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MARCH 1908



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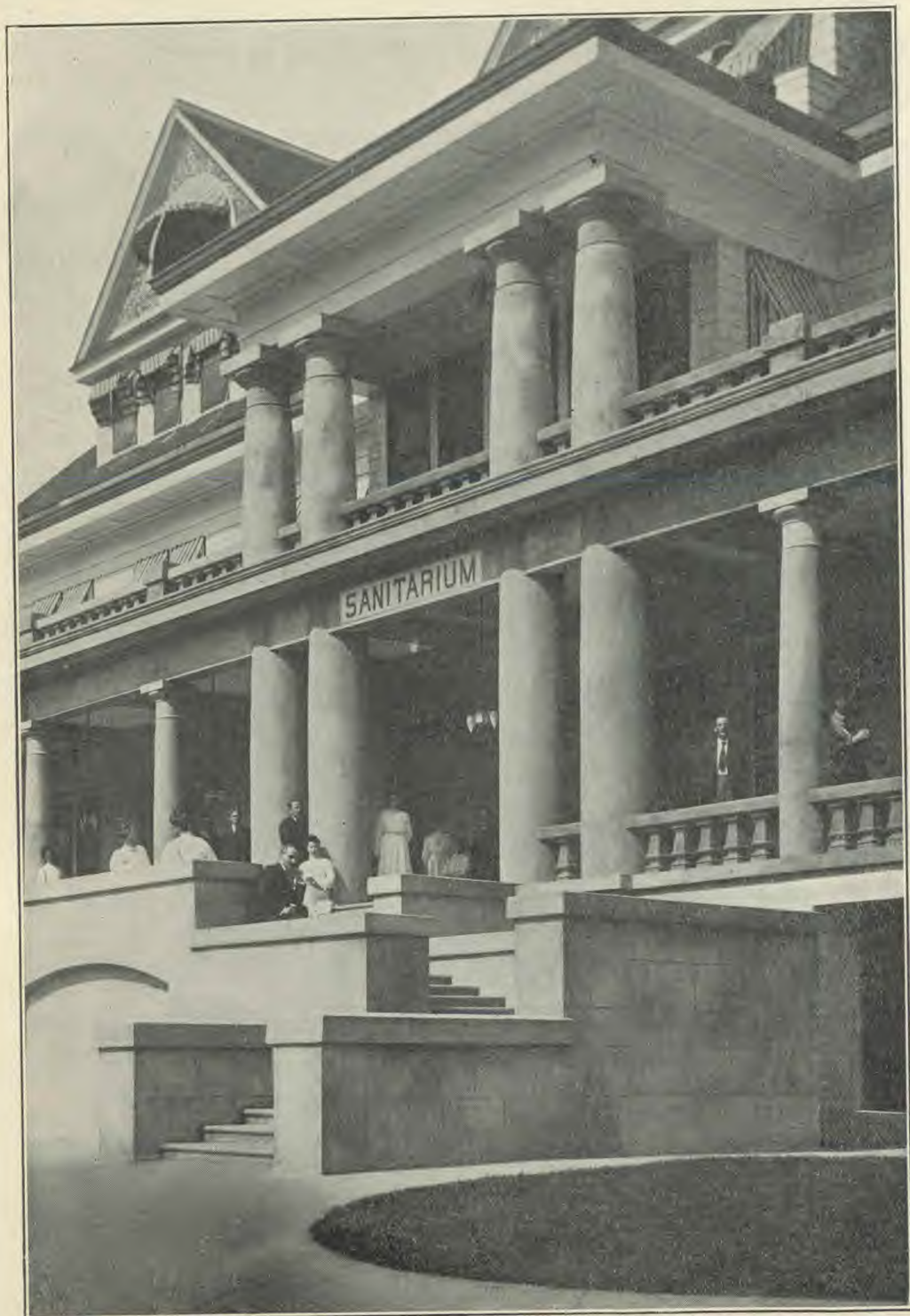
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MAIN ENTRANCE TO THE WASHINGTON (D. C.) SANITARIUM



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

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

No. 3

Alcohol and Disease

D. H. KRESS, M.D.

Superintendent Washington (D. C.) Sanitarium

A FEW years ago a number of German scientists representing the universities of Munich, Zurich, Basel, Leipsic, etc., in discussing the chief cause of the existing physical deterioration in that nation, drew up and published the following statement: "It is an absolute scientific fact that alcoholic drinks, more than any other factor, injure our national life, diminish the physical and intellectual forces of our race, impregnate them with hereditary diseases, and lead to degeneracy."

Dr. Bollinger, of Munich, said that as a result of excessive beer drinking, "it is very rare to find a normal heart and normal kidneys in an adult resident of the city of Munich."

It is estimated that nearly one half of the young men in Germany, between the ages of eighteen and twenty-two, are incapable of bearing arms, the prevalence of heart-disease having increased among them by three hundred per cent within the last twenty years. Beer drinking is considered one of the principal causes of this degeneracy.

A physician in one of our large American cities in relating his own observa-

tion, says: "My attention was called to the insidious effects of beer, when I began examining for life insurance. I passed as unusually good risks five Germans,—young business men,—who seemed in the best of health, and to have superb constitutions. I was amazed to see the whole five drop off, one after another, with what ought to have been mild and easily curable diseases. On comparing my experience with that of other physicians, I found that they were all having similar luck with confirmed beer drinkers, and my practise since has heaped confirmation upon confirmation. . . .

"Any physician who cares to take the time, will tell you that the beer drinker seems incapable of recovering from mild disorders and injuries not usually regarded as of a grave character. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity. . . . When a beer drinker gets into trouble, it seems almost as if you have to recreate the man before you can do anything for him."

Heart-disease and kidney disease

have been rapidly on the increase not only in Germany and among the Germans, but in all civilized nations, during the past twenty years. In America the increase in these diseases has been especially noticeable during the year 1907, the average mortality in American cities from heart-disease having increased about twenty per cent over the preceding year.

There has been almost a corresponding increase in the number of deaths from pneumonia, and cerebral hemorrhage, or apoplexy. Tissue deterioration and the increased blood pressure resulting from the use of alcohol are without doubt the two chief causative factors in this high mortality rate from the diseases named.

Alcohol diminishes cell activity, and causes fatty degeneration of the heart and other tissues; in appearance, therefore, the user of alcohol may be a picture of health, but in reality he is a degenerate. He has an abundance of flesh, but it is of an inferior quality. The lowered vitality of his tissues renders him incapable of resisting germ diseases. If he does not die of heart-disease or apoplexy, he is almost certain to succumb should he be stricken down with pneumonia, cholera, or some other germ disease. Cirrhosis of the liver, a condition in which the liver cells are gradually destroyed and replaced by an overgrowth of connective tissue, is frequently due to alcohol. These changes result from the irritation produced by the alcohol.

A few years ago a measure was passed by the Chamber of Deputies of France to rescue the French people from the perils of alcohol. In all parts of the city of Paris, among other official placards and notices, were seen large white posters with clear, black type, headed "ALCOHOLISM — ITS DANGERS." They began: "The artificial stimulus that alcohol produces quickly gives place

to nervous depression and weakness. IN REALITY, ALCOHOL IS USEFUL TO NO ONE; IT IS HARMFUL TO ALL." The evils which the habit of drinking brings in its train were catalogued. They included "loss of affection for one's family; forgetfulness of social duty; distaste for work; misery, crime, and all kinds of physical maladies." The concluding words were as follows: "With reference to the health of the individual, the existence of the family, and the future of the country, alcohol is one of the most terrible of scourges."

In France the slight rise in the birth-rate during the past two or three years is attributed to the fall in the consumption of alcohol as a result of the efforts on the part of the nation to inform the people of its injurious nature. It is a fact that children begotten by drinking parents are usually weaklings and defective in both body and mind. Mortality among such in infancy is great. If they survive infancy and reach the age of youth they are apt to succumb to tuberculosis. This weakened heredity from drinking parents is one of the chief causes of the prevalence of this disease among our youth.

The degeneration evinced by the declining birth-rate, and which in most of the European countries made necessary the appointment of commissions to investigate its causes, may be attributed chiefly to the free use of alcoholic beverages; for the more temperate Mongolians and Mohammedans, instead of having a diminishing birth-rate as we do in America and European countries, show a constantly increasing birth-rate. Degeneracy among them is not nearly so marked, and the diseases which prevail in America, such as heart-disease, pneumonia, cerebral hemorrhages, and heat

(Concluded on page 132)

Sun, Air, and Water; Their Use in the Preservation of Health and the Cure of Disease—No. 2*

S. ADOLPHUS KNOPF, M. D.

Director in the National Association for the Study and Prevention of Tuberculosis;
Associate Director of the Clinic for Pulmonary Diseases of the Health Department; Visiting Physician to the Riverside Sanatorium for Consumptives of the City of New York; Consulting Physician to the Sanatoria at St. Gabriels, New York, and Binghampton, N. Y.; the Mountain Sanatorium at Scranton, Penn.; etc.

FRESH, good, pure air is essential to the preservation of life and health. While the human being may become so accustomed to foul and impure air as not apparently to be affected by it or to notice it, as one does who passes most of his time in pure and good air, still the constant inhalation of foul, impure, or dust- or bacteria-laden air (if the micro-organisms are pathogenic¹) will invariably lead to disease.

Diseases of the respiratory organs, such as tuberculosis, pneumonia, pneumo-koniosis², anthracosis³, certain types of asthma, pleurisy, bronchitis, and grip, are the most frequent afflictions resulting from the inhalation of impure or infectious, dust-laden air, but anemia, scrofulosis, rachitis, and many nervous af-

fections can also be ascribed to the protracted inhalation of impure air, or to living in a sunless environment.

Even so-called sterile dust, that is to say, dust free from micro-organisms, will be injurious when constantly or frequently inhaled. The dust acts in such instances as an irritant to the mucous membrane of the respiratory tract. By keeping up a constant irritation it causes chronic inflammation of the throat and lungs, which predisposes the individual to the invasion of germs of all kinds (of grip, of pneumonia, but particularly of those of tuberculosis). The wearing of respiratory masks while exposed to the inhalation of dust, the proper ventilation of workshops, factories, and mines, and to breathe deeply when not at work and in good air, are the best preventive means which can be recommended to workers exposed to pneumo-koniosis.

I have already spoken of the necessity of providing pure air for the child from its early infancy in the lying-in room, nursery, and play room. Kindergartens, public as well as private schools and colleges, should be model houses in regard to cleanliness, hygiene, and constant ventilation. The feather duster should be banished not only from the sick-room, but from all rooms, particularly the play room and the schoolroom. The dust from the furniture should be removed

* Written by special request for LIFE AND HEALTH.

¹ Pathogenic is the technical term for "disease producing."

² Pneumo-koniosis is an affection of the lungs produced by the inhalation of dust. This dust may be of metallic origin, as in knife and tool grinders, polishers of metal, gravers, gilders, type makers, glass polishers, etc.; mineral, as in millstone makers, masons, potters, porcelain, china, and cement makers, etc.; vegetable, as in chimney sweeps, charcoal burners, millers, bakers, and carriers of corn and other grain, rope-makers, jute spinners, sawyers, tobacco workers, etc.; animal, as in workers in hair, wool, silk, or bristle, e. g., weavers, carpet brush, or hat makers, dressers of cloth, sorters of wool, etc.

³ The term anthracosis, or miners' phthisis, or miners' consumption, is often applied when the deposits in the lungs consist of finely divided carbon (coal).

in the private home with the aid of a cloth, moistened either with water or with oil.

In my popular essay, entitled "Tuberculosis as a Disease of the Masses, and How to Combat It,"⁴ I have devoted quite a little space to the subject of home hygiene and school hygiene in the prevention of tuberculosis. Among other things I have reproduced there some excellent rules on sweeping and dusting, which were suggested to our New York Committee on the Prevention of Tuberculosis by the distinguished professor, Dr. T. Mitchell Prudden, of Columbia University. These rules read as follows:—

"When you sweep a room, raise as little dust as possible, because this dust, when breathed, irritates the nose and throat, and may set up catarrh. Some of the dust breathed in dusty air reaches the lungs, making parts of them black and hard and useless.

"If the dust in the air you breathe contains germs of consumption (tubercle bacilli), which have come from consumptives spitting on the floors, you run the risk of getting consumption yourself. If consumptives use proper spit-cups, and are careful in coughing and sneezing to hold the hand or handkerchief over the nose and mouth so as not to scatter spittle about in the air, the risk of getting the disease by living in the same room is mostly removed.

"To prevent making a great dust in sweeping, use moist sawdust on bare floors. When the room is carpeted, moisten a newspaper and tear it into small scraps and scatter these over the carpet when you begin sweeping. As

you sweep, brush the papers along with the broom, and they will catch most of the dust and hold it fast, just as the sawdust does on bare floors. Do not have either the paper or the sawdust dripping wet, only moist.

"In dusting a room, do not use a feather duster, because this does not remove the dust from the room, but only brushes it into the air so that you breathe it in, or it settles down, and then you have to do the work over again.

"Use soft, dry cloths to dust with, and shake them frequently out of the window; or use slightly moistened cloths, and rinse them out in water when you have finished. In this way you get the dust out of the room.

"In cleaning the rooms you should remember that dust settles upon the floors as well as on the furniture, and is stirred into the air we breathe by walking over them. You can easily remove all this dust in rooms which have bare floors, in houses, stores, shops, school-rooms, etc., after the dust has settled, by passing over the floor a mop which has been wrung out so as to be only moist—not dripping wet."

Thus we should clean our homes until the time comes when not only factories, public buildings, hotels, and school-houses, but also the houses of ordinary citizens, including the tenement-houses, can be cleaned by the hygienic pneumatic or vacuum cleaning process.

How may the air in our homes be rendered as fresh, pure, and sanitary as possible? In summer this problem is relatively easy. The windows and doors can be left open so as to make the air as fresh as that outside. The greatest difficulty is experienced in winter. The windows can not be left open all the time then, but the rooms should be thoroughly and frequently aired, whether there is sickness or not.

⁴ Published by Fred P. Flori, 16 West Ninety-fifth St., New York. Also for sale at the offices of "Charities and the Commons," 105 East Twenty-second St., New York City, and 628 Unity Building, Chicago, Ill.

Not only during the day, but also at night, there should be a desire for fresh air. The still very prevalent idea that night air is injurious is wrong. In my public lectures I like to impress this on the minds of the people by saying that the fear of night air is a nightmare; or, to express it more picturesquely, in the words of my friend Dr. Woods Hutchinson, "The dread held by many of night air is to be regarded as absolutely nothing but a survival of the dread of the powers of darkness and of the prince of the power of the air who might swoop on them and carry off their souls to perdition if the wind blew on them at night."

The night air is purer than that of the day, particularly in great cities, therefore one should keep at least one window open in the bedroom or in an adjoining room, and thus assure a sufficient and permanent ventilation. Of course, it is always wise to protect one's self against direct drafts from the open window. When it is not possible to place the bed so that it will be out of the draft, a screen in front of the open window will suffice for protection.

The danger from drafts and winds must not be exaggerated. When one is not overheated and is sufficiently protected by proper clothing, one does not need to fear either draft or wind, particularly not when walking or moving about. Drafts and winds clear the atmosphere. When people talk of catching cold because of drafts or winds, the real cause can usually be traced to the inhalation of impure or infected air. The majority of the so-called colds are due to an infection. The fact that colds are often contagious should prove even to the lay mind that they are usually the result of a disease-producing germ, and not due to the breathing of cold or cool air purified by drafts and winds.

It is, of course, self-understood that all individuals who have an inherited or acquired⁵ predisposition to tuberculosis should endeavor to live as much as possible in good, fresh, pure air. To visit dancing halls, saloons, and smoking-rooms can be only deleterious to such persons. Smoking should be absolutely prohibited for young men with weak chests, and for all people having a tendency to tuberculosis. The smoking of



FIG. 1 — HUMIDIFIER

cigarettes is particularly dangerous, since the habit once acquired tends to undermine even a strong constitution.

Many of our American dwellings in winter are heated altogether too much. A temperature of from 65° to 68° F.

⁵ Under an "acquired" predisposition to contracting tuberculosis is understood that peculiar weakened condition which results in children after birth, and also during adult life, by protracted nervous diseases, or as a result of pneumonia, pleurisy, typhoid fever, measles, smallpox, etc. Excesses of all kinds, especially the abuse of alcohol, also certain indoor occupations, particularly when in addition they are pursued in unhygienic environments, such as tailoring, printing, stone cutting, and even bookkeeping, predispose to consumption. Last, but not least, child labor and overwork of the adult, poverty, underfeeding, and bad housing conditions with lack of air and light, must be considered most important factors during child and adult life in creating this acquired predisposition which may also be called in other words a favorable field for the invasion and multiplication of the tubercle bacilli, which is the direct cause of consumption.

should be sufficient, especially when care is taken that the heat produced by the furnace is not too dry. The excessively dry atmosphere of many city and country homes in winter often gives rise to nasal catarrhs, a condition which everybody, but especially those suffering from pul-

of 65° F., and even a little lower, provided that the relative percentage of moisture is 60. If this moisture falls to 30 or to 20 per cent, then the dry throat, dry nose, and dry skin are in evidence. The explanation is simple. The dry air absorbs the moisture from the body and causes discomfort. The drying of mucous membranes in this way lays them open to the invasion of the organisms causing colds, grip, pneumonia, and tuberculosis.

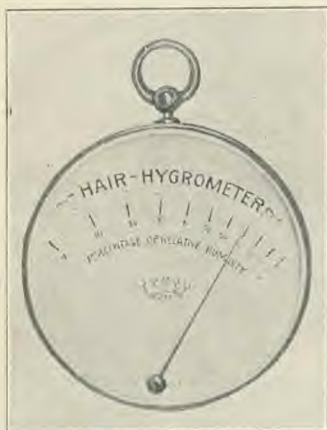


FIG. 2 — DIRECT READING HAIR
HYGROMETER

monary diseases, or prone to them, should be anxious to avoid. Besides keeping the water pan in the furnace constantly filled, there should be in the sitting-room and sleeping-room some humidifying arrangement, such as is pictured here (Fig. 1). More simple evaporating devices, however, as a vessel filled with water and a cloth suspended above it touching the water so as to produce capillary attraction, will answer the purpose of rendering the atmosphere sufficiently humid.

Experience has proved that we can be perfectly comfortable in a temperature

I reproduce here an instrument (Fig. 2) which will be helpful in determining the relative humidity. It has been strongly recommended by the Indiana State Board of Health, in its monthly bulletin, under the name of "Direct Reading Hair Hygrometer." Every household, every schoolroom, should have one of these instruments, for it is a fact that the humidity of the air is of more importance than the temperature. This hygrometer is not absolutely accurate, but is sufficiently so for all practical purposes. Indeed, it is as accurate as the ordinary thermometer. If the matter of humidity were carefully attended to by every one, there would be a decided improvement in the general health, and a very great lessening of diseases in the air-passages.

[The first section of Dr. Knopf's paper, "Sun, Air, Water," which considered sunshine as a curative agent and as a preventive of disease, appeared in the February number of *LIFE AND HEALTH*. In the next issue (April) Dr. Knopf will give an illustrated description of devices by which those who are predisposed to tuberculosis may obtain, in their own sleeping-rooms, all the advantages of an outdoor life.—ED.]

Alcohol is a cellular poison causing degeneration and death of cells, which may be followed by an increase in connective tissue, and thus be the chief cause of cirrhosis. . . . In the reported cases of children suffering from cirrhosis of undoubted alcoholic origin, it is noticeable that the disease follows more quickly and from smaller doses than in adults. . . . It has been very noticeable in the autopsy experience of the author [on alcoholic patients] that there are no records of normal kidneys; all examinations showed some lesions, chronic ones predominating.—Alex. Lambert, M. D., in Osler's "Modern Medicine."



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

Conducted by Augusta C. Bainbridge, 4487 Twenty-third St., San Francisco, Cal.

The Pathway of Divine Healing—No. 2

MRS. A. C. BAINBRIDGE

MANY of those who believe that God, the Creator, is the only Healer, suffer from sickness. To these I would say: Know first that divine healing is primarily for the "children of the kingdom," the "accepted in the Beloved," and through them, for the world. Then know that you are longing for something that is dearer to God for you than it can be to yourself. It is not that you must coax or force something from him; but that in this longing you are coming into line with his will. Your will is not overcoming his; you are entering his will at his own invitation. You have his Word for your authority. Study the Word carefully before you take a step farther in this heavenly pathway. There must be no doubt, no "if," no question. He has provided it for you in Christ Jesus, and he is grieved that you do not take it.

Prophecy tells us that Jesus would come as a healer (Isa. 61:1); and when he healed the "daughter of Abraham" (Luke 13:11-17), he interpreted that prophecy. His entire personal ministry was a fulfilment of that word. He was anointed to heal, and he did heal all who really touched him. His work was uniform; he never said anything but "I will" to those who really believed on

him, and he is the same "yesterday, and to-day, and forever."

All his spiritual fulness is for your soul, and all his bodily fulness, energy, vitality, strength, is for your body. You may drink of the water of life every day. You may live on it every day, taking it by faith; for it is written, "The just shall *live* by faith."

We may remember daily that "we are members of his body, of his flesh, and of his bones." So you need not feel that you must live with your own weak heart, or stand in your weakness, but just, by faith, take his great, loving, throbbing heart, and let the life also of Jesus "be made manifest in our mortal flesh,"—Christ, the sum total, the center of our physical as well as our spiritual life,—Christ, fulfilling prophecy, healing during his earthly life,—Christ, the living one, giving his life, every moment, for you and for me.

"We are living in the light of the everlasting gospel, and the Saviour himself is our teacher. He would lead us on to know more of the wonders of his grace; but we often fail to respond. The moral powers are weakened because men and women will not live in obedience to the laws of health, and make this great subject a personal duty."

"The health should be as sacredly guarded as the character; and in order to live a perfect life, we must live in harmony with those natural laws which govern our being."

Then all Christians, everywhere, under all circumstances, should be well! We know they are not, but a sound mind in a sound body is the standard set. Let us reach out for it,¹ "Heaven is all health; the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalids," and no one should despair or feel that God is not true to his word.

Our prayers for healing are not always answered immediately any more than are our prayers for other gospel blessing; but that does not prove that these blessings are not for us. Our faith may need the test of waiting. We may not

¹The quotations in this article are from "Healthful Living." The two just quoted indicate that obeying the laws of health is as important a part of the Christian's duty as is prayer for healing.—Ed.

be ready to receive the blessing. Some other soul may need to learn a lesson of faith by our patiently believing. We may need a constant reminder that we can not walk by sight, live for self, trifle with the Holy Spirit, or ignore the fact that we are saved to serve.

So we can not judge one another, or criticize a child of God who has been laid low by suffering, but we can calmly rest in the will of God for ourselves and for one another. We know that will is sanctification, as expressed in 1 Thess. 5:23.

"It should ever be kept prominent that the great object to be attained through this channel is not only health, but perfection, and the spirit of holiness, which can not be attained with diseased bodies and minds;" for "a diseased body causes a disordered brain, and hinders the work of sanctifying grace upon the mind and heart." And "God, through ways they have not known, will lead his own."

All who consecrate soul, body, and spirit will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of his own spirit, the life of his own life.—"Desire of Ages," page 993.

God has pledged himself to keep this living machinery in healthful action if the human agent will obey his laws and co-operate with God.—"Healthful Living," page 108.



HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

A Thirst-Producing Diet

MRS. D. A. FITCH

WHO does not remember an afternoon when it seemed that any reasonable water-supply might be exhausted, and then the thirst not be quenched? Probably it was not until the highly seasoned dinner was completely digested that the sense of thirst ceased. If we did not yield to the temptation to use something stronger than water with which to allay the uncomfortable condition, it may have been because we were endowed with a principle and will stronger than our weaker comrades possessed. What wonder the "drink habit" is so common and so difficult to break!

Among the dietetic mistakes which produce excessive thirst may be mentioned the use of spices, pepper, mustard, and other condiments, especially salt in excess, sweetmeats, as sugar, sirups, etc.; flesh-meats; also overeating, insufficient mastication or hasty eating, and a mingling of many varieties at the same meal. It is better to use fruits at one meal and vegetables at another, as they do not digest well together, and when so used are noticeably thirst-producing. The use of strong acids, as vinegar, lemon, tomato, plums or other acid fruits, with starchy foods causes starch indigestion, and consequent thirst.

One has no moral right to produce in himself or others a condition which tempts to the use of "soft drinks" or alcoholic beverages.

It is the experience of the writer that her diet, which is largely composed of grains, fruits, and nuts, gives so little thirst that, unless in some other way reminded, she would seldom drink even cold water. The one who cooks the food of the household has great responsibility. It is her privilege to educate away from wrong habits those who eat at her table, but it must be done "precept upon precept; line upon line," accompanied by proper cooking and serving of food.

Avoidance of all errors in diet and drink, and the adoption of correct practices, will insure to any one freedom from the insatiable craving for strong drinks, and the degradation which is sure to result therefrom.

"Temptations to the indulgence of appetite possesses a power which can be overcome only by the help that God can impart. But with every temptation we have the promise of God that there shall be a way of escape. Why then are so many overcome?—It is because they do not put their trust in God." —*Christian Temperance*, page 22.

Home Adjuncts

MRS. D. A. FITCH

THERE are few subjects on which more might be written, or about which more needs to be said, than the home and its attractiveness. Many and varied are the appointments of a true home.

Love must be the ruling spirit of the home; not only love for the other members of the family, but love for the home itself, its environments and its work. In order to make the habitation really a home, this love is not to be exercised on a selfish basis, but must be heaven-born. Love for the home will so lighten the otherwise burdensome tasks that changeful occupations will shut out the call so often made for questionable recreations.

Order is said to be the first law of heaven. Then to have a heavenly home there must be order; not order enforced and obligatory, but that which is a natural result of love for regularity and system. Unfortunately, many parents have no inborn love for tasteful arrangement, but a housekeeper's instinct—if I may so call it—may be acquired. Scarcely any one objects to order,—having a place for everything and everything in its place; but the wish may be for some one else to keep them so.

Occasionally one is met who does not wish to have his room put in order. Said a young man, "I don't like things put away. I want them handy. I wouldn't mind if my books and papers lay a foot deep on the floor." Should he chance to read this, he will remember spending a

good portion of a day hunting for a piece of paper which ought to have had a more convenient place than among the foot-deep literature on the floor.

Cleanliness is another of the practical adjuncts of the home. It usually is an accompaniment of order, but not necessarily so. Articles may be clean, but out of place; or in place, but not clean.



"I DON'T LIKE THINGS PUT AWAY. I
WANT THEM HANDY"

Housekeepers having these twin accomplishments are no more afraid of examinations on the top shelf of the closet or pantry, or under the bed, than in the middle of the parlor floor or on the polished surface of the front hall mirror.

The requirements of an attractive home do not consist in elegant furniture or a fine building. The writer remembers some very happy weeks spent in a log house where the roof did not altogether protect from rain. Her youth was mostly spent in the large farmhouse, the second story of which was unfinished. Blankets or sheets formed the room partitions, and nothing intervened to dull the sound of the "rain on the roof."

Homes, simple in construction, practically unadorned, but sheltering loving hearts, are even more attractive than palatial residences whose inmates are wrapped up in city business, or other outside pursuits.

Though the practise of economy is desirable even in the wealthiest of homes, it is a matter of the greatest importance in the homes of the poor. In most such homes it is want of economy — perhaps often because of not knowing how to economize — that has contributed materially to the distressing conditions. Settlement workers, by proper instruction, have enabled many families formerly living in squalid poverty to secure the great-

est possible good from a proper expenditure of their limited incomes.

Promptness and punctuality in everything which pertains to the best interests of others should be the rule. Regularity of meals is to be urged both as a matter of convenience and as a means of promoting the health. A teacher of dietetics was explaining the necessity of regular meals on the ground of the "gastric juice habit," when one of the class, a man with a family, said, "Meals are so very irregular at our house that the gastric juice never knows when to flow." diture of their very limited incomes. "more is the pity."

D. A. F.

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Practical Suggestions

Mock Cherry Pie



GRIND or chop together one cup of seeded raisins and two cups of cranberries. Mix one teaspoonful of flour in one cup of sugar, and with one-half cup of water add to the fruit. Bake in an under crust, with crusty ornaments on top.

❖

Onion Flavor

MANY persons desire the flavor of onion in certain foods, but find that the onion does not agree with the stomach. In some cases this trouble may be obviated by some of the following methods: When practicable, wrap the onion in a clean, loose cloth and cook with the food until sufficient flavor has been obtained, when it may be removed; or it may be shredded, cooked, and only the liquid used. If this is quite strong and heavily salted, it will keep for weeks. To pre-

pare it thus and bottle saves the handling of the odoriferous tuber.

❖

A FRIEND needed some more bedding, but did not feel able to buy. She had outside material for a comforter, but no batting. What did she do? She brought out several pieces of shrunken flannel underwear and laid them in as smoothly as possible, and a warm piece of bedding was the result.

❖

WHEN carpeted rooms are swept, the kitchen should be closed to exclude dust. If practical, the kitchen should be in that location most thoroughly protected from the prevailing wind, which always carries dust with it.

❖

WHEN washing colored goods, do the rubbing on the wrong side. This will help in preserving the colors.

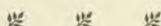


Conducted by Mrs. M. C. Wilcox, Mountain View, Cal., to whom all questions and communications relating to this department should be addressed.

The Children

RAGGED and dirty and saucy maybe,
Born in a hovel or born over sea,
Robed in rich satin, or shabbily dressed,
Treasures of love dwell in each little breast,
Waiting to open; seek, mother, the key.

Feet that shall soon lead, to-day may be led;
Hands that shall govern, are governed instead;
Minds whose ripe powers the nation shall sway,
Plastic, are taking your impress to-day;
Train them aright; they must rule when you're dead.
—Selected.



Social Life for the Young

MRS. M. C. WILCOX

IS there any picture in the Holy Scriptures more beautiful than that of the shepherd who can not rest until he searches over mountain and valley, hill and dale, for the one lost sheep, and finding it, carries it tenderly in his arms and returns it safely to the fold?

In this human-divine picture is expressed something of the love and solicitude of the true mother over the children God has given to her. As the twilight shadows deepen, the mother lovingly inquires, "Are all the children in?" If not, she can not rest. Where are they? and why are they detained? are the natural thoughts that arise. But if home is not attractive to them, it takes but little to detain them, you know. Even

though they may desire to be obedient and give you no cause for concern, they easily find a reason to remain out.

Then, too, there are occasions when they should be permitted to be out. It is natural for human beings to long for companionship outside the home circle. They need the development that comes from contact with others; otherwise they become one-sided and narrow. Man was created a social being. His social nature needs developing the same as his spiritual and physical natures. In order that our children may be possessed of a symmetrical education, we must not keep them too closely within the walls of the home, and neglect the social side. The Saviour said, "I pray not that thou shouldest take them out of the world, but

that thou shouldest keep them from the evil" that is in the world. This is just the work that parents should co-operate with him in doing. Educate them to know what is right and wrong, and steadfastly to resist the wrong, not at home only, but away from home, where no watchful mother's eye can see, but where God can see, and where the child himself can appreciate his own strength to withstand temptation. Many children, kept securely shielded at home from temptation, have sadly disappointed their parents when thrown out entirely upon their own resources in the face of temptation in the world. Such children are "simply strong for lack of test," and often, in time of extremity, prove "fraildest where they seem the best."

If you as parents, make the progress you should in the great school of life, the children will be quite satisfied with your companionship for the most part of the time until the habits and character are well formed. But a little later on, you may let them try their strength a little without you, and more and more as they develop.

In the choice of social pleasures they need your influence and assistance. Parents often need educating themselves. There seems to be a sad lack of fine discernment on the part of parents, teachers, and guardians. It is comparatively easy to teach a child to enjoy those things which are both profitable and pleasant, instead of simply training him for amusement and entertainment. It is as easy to provide a social evening with that which will make one better morally as to provide that which will merely please the carnal nature, if the one who provides for the evening feels the need, and plans it thus.

With a family of growing children, parents must not be asleep, but must plan and study ahead for their growing needs.

Social evenings must be provided. Within the home of the writer a bright, attractive gathering is held at regular intervals on that evening when nearly all young people are restless and uneasy,



"ARE ALL THE CHILDREN IN?"

longing for association with those who can appreciate them and their feelings.

So one rainy evening we organized a little society, composed of the members of the family and two others rooming in the home. There were seven in all. Officers were elected for three months, and a constitution and by-laws were prepared. From time to time a few were invited to join, until now the society is

almost too large to be seated in any private house.

It is an organization for self-culture and the discussion of topics on character building. Each member pledges himself to contribute to the improvement of himself and others. He must take part in the discussion of every subject by adding or emphasizing some thought. Some of the topics discussed in the recent past have been, "The Improvement of Spare Moments," "New-year's Resolutions — Are They Profitable?" "The Discernment and Improvement of Opportunities," "Which Has Been the Greatest Cause of Crime — Wealth, Poverty, or Ignorance?" "Which Has Done the More Harm in the World, Alcohol or Tobacco?" and so on. These are interspersed with music and recitations. Quotations from different authors are given in answer to the roll-call, together with a short life sketch of the author chosen for the evening, or sometimes news items are given by each member.

Once it was thought best to close this society for a time, but on inquiry a universal cry went up from the young people, "No, no! It is not only pleasant, but *profitable* as well."

There are many features that can be introduced for diversion which help to develop the social side of the young in the right way, and satisfy the longing for something besides strictly religious services and home society.

It takes time and thought, as well as physical strength, dear parents, to keep up all this. But it pays. We can not afford to allow our precious young people to drift into the world and find their pleasures there. We must provide for all their needs if we would keep them from the world, which has many allurements to charm and fascinate and entrap them. Let's make home the brightest and best of all places on earth, and the joys and pleasures found therein of such a character that they will "leave no sting behind."



VIEW FROM FRONT OF CHURCH-SCHOOL, TAKOMA PARK

Should Children Be Punished? How— When—Why?—No. 2

BY A MOTHER¹



Exercise Essential to Growth

A GROWING baby is in constant motion during its waking moments. Arms, legs, and body are all going at the same time. This is necessary to the growth of the child, and to its proper development. This healthy activity does not cease with its babyhood. And here we learn the value of the patient, peaceful, resourceful mother. Her price is beyond compare.

She will not draw the restrictions too close. If too tightly curbed, the most guileless heart may rebel. Constant repression becomes irksome, especially to the spontaneity that is naturally a part of childhood. The bubbling flow of spirits must have its vent. By turning this pent-up energy to some useful, helpful purpose, the wise parent displays the highest generalship.

A maxim with some not wilfully unkind parents seems to be to avoid and thwart as many small pleasures as possible. Try the opposite plan, and see if you are not abundantly rewarded for any extra effort expended on your part.

Companionship of the Parent with the Child

The close, intimate association of parent and child is, at most, but short. Nothing that can lengthen this time or strengthen the tie should be considered burdensome, for this will form the strongest bulwark against Satan's temptations.

From the storehouse of knowledge and experience the parents can produce rich treasures for the growing boy and girl, to whom the whole enchanted world stands ready for discovery. Its offerings of knowledge and pleasure appeal to their eager youth. The wise comradeship and guidance of the parent will here be most effective and will save many a mistake and regret.

It is neither weak nor foolish to become at times children with the children.



The most vigorous and influential characters are the most capable of adapting themselves to their environment and the demands made upon them. Narrow intellects and sympathies follow the ruts of time-worn custom. Broad minds and deep currents of thought and love branch out and enrich those other lives with which they come in contact.

The parents' object of all instruction should be to cultivate the gifts and the graces that shall develop and increase

¹ This series of articles was furnished by special request of the Editor.

throughout eternity. Early inculcate as the one fixed purpose in life, to fulfil the commands of the Saviour, and to prepare for the work of the Lord. Make this a motive, a life-object, early in youth. This may best be done, not alone by precept, but by accompanying example. By beholding (not by hearing) we become changed.

The wisest man this world has ever known, said, by inspiration, "Train up a child in the way he should go: and when he is old, he will not depart from

it." With this sure promise, can not the loving parent afford to save his strength, and use every endeavor to give the broadest and best possible instruction to the souls entrusted to his tuition? It is no intermittent task. Eternal vigilance is the price of safety. There must be no sleeping on guard. By kind, careful, prayerful training, the vain regret, and the bitter, scalding tears that oftentimes follow carelessness and heedlessness in the responsibilities of parenthood, may be avoided.

* * *

True Temperance

MRS. M. C. WILCOX

THE Word of God says, "Let your *moderation* be known unto all men. The Lord is at hand." But men and women are intemperate in their haste to accomplish things. They work with a degree of intensity that completely unfits them for calm, rational judgment. They jump at conclusions. They decide without weighing matters, and thus make irreparable blunders.

They can scarcely take the proper amount of time to eat. Fathers often feel that all the time taken with their family is lost to their business. They scarcely know their own children. Having provided for their physical needs, they feel that their duty is done.

There are those—both men and women, girls and boys—who are just as intemperate in their reading as others are in their eating and drinking. The world is flooded with papers, books, and magazines, and all those who have a love for reading are quite likely to read far more than they are able to digest. They are mental dyspeptics, drunk, and stupefied with a superabundance of ideas—

good or bad according to the class they choose—which they can not possibly use.

Thus they go on year after year, immoderate, intemperate, dissipated. One writer says that the young who are forbidden the privilege of going to questionable places "muddle their brains with books instead of drink." "Our ancestors brewed themselves a bowl of punch. We subscribe to the circulating library. The result aimed at is the same—to be taken out of ourselves. Books have become a modern narcotic."

This is certainly no time for parents to be sleeping at their post. They need all their powers in full play to hold the reins of government, and keep their children from the snares and pitfalls of our modern life. If mothers will only seek to rise to their privileges and possibilities, adopt the simple life, study the Word of God, pray much in secret, there is some hope for our children, for never was the inspired word more applicable than just now: "We wrestle not against flesh and blood, but against . . . spiritual wickedness in high places."

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Lauretta Kress, Washington Sanitarium

Whooping-Cough

LAURETTA KRESS, M. D.

A CHILD while suffering from this affection commonly has a convulsive paroxysmal cough, consisting of a number of forcible expirations, followed by a series of deep, loud, long-drawn inspirations, during which the "whoop" is produced.

The disease usually occurs in epidemics. It is often directly transmitted from person to person; though a schoolroom, dwelling-house, or church may be infected by a sick child, and be the means of transmitting the disease to a number of persons. Epidemics prevail for two or three months during the winter and spring, frequently preceding or following measles.

Though children between the ages of six months and seven years are most commonly affected, adults, and even old people, do not always escape; in the aged it may be a very serious malady. Children with nasal and bronchial troubles are more subject to the disease.

Uncomplicated whooping-cough is very seldom fatal. Lung trouble is a very serious complication, in which a fatal termination is not unusual. The course of the disease depends upon the severity of the paroxysms and the strength of the patient.

The symptoms noticed by the mother are at first those of an ordinary cold,—running at the nose, red eyes, and a

bronchial cough, usually dry, and sometimes giving indications of a spasmodic character. There is some fever, but usually not high. After a week or ten days, the cough, instead of getting better, becomes worse and more convulsive in character. In due time, after a severe fit of coughing a deep inspiration of air is drawn into the lungs, making the "whoop," which may be heard at some distance, and gives the characteristic name to the disease. Sometimes considerable mucus is expectorated, and not infrequently the whole or part of the previous meal is vomited. There may be but few of these attacks through the day, or they may come often. During an attack the chest is emptied of air by the continued expiratory effort; as very little air passes into the chest, there are signs of insufficient air; the face becomes very swollen and red, even to a bluish tinge, the eyes protrude, and the white of the eye becomes engorged. Suffocation seems imminent, when the child "catches the breath," and the color is restored to the face again. Children are very frightened at the beginning of an attack, and run at once to the mother or some one near for help during the coughing fit. Children invariably cling to something. It is a most distressing disease to witness, especially for a young, nervous mother.

Treatment

When a child has been exposed to whooping-cough, particular care should be taken to avoid contaminating other children. If the child attends school, he should be taken out and kept isolated from other children, and not allowed to return to school until all coughing has ceased. It is a great mistake to allow a child, when the attacks are abating, to go to school, church, or other public place, and thus expose other children. There is more neglect with this than with most other diseases. Mothers and guardians of children are eager to get out with the children, and take them on street-cars, trains, etc., thus exposing any other children who happen to come in contact with them. It is a most pernicious practise, and can not be too strongly condemned. A child should be isolated until all trace of cough or "whoop" has gone.

All children need to be carefully protected in the winter against cold, but particularly one with whooping-cough. The limbs and feet especially must be kept warm. There is not so much need of extra covering around the chest as there is of increased protection over the entire body. When one has a cold, the congestion of the throat and lungs causes a chilliness of the skin. Feet and hands are inclined to be cold. For that reason

extra clothing is needed on the limbs.

The diet is an important factor in the recovery of a case of whooping-cough. It should be nourishing, and given at regular intervals. The habit of "piecing" is a pernicious one, but particularly bad in a case of whooping-cough, because it disturbs the digestive organs, and this in turn increases the cough. If plain, wholesome food is given in moderation, a fairly healthy child will get on nicely with an attack. This is a disease that usually runs its course, regardless of treatment; but a few simple ones afford some relief.

A warm or neutral bath, at a temperature of ninety-nine degrees, for fifteen to twenty minutes at night, is helpful. A fomentation to the throat, followed by a throat compress, is also useful. To give the throat compress, take a piece of cheese-cloth four double, large enough to go round the neck and lap over well, wring this out of cold water, put it closely around the throat, and put over it a wider piece of thick flannel, so that it is completely covered. Pin with several safety-pins to keep it in position. If it slips, it can be secured by an extra piece put over the head, and pinned on each side below the ear.

If complications should arise, a physician should be sent for at once, as they may take on very serious aspects.

The necessities of life save many people from becoming the victims of nervous collapse. . . . Many a mother has raised her children and ministered to their wants in labor and affection, and seldom complained of being ill. After the children were grown, and perhaps had gone from home, the mother has had little to do, which gave her much more leisure than previously. She has more time to think of herself, which may be a misfortune to her if wrongly directed.

Many a childless mother would add a decade to her life by adopting some orphan child and giving it a mother's care and love. [The last is the important part of the prescription, without which the other would be worse than useless.—ED.] The child needs the mother, and O, how many need the child, who never have fully come to learn what it is they stand the most in need of! [How about the unfortunate wives who are not mothers?—Albert B. Olston.]

CURRENT COMMENT



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

The Fresh-Air Treatment of Diseases of the Lungs

AFTER a long period of education and observation, the value of fresh air in the treatment of pulmonary tuberculosis has become generally recognized, and with this recognition has come the decadence of the drug treatment of that disease. The treatment of other diseases of the respiratory tract is now undergoing the same change, the most important of which is pneumonia. This disease has been increasing to an alarming degree in the cities, where people are crowded into narrow apartments, and where men spend the working-day in offices and workrooms, heated by steam radiators, and from which the circulation of outdoor air is excluded. It is a very natural and reasonable thing to suppose that pneumonia should be on the increase among these people; and it is equally natural and reasonable that, if vitiated air has been a contributing cause of the disease, the unfortunate victim should not only be removed from its malign influence, but should have the benefit of fresh air, at least until he is well. The best place to save a drowning man is on the dry land, out of the water.

In an admirable article on this subject in the *Medical Record*, James M. Anders says that it is to be hoped that no passionate infatuation of the professional mind for new therapeutic remedies will in future proffer a substitute for, or lead to the neglect of, a practise so efficient as outdoor living. He believes one of the principal reasons for the slow

progress that has been made in the treatment of pulmonary tuberculosis up to within a comparatively recent period, and that is still being made in lobar pneumonia, notwithstanding the voluminous and ever-increasing literature on the subject, is ascribable to the foundationless and misguided hopes, which are too often based on the products of the manufacturing pharmacists, instead of recognizing the curative value of natural elements everywhere available. Absolute rest, fresh air, sunshine, and appropriate food, he says, are the therapeutic measures of value; and we may, on reasonable grounds, count this professional propensity to ring in a long list of drugs in the treatment of this disease, as most unfortunate, "the majority of which rest on nothing tangible, but are, like Mohammed's coffin, suspended in midair."

The desirability of admitting fresh air to patients suffering with pneumonia has been placed upon a scientific footing. It remains for the general practitioner to apply its principles. Its benefits rest not only in the peculiar virtues of fresh air, but in acute pneumonia the breathing of cold air seems to be of especial value. Northrup, who has studied much and practised this method of treatment, says, in speaking of bronchopneumonia, "Nothing stimulates the heart better than a current of fresh, cool air upon the face. Fresh air stimulates the heart, reddens the blood, quiets restlessness, favors sleep, improves secretions and digestion; in short, meets most of the indications for treatment of pneumonia in infants.—*New York State Journal of Medicine*."

Mental Influence in Tuberculosis

CONTENTMENT, if not happiness in the lot served up to him, is perhaps the most potent balm for healing the consumptive patient can enjoy. The restive nature that always strains to take a forward step, to make a change, to do something different, that is dissatisfied with the present, or becomes depressed with homesickness, is diverting from the forces that cure an amount of energy that can not be spared.

Modern science and practise have demonstrated that certain physical factors in the mode of living are of paramount importance in the prevention and cure of tuberculosis. Rivaling them as a force for good or ill is the mental attitude of the patient. To live the physical life according to the demonstrated rules of hygiene appropriate to his individual case, and then, serene and content, to refrain from dwelling on his ills,—herein will be found a compound of incomparable potency against disease.

But as the patient must depend upon his physician to individualize his physical condition and prescribe the appropriate environment, the patient himself must be the minister of his spiritual needs. He must know how to bring light out of darkness and sweetness from stench. These were bald words, indeed, were it not certain that every one of us is endowed with this very power. Nothing is so plastic as the human mind. As it may be trained by study to knowledge, so it may be changed by contemplation from fretful distress to complacent calm.—*Henry M. Sewell, M. D., in Journal of the Outdoor Life.*

Hygienic Treatment of Tuberculosis

THE treatment of tuberculosis is nothing more than a heightened hygiene of the body and mind. The life

processes must be maintained at the normal, or brought back into physiological condition if diseased, and it should be the aim of the physician to try to avoid the most insignificant setback.

Tuberculosis even in the early stages is a severe disease, and should be treated throughout its whole course with the greatest of care, and with the most unwearied patience. Both patient and physician should be undaunted by the relapses which so frequently occur.

The management of the mental condition of the patient is a cardinal factor in the treatment, and at the very outset the physician should try to establish a bond of sympathy between himself and the patient. The patient needs a strong support, and looks to the physician to supply this.—*Hugh M. Kinghorn, M. D., in Journal of the Outdoor Life.*

Sit in the Sunshine

THE death-rate from consumption is less than it was ten years ago, not because we have found any specific in drugs, but because we know the deadly enemy of the tubercular bacilli is sunlight, and that they will not flourish in a person who breathes deeply of fresh air and who is well nourished. In 1890 Dr. Koch clearly showed that these bacilli are killed by sunlight in "from a few minutes to several hours, according to the thickness of the layer."

If every housekeeper decided to war against this enemy, to open up every closet and dark room to the beneficent power of sunshine, to exercise daily in the open air, to give intelligent thought to the admittance of fresh air at night, and train the children "in the way they should go," another generation would see a much more rapid yielding of the great white plague.—*Mary K. Peters, in Good Housekeeping.*

Sunlight and the Grip

OUTSIDE of domestic common sense and natural remedies there is no known classical medical treatment for the grip. The best way of increasing and stimulating antitoxic powers of the blood, is to give all the cells of the body the benefit of perfect rest and warmth; in other words, the patient should go to bed and stay quiet and warm, be kept in a gentle perspiration with warm, light bedclothes, aided by warm drinks, and hot-water bags or bottles if needed. Of course fresh air and a uniform temperature are imperative. This, with a seidlitz powder or two, will put one out of danger, and will bring an almost complete sense of relief in from two to four days. The grip germ, however, may only be scotched, not killed, and one should be prudent for weeks thereafter.

The head symptoms, such as toothache, neuralgia, and distressing plugging of the head, are best and quickest relieved by sunlight on the sufferer's face, or by a hot-water bag.

The various electric-light and high-frequency-current treatments are good, but not nearly so good as sunlight, to relieve every form of gripal pain. Sunlight is the best cure for slow forms of grip and its consequences—a trip to the West Indies, or a week or so in some form of sun-bath. The coal-tar and proprietary remedies, while they may give quick relief, are, generally speaking, dangerous.

While difficult to apply, sunshine is surest death to grip germs. Doctors in Rio de Janeiro use a mild garlic tea which they believe in.—*Dr. Jenkins, in the New York Herald.*



Great Britain's Prime Minister on Drink and Woman's Suffrage

DRINKING is increasing in Great Britain, especially in the large cities, to such

an extent that I believe it is to-day one of the greatest dangers, if not the greatest, we are facing.

I do not say that I am in favor of absolutely prohibiting the manufacture and sale of intoxicants. But I most assuredly believe the time has come when the government should pass legislation looking to the successful control of the business—perhaps, in time, absolute prohibition would come.

Most of the other evils to which I have referred may be traced either directly or indirectly to the crime of drunkenness. Correct that, and infant mortality, depopulation, ignorance, poverty, etc., will to a large extent correct themselves.

And now let me say a word about granting the suffrage privilege to our sisters. I am a firm believer in woman's suffrage. I want to see the movement grow stronger and stronger until it wins. I believe it is gaining force. The curbing and possible elimination of drunkenness and the granting of suffrage to women seem to me to go hand in hand.

My logic runs this way: If the women win the right to vote, they will force legislative reforms that will result in the curbing of the liquor trade—and of drunkenness. If the prohibition movement wins first, it will result in the raising of our entire moral and intellectual standard. Then we men shall see more plainly that it is right for women to have the right to vote.—*Sir Henry Campbell-Bannerman, interview published in the Chicago Examiner.*



Alcohol and Longevity

FOR a great many years the fact has been recognized that the excessive use of alcohol shortens life expectancy very materially, and the old classification of alcohol users is a very unsatisfactory one. They were divided into occasional, moderate, and excessive drinkers, and the

latter included only those cases who at times became grossly intoxicated.

More recent investigation has developed a pronounced tendency to recognize the dangers, so far as life expectancy is concerned, that result from what used to be classed as the moderate use of these drinks, the individual not becoming intoxicated, but being often in the condition called "under the influence of intoxicating liquors." Lord Coleridge says, of the meaning of this phrase: "It seems to me that these words would be satisfied when the influence of the intoxicating liquors is found in point of fact to be such as to disturb the quiet and equable exercise of the intellectual faculties of the man who has taken the liquor."

Men who are repeatedly under the influence of liquor to the degree covered by this definition are now taken to be hazardous risks, and the tendency on the part of life insurance companies is to refuse insurance to such individuals, or to accept them at higher rates.—*Charles M. Hamilton, M. D., in the Medical Examiner and General Practitioner, November, 1907.*



The "Model" Saloon a Myth

THE latest official newspaper organ of the liquor trade to admit the truth of the prohibitionist's indictment of the drink business is the *Wholesaler's and Retailer's Review*, of San Francisco, which in its regular issue for September, in a leading editorial, makes a series of the most astonishing admissions and confessions, as regards the trade it champions, which ever appeared in any publication, no matter how strenuous a foe of the rum business. Here are a few selections from this editorial:—

"Any man who knows the saloons well, can honestly say that most of them have forfeited their right to live.

"The model saloon exists chiefly in the

minds of the editors of liquor journals, in the imaginations of a certain type of ministers, and in the mythical stories sometimes rehearsed at saloon men's camp-fires.

"Unfortunately the average tippling house is a place of ill fame, a place of shame and debauchery.

"With comparatively few exceptions our saloons are houses of drunken men, profanity, and obscenity of the vilest possible type.

"Journals like the *Wholesaler's and Retailer's Review* preach the gospel of purity for the saloon, but the preaching is not heeded, if indeed it is heard above the roar of dissipated voices. Over all our speaking-trumpets the gray sea and the loud winds answer, Not now; not in this age of Bacchus can your voices be heard.

"It is no wonder that even in the better towns of the wild West, as well as of the effete East and the conservative South, the stranger who visits a saloon is at once invoiced, labeled, and damned.

"This growing disrespect for the saloons is the harvest of tears ripened by the lurid glare of thousands of nights of hellish debauchery. It is no wonder that saloons in some localities are called hell-fire clubs.

"There are, in fact, not enough model saloons in California to hold the degenerates of one ward of San Francisco."—*Battle Cry.*



Alcohol as a Remedy

WITHIN the last few years alcohol has become less and less popular as a drug in public hospitals, and where used, it has been chiefly employed for external applications, as a bath in fevers. Formerly alcohol was thought to be very useful as a tonic for worn-out elderly persons. This theory is also rapidly passing away. Nearly all the old people's homes

and hospitals for the aged have abandoned spirits as a tonic.

It seems to be a settled conviction that alcohol used medicinally or as a beverage is depressive and lowers vitality, lessening the oxygen-carrying properties of the blood corpuscles and increasing the waste of the system. Several authorities urge with great positiveness that the use of alcohol favors the growth of toxins and bacterial products in the body by its disturbing action on nutrition.—*T. D. Crothers, M. D., in American Medicine; quoted in Review of Reviews.*

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Prohibition

THE *Post* has taken no part in the discussions of the "wet or dry" question that is agitating this people from ocean to ocean, except to chronicle the facts, and impartially comment on them as they present themselves day by day. Speaking from observation only, the *Post* is thoroughly satisfied that dram drinking, as we Americans indulge it, is a positive evil, and for it the treating fad is greatly responsible. . . .

The way to make a man temperate is to teach the boy temperance at his mother's knee, and set him the example of it in the daily walk of his parents. The thing that threatens this people more than dram drinking is the irreverence of our youth toward their parents, their contempt for parental injunction, and their defiance of parental authority. That has made as much evil, as much distress, in our land as anything else, with the possible exception of dram drinking.—*Washington Post.*

Dry Territory Increasing

ABOUT one half of the total area of the United States is now "dry," and the barometer indicates that the "drought" will extend to other sections during the present year. The anti-saloon sentiment has developed with great rapidity in every part of the Union except Pennsylvania, New Jersey, and the Rocky Mountain States; but the most interesting fact about the movement is the way in which it was brought about. The leaders have not appealed to lurid charts in the school physiologies, nor demolished private property with hatchets, but have based their arguments upon economic principles both sound and indisputable. . . . The issue has been made against the saloon as an evil against the home, as a menace to the general welfare, as an institution with only a technical right to existence. . . . There are now but nine States and Territories in the Union where the saloon is master of the situation.—*World's Work.*

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Alcohol and the Doctors

To any one familiar with modern textbooks upon clinical medicine, toxicology, pharmacology, dietetics, therapeutics, criminology, pathology, and several other sciences, it must appear as one of the most significant indictments of the human intellect that, half a century ago, alcohol was actually asserted to be necessary for health. . . . We now see that the doctors of half a century ago were wrong, and egregiously wrong, upon every specific point connected with the properties of alcohol.—*C. W. Saleeby, in the Living Age.*

For twenty years temperance lecturers were less respectable than drunkards. Twenty years more, and we have made drinking disgraceful. Within the next twenty years drunkenness will disappear in the Northern States, from all classes above the lowest.—*Dr. Dio Lewis, in "Our Digestion."*

THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park.

Report of the Medical Missionary Convention Held at Loma Linda, Cal.,

Oct. 28-31, 1907

ON Monday morning, October 28, the first meeting of the convention was called in the assembly hall at Loma Linda. The room was well filled with physicians, nurses, ministers, and Bible workers, representing the different departments of the Pacific Union Conference.

There were ten meetings, in all, during the convention, and upward of twenty papers were read on as many different subjects. These papers called forth much animated discussion, and although the majority of them were upon strictly medical missionary subjects, yet there were a number of ably written scientific papers. Dr. W. B. Holden's paper, entitled "Conservative Surgery," was very well received. The paper concluded with the following paragraph:—

"Careful study, faithful attention to details, perfection of technique, constant effort to keep abreast of medical progress, courage, and absolute honesty of purpose, will make surgery conservative."

Dr. B. E. Fullmer read an excellent paper upon the subject of "Popular Christian Science, and How to Meet It." He showed how foolish were many of the statements made in Mrs. Eddy's book, "Science and Health," from a scientific standpoint. Any one believing her statements must renounce all theories and laws regarding chemistry, physiology, and all other sciences.

Dr. H. W. Miller, who has been a medical missionary to China for four years, in his paper, entitled "Medical Missionary Training for the Foreign Field," declares that not enough care is taken in preparing missionaries for foreign fields. He says the two principal objects to be gained in the medical preparation are, first, that the workers may have sufficient knowledge to care for and preserve their own health; and, second, to treat the simple ailments of the natives in these lands. His paper was concluded as follows:—

"The education and training of missionaries for foreign service can not be begun too early by a regular, systematic course of study; and this should be as substantially planned for as the work we hope to see accomplished by it."

Dr. Julia A. White read an excellent paper, entitled "Object of Our Sanitarium Training-schools." In discussing the great benefits accruing to a medical missionary from the knowledge of healing, she contrasted Dr. Judson, who, without a knowledge of medicine, labored faithfully for twenty years in Burma before he baptized his first convert, with Dr. Boughton, who, in a comparatively short time, assisted the Princess Delphi to recover her health. The result was that India was soon opened to British trade and British missionaries. Dr. White stated further:—

"Recently, a famous Chinese statesman, on a visit to this country, when asked what he feared most in Western

civilization, said: 'I do not fear your commerce, your armies, or your navies; but I do fear your medical missionaries.'

Elder G. W. Reaser, in his paper discussing the great work that can be done by a medical missionary, related the following incident:—

"A little Chinese girl, when a few years old, was thrown into the streets because she was the third daughter of parents who did not want another girl. Methodist missionaries picked her up, placed her later in one of the schools, and when she grew up, she married a Chinese minister. Their first child came to America, made an honorable record for herself, and was graduated as Dr. Li Bi Cu, with high honors, from the Woman's Medical College in Philadelphia. She was received by President Roosevelt, who extended to her special courtesies, and talked to her of her ambitions and purposes.

"Under the auspices of the Methodist Woman's Foreign Missionary Society she has now assumed the task of establishing a woman's hospital in Ngu Cheng, her present home. While traveling homeward toward San Francisco the train struck a Russian track laborer, and the injured man was carried in the baggage-car for treatment. The young Chinese woman offered her services, and the man was made comfortable. One of the party who witnessed the aid rendered has written: 'What a missionary sermon could be preached from a photograph of the Chinese Christian physician giving the emergency aid to the injured Russian workman in an American baggage-car'! Dr. Li, on reaching China, was given a most joyful welcome by relatives after her eight years' absence. Friends met her with firecrackers, banners, and music, and a gala fête was prepared by her family.

"This was a woman whose mother the followers of Confucius did not think worth saving as a baby girl."

A number of papers were read concerning the training of workers in our sanitariums, and in every one was a plea for a more thorough course in Bible training. The spirit of the whole convention was intensely missionary, a great deal of time being spent in discussing how the missionary part of the training of our young people might be brought up on a higher plane, where God wishes it.

Elder G. A. Irwin gave a very interesting and instructive lecture, Tuesday evening, on Africa as seen by him during his recent trip, and on the great need there for consecrated medical workers. In that field there is only one medical missionary to every 2,500,000 people.

The Wednesday evening hour was occupied by Elder A. G. Daniells, in discussing the need of the world-wide fields. He told of several interesting experiences of workers in Iceland, Russia, Africa, etc.

At the devotional exercises each morning, Mrs. E. G. White gave interesting talks, dwelling especially on the educational phase of medical missionary work.

The day following the convention, a meeting of the General Conference Committee was held, in which was outlined a health campaign for next summer. The matter is to be taken up by all the union and State conferences, it being recommended that at the camp-meetings one hour a day be set apart for the consideration of health principles.

R. S. CUMMINGS, M. D.



Mexico

WE have now finished the work of remodeling our building here at Guadalupe, and have the treatment rooms completed, and the chapel is just receiv-

ing the finishing touches. While we have nothing that is fine, we have an equipment that will serve our purpose very nicely. The treatment rooms are doing good. If you could hear our Mexican nurse reading the Bible and talking to the people as they are waiting for or receiving their treatment, you would feel that the medical missionary work in Guadalajara will still prove a success.

One woman came to the mission in a very critical condition. Her friends thought she would die, and the Mexican woman who was attending her at her home left for fear she would die. She retained Dr. Myers, although her relatives wanted her to call another physician. She said that she believed in the religion of this doctor and our nurse, and wanted them to come and care for her. We all felt that her case was serious, and we pleaded with God to bless the means used to restore her to health, and not let her faith in the religion she had heard at the mission be in vain. She has gotten along nicely, and is now able to come to the mission for treatment. This has been a great victory for the truths for which the mission stands. G. M. BROWN.



Mt. Rose, Grenada, West Indies

WE work hard, and yet enjoy such health that it is a constant source of astonishment to the people here. We are having a real feast in the study of "Ministry of Healing," and feel sure this book is going to prove a great blessing to these poor people.

The natives are very superstitious. They are afraid of water, damp floors,

"night air," etc. When the bedroom floor is scrubbed, the occupant of the room goes to the other apartments for three nights, for fear of taking cold. It is the height of folly for any one, especially a lady, the doctors tell them, to cross a damp floor. At night they close every door and window; and if there happens to be a little crack anywhere, they stuff it with rags, to keep out the "deadly night air." They think that to eat oranges when one is warm, will give him the leprosy. After one has ironed even a few pieces, she must not venture out the remainder of the day.

And so I might go on at almost any length, telling of their peculiar ideas. It is exceedingly difficult for them from to break from them. But gradually, as they study the Word of God, and become more enlightened, these are dropped, and after a time they look back and smile at what they themselves once believed.

MRS. W. A. SWEANY.



Brazil

BROTHER BRACK, a German worker, is laboring in the colony of Sao Pedro. At first his way seemed to hedge up, but the Lord opened the way before him. He writes: "A man who had been in bed for weeks, and whom none could help, was restored to health by simple treatments. Prejudice has thus been removed, and people are coming from far and wide, asking for counsel. Doors that otherwise would be closed, are now open as a result of this one successful treatment. This instance shows how important it is that all laborers know how to treat the sick." JOHN LIPKE.

The Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace, or surround them with the artificial adornments and luxuries that so many to-day are struggling to obtain. He placed them in close touch with nature.—Mrs. E. G. White, in "Ministry of Healing."

QUESTIONS AND ANSWERS

Conducted by D. H. Kress, M. D., Takoma Park Station, Washington, D. C.

Questions on health topics which are of general interest are answered in this department. All queries should be addressed to Dr. Kress, with stamp enclosed for reply by mail.

310. Diet for Enlarged Liver and Spleen.—Mrs. B. H., Syracuse, Kan., wishes to have diet prescribed for enlarged liver and spleen.

Ans.—The liver receives the irritants and poisons introduced into or formed in the alimentary canal, its function being to destroy or eliminate these. By constant irritation and overwork the organ becomes disabled. The foods indicated are those which are free from wastes, and which do not readily undergo decay in the alimentary canal. Ordinary cheese, meat, and the free use of beans should be guarded against. Sugar must be used sparingly if at all. A diet composed largely of well-dextrinized grains, breads, and fruits is the best, with an occasional egg. A vegetable meal may be taken occasionally. When doing so, avoid fruits.

311. Eczema of the Face and Hands.—Mr. S. G., Denver, Colo., wishes to know if there is any cure for a case of eczema of the face and hands that has stubbornly resisted all treatments tried thus far.

Ans.—Sometimes this complaint is difficult to get rid of. The general health should be built up by the use of suitable foods and open-air life. Recently a most stubborn case was treated at the Washington Sanitarium with the high-frequency electricity, and was entirely cured in about three weeks. It might be well to try this treatment, as all the ordinary treatments have failed. Digestive disturbance predisposes to the development of eczema. This must receive attention.

312. Palpitating and Irregular Heart.—N. C. Mc, Winterset, Iowa, 58 years old, complains of palpitating and irregular heart; says indigestion seems to bring on the spells, and wishes to know what treatments are indicated.

Ans.—It is possible there exists some

organic disease of the heart. An examination by a physician would be necessary to determine this. It is probable, however, that the palpitation is due to indigestion. When food ferments in the stomach as a result of errors in eating, the action of the heart is frequently interfered with reflexly, and sometimes by the distention of the walls of the stomach with gas. Carefulness in eating will usually correct the difficulty. My advice would be to avoid complicated dishes, use only simple foods, masticate these thoroughly, and be content with but two or three kinds at a meal. Avoid the use of sugar, pies, pastry, and puddings. Eat well-baked breads or puffed rice, wheat berries, or granola, with eggs and fruits at close of meal. At another meal, breads, vegetables, and a little soup may be used. Another meal may be composed of zwieback and milk and eggs. Sometimes a hearty evening meal is responsible for palpitation of the heart. It may be necessary to take something very simple in the evening, or do without the evening meal altogether.

313. Lumbago.—Mrs. S. A. C., Northfield, Vt., 68 years of age, is suffering with a lame back; can lie in one position only a short time on account of pain in small of the back. Passes large quantity of light-colored urine at times, then again it is highly colored, containing much sediment. She wishes to know what to do to obtain relief.

Ans.—The symptoms described resemble the symptoms present in "lumbago," or rheumatism involving the lumbar muscles. Fomentations applied each night, followed by thorough oil rubs to the affected parts, or the application of some counter-irritant in the form of a liniment or mustard plaster, will be found helpful. The feet must be kept warm. A hot foot-bath before re-

tiring at night is indicated. Attention must be given to the diet. Meats should be excluded, butter should be used very sparingly, if it is used at all. Be careful not to use sugar and milk in combination, or at the same meal. Chew well all foods eaten. Do not use tea or coffee. Eat nothing between meals, and very little at the evening meal. It might be well to have the urine examined.

314. Diet and Bathing.—Mrs. A. G., Bristol, N. H., aged 50, had nervous prostration more than a year ago; was very sick; has very weak heart. She says: "1. Please tell me the best treatment and diet for the nervous system. 2. Can you tell me why I can not eat beans? I cook them very plainly. 3. Is it good to take a cold bath?"

Ans.—1. Any treatment and diet that will build up the general health will improve the nervous system as well. Live as much as possible in the open air. Eat simple food. Abstain from tea, coffee, and cocoa.

2. Beans are rather difficult to digest, especially by those who have dilated stomachs. By pressing them through a colander and removing the skins, they agree better, especially if eaten in small amounts with bread to insure mastication.

3. The cold bath may be too severe for you. Instead of attempting the cold bath, dip a towel into cold water, wring it quite dry, rub the body briskly with it, and wipe well with a dry towel.

Vivisection Bill in New York.—An attempt is being made to pass a bill regulating or restricting vivisection in New York State.

Tobacco and Germs.—An examination of the mouth of tobacco chewers has demonstrated two facts: (1) the tobacco chewer's mouth is filthier than the ordinary mouth; (2) tobacco is not an efficient germicide.

Immunity Against Ivy Poison.—An experimenter has demonstrated the possibility of rendering a susceptible animal immune

from ivy poison. The blood of the artificially immune animal is capable of immunizing other animals. As ivy poison is not a proteid, but a glucosid; Ehrlich's theory that it is not possible to establish active immunity against a non-proteid is disproved.

An Ancient Sepulcher.—A Connecticut man has fallen heir to a pork barrel which is credited with having been the burial-place of succeeding generations of hogs for the last two hundred twenty-five years.

Chloroform Anesthesia, Improved Method.—A physician suggests that simply warming the chloroform bottle in water at 100° F. greatly hastens its effect, diminishes the amount of the drug required, hastens recovery to consciousness, and is followed by fewer evil after-effects.

Insanity Making Rapid Gain.—According to a report submitted to the District Commissioners, insanity has increased two hundred forty-five per cent in ten years in the District of Columbia. The old asylum is much overcrowded, and a new institution is needed.

The Simple Life a Preventive of Cancer.—Dr. Czerny, of Heidelberg, an authority on cancer, admits that radium and the X-ray have checked cancerous growths, and have occasionally cured them; but such remedies are not at all certain in their effect. He recommends the simple life as the surest way to prevent cancer. He advises scrupulous cleanliness of the skin, and the avoidance of rich foods.

Scopolamin-morphin in Obstetrics.—Newell, of Boston, gives results of 123 obstetric cases in which scopolamin-morphin anesthesia was used. Result: pain reduced greatly in nearly all cases, and entirely in some; time of labor shortened; necessity for operative interference reduced; no tendency to hemorrhage; no bad effects noted in heart, respiration, or pulse. The author insists that scopolamin and hyoscin are not identical in their effects, whatever they may be chemically.

God now, as ever, answers believing prayer when and how he wills, but as far as we have been able to discern he is usually pleased to work through purely natural means.—A. T. Schofield, M. D., in "Faith Healing."

EDITORIAL



The Propaganda of the Brewers

PROHIBITIONISTS have had their opportunity to educate the people, and now it is the brewers' turn, and they are engaging in an energetic educational campaign through the newspaper.

One large brewery is making use of an entire advertising page in the more influential dailies, and less space in the smaller papers. Other breweries are pursuing a similar policy. The arguments advanced by these people are quite plausible—provided you are not informed.

Here is a sample of the instruction which is volunteered by a Washington City brewery:—

"Beer is as much a predigested food as the so-called breakfast foods. The process of malting the grain is the same in both. It converts the starchy matter of the cereal into MALT SUGAR, which is not only very easily digested and assimilated, but HIGHLY NUTRITIOUS as well."

It is true that malting is one part of the brewing process, and the malt so produced is highly nutritious, as is the sugar of grapes, and other sugar; *but the process does not end there.* This malt sugar is fermented—or rotted—by the action of the yeast plant, and converted into alcohol and carbonic acid. The carbonic acid causes the beer to foam, the alcohol causes the drinker to—do all sorts of things. In no true sense can it be called nutritious after it is fermented. The amount of malt sugar remaining unfermented is negligible.

Many other "arguments" are being published at liberal advertising rates, by the brewers. Once they could smile at the efforts of temperance workers. Now they are awaking to the fact that the leaven of temperance education has been slowly, but surely permeating the public until the brewer must make a vigorous fight if he maintains his existence.

And the men who have had the source of easy revenue from the public will not yield without a fierce struggle for what they are pleased to call their "rights."



The Use of Alcoholic Beverages

THE National Retail Liquor Dealers' Association is engaged in a campaign of propaganda or what they might term "missionary work," with a view of increasing the demand for alcoholic beverages, and has expended a considerable sum of money in circularizing the press of the country with a photographic reproduction from the London *Lancet*, containing the now-famed "manifesto" justifying the use of alcohol as a beverage.

This defense of alcohol, signed by members of the medical profession, well known in Europe and America, begins with the following statement:—

"In view of the statements frequently made as to present medical opinion regarding alcohol and alcoholic beverages, we, the undersigned, think it desirable to issue the following short statement on the subject—a statement which we believe represents the opinions of the lead-

ing clinical teachers as well as of the great majority of medical practitioners."

It states the conviction of the signers that "in disease, alcohol is a rapid and trustworthy restorative," and "that the moderate use of alcoholic beverages is, for adults, usually beneficial."

This document has created a furor of excitement in temperance circles, for it was immediately seen that such statements, however sincerely held by the eminent signers of the article, would be used by men in the liquor business in such a way as practically to neutralize the effect of the educational campaign of the temperance reformers.

That the statement in question does not represent the opinion of the medical profession is shown by the fact that it was soon followed by a counter-statement signed by men equally eminent in the profession, which said in part:—

"A manifesto with regard to the use of alcohol has received wide circulation. By reason of the high position in the scientific world held by the signatories, great importance has been attached to the views it expresses. . . . We gravely dissent from much of its teaching, nor can we accept it as an authoritative statement of recognized medical opinion in the matter. Without asserting that alcohol has no value in the treatment of disease, we believe that its use is occasional rather than regular, and limited rather than wide. We regard the word 'life-preserving' in connection with alcohol as misleading, and we consider that the statement that alcohol 'has the power to sustain cardiac and nervous energy,' rests on no certain clinical or experimental evidence. On the other hand, we strongly believe that alcohol is unnecessary as an article of consumption in the case of healthy men and women, and that its general use could be discontinued without detriment to the world's welfare. As

alcohol is one of the most fruitful causes of poverty, disease, and crime, we are pleased that it is sparingly employed as a remedy by the majority of medical men."

We believe the second manifesto to be nearer the truth than the first; and that the first, in the hands of the unscrupulous, is well calculated to do immense damage in the way of removing from the tempted a potent incentive to live a clean, sober life.

It is rather unpromising work, the reform of drunkards or the reclamation of habitual moderate drinkers. The hope of the temperance cause lies in an educational campaign which will result in preventing the young from taking the initial step toward alcoholism—"the first glass." The young should ever be taught that alcohol in any of its forms is a source of danger not to be trifled with; and it is to be regretted that men eminent in the profession of medicine should have, wittingly or unwittingly, lent their influence to the other side.

The protests that arose from many quarters after the publication of the document, may have caused the signers to do some hard thinking; since then, it would seem, many of them have practically modified their former statement; but this does not prevent the saloon interests from scattering the document far and wide in *an organized campaign against decency and good order.*

That the last statement is entirely within the bounds of truth, will be evident to any one who will recall the result which followed when Mayor Schmit permitted the reopening of the San Francisco saloons which had been closed for some weeks after the disaster.

The saloon is the lifelong enemy to decency, good order, and good government; and its ammunition is alcohol. It has no moral right to exist.

Class Legislation

EUGENE CHRISTIAN, a "food scientist" of New York City, who was arrested some two years ago for "practising medicine without a license," and was convicted in the lower court, appealed the case to the Supreme Court, the result being that the decision of the lower court was reversed, and Mr. Christian exonerated.

Of Mr. Christian's methods and theories the writer has little to say. His book contains some arguments about as sound as that of the man who proved that the earth does not turn round, by placing a stone on a stump at night, and finding it still there in the morning.

There is no doubt, however, that Mr. Christian, by leading people to give up many hurtful indulgences and to adopt a more simple life, has been a benefactor.

We believe that medical men can be in better business than obtaining stringent medical laws, and attempting thereby to create a medical trades-union with power to confine to its own ranks everything that pertains to the relief of sickness.

This country is supposed to be a government of the people, for the people, and by the people. As a matter of fact, it is not. It is a government of the people, for the few, and by the few who know how to manipulate legislatures and courts.

This is not as it should be. Neither money rings nor zealous organizations with loud mouths should influence legislation which is not the wish of the people.

Religious legislation and much medical legislation is of this class, and even temperance legislation may be.

Prohibition is right in principle. The government should not in any way be a party to the liquor traffic. It is a shame to a country that it depends for revenue on the price it receives for permitting

crime incubators to continue their damnable business.

But if prohibition is secured by the activity of the few, and not backed up by an educated public, it is worse than useless. It is a menace. It teaches people to disrespect law. No prohibitory law should go on the statute-books that does not have the indorsement of the majority of the people. This is why local option may be more effective, often, than prohibition—it is the will of the people.

But "reformers" often prefer to take short cuts, forgetting that the truest and most lasting success is that which proceeds from the careful and thorough education of the people as a whole in right lines.

This is not to say that a law framed by the majority of the people is necessarily a right law.

A religious law, prescribed by nine tenths of the people, which infringes on the rights of conscience of one tenth or one thousandth of the people is a wrong law,—wrong in principle,—and destined later to be followed by more drastic laws.

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Food Value of Alcohol

WILLIAM NELSON HARRISON, M. D., editor of the department devoted to "Medical Questions of Popular Interest," in *Current Literature*, after quoting from the *Lancet* statements asserting the food value of alcohol, says: "It is in this sense that alcohol may be called a food, or better, a food-sparer. But even this apparently useful quality [is] lessened [by] the probability that prior to its oxidation, its initiative effects act injuriously on the tissues with which it comes into contact."

"Where organic disease is present, particularly if it involves the liver, kidneys, nervous system, or blood-vessels, alcohol in any amount is positively del-

eterious. Only when positive symptomatic indications demand its use may it ever be profitably employed; and then with full appreciation of the fact that any beneficial action will be accompanied by an injurious effect on the organic disease present."

"To sum up: in its relation to the human organism, the food value of alcohol is only negative, and may well be ignored. And by restricting its use entirely to remedial purposes, no loss to the race would be entailed, and incalculable benefit would ensue."

But as he himself shows, alcohol in any quantity is positively deleterious in organic disease; and others have conclusively shown that alcohol is *not necessary* as a remedial agency. Is there, then, no use for alcohol? — O, yes! As a fuel for cooking, running automobiles, and so forth, it is excellent. As a beverage it may well take a place alongside of gasoline.

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The Cost of Tuberculosis

DR. HUBER estimates that tuberculosis causes annually a loss of at least three hundred thirty million dollars to the United States, nearly a million dollars a day, or four dollars a year for every man, woman, and child in the nation.

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Alcohol and Disease

(Concluded from page 102)

stroke are very uncommon among them. This is certainly significant.

The war between the Russians and the Japanese affords another striking example of the value of abstinence from alcohol. It shows that in time the degenerate alcohol-consuming races will be overcome and eliminated by the more temperate races. In view of these facts,

If this estimate is even approximately correct, would not the appropriation of several million dollars annually in a national or State crusade against the disease be a wise expenditure? If more effort were made to improve, or rather to clean out, the slum districts,—to give more light and air and better food to the "submerged half,"—would it not do much to obliterate the foci from which the disease is largely spread?

If an organized effort were made to induce the dwellers in sunless and airless tenements to purchase or rent small places in the suburbs, where wife and children might earn a part at least of the living in the open air, and where father could have the same privilege a short time each day—in other words, if there were a general movement to lead the people in the congested districts "back to the land," would there not be a marked decrease in the ravages of that disease which thrives principally in the absence of sunlight and air?

If the government, through the Department of Agriculture, should undertake to buy up and slaughter all tuberculous animals as fast as detected, and to superintend the disinfection of all barns and sheds where such animals have been housed, would not an important link in the tuberculosis chain be severed?

— more should be done to make known the dangers which threaten us as individuals and as nations if the use of alcohol is continued in the future as it has been in the past. A united educational campaign should be inaugurated, the aim of which should be to make known to old and young, by lectures in halls and churches, by simple talks to children in our public schools, and by the distribution of suitable literature, the injurious effect of alcohol on body and mind.



This department has been opened in the interest of rational treatment—or what professional men have come to call “Physiologic Therapeutics.” Physicians and investigators the world over are learning the great value of drugless remedies. In each issue we expect to furnish some matter showing the progress of thought in the development of these principles, and also to illustrate in the work of one or more sanitariums how these principles are being applied.

Hydrotherapy in Germany

SOME years ago the physicians of Germany became alarmed at the increasing popularity of various uneducated healers and quacks. As a result of this agitation a commission was appointed for the revision of medical examinations, the purpose being to place the medical profession on a higher plane where it would be more secure from the competition of quackery.

Professor Kussmaul, the chairman of the commission, submitted a report, from which we quote the following, as given in the *Medical Record*:—

“It can not be denied that the faith in prescriptions is waning among educated people, and that confidence in dietetic remedial methods and in the curative power of water is in the ascendancy.

“Even the lower strata begin to realize how much may be accomplished with air, water, and proper regulation of habits of life without the use of medicine. A distrust against even the most powerful and indispensable medicinal agents is becoming more pronounced in large circles. Water is the chief agent, which has won steadily growing confidence as a remedy, because, unlike every other, it may be utilized in varied and changing temperatures and forms of application for the most varied therapeutic purposes.

According to the correct and skilful selection of the procedure, it regulates the circulation and distribution of the blood, the production of heat and tissue change, and influences the respiration and the nerves.

“The treatment by water has passed its childhood days when it still staggered upon feeble limbs, and not infrequently did as much damage as is done by improper medication. Ripened experience and physiological knowledge have fortified the treatment and rendered it safe. Hydrotherapy, combined with diet, may undoubtedly bring about, or aid in, the cure of numberless acute and chronic diseases.

“Of hydrotherapy the young physician knows almost nothing when he leaves the university. Unfortunately he sooner or later may encounter discomfiture when an uneducated water-doctor steps in and cures the patient after he has failed.”

Dr. Kussmaul's expression, “the uneducated water-doctor,” scarcely applies in this country. Most physicians who utilize hydrotherapy have had a liberal medical education, and, in addition, special instruction and experience in certain therapeutic procedures which are not yet taught in the medical schools as they should be.

Medical Colleges Should Teach Hydrotherapy

DR. SIMON BARUCH, a venerable patriarch in the medical profession, and one of the most progressive of New York's physicians, has demonstrated that there are efficient drugless therapeutic measures, a knowledge of which gives one a great advantage over the man who depends largely upon drugs.

He deplors the fact that so little is taught regarding hydrotherapy; and in a recent address before the Interurban Club of New York, he made an able plea that the principles and practise of hydrotherapy be regularly and efficiently taught in the medical schools. From the address, we quote:—

"It lacks but eighteen months to complete a half century since I entered the medical profession. During the first and larger portion of this period, I was unacquainted with the medical properties of water; during the latter two decades I have endeavored to study and utilize them. A clinical control experiment was thus presented, the result of which I

would fain impress on you could I adequately voice the comfort, satisfaction, and the saving of sorrow and suffering which the addition of water to my other therapeutic resources has brought."

"The development of hydrotherapy during the past twenty-five years has been so phenomenal that it has become imperative to formulate some method of instruction on the subject in our medical schools. The sooner this fact is realized, the better for the schools and for suffering humanity."

"It is your mission to teach your students to save life; hence it is incumbent upon you to add hydrotherapy to the remedial armament with which you equip them for the battle with disease and death."

Many physicians, perhaps one might say most physicians, have theoretically accepted hydrotherapy as a legitimate and highly efficient means of combating disease. Few, unfortunately, have had any practical knowledge of the physiological action of water in health and disease. So hydrotherapy makes slow headway in private practise.



Sanitarium Notes

MR. WESSELS, formerly of Paradise Valley Sanitarium, has taken charge of the business at Glendale, Cal.

DR. W. A. RUBLE has been chosen superintendent of the Washington Branch Sanitarium, located at Iowa Circle.

W. H. HALL, formerly steward of the Battle Creek Sanitarium, has assumed the business management of Paradise Valley Sanitarium, San Diego, Cal.

MRS. J. L. INGS, the popular matron of the St. Helena (Cal.) Sanitarium, recently made a short visit to southern California. For ten years, it is said, Mrs. Ings had not

spent a night away from the institution to which she has devoted her life.

Twenty years ago the writer made his first acquaintance with sanitarium life at the Rural Health Retreat, St. Helena, then a two-story institution possessed of rather limited facilities. But "Sister Ings" was there, and manifested rare skill in relieving patients of that common ailment, homesickness.

The little health home, or "Retreat," has long been replaced by the more pretentious sanitarium, and many of Sister Ings's former duties have fallen on the shoulders of others; but the spirit of the old home still lives in the more modern institution.

The Washington, D. C., Sanitarium

IN a charming little suburb, convenient to the national capital, yet away from the dust and din of the city, stands one of the most recent of the chain of sanitariums established by Seventh-day Adventists.

Last June, in the presence of a large number of friends, this institution, then nearing completion, was formally dedicated to its work of helping suffering humanity. On this occasion, Mayor W. G. Platt, of Takoma Park,¹ delivered

the following address of welcome:—

“Appearing for a time as the representative of the citizens of Takoma Park, it is with pleasure that I welcome you to our beautiful suburb on this memorable occasion. The Washington Sanitarium Association is engaged in a great and noble work,—a work which appeals to the best in our natures,—and it is a peculiar satisfaction to our citizens to know that their scientific judgment confirms our own judgment in choosing our



WASHINGTON SANITARIUM, EAST VIEW

¹ Takoma Park is a suburb of Washington, D. C., situated partly in the District of Columbia, and partly in the State of Maryland. That portion of the town lying within the District is, so far as its laws are concerned, simply a portion of the city of Washington. That portion of the town on the Maryland side of the line is incorporated as the Town of Takoma Park. The post-office is in the District, and is a substation of the Washington City post-office.

Though the sanitarium is situated in Maryland, the post-office address is Takoma Park Station, Washington, D. C. Takoma Park, which is about forty minutes from the business center of Washington by trolley, is absolutely a “dry” town, for the reason that all deeds transferring property in the town contain a clause which invalidates the title to such property in case it is used for the manufacture or sale of intoxicating liquors.

town as a place of great natural healthfulness. In making this choice, they but give fulfilment to the prophecy of others who have been before us.

"Twenty years ago I visited this identical spot in company with Mr. B. F. Gilbert, the founder of Takoma Park,



THE SLIGO

who pointed out to me its many attractive features.

"I remember that he called my attention to the peculiar fact that the sound of the rippling waters of the beautiful Sligo can be heard much more distinctly from this point than from any other of equal distance; but what is of especial interest on this occasion is the fact that he made the statement at that time that nature had designed this place for a sanitarium; and that it was his intention to reserve it for that purpose.

"For years this was a cherished plan with him, and he constantly sought to enlist the interest of the medical fraternity in such a project. He finally succeeded in securing the co-operation of a celebrated physician of New

York to build such an institution, but the financial troubles of 1893 prevented the consummation of his plan.

"However, it was a source of the greatest satisfaction to Mr. Gilbert in his declining years to know that persons skilled in the treatment of disease, who have made a success of sanitarium work throughout the whole civilized world, should verify his judgment in selecting this as an ideal spot on which to erect a sanitarium.

"The people of Takoma Park are justified in the great pride which they take in this institution, not merely because of the erection of this beautiful building, but rather because of the fact that this delightful suburb of Washington through this institution is sure to become known throughout the world for what is really is — one of the most beautiful spots in America.

"This is not a mere idle, extravagant, or thoughtless statement made to exalt our pride of home, but is fully justified by the vital statistics. Prior to 1904 we had no official record. . . . The census



BEAUTIFULLY SITUATED

report of 1900 shows that the average death-rate in the United States was about seventeen in a thousand, and no city or

town whose record is given has a death-rate lower than nine in a thousand. The average death-rate of Takoma Park during the three years mentioned [1904, 1905, 1906] was less than three in a thousand.

"This is a remarkable showing, and



DRAWING-ROOM

clearly demonstrates that if this institution succeeds financially, it must get its patronage outside of Takoma Park.

"In view of these facts, then, we are gratified at your coming here; we hope loyally to support you in all your efforts to make this Sanitarium a source of renewed health to thousands, and thereby known the world over. Our trust is that they who come to it, and they who go away in the full vigor of renewed health, may know and appreciate not alone the beauty of the place, the purity of the environment, but above all, the hospitality and generous nature of our people who join with me in a hearty welcome."

It will not be necessary for us to mention the facilities of the Washington

Sanitarium, for these are given in the catalogue, which will be mailed free to any applicant, on request for the same. Suffice it here to state that it is a modern institution, sanitary in all its details, and thoroughly fitted for its work.

Beautiful for situation, it stands high and dry, commanding a fine view of the valley and magnificent scenery in all directions.

Its hospitable doors open not alone to the sick and the infirm. All are welcomed to its inviting home life. The restful divans and lounging chairs, the broad verandas and promenades, are charming invitations to the business man to steal awhile from care away, and, in restful relaxation amid rural scenes, find a tonic far exceeding in remedial properties any bottled by the



SANITARIUM FROM THE SOUTH

most famed druggist. If "a stitch in time saves nine," it is equally true that an occasional rest for tired brawn and brain under favoring conditions will be the means of saving many a sudden breaking of mental powers.

SOME BOOKS

Only such books as bear on the topics discussed in **LIFE AND HEALTH** are noticed in this department. Favorable mention of a book is not necessarily an indorsement of all the positions taken by the author.

"Alcohol, the Sanction for Its Use," is a book which purports to be a translation by one Dr. J. Starke, from an eminent German authority. The author did not think it worth while to make known his identity. The book attempts to prove the following propositions:—

1. Alcohol does not of itself possess the property of inducing persons to take ever-increasing amounts.
2. The moderate use of alcohol has nothing to do with drunkenness.
3. The moderate use of alcohol has nothing to do with the development of disease.
4. The moderate use of alcohol is for many a man a very important hygienic measure.

The author further maintains that alcohol furnishes nourishment to the body, acts as a nerve stimulant, and does not (in moderation) act as a poison to the central nervous system.

The trouble with the first four propositions is that they are counter to the experience of every observing man.

Common observation and common sense tell us that the sot begins as a moderate drinker, and gradually increases in the quantity and frequency of his indulgences until he makes a beast of himself. It is true that not every moderate drinker goes on to excess. It is equally true that no drunkard began any other way than as a moderate drinker.

In Osler's **"Modern Medicine,"** recently published, is a carefully written description of the effects of alcohol, by a physician, to physicians. Dr. Lambert says: "From time immemorial man has used some substances to help increase the joys of life and deaden the keen edge of sorrow. Alcohol in some form has probably been most extensively employed for these purposes, and whenever used, it has been used to excess."

But then, of course, it is not the alcohol that leads to excess! "It is the unstable

nervous organism of the individual that is responsible for the formation of an irresistible habit."

The very fact that there are hundreds of thousands of such "unstable" persons in the country, as shown by the large army of drunkards, is a potent argument for the suppression of the liquor traffic in order that the unstable ones who have not yet been caught in the rum vortex, may have a chance to live a clean life.

The second proposition seems to need no further reply. Against the third proposition the same thought holds good; namely, that too often the moderate drinker does not remain a moderate drinker. In addition, another quotation may be made from Dr. Lambert, whose standpoint is that of a judge rather than that of an advocate, for no one reading his article would say that the doctor is in any way influenced by a purpose to say anything detrimental to alcohol. He says: "Moderate doses of alcohol taken not too frequently, would seem, as a sum total of their action, to favor an increase of the digestive processes, but after repeated consumption, the digestive processes are perverted and diminished." So much for continued moderate doses. Of course there is no dispute as to the effect of immoderate doses. Even the saloon-keeper will admit that excess is bad for the health.

Now as to the question of alcohol's furnishing nourishment to the body. That is a question over which a heated argument has been uselessly waged. Let us grant that alcohol may, when oxidized in the system, furnish heat and muscular energy. Is that a warrant for its use, when there are so many less harmful ways of furnishing the same energy?

Dr. Lambert, above quoted, admits that alcohol may furnish heat, and that probably energy for muscular work is derived from alcohol, but he continues: "The pos-

sibility here shown of alcohol in moderate doses furnishing energy for muscular work is a far different question from the possibility of alcohol as a part of the diet for muscular labor. General observations, and the results of practical tests on a large scale, show such beverages to be of doubtful value, or even harmful." It should be kept in mind that the doctor is not here speaking of alcohol in excessive quantities, but in moderate doses.

As against the assertion that alcohol acts as a stimulant, I may quote from Winfield S. Hall, Ph. D., M. D., Professor of Physiology, Northwestern University Medical School, Chicago. On the influence of alcohol on brain action, he says: "There is more confusion and disagreement regarding the influence of alcohol upon the nervous system than in any other field of alcoholic influences, except its alleged food value. This is due to the fact that small doses of alcohol or large doses in their primary effects cause a narcosis of the cerebral inhibition, thus loosening the reins and causing increased action without control. That it is not a real stimulation must be evident, because no man under the influence of alcohol can do more work in six hours than he could do without such influence. On the other hand, the amount of work that he could do in such a period would not only be less in quantity, but very much decreased in quality. Even men who believe in the moderate use of alcohol, advise against its use until the brain work of the day is completed."

One more quotation from Lambert: "Alcohol apparently increases the power of fatigued muscles, although it does not restore to them the same amount of power as they possessed before they were fatigued, and this restoration of power is only temporary and of short duration. It lessens

the sensation of fatigue, acting in some measure through the nervous system. To non-fatigued muscles it gives only a temporary increase in the work done. Alcohol will thus enable a brief spurt to be made, but it will not give sustained muscular power, and is followed by a depression of energy to below the normal."

The above quotations, part of which we have placed in bold-face type for emphasis, stand, we believe, on higher authority than the "eminent German authority" who did not see fit to attach his name to his book.

The American Esperanto Book, compiled and edited by Arthur Baker. Second edition. American Esperanto Company, Chicago, 1908; 328 pages, \$1.

Esperanto, we believe, has come to stay. Its many excellent qualities as a subsidiary universal language is gaining for it hundreds of thousands of new admirers and students each year. It commends itself by its extreme simplicity, by the uniformity and invariability of its rules, by the compactness of its vocabulary, and by the fact that it makes use of the best in the most widely used of the Western languages.

Whoever expects some day to travel, whether as a missionary or otherwise, will do well to engage in a study of this beautifully simple and remarkably flexible language.

Any person of ordinary intelligence ought to be able, by means of the manual, with a few minutes' study each day, to pick up the essentials of the language in a comparatively short time.

Mr. Baker's text-book is well arranged, and the type is excellent. The vocabularies are quite complete, and, I understand, it is the most complete Esperanto text-book published in America.

Those who are desirous of knowing more about the language before purchasing the larger text-book can obtain a small Esperanto leaflet, by sending a request for the same to Arthur Baker, 1239 Michigan Ave., Chicago, Ill., and enclosing a postage-stamp.

There is nothing innate within us that is not the legacy of preceding generations. When you discover in your children some intellectual and moral blemishes, do not go too far afield in looking for the causes. Examine your own mentality, that of your father and of your mother, of your grandparents, and you will always find the germ of fatal tendencies. . . . The majority of parents are annoyed when they find faults in their children, and want to know where they came from. One would really think that a bold cuckoo had laid her egg in their nest.—Paul Dubois.



Tuberculosis

Anti-tuberculosis Crusade in New York.

— Governor Hughes has promised the State Health Commissioner his aid in the effort to secure an appropriation of fifty thousand dollars to be used in the fight against tuberculosis in that State.

New York Sanitary Officers and Tuberculosis.—The discussion of tuberculosis and its problems took up the larger part of the time of the recent convention of sanitary officers. These men express the belief that by a liberal outlay of money the progress of this disease can be very materially reduced.

The Balloon Cure.—There are European physicians who, it is said, advocate a "balloon cure" for tuberculosis. Going up in a balloon, a patient may in a few minutes reach an atmosphere free from dust and bacteria. The main objection to this suggestion lies in the fact that not many poor consumptives can afford a balloon.

Increased Anti-tuberculosis Activity in Chicago.—The Chicago health department, among other things, is enforcing the law which requires the registration of tuberculous patients, and undertakes the disinfection of all premises where tuberculous patients have died. Heretofore such work was done by the Board only on request of the family or attending physician.

Tuberculosis in Milk.—At a meeting of the Committee on Prevention of Consumption for the District of Columbia, Dr. Schroeder stated that he had found that six per cent of the milk specimens he examined from the District of Columbia contained tubercle bacilli, and that in the butter made from this milk supply, an even larger percentage was infected.

New Anti-tuberculosis Work in New York State.—The New York State Charities Association has begun a campaign against tuberculosis in the State outside of New York City, co-operating with the State Board of Health. The campaign will be begun in Utica, and will be followed up in other cities.

Milk and Disease.—Dr. E. Wende, of Buffalo, N. Y., in a paper on "What Health Departments Can Do to Secure Pure Milk," says that it must be accepted that milk is a source of transmission of bovine tuberculosis, particularly in early life. He advocates, among other reforms, the abolition of the milk can, and the adoption of paper vessels to transmit the milk directly from the cow to the consumer.

Instruction Regarding Tuberculosis.—The Committee on Prevention of Consumption has outlined an active educational campaign for the city of Washington. Subcommittees have been formed to arrange for lectures in schools, churches, government departments, labor unions, and so forth. The intention is to bring to every inhabitant of Washington, white or black, a knowledge of the dangers of tuberculosis and of the means of prevention.

Anti-tubercular Education on Transfers.—The backs of the street-car transfers in Baltimore contain some excellent information regarding tuberculosis. The traveler is informed that consumption can be cured if taken in time; that dampness, dirt, darkness, and drink favor consumption; that sunshine, cleanliness, fresh air, and nourishing food are enemies to consumption; and that it is dangerous to neglect a slight cough, fever, or loss of weight, or to be careless in regard to spitting.

Other Transmissible Diseases

Free Vaccination.—During one week near the close of December, the health department physicians of New York City, aided by the police, vaccinated twenty thousand denizens of the lodging-houses.

The Fly and Typhoid Fever.—One physician asserts, as the result of a year's investigations, that the fly is responsible for five thousand of the seven thousand typhoid cases which annually occur in the city of Brooklyn, N. Y.

Milking Machines Breed Germs.—According to the report of the milk commission of the city of Cleveland for 1907, milking machines were introduced by dairymen because of the difficulty of obtaining a sufficient force of milkers. With the introduction of the machines the bacteriologist observed a marked increase in the number of bacteria in the milk, which continued until the machines were finally discarded.

Removal of Smallpox Quarantine.—The State of Minnesota, beginning with the first day of January, no longer enforces the quarantine regulation against smallpox cases, the idea being that so long as quarantine regulations are in force, many people will refuse or neglect to protect themselves by vaccination. It is expected that the new order of things will result in more universal vaccination, and consequent diminution of smallpox.

Typhoid from Milk.—The Bulletin of the Massachusetts State Board of Health relates the circumstances attending a recent outbreak of typhoid fever in that State. All the sufferers had been using milk from one dairy, where a boy who had been "too sick to work" and complained of "trouble with his stomach" and "weakness," was nursed by the man who milked the cows. The dairy was uncleanly, and the man who was nurse and milker, was especially untidy in his habits. Neglect to wash the hands after emptying the room slops and before milking, could hardly fail to transmit typhoid germs to the milk. A Widal test of the boy's blood revealed unquestionably that he had typhoid fever. Even with the most extreme precautions, a nurse on a typhoid case, or on any case, should never be permitted to handle a milk supply.

Miscellaneous

Barred Liquor.—A wealthy club in the vicinity of Chicago, Ill., is arranging for a new club house and grounds. The deed conveying the property provides that no intoxicating liquors shall be used on the grounds. This is in marked contrast to the action of many other fashionable clubs.

Women and Drink.—Dr. John D. Quackenbos, a noted specialist in mental and nervous disorders, says that the drink habit is rapidly increasing among women of all ranks, from the poorest to the most wealthy. He believes that ten now drink where one did twelve years ago. Not a few school children, according to the doctor, have taken to drinking beer, the effect being a mental sluggishness that is attracting the attention of educators.

Railroad Enforces Total Abstinence.—The Baltimore and Ohio Railroad requires that every employee having anything to do with the handling of trains shall be a total abstainer from liquor. This order is enforced with the belief that it will reduce accidents to a minimum. Heretofore trainmen have been required to abstain while on duty. The first sentence of the circular publishing the new order reads: "For the protection of life and property and good service, the rigid enforcement [of this ruling] is imperative."

The Passing of the Doctor.—A number of leading London physicians recently delivered addresses at the opening of the winter session of the medical school connected with the London hospitals, in which the statement was repeatedly made that the practise of medicine is destined to disappear, and be replaced by that of the health officer.

Ventilation of a Modern Liner.—The "Mauretania" has sixty-five machines for forcing fresh air into all habitable parts of the monster steamer. The combined capacity of these ventilating fans is 260,000 cubic feet a minute. That is, every foot of air in the habitable part of the ship can be entirely replaced every four minutes. The pure air is warmed to the proper temperature by means of steam coils. Neither passengers nor crew can interfere with the efficacy of the ventilating apparatus. So if one has a prejudice against pure air, he should steer clear of the new liner.

LIFE AND HEALTH

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

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

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

With the next number, we expect to begin a series of articles by Dr. Lauretta Kress on "The Home Treatment of Infants and Children." Among the topics which will be considered are: How shall I distinguish between symptoms that are trivial in character and those that are

grave? How shall I know when to attempt treatment myself, and when to send for a doctor? What precautions should I observe in giving treatment? How may I know whether the child is as well nourished as it should be? Significance of various symptoms and their treatment; the proper feeding of children. These and various other topics will be taken up in this series, and every mother will receive far more value than the subscription price of the magazine from these articles alone.

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Remedies for Mind Troubles

Crane in his "Right and Wrong Thinking," tells a story of a "young lady who could not sleep because the noises of the city disturbed her. She was told that every noise, whatever its character, had a musical note, and was advised to try to find that note in each of the various sounds which she heard. In compliance with this advice she abandoned all attempts to go to sleep, and pursued that one object, with the result that she slept soundly all night."

"Nobody ever stopped worrying by making good resolutions. . . . The more a man braces himself against worry, the more worry will get its grip on him. . . . Emotions do not have handles that can be gotten hold of by main strength, by an act of the will. . . . What he [the man in the dumps] can do and do successfully, is to make himself act the way a cheerful man would act,—to walk and talk the way a cheerful man would walk and talk, and to eat what a cheerful man would eat,—and after a time the emotion slips into line with his assumed attitude. . . . We can get at worry in exactly the same way. . . . See that all the hours of the day are so full of interesting and helpful occupations that there is no chance for worry to stick its nose in."—Luther H. Gulick, M. D., in "The Efficient Life."

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ANNEX

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The Life *The Sanitarium has a corps of Christian nurses and attendants who render cheerful service to patients. The atmosphere of harmony, "good will," and home comfort that prevails causes patients soon to forget their illness as they find themselves members of a happy family.*

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