so only because we have sinned. On Calvary there was a full, complete sin-offering made; and the interceding voice in the sanctuary is still pleading for us. If we are in ignorance of our sin, there is One in whom all wisdom dwells, and he will not leave us in darkness, if we have a willing mind. A mind and body, a heart with all its desires, and a will, all fully yielded, can not be denied the blessing. God does not mock our need; but he often waits until we see it, and know the cause, and are willing to put away "the unclean thing," ere he can manifest his healing power.

When we walk by faith in all the light we have, we may be sure of added light as fast as we will walk in it; blessing following blessing. "Blessed are they that do."

✠

"God could have fed the multitude even if there had been no small boy with his loaves and fishes; nevertheless he wants small folks to be co-

workers in his great deeds. He is not dependent upon these things."

✠

"The Things Which Are Impossible With Men Are Possible With God"

YES; face it out to the end; cast away every shadow of hope on the human side as a positive hindrance to the divine; heap the difficulties together recklessly, and pile on as many more as you can find; you can not get beyond that blessed climax of impossibility. Let faith swing out to Him. He is the God of the impossible. . . .

Look in the Revised Version at the description of Abraham's launch forth. He *considered* (there is such a beautiful quietness in the word) the whole extent of the hopelessness, and went straight forward as if it did not exist, "being fully persuaded that what He had promised, he was able also to perform."—*Selected*.

✠

The Radiant Life

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

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



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, Glendale, Cal.

Garden Vegetables

MRS. D. A. FITCH

WHEN preparing a course dinner, the cook naturally gives attention to the courses as they are usually served; hence after the entrées (given last month) he begins to think what vegetables shall appear on his bill of fare. A large variety is not necessary, except as tastes may vary in a small family, and are very sure to do in a large one.

By vegetables, from a culinary viewpoint, we mean such articles as potatoes, beets, turnips, carrots, cabbage, etc. Unripe legumes, as green peas and string beans, are classed as vegetables, though, when ripe, they are very different in their nature and nutritive value. Tomatoes may be spoken of as a fruity vegetable,—botanically a fruit, but commercially a vegetable,—digestively combining with either fruits or vegetables. Just here it might be well to state that vegetables and fruits do not digest well together. One or the other is frequently blamed for making stomach disturbance, when in reality it is neither the one nor the other, but the combination of the two—the eater being at fault.

The nutritive value of vegetables is,

for the most part, very low. Sweet and Irish potatoes have a total nutritive value of thirty-one and twenty-five per cent respectively, while most vegetables have less than twelve per cent. Their excellency may lie in this very fact, since they furnish bulk to assist in the peristaltic or churning movements of the alimentary canal.

Any vegetable is materially lessened in palatability if several hours elapse between its gathering and cooking. Wilted vegetables can not regain their original freshness, but they become somewhat crisp by standing in cold water. Happy the housewife who has a garden from which to gather her fruits and vegetables as needed.

To boil them is the generally accepted method of cooking, but in many cases they are much better if steamed or baked. In boiling only enough water should be used to prevent their burning. They should also be tightly covered, that their flavors be retained. The very fact that there is a perceptible odor is proof that they are losing it. Unless the water is to be used in soups, broths, or gravies, it should be boiling when the vegetable is introduced. The cooking will be somewhat

retarded if salt is added early, but they are more thoroughly permeated with it, and are not so likely to go in pieces.

No vegetables, and especially potatoes, should stand in water after being peeled, as the mineral and other valuable elements are rapidly dissolved and lost. Much loss is occasioned by boiling peeled potatoes minus their jackets. The thick peeling is one loss, and the dissolving of the minerals is another. Try baking peeled potatoes. They are fine.

The use of a vegetable brush is almost essential in cleaning potatoes and some other vegetables. When well cleaned, steam them; peel as soon as done, mash with a wire masher, season lightly, and you will pronounce them superior to those which have been prepared in the usual way.

The pigweed, milkweed, parslane, poke, dandelion, and many other weeds make good greens. In the garden we have beets, kale, asparagus, spinach, and perhaps it is not generally known that lettuce, even if a little too old to be served as a salad, may be utilized as greens. Whatever is used in this way should be fresh, well washed, and cooked in very little water, or better yet, steamed. Lemon juice is quite desirable to take the place of vinegar.

To Cook Squash

All cooks know that the squash which has the hardest shell is the best one. Often a hatchet is required to break such a one. When it is broken, having been washed while whole, steam until tender, and with a spoon scrape out all the edible portion and thoroughly mash or pass through a coarse colander. No butter is needed; sufficient salt and twice as much sugar is better than fats added. Any left over may be made into pie the same

as pumpkin. Baked in a pudding dish without crust and served as custard, it is more wholesome than pie.

Potato Puff

To each pint of seasoned mashed potato add one egg yolk, beat well, and then carefully incorporate the stiffly beaten white. Pile roughly in a dish which is equally adapted to the oven and the table. Bake until somewhat brown.

Baked Beets

Wash some large beets, but do not break their skins. Place in the oven to bake; a longer time will be required than for potatoes. When soft to the pressure of the fingers, remove from the oven and let them cool. Peel and serve the same as boiled beets. They are much sweeter and richer. Plain lemon juice is appropriate as a pickle.

Escalloped Turnips

Mash some cooked turnips, and season as usual. Make rather soft with rich milk, and then stiffen with bread or zwieback crumbs. Bake until brown.

Peas with Carrots

Dice carrots, and cook until tender; season to taste, and use as a border to a dish of green peas cooked without much juice. A cream gravy may be served on the carrots.

Stuffed Potatoes

Bake some fine potatoes. Cut a cap from one end of each, and with a spoon remove the inside. Season the removed pulp with cream and salt, beat well, and fill each shell full. Put on the cap, and wrap each one in tissue-paper which is fringed at each end. If necessary to serve late, they do not deteriorate as an ordinary baked potato will do.



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

The Boyless Town

A cross old woman of long ago
 Declared that she hated noise;
 "The town would be so pleasant, you know,
 If only there were no boys."
 She scolded and fretted about it till
 Her eyes grew heavy as lead,
 And then, of a sudden, the town grew still;
 For all the boys had fled.

And all through the long and dusty street
 There wasn't a boy in view;
 The baseball lot where they used to meet
 Was a sight to make one blue.
 The grass was growing on every base,
 And the paths that the runners made;
 For there wasn't a soul in all the place
 Who knew how the game was played.

The dogs were sleeping the livelong day —
 Why should they bark or leap?
 There wasn't a whistle or call to play,
 And so they could only sleep.
 The pony neighed from his lonely stall,
 And longed for saddle and rein;
 And even the birds on the garden wall
 Chirped only a dull refrain.

The cherries rotted and went to waste —
 There was no one to climb the trees;
 And nobody had a single taste,
 Save only the birds and bees.
 There wasn't a messenger boy — not one —
 To speed as such messengers can;
 If people wanted their errands done,
 They sent for a messenger man.

There was little, I ween, of frolic and noise;
 There was less of cheer and mirth;
 The sad old town, since it lacked its boys,
 Was the dreariest place on earth.
 The poor old woman began to weep,
 Then woke with a sudden scream:
 "Dear me!" she cried; "I have been asleep,
 And, O, what a horrid dream!"

— *St. Nicholas.*

Pointers Toward Success in All-Round Home Making for Beginners

MRS. G. A. HINTON

To be a good housekeeper was in olden times considered the highest achievement of women. If the women of to-day would only realize the God-given possibilities there are in true home making, there would be less seeking for larger fields of usefulness while the single "home acre" was left untilled.

System, forethought, and love for

those for whom the work is done render this profession no more laborious than any other which a woman may choose. All are not born to it, but all can acquire it, if necessity demands, and love stimulates. A good housekeeper should be a good Samaritan; she should do good, and keep still about it.

The most beautiful art is the art of

living, and the real worth of a life or home is the influence which goes out from it. One way to health and happiness is to have beautiful and pleasant surroundings; not necessarily expensive, for the humblest home can be faultless in neatness and order, and radiate so much good cheer and genuine hospitality that a millionaire living in a palace might well envy it.

It was Sidney Smith who said that it is not the man who first says a thing who deserves the credit, but he who says it so long and so loud that he persuades the world that it is true. If I could say only one thing to the young housekeeper, and say it long enough and loud enough to make an impression, it would be: Simplify and systematize your work. Careful planning will make housework a pleasure rather than drudgery. Have regular days for doing different things, and if there is any part of the work that is a bugbear, be sure to do that first. You will be surprised to know how soon you will learn to like it, and what a pleasure the rest of the work will be.

Have a place for everything, and be sure to have everything in its place. If possible, have your baking table in your pantry, so close to the ingredients you use that everything can be put right back in its place as soon as you are through with it. So many times one sees a kitchen table covered with all sorts of things after the baking is over, when, with good management, it is not necessary for anything to be there except the molding-board and rolling-pin, which can be quickly cleaned and put away.

After the table is set, and while the dinner is cooking, there are always a few minutes one can use to excellent advantage in washing the dishes that have accumulated while baking and preparing the dinner. What is more

discouraging after one has worked through the morning, and eaten a hearty dinner, than to face a sink or kitchen table full of baking dishes, pots, and pans? The habit of tidying up the pantry before dinner is easily acquired, and will well repay one.

Plan to have all the kitchen work finished in the forenoon, so the afternoon can be devoted to reading, sewing, or doing kindly deeds for one's neighbors. By planning for it we can have time to accept and extend hospitality. If we took more time to become acquainted with our neighbors and friends, there would be more bright spots in our experience, and fewer misunderstandings.

Why wait to invite our friends to our house until we can entertain them lavishly? Why should the woman of small means and little or no help undertake to serve a dinner planned on the same pattern as a banquet? A luncheon or dinner of two or three courses well cooked and daintily served, is more agreeably remembered than one of longer duration where vulgar show takes the place of simplicity, where the hostess is weary, red faced, and anxious, pleased when it is all over, and the guests are glad to escape.

Why not seek to come in close touch with our friends to give them the bread of life rather than the material things of which they already have an abundance? Let us as Christian women raise the standard for a simple, wholesome life, one that will make us a blessing to those around us.

"We shall be so kind in the after-a-while;

But what have we been to-day?

We shall bring to each lonely life a smile;

But what have we brought to-day?

We shall give the truth a grander birth,

And to steadfast faith a deeper worth;

We shall feed the hungering souls of earth;

But whom have we fed to-day?"

How Shall We Keep the Confidence of Our Children?

MRS. M. L. DICKSON

WE may keep it by never letting our children lose confidence in us, even in the most trivial matters. There is an old saying, "Straws show which way the wind blows." Children are very quick to draw conclusions; and if they see the slightest tendency to a lack of truthfulness on the part of parents or guardian, they are sure to take advantage of it. Confidence begets confidence. If they can trust us, then we shall be more able to trust them, because of the confidence they have in us.

The saying, "Like mother like daughter," has a world of truth in it. It does one's heart good to see a family where each one trusts the other, where there is a sort of comradeship between parents and children, not in words only, but in the natural outcome of right conditions. But this happy state of affairs can not be given to another, as we would give a recipe for a loaf of bread. Each parent must work this out for himself. The ingredients of bread are always the same; but every child has its own individuality different from every other, and parents are responsible for each child. One rule will not answer for every child in a family of six. This is a very serious problem, which has to do with eternity itself.

When a child is added to the family, there comes with it a responsibility that we can scarcely realize or dream

of; and as the years roll on, the accountability to God looms up before us in such proportions that it makes us tremble. Parents will be held accountable who allow their children to grow up in an indifferent way. That children are what we make them is largely true. God said through Solomon: "Train up a child in the way he should go: and when he is old, he will not depart from it." I believe every word of that, and I am striving to prove it.

If we want our children to overcome, and to reach the heavenly kingdom, we must begin our training before they are born, and keep right on faithfully instilling obedience and the fear of God in their hearts and lives, and live Christian lives every day before them. It will have to be "precept upon precept; line upon line, . . . here a little, and there a little," continuously until they are able to take the responsibilities of life upon themselves. The reason why there are so many sad failures is because the most important events in life are entered upon so lightly, and often in ignorance. To keep hold of our children and their confidence is no light task, and can be accomplished only with the help of God, a firm reliance on him, and a determination to so enter into their lives and experiences that we may be a strong molding factor in shaping their character and destiny.



Where Are Our Children During Sabbath Service?

MRS. M. C. WILCOX

I WONDER how many parents have educated themselves to enjoy the Sabbath services when the members of the family are separated, each occupying a seat in a different part of the room, or perhaps worse still, some of them present, and the rest — well, no one knows exactly where, perhaps on the back seat with other children, or just outside the church playing with some one, or walking aimlessly about town, or even in worse places still.

It does not take a very brilliant mind to discover that something is seriously wrong about the conscience, as well as the family government, if any one of these conditions is true. Yet we see these things constantly. There may be some parents who do not fully appreciate that these things are not right, or best, or becoming for Christians. If so, we wish to appeal to your sense of propriety and reason, and ask if you do not admire

those parents who make it a point always to have the family seated together during the service, each giving careful attention to the speaker, and although the children are very small, taught to make no unnecessary noise to attract attention or disturb any one.

With a little decision of character on the part of parents, a reform may be effected, where we have been lax and careless in the past. It is so appropriate and befitting, and teaches the children respect and reverence for the house of God as well as for the Sabbath, that it seems as if every well-regulated home would insist on these things. Besides, the discipline of it will prove a blessing to the children all through life. If it is necessary, or seems wisdom that any should remain away from the service, let them stay quietly about their own home, making the best possible use of their time.



“AFTERGLOW”

CURRENT COMMENT

A decorative header for the section 'CURRENT COMMENT'. The title is written in a large, bold, serif font. Below the title is a detailed illustration of a desk. On the desk, there are several books, a newspaper or document with text, and a pair of scissors on the right side. The desk is supported by a simple frame. The entire illustration is rendered in a woodcut or engraved style.

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

Drink and the Doctors

THE British public and the British press are just now deeply interested in the discussion of a declaration printed in the London *Lancet* over the signatures of twenty prominent physicians justifying the use of alcohol for food and medicine, and especially that part of the article in which the medical gentlemen assert that in making this declaration they are simply "indorsing the universal belief of civilized mankind." The discussion has spread to this country, and many prominent teachers and preachers have taken up the cudgels. If this article had appeared in any other publication than the *Lancet*, it would not have caused so much comment, no matter how many learned doctors signed it. But the standing and reputation of this paper is such that almost anything that finds a place in its columns commands consideration. Notwithstanding this fact, however, the temperance people in England and in this country take square issue with the doctors whose signatures are attached to the remarkable article, and have set to work to prove that the score of physicians who indorse alcohol do not represent the "universal belief of civilized mankind." They have gone about this in a most conclusive sort of way by producing the evidence of that enlightened sentiment. They point out that each of these doctors, no matter how eminent he may be in his profession, can speak only for himself, and that at best the assertion in the *Lancet* is but the assertion of twenty men, and they can produce twenty

times twenty physicians who will sign a declaration to the effect that alcohol is hurtful.

Making due allowance for the combined wisdom of the twenty "alcohol doctors," we can not help seeing that the temperance people have the best of the discussion. The argument as well as the facts are on their side of the issue. Vital statistics in all countries refute the assertion of the "alcoholics."

These vital statistics are borne out by the experience of the human family almost through all time. Alcohol is a poison, and the human system is injured by its use. Of course, there are exceptions in the respect that there are times and conditions when it is beneficial to employ even this poison moderately, but this does not set aside the homely old truth that "wine is a mocker, strong drink is raging." Whatever concessions may be made in favor of the therapeutic use of one or another preparation of alcohol in cases where the heart's action is to be stimulated, there still remains the fact—and it is a fact that can not be refuted—that no man under the influence of alcohol in any shape is entirely sane. This in itself constitutes a reply to the argument of the doctors in favor of the use of alcohol. No man with his brains pickled in alcohol is capable of his best work or of clear judgment. The churches and the schools condemn the use of the poison. Science in its sane moments condemns it. The wisdom of the sages and the experience of the ages pronounce against it.

Let it be admitted that not every man who uses alcohol becomes a drunkard. The fact remains that without alcohol or its kindred poison there would be no drunkards. Words may be employed without limit as excuse or justification for moderate drinking, but all the words in all the languages of the world will not put away the fact that but for moderate drinking there would never be any drinking to excess. For many strong men moderate indulgence may not be immediately and directly hurtful, but what of the large majority who are not strong—at least not stronger than the enemy they “put into their mouths to steal away their brains”? Talk the doctors never so wisely, they can not put down truth and absolute facts. The best they can say is that there are cases wherein the use of alcohol is justifiable or excusable, just as a heroic surgical operation may be admitted to be necessary under certain conditions.—*Woman's National Daily*.



Some Effects of Alcohol in “Moderate” Doses

IT was long held that alcohol in moderate doses acted as a specific in “conserving the tissues,” or, in other words, it checked metabolic waste. With the knowledge that it is oxidized in the body, it was recognized as a source of energy, and the view became generally accepted that it acts to some extent also as a food, thus sparing to a certain degree the proteid constituents of the body itself.

There appears, however, to be a diversity of opinion regarding its influence on the oxidation processes when taken in small repeated doses, and its exact value as a food is now questioned. Although much study has been devoted to a solution of the problem, the results have hitherto been meager. . . .

The Hygienic Laboratory of the Public Health and Marine-Hospital Service has just issued an interesting and valuable report of studies on experimental alcoholism conducted by Dr. Reid Hunt, chief of the Division of Pharmacology of that institution. Experimental evidence is presented showing that extremely moderate amounts of alcohol, when administered even for a short period, may produce profound changes in metabolism, which, under certain circumstances, are deleterious in character. . . .

It thus appears to be clearly proved that marked changes in the processes of metabolism are brought about by the administration of alcohol in doses small enough never to have caused symptoms of intoxication, and that these changes are probably due to modification of the oxidation processes in the body.

Such changes do not follow the administration of the carbohydrates. On the contrary, Hunt shows that mice fed on oats soaked in dextrose acquire a distinct resistance to acetonitril, and he, therefore, points out that too much importance should not be attached to the proteid-sparing power of alcohol in practical dietaries.

These views are in accord with those of Chittenden, who, while he admits that alcohol in moderate doses may act as a food in the sense that it is a source of energy, denies that it is comparable with the carbohydrates, as, unlike the latter, it produces an increased excretion of uric acid, which is inimical to health.—*New York State Journal of Medicine*.



More About Fletcherizing

A SMALL quantity well chewed is enough. Chewing it until a liquid, well mixed with saliva, makes any

plain food toothsome, and puts it in shape for easy and complete digestion.

When a man fills up with beef, potatoes, cabbage, and pie, he must rest an hour before he can work or think. When he chews and swallows two slices of bread and a glass of milk, or the equivalent, he can start off on his wheel for a century ride, or tackle his cord of wood, or dig away at the secrets of the universe. When he has done the chewing, there is no work left for the stomach and the blood to do but smack their lips and look pleased. It all goes into the blood and tissue; there is almost no waste. The doctors have always told us the stomach was the seat of trouble, and fasting has been part of their cure. Fletcherize the food when we are well, and we shall not get sick.

Besides, you don't have to work half as much to get the money to buy this food as you do to buy the stuff that hurts. Eleven cents a day is what it costs Fletcher, and it isn't bread and water, either. That is \$16.50 a month for a family of five. An American mechanic spends forty, and the "intellectuals" who can afford it, spend a hundred or more. It takes eighty hours of mechanical labor to buy the excess for the mechanic's table, and then come the days lost by feeling bad and the doctor bills and patent medicines and funeral.

The art of doing without is a fine art, a healthy art, and an esthetic art. It pays in all manner of ways.—*N. O. Nelson, in Fellowship.*



Athletes Short Lived

THE premature deaths of athletes have again occupied public attention as they should. Another prominent man, famed for his wealth, mentality, and magnificent physique, has died at

the age of fifty-six, when every one thought he ought to live at least two decades more. College authorities must wake up to the fact that athletic training shortens life as a rule, and not as an exception. The damage is done in youth and early manhood, at the period when the pliable nervous system is able to force the organism to an amount of strain for which nature has made no provision. The heart changes and the arteries thicken to compensate, and the organism is then unfit for long life. Death results from one of the numerous diseases based on a dilated heart, arteriosclerosis, or nervous exhaustion. It is high time that it be considered a crime to submit an immature college boy to those strains, and it is also time to exclude college sports which demand modern pugilistic training.—*American Medicine.*



Fatigue and Rest

THAT change of occupation is generally restful is a popular notion which we as physicians have fostered. There are those, however, who oppose this view. Drs. Ackland and Lewis maintained before the Physical Section at the last meeting of the British Association that change of occupation is not necessarily recreation, and that physical exercise is not a substitute for sleep. The toxic bodies produced by expansion of one set of centers affect others which have been unused, so that the evil effects of an overworked brain are not counteracted by muscular activity. Féré, of Bicêtre, has also challenged the popular doctrine that rest is secured by a change of work. All these observers declare that the only remedy for fatigue is sleep; and undoubtedly, upon reflection, we must agree that they are right. It was a wise maxim of Glad-

stone's: "He who sleeps well lives long." Blessed especially is the physician who, amid the irregularities of his practise, can sleep in any convenient season, "at the drop of the hat." And in our therapeutics, especially of nervous cases, we are most successful whenever we can induce the best of all remedies — peaceful, normal sleep. 'Tis a wonderful restorer. Stimulants will induce energy temporarily; they may tide the worker over a period of stress until the task is accomplished; but fatigue follows all the more rapidly, and every great stimulation is followed by at least equal depression.

Rest, says Fééré, to be beneficial, must be taken freely, and not enforced. It is remarkable how a rest of some twenty minutes in the afternoon will often prove so restorative that the mind and body become active, the eye clear, and the voice strong again until bedtime.—*Editorial in N. Y. Medical Times.*



Tea and Coffee Poisoning — A French Doctor Sounds an Alarming Note of Warning

DR. CHARLES FERNET, a French doctor, says that in even moderate quantities coffee causes general irritability and nervous excitement, hyperæsthesia, muscular agitation, palpitation, and polyuria. This Dr. Fernet calls "acute caffeism," but the repeated and habitual use leads to "chronic caffeism," attended also by insomnia and serious disorders of digestion.

So far from coffee's being an "intellectual drink," it produces temporary excitement, followed by depression of mental power, so that those addicted to its use become emotional, timid, embarrassed, and are menaced by neurasthenia, with all its evil consequences.

A single cup of tea may cause excitement and insomnia, while a stronger dose rarely fails to produce acute "theism," characterized by excitement, hyperæsthesia, palpitation, sweats, and occasionally by symptoms resembling those of delirium tremens. Chronic "theism" is said to be well known in China and to English and American physicians; it is observed among the tea-tasters, and is manifested by loss of appetite, dyspepsia, and general disorder of nutrition. The influence of tea on the heart is more marked than that of coffee.

That tea, says the *British Medical Journal*, is to some persons a very potent poison is probably true. In a little book recently published, Professor Saundby quotes "a distinguished member of the medical profession" as saying: "Tea spoiled the twenty best years of my life before I found it out. It gave me awful pain, almost angini-form, with sense of palsy and weakness of the limbs and a gray face, but there was no obvious change of the radial pulse."—*Baltimore Sun.*



Tea Drunkenness

TEA has undoubtedly its victims as well as alcohol, though we think that it would be absurd to say that the former beverage shares with the latter any serious connection with crime. Both, of course, may easily be sources of disturbance to health, and immoderate tea drinking is, in one sense, just as physiologically sinful as drinking an alcoholic beverage to excess. Alcohol is, of course, a more insidious poison than tea, and its effects are more drastic and perceptible. Nevertheless, tea may be equally stealthy in disturbing functional equilibrium.—*The Lancet, London, England.*



Conducted by T. E. Bowen, Takoma Park.

Fat Shan, China

WE have done very little along medical lines so far, for lack of a place; but we are getting the bath-room and dispensary ready for earnest work as soon as I return from the Shanghai meeting. We have two earnest young men who will take up the nurses' work on my return, one coming from Amoy. My wife has more invitations than she can respond to for visits among the women. We are sure the Lord called us to this place, and we see many evidences of it already.

On my way from Hongkong last week, I had the good fortune to meet Mr. Wu Ting Fang, ex-ambassador to the United States, who returned to China not long since. He is over sixty years of age. He inquired where I came from, etc. On learning that I was a physician, graduated in the States, he said: "Well, you fellows are behind the times. Nowadays the best-read men do not use much medicine. They depend more on rational methods, diet, and nature. Just look at me — over sixty years old. I do not eat flesh foods, nor use any medicine. I live on vegetables, grains, and nuts. I take a cold bath every morning, and walk several miles before breakfast. Why, I feel as hale and hearty as a young fellow, and believe I can live to be over one hundred years old.

"A few years ago, while in America, I had the rheumatism, with my joints swollen and sore. I heard that a flesh

diet caused it, by forming uric acid in the system, and I quit eating meat. Now I have no rheumatism or anything of the kind. All medicine went with the meat. I do not go to these big feasts, either; I have no use for such nonsense."

I told him we were of the same belief on these points; that I, too, did not use flesh foods, and used very little medicine in my practise, treating more with hydrotherapy. "Oh! is that so? Well, now, you must teach this to the people here. Teach them physiology, and how to take better care of themselves — that's what I want."

He asked me to what denomination I belonged, also where I was located. He took my address, and wished to correspond with me. This man holds high positions in the government at Peking, yet he is a real Daniel, so far as his principles of physical living are concerned. He is certainly a healthy-looking old gentleman, and walks as briskly as I can. It did me a great deal of good to meet him. LAW KEEM, M. D.

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India

NONE but those who have been in the midst of Indian living can imagine the privation and hardship to which the great mass of poor people must submit themselves in order to live. It is true that these poor souls do not have many expenses; but this is not because they would not like to have many other

things. The only way they get along cheaply is by going without the many little things that go to make up the life of the average American or European. No one enjoys being well dressed better than the native of India, but he simply can not get the *pice* (money). They do enjoy bright colors in clothing, and to have plenty; but the father who labors early and late for a salary of from sixteen to thirty cents, and supports a large family, pays rent, and buys food, must necessarily not waste his pennies. One thing all must admire among this unfortunate class is that they never murmur, never grumble, are always willing to share their sorrows or joys alike with any one who is their neighbor.

In regard to food, naturally these folk are not very well acquainted with American taste. A little incident which happened in our experience near Bombay may help to illustrate how embarrassments and joys may mingle themselves to the missionary of India. Our servant's wife had suffered a great deal from malaria and other disturbances, and through the help of one of our nurses and the remedies we prescribed, the woman improved, and, to show their appreciation, what did they do but present me with a large, heavy, thick pancake, made of flour and water (no yeast or saleratus), and baked over a little fire. Now came the embarrassment—what should we do with the cake? Knowing just how it was made, we felt that we did not wish it ourselves. But I would not refuse it, and so told my wife to tell the *mollie* (gardener) that it was good; he would not need to know that I did not eat it. But next day came another cake, and soon a third, and then the other neighbors brought us cakes. Now what to do with all these was quite a problem: to throw them out would surely anger the

poor native; to burn them would be sin; but disposition had to be made of them all in some way, and it was just then the happy thought came to me that down the street a little way lay two or three blind people and lepers. And so after dark I gathered my little satchel full of cakes, and hastened down to the spot where the cries of a hungry soul always meet the passer-by. Now I had the privilege of placing in the outstretched hand a large, heavy cake, to hear from these poor sufferers, in return, "God bless you." Happy were their hearts; and so was mine, having thus solved one more of the problems of every-day Indian life.

C. A. HANSEN.

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"The Savior of Kurdistan"

WAIST deep in the waters of the upper Tigris stood a poor Kurdish washerwoman, plying her vocation. Although her pay was but a pittance, she wrought daily at her hard task for her own livelihood, the education of her bright little boy, and for charity. In winter, when blocks of ice from the streams in the Taurus Mountains came floating down the river, she still was there, laboring with strong arms and a stronger love.

The missionary from Kharput, making his annual visit, saw in his congregation a face that fascinated him. In it suffering and sorrow and hope and patience and passionate devotion seemed to have wrought their perfect work. At the close of the meeting he said to the native pastor, "Bring that woman to me."

In mean attire and trembling, the woman stood before him, holding by one hand her little boy. The missionary spoke Armenian; she understood the Kurdish. He addressed her through the native pastor:—

"Mother, do you love Jesus?"

"I do," she said, "I do."

"How much would you give to him?" asked the missionary.

"O missionary," she cried, "I have nothing! Yet all I earn I give, save only enough for food for this little boy and myself."

"Would you give your little boy?" he asked.

"He is my all — my life!" she cried.

"Think well of it to-night and pray," said the missionary. "I return to Kharput to-morrow."

And the widow went out, sobbing: "My only son, my Thomas!"

The remaining hours of the missionary's visit were very busy ones, and when the morning came and his horse was saddled, he had forgotten about Thomas. But just as he was about to start, the group of mission workers and converts who had assembled to bid him farewell divided to make room for her to approach—and there was the mother and Thomas.

At the missionary's feet she laid the little bundle of clothing on which she had worked all night. She laid one hand on her boy's head, and with the other pointing upward, said two words: "Thomas Christos." Then she went back to her lonely home. But not to a narrowed or mournful life; hers was the joy of one who had made the supreme sacrifice.

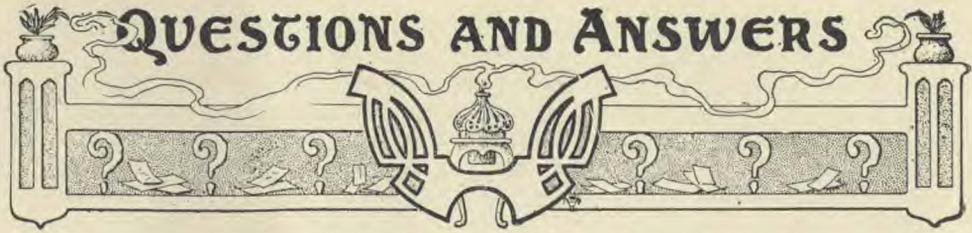
Thomas developed all those powers which the missionary had discerned in promise in his face, and had seen in full development in the face of his mother. He led his class. He advanced by leaps and bounds. He was valedic-

torian at his graduation. He pushed straight on in his Bible study; and when he was graduated, he went back to his old home, where the mother waited for him, and then far beyond into the Kurdish mountains to a town which, for its Christian faith in early ages, had been named Martyropolis. There he began anew the preaching of a gospel that once made its followers faithful unto death, and they called him "The Prophet of Kurdistan."

The black year 1895 came round, and with it the awful massacres. Many thousand Christians gave their lives for their faith. Eight hundred of the members of the churches perished. Twenty-seven teachers and preachers died at their posts. Thomas was shot and cruelly cut, and left for dead. With bleeding wounds and broken bones and a fractured skull, they bore him fifteen hours' journey to where he could have the protection of a British consul and the care of a European surgeon. And Thomas, against all probabilities, recovered.

Back he went into the mountains where he had worked before. He gathered the scattered, frightened Christians, and inspired them with new courage and hope. He protected the widows; he fed the orphans. He gave himself without fear or fatigue to a work that brought new life to crushed and broken hearts. The sacrifice of his own mother bore its abundant fruit in the comfort he brought to hundreds of widows and orphans, and they called him "The Savior of Kurdistan."—*Selected.*

QUESTIONS AND ANSWERS



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

274. Enlarged Tonsils and Difficulty in Speech.—Mrs. J. M. F., Mo.: "My little boy has swollen tonsils whenever he takes cold. When he was two years old, I noticed that it was very hard for him to talk, but I thought his trouble was purely nervousness. Since then he has had these spells occasionally, coming on suddenly, lasting about two weeks, and leaving suddenly. At the worst, he stammers and stutters terribly, sometimes not being able to say a single word for a while. He seems to be getting worse. Do you think it is the tonsils? Please state cause and cure."

Ans.—Enlarged tonsils sometimes cause serious mischief to a child's health. We have seen cases of St. Vitus's dance cured by removal of diseased tonsils. The enlarged tonsils may or may not have much to do with his stuttering, but they are such a menace to his health that we advise you to have them removed. At the same time have him carefully examined for other sources of nervous irritation. If no other causes can be found, and he still continues to stutter, you should give him daily training in speaking slowly and deliberately. With patience, persistence, and kindness you will help him to entirely overcome the habit of stuttering; but never irritate or scold him. Demosthenes was a great stutterer when a child, yet he so drilled himself in careful, deliberate, thoughtful expression that he became the greatest orator of the world. In kindness train your child to speak thoughtfully. Never give up until the stuttering is cured.

275. Predigested Foods.—Mrs. E. G., N. Y.: "What harm can come to an adult by using predigested foods?"

Ans.—The stomach is made and thoroughly equipped for the purpose of digesting the suitable foods for the maintenance of the body in perfect health, and in order to keep a stomach healthy it requires exercise just as much as any other muscle in the body. Predigested foods, if they are really predigested foods, supply nourishment without any work on the part of the stomach. This may be beneficial as a means of resting an overworked stomach for a very short time, but is never

beneficial to a stomach in perfect health; for if persisted in, the cells of the stomach not being called upon to digest the food required for the use of the body, soon cease to manufacture the digestive fluids, and the stomach becomes permanently weakened.

276. Appendicitis.—Mrs. J. C. J., Mich.: "For the past four years I have suffered from attacks of pain low down in the right side of the abdomen. As time goes on, these attacks occur more frequently and more severely. It hurts when I cough or sneeze. We think it is appendicitis. What should I do? Is it necessary to have a surgical operation? What is the cause of appendicitis?"

Ans.—You are suffering from chronic recurrent appendicitis. A surgical operation is by all means the shortest and safest road to recovery; the sooner you have the appendix removed, the better. Appendicitis is sometimes caused by small seeds or other material lodging in the appendix, but cases due to such causes are rare. Most cases of appendicitis are caused by a catarrhal inflammation of the appendix, due to bacteria. We do not hesitate to say that properly selected food and proper care of the bowels would prevent fully four fifths of all cases of appendicitis. The habit of having the bowels move at a regular hour each day should be rigidly maintained. The habit of regularity is of more practical value than all the laxative medicines ever concocted. An occasional flushing of the bowels with water, if done at the regular hour, is beneficial. Flesh foods, especially oysters and game, rich and highly seasoned foods, indigestible foods of all sorts, and overeating should not be indulged in by those who would escape the common errors which often lay the foundation for appendicitis.

277. Enema Habit—How to Cure It.—S. L. C., Wis.: "I have been using copious warm enemas for many years. At first they acted well, but now they have lost their effect, and the bowels do not respond to them as they used to, and yet I can not get any movement at all if I do not use them. How can I discontinue the use of the enema?"

Ans.—Similar questions have been asked by

several readers. In place of the copious warm enemas, use small cold enemas, a pint or less, on arising in the morning; retain it for an hour or so, and you will secure a good movement. A glass of very cold water on rising, if it does not disagree with one, is also helpful. Warm enemas do not cure constipation; they relax rather than give tone to the bowels. Used occasionally they do good. If long continued, they are apt to do harm. Where the small cold enema above advised does not prove sufficient, the large warm enema may be discontinued more gradually by using a little less each day, and making the water a few degrees cooler, until a small cold enema will give a good movement.

278. Catch Cold Easily—Sounds in Ears.—Mrs. L. A. Y., N. D.: "I have been troubled for quite a number of years, even in mild weather, with catching cold in my head, unless I have something over my ears. Lately I have had a rushing sound in my ears. What can I do for it? What is the cause of it? Is there danger of deafness?"

Ans.—Your habit of catching cold may be due to bad food, poor digestion, improper clothing, or impure air. Improve digestion by selecting a few articles of wholesome food for each meal, such as will agree with you, eating them slowly, and stop eating when enough food is taken to supply the needs of the body, even if the appetite is not fully satisfied.

Take a short cold hand bath or shower-bath daily, followed with a brisk rubbing, and finish with an oil rub. Sleep in an airy room with at least two large openings for the circulation of fresh air.

Don't wear too much clothing; try how little it will take to keep you comfortable. Too much clothing and "bundling" makes the skin feel chilly on the slightest provocation, and is a very common and unsuspected cause of taking cold. Be in the sunshine and open air all you can.

Your ear trouble is due to oft-repeated colds which have caused catarrh of the nose and throat; this catarrhal condition has progressed into the Eustachian tubes and partially closed them. If allowed to progress, it will cause more or less impairment of hearing. This progress may be arrested, and the lost hearing partially or wholly restored provided proper treatment is used early; preferably by an ear specialist.

279. Any Harm in Epsom Salts?—M. N., Hawaiian Islands: "Is there any harm in using Epsom salts to move the bowels? I have often used them, and can hardly get along without them."

Ans.—When the bowels have become clogged, and one feels ill, it is far better to move the bowels quickly and thoroughly by the use of Epsom salts or the citrate of magnesia than to wait for slower methods, even though the slower methods are much better; for the reason that a quick and thorough laxative checks the absorption of poison from the bowels, and thus averts a more serious illness. Permitting the bowels to become clogged is the starting-point of many a case of so-called malarial fever and appendicitis. The bowels should never be permitted to become so clogged as to make the use of a laxative necessary. One should so train himself by diet, exercise, and habits of regularity that the bowels will move as regularly as clockwork. This can be done, and is one of the most important factors in the whole problem of health. The most serious objection to the use of these mild laxatives is that they confirm rather than cure the habit of constipation. See also Question No. 277, in this issue.

280. Tick and Insect Bites: What Is Good for Them?—S. H. C., N. Y.: "In this section of New York there are many ticks on the grass and rocks. To most persons their bites are so irritating that an itching spot is left for many days or weeks. What is a good antidote for the bites of ticks and insects?"

Ans.—The poison of many insects is chemically acid, and can be partially neutralized by a strong alkali; for this reason, moist baking-soda applied to the fresh bite will often give relief. It should be applied quite wet. A weak lye is also good. These statements are particularly true of insect stings, such as wasps and bees.

The bites of insects sometimes produce serious results because of the infection which they convey, either with their saliva or with their dirty "teeth." The bites of fleas, mosquitoes, bedbugs, or flies may thus cause blood-poisoning by conveying infection from the filth on which they have last been feeding. The writer has under treatment at the present time a very serious case of blood-poisoning from the bite of a mosquito.

The irritation resulting from tick bites is often due to the fact that ticks bury their heads in the flesh, and in pulling the tick loose some portion of the head is broken off and left imbedded in the flesh. Inflammations arising from such causes are best treated with hot fomentations applied for an hour or more, and repeated several times a day.

EDITORIAL



“Clean Milk”

A RECENT session of the medical association of the city of Greater New York had, as the principal part of its program, a symposium on milk. This symposium had been planned some time previously, with a view to throwing more light on what is in New York City a burning question at the present time—how to insure greater purity in the milk supply. One of the speakers at this meeting was Professor Conn, director of the bacteriological laboratory of the Connecticut Board of Health, a dairy expert of more than national fame. Professor Conn stated that many of the germs in milk are harmless, and some are an actual advantage in the manufacture of butter and cheese. The germs to be feared are those of tuberculosis, typhoid fever, diphtheria, and (the unknown germ of) scarlet fever. Only the first comes from the cow, the other three reaching the milk in some way by human contamination. Certain intestinal diseases are directly traceable to the use of milk, but in what way, it is not yet known. It is certain that the lactic acid germ—the one that causes the milk to sour—is not the cause of these disorders. Professor Conn referred to three methods now in use of securing pure milk. The first, dairy inspection, while it has done much to reduce the bacterial content of milk, can not in-

sure that the milk is free from the four dangerous kinds of germs mentioned above. The second method, the bacteriological standard, Professor Conn did not consider very trustworthy. He said that in his city, milk could be easily obtained with a bacterial standard of ten thousand per cubic centimeter, while in New York City it is doubtful whether a standard of less than one million could be successfully maintained. Some might infer from this that the milk of Middletown is a hundred times better than that of New York; but it may not be even so good. Doctors often recommend their patients to use buttermilk, which may contain as high as five hundred million bacteria per cubic centimeter. As a matter of fact, these countless numbers of bacteria in sour milk and buttermilk are practically of the harmless sort—the lactic acid germs, almost in pure culture, for as a rule, the lactic acid germ, when in vigorous growth, retards the growth of other germs. Any methods which the bacteriologist might use in order to determine whether the bacteria in the milk were of the harmful sort, would be entirely too slow for practical use. Professor Conn mentioned Pasteurization as the third method of insuring a pure supply of milk, saying that it is the only method by which we may be assured that there are no disease germs—that is, those

of the four kinds above mentioned — in the milk. But in order that it may be efficient, Pasteurization must be thorough, and not in the haphazard method in common vogue. Moreover, Pasteurization kills off the lactic acid germs, which permits a more rapid growth of colon germs, and others, which may have to do with intestinal disorders in infants. For this reason, it is important that milk be used shortly after Pasteurization. Another thing against Pasteurization is the tendency when this process is made use of, to neglect the more important procedure of dairy cleanliness.

Dr. Mary E. Pennington, of the Bureau of Chemistry, United States Department of Agriculture, Washington, D. C., spoke of milk as "being of all foods the one most subject to deterioration." Clean milk she defined as that from healthy cattle, wholesomely fed, kept in clean, light, airy surroundings, and drawn by clean milkers, collected in covered buckets, and then, as quickly as possible, cooled and bottled on the farm away from the disease-bearing dust of the city. "If dirt entered, neither art, science, nor patented machinery could remove such dirt and leave intact the original properties of milk."

These experts have not stated anything that is new, but it may add a little weight, coming from the source that it does. The question naturally arises, How much clean milk gets into our cities? In fact, how much clean milk is produced, even by the family that has its own cow in order that it may have clean milk? How often can one go to the bottom of a milk dish without finding there some of the barnyard filth? Ugh! Is not the person rather to be envied who has learned to substitute nuts and nut products for milk and other dairy products?

We Never Grow Old

"No man *grows* old; he becomes old by *not growing*. Stagnation is not tolerated in nature. It is growth, and not years, that determines the period of youthfulness. One can not continue to grow in size, but he can in quality of organization. . . . An ungrowing man is useless, and nature buries him internally by appropriating inorganic instead of organic substance [hardens his arteries by depositing mineral salts]."

So, truly, said a magazine formerly published in Chicago. In all nature it is the rapidly growing part that is the most intensely living. Those faculties or parts which are not developing are retrograding. One can not maintain a fixed position. Either he is progressive or retrogressive. The farmer, the tradesman, the physician, the lawyer, who is not making the attempt, by constant self-improvement, to keep abreast of his calling, is spelling the word "defeat." We grow, or we age. We advance, or we die.

As between the fate of the man who dies young and of the man who ages, we would prefer the former. We regret the untimely end of one cut off in the prime of life through immoderate zeal in the prosecution of his work; but he at least leaves behind him a fragrant memory, and the thought that perhaps he would have left some enduring contribution to the advancement of mankind had he lived longer; but he who grows old through inaction, who stands while the rushing world passes on, until he is left straggling in the rear, leaves no such memory. He sinks beneath the wave without so much as a ripple.

But the man who does not die young,—in years,—who remains always young in spirit, in mind, and in body, because of proper use of all his

faculties,— this one leaves the most indelible mark on posterity.

I sometimes wonder why we erect monuments over the graves of our departed dead. One who needs a stone to perpetuate his name is not worthy of it. One who is true to his better nature, true to principle, true to his God, whose life is spent for the good of his fellows, needs no such memento erected over his remains. He still lives in his influence on the coming generation; *and that influence is limitless*. It goes on like the ever-widening circles of the waves caused by a stone thrown in the pond. Such an one does not grow old while he lives, and his influence does not grow old when he dies. It ever lives to enrich others. Such a memento is the only one a true mind will crave.



Preventive Medicine

A NOTABLE change in the attitude of the medical profession to the public is the growing belief on the part of intelligent and influential physicians that the doctor's first duty is to prevent disease. In a measure, this doctrine is as old as the profession of medicine. Recently, however, the campaign of education in health lines has been rapidly gathering force, until now nearly every city and town of any importance has one or more men whose time is devoted largely to the conservation of the public health.

By means of appropriate educational campaigns, legislation has been secured giving the various health boards powers by which they are enabled to protect the many from the ignorance and selfishness of the few. Quarantine, sanitary, and pure food laws are now generally recognized as beneficial.

The campaign against tuberculosis has enlisted the interest of hundreds of

public-spirited physicians, and now there are many institutions established for the purpose of caring for tuberculous patients in various stages. Primarily this may be said to be in the line of cure rather than prevention; but it acts powerfully as a preventive, because each patient receives careful instruction in preventive measures. The seed thus sown bears fruit in the way of cleaner and more sanitary dwellings, and in greater care to destroy infectious material.

The campaign is also reacting reflexly on the medical men themselves, causing them to see in a new light their duty to the public to conserve rather than to restore health, to prevent rather than to cure disease.

If there has been anywhere a feeling that such a policy would lessen the revenues of the doctor, such a feeling is fast disappearing.

It may be in order — according to their logic — for trades-unions to decry labor-saving machinery and labor-saving methods as inimical to the working man, but such logic can not appeal to the modern physician, who sees in the practise of medicine, *first*, a means of saving life, and *second*, a means of obtaining a livelihood.

As an example of the teaching of the medical journals on this point, quotations from the *New York State Journal of Medicine* are given:—

“In the relation of the medical profession to the people, a most needful and important step is the education of the public. By that I mean awakening in the public mind an appreciation of the function, the aims, and the possibilities of medicine. . . . A barrier of secrecy has been encouraged by the doctors of the old school, and relics of the superstitions of medicine linger even yet. Happily, the work of breaking down these obstacles to the ad-

vancement of medicine is well under way. The publications and circulars issued by State and municipal departments of health are of incalculable value. Popular magazine articles and many books give the public further enlightenment. But still much good would accrue if medical men would contribute more upon medical subjects for popular reading. Certain laymen have rendered good service in this direction. The physician need not feel that in communicating medical knowledge to the public he is laying himself open to the charge of self-exploitation or of invading the field of the charlatan. It is the charlatan who is ever invading his field."

"The greatest need in our general system of education to-day is the compulsory study and teaching of biology, human physiology, hygiene, and the principles of pathology and therapeutics. . . . The most important thing for the student to know about is himself, and this study should supersede all others."

"The engineer is most competent to keep his engine in a state of efficiency who best knows its construction, its workings, the dangers that threaten it, and how to overcome them. The most important thing that concerns the student is his own body, and the most important thing that concerns the race is its offspring. . . . Knowledge and more knowledge of ourselves is the need."

"Not infrequently we hear expressed the notion that it is best that laymen should not know about their bodies. People are going to have some sort of idea about these things, and it is better that they should know what is true than believe what is false. Among a community steeped in misinformation the truth can do no harm. If they are

not taught the truth, the newspapers and the charlatans will see to it that they get some sort of information."

✽

A SEVENTH-DAY ADVENTIST medical convention was held in Takoma Park, Washington, D. C., June 9-12. There were present physicians, nurses, and business managers of sanitariums, from all parts of the United States, and also Drs. Ingersoll, missionaries just returned from India. From the first, the session was characterized by earnestness, harmony, and loyalty to the truths for which this denomination stands.

The Sanitarium was dedicated Wednesday, the twelfth, with appropriate ceremonies. Though the weather had been somewhat unfavorable, there were many present from Takoma Park and the city of Washington.

Mayor Platt, of Takoma Park, in his address, mentioned an interesting item to the effect that twenty years ago, Mr. Gilbert, the founder of Takoma Park, selected the spot on which the building stands as an ideal sanitarium site. It would seem significant that the Sanitarium Board afterward selected the same spot; and all who were privileged to attend the services, and see the building and its surroundings, have reason to coincide in the judgment of those who located and planned the Sanitarium.

✽

Exercise and Diet

(Continued from page 183)

Their time of need has come, and their physical resources are exhausted. Those who violate the laws of health will sometime have to pay the penalty. God has provided us with constitutional force, and if we recklessly exhaust this force by continual overtaxation, our usefulness will be lessened, and our lives end prematurely.



THE New York State Department of Health now requires the registration of all cases of tuberculosis.

A BILL has passed the Pennsylvania Senate providing for admission to the schools of unvaccinated children when their physical condition is such that vaccination would be dangerous. The "loophole" will probably let a very large number of unvaccinated children into the schools, because of some alleged physical condition.

A WRITER in the *British Medical Journal* has made some investigations showing that an excessive diet of oatmeal stimulates in marked manner the thyroid gland in young animals. He believes that this action of oatmeal on the thyroid may explain why it is that a moderate diet of oatmeal has a beneficial effect on the nutrition of young children. One may infer that oatmeal is not an ideal food to give to children who show a tendency to goiter.

DR. KERLEY, of New York, read a paper before the American Pediatric Society (Washington, D. C., May 7-9) on Cane-Sugar Feeding in Its Relation to Some of the Disorders of Childhood. The doctor finds as a result of careful study that there is a class which he defines as "sugar susceptibles" who are injured by any appreciable amount of cane-sugar. They are usually children of rheumatic or gouty ancestry. He includes among the number those who have recurrent persistent colds, asthma, hives, eczema, rheumatism, and recurrent vomiting. The children craving sweets had formed the sugar habit. *Absence of sugar from the diet broke up the tendency to recurrent colds* in children in whom the removal of the tonsils and adenoids had been without effect. The doctor believes that this susceptibility is not present in all children. Parents who have children with affections of the upper air-passages may get a valuable suggestion from this paragraph. Cut out the sugar, and note the results.

THE Liverpool Health Committee, suspecting the fly as an important factor in the production of summer diarrhea, has made an appropriation to the discoverer of the malarial parasite, and is encouraging the public to substitute sanitary bins for the fly-breeding ashpit.

A NEW YORK coroner's jury has called attention to the fact that certain registered physicians have been furnishing death certificates for persons who died under Christian Science treatment, and asks that steps be taken to put a stop to such a practise. If regular physicians would refuse to sign such certificates, it would soon bring to grief those who permit a patient to die from want of proper medical treatment.

SINCE October, 1897, when the present plague epidemic began in India, more than a million and a half of natives have perished from the disease. All that medical science can do is being done to stamp it out, but little headway can be made against the superstitions and prejudices of the natives. It is known that the disease is transmitted through the agency of rats; but the religious scruples of the people will not permit the killing of the infected rodents. In one place the attempt has been made to keep the diseased rats as prisoners until they die a natural death, keeping the sexes apart.

A CHILD, aged four, who had never spoken a word since his birth, but who was otherwise intelligent, was severely burned in the absence of his parents. Hearing the child's cries, the father returned to the room and asked the child what the matter was, and received the reply, "Father, I burned my finger on the light." These were the first words that the child had ever been known to speak. The accident seemed to have in some way stimulated the child's speech center. The child, of course, knew before this the meaning of all common words, but somehow had not learned the art of forming them.

THE present French Congress has ninety-two physicians in its membership, whereas the United States Congress at its last session had only four medical men. Either the French people hold their doctors in higher estimation than the Americans, or the American doctors shy clear of politics. Perhaps the latter; for the salary of an American Congressman could hardly tempt an able physician to leave his practise. But the pay to legislators in France is only about one fourth of what it is in the United States!

THE *New York Medical Journal* calls attention to the fact that when formaldehyde gas is generated by the formalin-permanganate method in large quantities, the gas is liable to ignite spontaneously. It is suggested that when a large amount of gas is to be liberated, the permanganate should be divided up into charges of not more than a quarter to a half pound each, and placed in several containers, each in a large container surrounded by water, and distant from inflammable material, as curtains. The usual mixture is two parts of formalin to one of potassium permanganate.

As a result of extended experience, one observer warns against too free resort to fasting in the treatment of stomach ulcer. Some of the complications that may arise as a result of fasting are, according to him, general weakness, dizziness, serious heart complication, and sometimes suppuration of the salivary glands. The last is probably due to the fact that mouth bacteria accumulate in great quantity in the salivary ducts, and are not washed out by saliva as they would be during a meal. To relieve the last-mentioned disturbance, the doctor recommends thorough and frequent cleansing of the mouth by means of antiseptic solutions.

A REMARKABLE story is told of a Pennsylvania lady, who after ten years of helplessness as a bedridden "incurable" paralytic, was cured by a wrench of the head. In 1894 she had a fall from a step-ladder, which wrenched her arm from its socket, and left a clot on the brain. Gradually she became perfectly helpless, and suffered great agony. One day when she was suffering from intense headache, she gave her head a wrench with her hands which caused a snap, and she became unconscious. When consciousness returned, she could control her head, and has since that time been gradually improving, so that now she is using only one crutch in walking.

ENGLAND is awakening to the importance of school hygiene. Next August there will be held in London the Second International Congress of School Hygiene. As this body will be composed of men eminent in public health work, it is to be expected that much will be accomplished by the congress, and that as a result new measures will be adopted which will do much to conserve the health of the rising generation.

A SUCCESSFUL warfare against tuberculosis is being waged in Germany. Among the factors that contribute to this success may be mentioned the National Health Department, having the approval of the entire medical profession. This department has been carefully studying the tuberculosis problem, and is prepared to act intelligently for the entire German nation. It has at its disposal large sums of money received as life insurance premiums, with which to erect sanitariums, consumptive homes, and to care for the families of consumptives.

At a meeting of the Kentucky Veterinary Association, it was asserted that the present method of inspecting dairies in that State is a farce. It is easy to ride up to the fence of a dairy, ask the number of cows, take fifty cents a head from the dairyman, and sign a certificate that the cattle are all healthy! The speaker said that from twenty-five to thirty-five per cent of the cattle supplying Louisville with milk are tuberculous. Stringent legislation should be passed which will land this brand of grafters, who for a small consideration write false certificates detrimental to the health of thousands of people, where they can end their days breaking rock for the State.

PROFESSOR CONN, the bacteriologist and dairy expert of the Connecticut State Board of Health, has been experimenting on what he calls "concentrated milk" prepared by heating milk to 140° until about four fifths of its water is removed. All disease-producing germs are destroyed; and if the milk is after that kept at a temperature of not more than 50°, it may be kept for five or six days without any appreciable increase in the number of bacteria. When the proper amount of water is added, it can not be distinguished from fresh milk. If this process can be carried on without too great expense, it may solve the problem of getting milk into our large cities in a wholesome condition.

CHICAGO is to have the first World's Pure Food Show, beginning November 19, and continuing one week. Perhaps by ransacking the entire globe, they will be able to gather enough samples of pure food to make a respectable show. But if a sample of everything containing "pure" on the label is admitted, the exposition buildings will have to be of massive proportions.

THE State Assembly at Albany, N. Y., unannouncedly passed the Smith bill, providing that cocaine shall not be sold, except on a physician's prescription, and that no prescription for this drug shall be filled but once. The bill was fought—as might be inferred—by the patent medicine interests. Another bill introduced by Assemblyman Smith prohibits the manufacture and sale of cigarettes in the State.

THE State of Delaware has a new law prohibiting Christian science healers from giving any treatment for compensation, gift, or reward. To take the money consideration out is to remove the backbone of the institution. Strange—isn't it?—that, whereas matter is only a creation of the mind, the Christian scientist can not materialize money out of his mind, but must have the hard cash for his treatments.

DR. FLICK, in the *New York Medical Journal*, says that the important points in the crusade against tuberculosis are (1) control of the contagion, (2) disinfection of infected places and things, (3) outdoor life, (4) proper food. He believes that the fight should be led by private effort, but backed up by the government. He urges that education on fresh air and proper diet be carried on vigorously in schoolrooms, in the papers and other publications, and on the lecture platform.

A CORRESPONDENT of the *Journal of the American Medical Association* cites the following instance of an outbreak of dysentery attributed to the drinking of water contaminated by colon bacilli. On Dec. 8, 1906, nearly 3,000 persons, approximately one third of the population of Warren, were attacked within a short time by severe vomiting, profuse watery bowel discharges, and some prostration. There was no fever, and most of the symptoms disappeared within twelve hours. Warning was at once given to boil the water used for drinking, and those who obeyed had no further symptoms. Others continued to suffer from attacks of diarrhea for a period of two weeks.

IN the *Medical Record* of March 30, a New York physician says that the best course to pursue in the treatment of pneumonia is to secure for the patient complete rest of mind and body, nutritious diet, abundance of fresh air, and such hygienic measures as will help to maintain the strength of the patient. He advises the injection of physiologic saline solution, in order to overcome the virulence of the infection.

CONNECTICUT, Colorado, Indiana, Maryland, New Jersey, New York, North Carolina, and Virginia, have laws for the registration of nurses, and Minnesota has one up before the legislature. Most of the laws permit the registration of nurses over twenty-one years of age and of good moral character holding a diploma from a training-school for nurses connected with a hospital or sanitarium giving a course of at least two years. The laws are generally liberal and broad, yet sufficient to prevent the registration of the graduates of correspondence schools, or those who have had no practical training at all. None of the laws prohibit or interfere with one's practising nursing either for hire or for charity or in her own family provided she does not call herself a "registered" nurse.—*Pacific Medical Journal*.

HOWARD CHILDS CARPENTER, M. D., Instructor in Children's Diseases in the University of Pennsylvania, gives, in a recent issue of the *Journal of the American Medical Association*, a report of the results of buttermilk feeding in cases of infantile gastro-intestinal disorder. He uses a preparation of clean buttermilk, 1 quart; wheat flour, $3\frac{3}{4}$ teaspoonfuls; granulated sugar, 15 teaspoonfuls. This is carefully mixed in such a way that no lumps result, then heated to 212° F., but not boiled, and then rapidly cooled, and used within twenty-four hours. He recommends it as being inexpensive, producing no unpleasant effects (a few infants vomited slightly at first, but with one exception this ceased in a day or two). The gain in weight and in general health was marked, and in a number of cases babies that had been losing weight, began immediately to gain and continued to gain on the buttermilk diet. He recommends it especially as a temporary food for babies suffering from "intestinal indigestion, enteritis, and marasmus" (malnutrition). He attributes the beneficial effect of the buttermilk, not to the absence of fat, but to the great ease with which the proteid of buttermilk is digested.

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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ESSER, a German investigator, finds, as a result of studying a large number of children affected with rickets, that in all the cases examined there was a history of over-feeding. If this finding proves to be general, the remedy is easily applied. Animals experimentally overfed also developed a similar condition.

A WRITER in the *British Medical Journal* has made some investigations showing that an excessive diet of oatmeal stimulates in marked manner the thyroid gland in young animals. He believes that this action of oatmeal on the thyroid may explain why it is that a moderate diet of oatmeal has a beneficial effect on the nutrition of young children. One may infer that oatmeal is not an ideal food to give to children who show a tendency to goiter.

PURE food laws conforming to the national pure food law, are being enacted or are in contemplation in several of the States, and it is probable that ere long pure food legislation will be nearly uniform throughout the United States. The provisions of these laws, if carried out, will make

it exceedingly unprofitable for those who handle drugs or foods to sail under false colors. As has been observed by one daily, the food producers in the past have all been making foods "guaranteed to be absolutely pure." Since the passage of the pure food law, they find it necessary to advance the prices because of increased cost of production! Can our intelligent readers guess why?

PROFESSOR CONN, the bacteriologist and dairy expert of the Connecticut State Board of Health, has been experimenting on what he calls "concentrated milk" prepared by heating milk to 140° until about four fifths of its water is removed. All disease-producing germs are destroyed; and if the milk is after that kept at a temperature of not more than 50°, it may be kept for five or six days without any appreciable increase in the number of bacteria. When the proper amount of water is added, it can not be distinguished from fresh milk. If this process can be carried on without too great expense, it may solve the problem of getting milk into our large cities in a wholesome condition.

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