

LIFE AND HEALTH

APRIL 1908

PRICE 10¢



WASHINGTON SANITARIUM

SEVENTH-DAY ADVENTIST



The Location *Beautifully situated* in Takoma Park, one of Washington's most attractive suburbs, amid thickly wooded surroundings and attractive walks, on a bluff overlooking the Sligo, a famous, rippling stream.

The Building *Imposing in appearance*, and of modern fire-proof and sanitary construction throughout.

Facilities Treatment rooms are *thoroughly equipped* with modern appliances, and all physiological healing agencies of recognized value are used, including the various applications of hydrotherapy, phototherapy, massage, electricity, etc.

The Diet *Each patient is carefully advised* by a physician as to the choice and combination of foods. More healthful substitutes replace tea, coffee, and flesh meats. Reforms in eating are made so pleasantly that the patient soon loses the desire for harmful foods.

Education Instructive and interesting health lectures are given by the physicians; also instruction in scientific cookery, physical culture exercises and drills. The aim is to teach patients how to keep well after they return home.

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.

Correspondence is Invited

WASHINGTON SEVENTH-DAY ADVENTIST SANITARIUM

PHONE: Takoma 127 and 128

TAKOMA PARK, D. C.

Home *and* Health

A BOOK TRUE TO ITS
TITLE—A HOME-MAKER AND A
HEALTH-RETAINER



It embraces "The Home,"—how to make it; "General Housekeeping,"—all of its details; "The Diet,"—what it should be; "The Care of the Body,"—revealing the simple things one must do to keep the body healthy; "The Care and Training of Children,"—sound common sense for parents; "The Home Treatment of Disease,"—a valuable instructor, doctor, and nurse.

It reveals some of the most practical means by which we may make our homes in every way desirable.

It gives the message of health, which is due just now in all the world.

It tells us how to live a plain, happy, consistent, simple life.

It imparts information that will prove to be practical in the mechanical construction of homes.

It enables the reader to apply many of the remedies of nature in the treatment of common diseases.

It will lighten the labors of many an overburdened housekeeper through practical suggestions on the practical features of housekeeping.

It will prove to be an all-round valuable counselor in every feature of home life.

It is in truth a book of real merit and practical value.

It is that kind of book that never causes the purchaser to regret buying it.

It is bound in the following styles:—

Cloth, Marbled Edges	- - -	\$3.00
Full Law Sheep	- - - -	4.00
Full Morocco	- - -	5.00

Review and Herald Pub. Assn. Takoma Park Station
Washington, D. C.

HEADQUARTERS FOR SOUTHERNERS IN N. Y.



Broadway Central Hotel

Cor. Third Street

IN THE HEART OF NEW YORK

Special attention given to Ladies unescorted

Special Rates for Summer

OUR TABLE is the foundation of our enormous business.

American Plan, \$2.50

European Plan, \$1.00 upward

Send for Large Colored Map and Guide of N. Y., Free.

TILLY HAYNES

Proprietor

DANIEL C. WEBB

Mgr., Formerly of
Charleston, S. C.

The Only New York Hotel Featuring

AMERICAN PLAN

Excellent Food Moderate Prices Good Service

HOTEL RICHMOND

17th and H Sts., WASHINGTON, D. C.

100 Rooms, 50 private baths, American Plan, \$3.00 Per Day, Upward; With Bath, \$1.00 Additional. European Plan, \$1.50 Per Day, Upward; With Bath, \$1.00 Additional.



A high-class hotel, conducted for your comfort. Remodeled, refurnished throughout. Directly on carline. Union Station, 20 minutes. Capitol, 20 minutes. Shops and Theaters, 10 minutes. Two blocks to White House and Executive Buildings. Opposite Metropolitan Club.

Summer Season, July to October

Wayside Inn and Cottages, Lake Luzerne, N. Y., in the Adirondacks. Switzerland of America. 45 minutes from Saratoga.

Send for Booklet

CLIFFORD M. LEWIS

Proprietor



LATEST STYLE UPRIGHT CONCERT GRAND

\$25

CASH DOWN
Balance on easy
installment plan.
We save you \$100
to \$200 in the purchase of a piano.

Get The
1908
Cornish
Book Now

THE new Cornish Book tells the things about Piano and Organ buying that you have got to know before you can buy any instrument so as to get the full worth of your money. It not only shows the choicest of over fifty styles of 1908 Cornish Pianos and Organs in miniature, but also explains how you can buy as low as any dealer, saving one-half and getting the instrument for

A Year's Free Trial.

It explains how to get the highest grade pianos and organs made in America upon your own terms. This book will be sent free.

Do not think of buying a piano or organ until you have read it.

Send for it today.

CORNISH CO.

Washington, New Jersey.

\$10

CASH DOWN
Balance on easy
installment plan.
Save one-half—
buy on the Cornish plan.



Stop that Cold

For it is the Forerunner of
Consumption



The Perfection Pocket Inhaler is ever ready for use. It is effective in the treatment of Asthma, Hay Fever, and acute attacks of Colds, Coughs, Catarrh, both moist and dry, Bronchitis, soreness in the Chest, and affections of Nose, Throat, Lungs, and Ears.

Special formulas of medicine for treating the above-named maladies,

50 cts. per bottle, post-paid. Can be used in other inhalers, vaporizers, and nebulizers.

Enclose money-order for \$1, and we will forward to you by mail, post-paid, one inhaler, with medicine for six weeks' treatment. When ordering medicine, specify the disease you want it for. (Mention Life and Health.)

If you are not satisfied with the Inhaler after ten days' trial, return it in good condition, and we will return your money.

BATTLE CREEK INHALER CO.

29 Aldrich Street

Battle Creek, Mich.

Contents for April

GENERAL ARTICLES

- Temperance, *D. H. Kress, M. D.* 149
 Sun, Air, and Water—No. 3, *S. Adolphus Knopf, M. D.* 152

DIVINE HEALING

- No. 3—Sin and Healing, *Mrs. A. C. Bainbridge* 156

HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS

- The Mother's Privilege, *Mrs. D. A. Fitch* 158
 Recipes, *Mrs. D. A. Fitch* 159
 Possibilities of the Colander, *D. A. F.* 160

FOR THE MOTHER

- Love (poetry), *Elizabeth Rosser* 161
 The Mother's Sacred Charge, *Mrs. E. G. White* 161
 Entertainment for the Young, *Mrs. M. C. Wilcox* 163
 Some Questions for Parents to Answer, *G. H. Heald, M. D.* 164
 Should Children Be Punished? *By a Mother* 167
 The Woman's Place in the Home, *Nannie Beauchamp Jones* 169
 Childhood and Labor, *Judge Ben B. Lindsey* 171

RATIONAL TREATMENT IN THE HOME

- Baby's First Six Months of Trouble, *Dr. Lauretta Kress* 173

CURRENT COMMENT

- The Saloon on the Defensive—The Young Child and the School—Artificial
 Childlessness and Race Suicide—The Young Men of the Twentieth Century
 —Total Abstinence in a Great Chicago Store—Abolish the Slums—The Rat
 and the Plague—Exterminate the Rat—The Physician as an Educator—
 • Dangers of Wood-Alcohol.

- QUESTIONS AND ANSWERS, *D. H. Kress, M. D.* 180

EDITORIAL

- Medical Legislation 182

SOME BOOKS

- "The Making of a Man"—"Every Man a King" 186

- All Physicians Agreed 187

- NEWS NOTES 188

- PUBLISHERS' PAGE 190

TERMS: 75 cents a year; 10 cents a copy. Special rates in larger quantities.
POSTAGE IS PREPAID by the publishers on all subscriptions in the United States, Hawaiian Islands, Philippine Islands, Guam, Porto Rico, Tutulla, Samoa, and Mexico. To all other countries in the Postal Union the price is \$1 a year.

CHANGE OF ADDRESS.—When a change of address is ordered, both the new and the old address must be given. The notice should be sent one month before the change is to take effect.

HOW TO REMIT.—Remittances should be sent by Draft on New York, Express-order, or Money-order, payable to order of REVIEW AND HERALD PUBLISHING ASSOCIATION. Cash should be sent in Registered Letter.

Address, REVIEW AND HERALD PUBLISHING ASSN., Takoma Park Station, Washington, D. C.

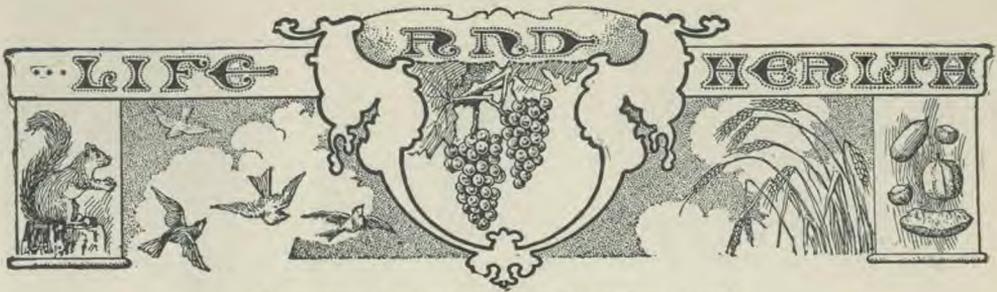
OUR GUARANTEE TO EACH SUBSCRIBER. We guarantee the reliability of every advertisement inserted in LIFE AND HEALTH. We want every subscriber to feel that he can deal with our advertisers with the fullest confidence of fair treatment.

If, notwithstanding our most thorough investigation of all advertising submitted for publication, an advertisement should be published through which any subscriber is dishonestly dealt with or imposed upon, we request that full particulars be sent us at once so that we may take proper action for the protection of our readers.

The conditions are: 1. That subscribers in writing to advertisers shall say that the advertisement was seen in LIFE AND HEALTH; and, 2. That the particulars shall be sent us during the month the magazine is dated which contained the advertisement.



"FOR OF SUCH IS THE KINGDOM OF HEAVEN"



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

Vol. XXIII Takoma Park Station, Washington, D. C., April, 1908

No. 4

Temperance

D. H. KRESS, M. D.

Superintendent Washington (D. C.) Sanitarium

TEMPERANCE may imply one thing in one country and quite another in some other country. The term is usually applied to freedom from the special form of intemperance against which there exists public prejudice. In civilized lands intemperance is associated with the saloon, and to many minds temperance implies merely abstinence from alcoholic beverages. The word "temperance" has, however, a much broader significance. The true meaning of temperance being *self-control*. Temperance is the restraint which the higher nature places upon the lower nature. A temperate man is one who is in full possession of his governing powers, and is therefore able to keep in subjection his carnal desires, appetite, and impulses. Paul says, "with the mind I serve the law of God." It is through the mind that the finite is united with the infinite. There are certain substances the tendencies of which are to stupefy or paralyze the mind. When the mind is paralyzed, the moral nature stands defenseless before the temptations to which it is most inclined.

We are aware that each one has in-

herited certain vicious tendencies which, under certain conditions, may be aroused into activity. Some one has said, "Man is an omnibus in which ride all his ancestors." This is figurative, but expresses a truth. Alcohol is one of the things which swing back the door of this omnibus, and allow, at times, one of these unwelcome ancestors to step out, thus often bringing disgrace upon the individual and his family.

The use of any food or drink the tendency of which is to paralyze the mind, must be classed as intemperance. The mind, or governing organ of man, when partially paralyzed, removes the restraint from the lower nature, and then men and women do that which they would not think of doing if clothed and in their right mind.

That even a cup of tea or coffee is sufficient to remove this restraint in a measure may be seen at the afternoon teas where women are assembled. How quickly despondency disappears at these gatherings, and how readily the gossip flows! This exhilaration and increased sociability is due to intoxication. Tea intoxication is common, and with many

almost continuous. There are women who are in a state of mild intoxication all the time. In fact, there are those who find it as difficult to do without their tea as the drunkard finds it to do without alcohol in some form. Shall we, then, class tea drinking with drunkenness?—Certainly, for one is as truly intemperance as the other. The use of these various popular and thought-to-be-harmless intoxicants against which at present little or no prejudice exists, is without doubt largely responsible for the grosser forms of intemperance and the existing physical, intellectual, and moral depravity seen everywhere.

At a parliamentary debate in England a few years ago, Sir James Ferguson, an old Scotch member who had carefully observed the results of tea drinking on the Scotch people went so far as to say that he believed "far more deterioration was caused by the excessive use of tea than by the excessive use of beer." He enlarged upon the evils resulting in Scotland from the substitution of tea and white bread for the old-time breakfast of porridge and milk. Another member referred to tea as a cause of insanity, and Sir William Tomlinson asserted that tea was doing more harm to the health of the nation than beer.

Dr. James Wood, visiting physician of the Brooklyn Dispensary, New York, several years ago published in the *Quarterly Journal of Inebriety* an article on the baneful effects of tea drinking. He stated that out of one thousand persons applying for treatment at the Brooklyn Central Dispensary, one hundred gave symptoms pointing *directly* to tea drunkenness, while many others were suffering more or less from the same causes. He said that "some persons are profoundly intoxicated by indulging in two cups of strong tea a day," and that "an ounce of tea leaves, used daily, will soon produce symptoms of poisoning."

The extreme nervousness and peevishness so common, especially among women, may be chiefly due to tea and coffee drinking. The increase in mental disorders in modern times may also be largely attributed to the use of these beverages.

Dr. Bock, of Leipsic, investigated the diseases of the higher classes of German society, and found that coffee drinking was the chief cause of their irritability.

The *British Medical Journal* says, "The nerve symptoms of coffee drinking are characterized by a feeling of general weakness, depression of spirits, and aversion for labor even in industrious subjects, with headache and insomnia."

Dr. James Fraser, of Scotland, made a series of experiments for the purpose of determining the influence of tea, coffee, and cocoa upon the stomach digestion. He found that the effect of all is to retard digestion. Cocoa is, according to Dr. Fraser's observation, the most productive of indigestion of all the common beverages, tea coming next in order, and last of all coffee. Exaggerated ideas regarding the food value of cocoa are held by some. Its free use is due to the stimulation it produces.

The principal alkaloid or poison it contains, to which it owes its stimulating properties, is theobromin. Theobromin is similar in its action to thein and caffeine. It is clear that the injury resulting from the use of cocoa as a beverage can be little less than that of tea and coffee. In addition to theobromin, cocoa contains an astringent similar to the tannin in tea, and also from six to eight per cent of undefined products, resulting from the fermentative action to which the cocoa seeds have been subjected. The exact composition of these or their effect upon the system is not yet known. Dr. Haig, of London, England, in his exhaustive study of uric acid in relation to headaches and

chronic disease, made the discovery that thein, caffein, and theobromin are almost identical with meat extractives, and act in much the same manner, and are responsible for much of the anemia, sick-headaches, and other nervous and chronic diseases that are so prevalent.

It is not necessary to make a decoction of tea leaves, and use it as a beverage, in order to obtain exhilarating effects; the same results may be obtained by smoking tea leaves. This clearly proves tea, like tobacco, to be a poison, not a food; and that the feeling of well-being produced is due not to nutrition, but to intoxication. Tea cigarettes are even now being used in England, and the habit is said to be spreading. An effort was made a few years ago to introduce a bill into the House forbidding the use of tea cigarettes. Overeating or other dietetic errors may cause intestinal fermentation and produce self-intoxication. This may create a craving for strong drink and lead to drunkenness.

The only consistent temperance is that which abstains from all forms of stimulants and narcotics. The great sin of

intemperance lies not in the use of alcohol, or in the use of any other intoxicant, but in the gratification of the desire for artificial stimulation.

The use of these beverages, which appear so innocent and are so commonly used, also paves the way for the use of stronger stimulants, in the form of alcohol, morphin, cocain, etc., and is doubtless largely responsible for these habits. The child that has learned to drink tea at the family table, later in life may discover that alcohol produces the same exhilaration or stimulation, and more effectively. What, then, is there to prevent him from making an exchange? That this exchange is frequently made there can be no doubt. Thus we see that the use of tea, coffee, or cocoa in early life may pave the way for alcoholic intemperance in later life, since the use of a mild stimulant naturally leads to the use of a stronger one. Would it not be well if a little more attention were given to tea, coffee, and cocoa intemperance? When this is done, we may hope for greater results from our efforts in arresting alcoholic intemperance.



PROTECTION

Sun, Air, and Water; Their Use in the Preservation of Health and the Cure of Disease—No. 3

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, Pa., etc.

TO those strongly predisposed to tuberculosis or to anemia, some of the numerous devices to facilitate sleeping out on the porch, veranda, or indoors with the aid of the window-tent, can not be too highly recommended. The few illustrations which I reproduce here from some of my previous writings on this subject (Figs. 3-5) will be self-explanatory. So will be an excellent device, invented by Dr. Bull, called the ærarium (Figs. 6, 7), which is particularly suitable in smaller localities, or when one is the owner of the house in which he is living.

To overcome the difficulty of bringing the outdoor cold air into the homes of the poor for the benefit of the individual particularly in need of open-air sleeping, without freezing the rest of the family, I have devised what I call a "window-tent." It consists of an awning, which, instead of being placed outside of the window, is attached on the inside of the room. It is so constructed that the air from the room can not enter or mix with the air in the tent. The patient lying in the bed, which is placed parallel with the window, has his head and shoulders resting in the tent (Figs. 3, 4, 5). The tent is attached to the frame of an American window, but it does not quite fill the lower half. About three inches is left for the escape of the warm air in the room. By lowering the win-

dow, this space may be reduced to one inch or less, according to the need. On extremely cold and windy nights there need not be left any open space above the tent frame. The patient's breath will rise to the top of the tent, the form of which aids in the ventilation. The tent is constructed of a series of four frames, made of Bessemer rod suitably formed and furnished with hinged terminals; the hinges operate on a stout hinge pin at each end, with suitable circular washers interposed to insure independent and easy action in folding the same, the Bessemer rod being hardened to make a stiff, rigid frame to insure its maintaining the original form.

The frame is covered with extra thick yacht-sail twill, properly fitted, and having elongated ends to admit of their being tucked in under and around the bedding to prevent the cold air from entering the room. The patient enters the bed, and then the tent is lowered over him, or with the aid of a cord and a little pulley attached to the upper portion of the window he can manipulate the lowering and raising of the tent himself. Shutters or Venetian blinds (attached either on the outside or on the inside of the window), or a screen of wire, cheese-cloth, or mosquito netting,¹ may be utilized in con-

¹ Cheese-cloth or closely woven mosquito netting is particularly suitable when there is much soot or dust in the air.

junction with the window-tent, to intercept the gaze of neighbors, and in stormy weather as a protection. The bed may

room. If the bed must be placed at a right angle with the window, the observation glass may be put in on either side. It goes without saying that, as a rule, patients should not smoke; the danger of the celluloid windows becoming ignited must be impressed upon them, and the greatest precaution urged. I prefer celluloid to glass for this purpose, because there is no danger of its breaking when the tent is raised or lowered.



FIG. 3. Dr. S. A. Knopf's window-tent in position, with patient in bed looking through the celluloid window into the room, but breathing outside air only.

be placed by the window to suit the patient's preference for sleeping on his left or right side, so that he may have the air most of the time in his face. Another advantage of the window-tent is that it will not attract attention from the outside. The position of the bed alongside of the window will be convenient for the majority of the poor who have small rooms. If, however, the bed must be placed at a right angle with the window, this may be arranged as well. A piece of transparent celluloid is placed in the front of the tent to serve as an observation window for the nurse or members of the family to watch the patient if this is necessary. It also serves to make the patient feel less outdoors and more in contact with his family, as he can, if he desires to, see what is going on in the

If it is necessary to raise the bed to the height of the window-sill, this may be done with little expense. If the bed is of iron, a few additional inches of iron piping may be attached to



FIG. 4. Dr. S. A. Knopf's window-tent raised when not in use.

the legs by any plumber or one handy with tools; raising a wooden bed may be

accomplished with equal facility. If the window-tent is to serve the pa-

the family, on their side, feel that they can give the patient all the air that he needs, and that he need not suffer for their comfort.

In winter the patient's bed must be covered with a sufficient number of blankets to insure his absolute comfort and warmth throughout the night. Still, the coverings should not be so heavy as to press down upon the body and make the patient feel uncomfortable or tire him. The tightly woven blanket is a better protection than the loosely woven one. To the poor, whose supply of blankets is, alas, often very limited,

it may be good advice to tell them to put several layers of newspapers between the coverings. *Outdoor Life*, of December, 1905, recommends that a half-dozen layers of paper be sewed between two layers of flannel. This certainly will make a cheap, light, and warm covering. In extremely cold weather, the patient,



FIG. 5. View of Window-tent and patient, taken from the outside.

tient only during the night, the tent may be pulled up and the bed moved away from the window during the day, and the window closed. Or the tent may be taken from the hooks and put out of the way.

The window-tent, of course, is of the greatest service to the consumptive sufferer in winter. If he is feverish, or his stay in bed is advisable, he may spend his entire time in the tent. If the family is poor, and the room where the consumptive sufferer lies serves as a living-room for the family, the fact that the well members need not shiver while the patient takes his open-air treatment is of vital importance in many respects. While the room will not be quite so warm as if the window was entirely closed, it will be much warmer than if there was no tent in front of the window. Laying aside the economic advantages to a poor family when not obliged to heat more than one room, the patient feels that he does not deprive his loved ones of comfort and warmth, and that he is less a burden and hindrance to their happiness. The other members of

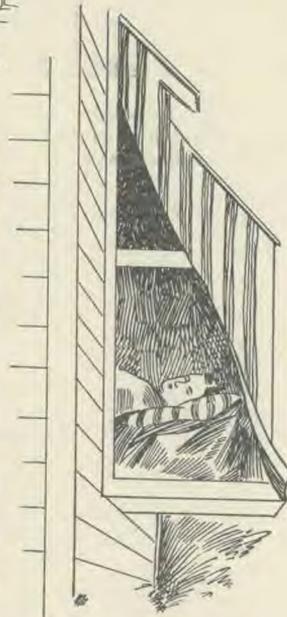


FIG. 6. Bull's aerarium, inside view, with awning cut away.

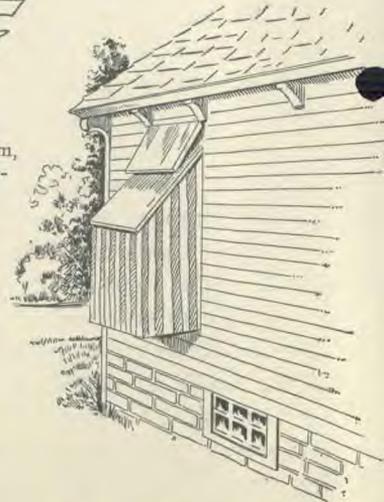


FIG. 7. Bull's aerarium, outside view.

while sleeping in the window-tent, should wear a sweater, and protect his head and ears with a woolen cap, shawl, or woolen helmet, such as is shown in Fig. 8.

Some patients will often complain that the bright light awakens them too early in the morning, and that they have difficulty in going to sleep again. In such instances I counsel the patient to have some light-weight, but black or dark-colored material (such as a lisle-thread hose) to put over the eyes. This usually suffices to obviate the inconvenience caused by the bright light.

It will be observed that by merely closing the window and raising the tent, the individual, whose face has been exposed to the cold all night, finds himself in a warm room, ready for his toilet, sponge-bath, or massage, as the case may be.

When there is no garden, veranda, or roof, the window-tent can also be put into

[This is the second section of the sub-topic "Air," in Dr. Knopf's paper. In May Dr. Knopf will discuss certain breathing exercises which are of great value in the prevention of tuberculosis, and will give valuable instruction in school hygiene.—Ed.]



FIG. 8. Woolen hood or helmet for outdoor sleeping in cold weather.

service for the rest-cure during the day. The bed is moved away, and the reclining chair put in its place. The latter can be raised to the necessary height by wooden blocks or a platform, and with the aid of blankets and comforters the air from the room can be excluded, and the patient, being in front of the open window, breathes only outdoor air.

When beginning this method of sleeping in the open air, particularly in winter, it is, of course, essential that it must be done gradually according to the susceptibility of the individual to cold. It is best to begin by placing him in the tent for a few hours at night, and a few hours during the day in the chair. A hot water bottle for the feet, either in bed or on the chair, may often be necessary in extremely cold weather. The sleeper's feet must be kept warm if he is to benefit by the open-air treatment.

Baby's First Six Months of Trouble

(Concluded from page 174)

such circumstances is hindered in its digestion, because the delicate nervous organism is temporarily disorganized by the fall, and the digestive powers are disturbed. Hence the food is vomited, or if it is retained, there may follow fever and convulsions. It is much better, in case of accident, to withhold all food until the shock is past, and in the meantime to give the child warm water to drink. The wound, if there is one, should be treated by bathing, first with hot water, then with cold water. In general, it

should be remembered that it is decidedly injurious to the child to soothe its agitation, or passion, or fear, by feeding it. Any intense emotion of this sort temporarily paralyzes digestion, and all food is for the time not utilized by the body, and is a positive injury.

If a nursing mother is agitated, or angry, or grief stricken, she should not attempt to nurse her child until the disturbing emotions are overcome, for milk secreted under such circumstances has poisonous qualities. The child will do far better to be given warm water at the regular feeding times until all danger from this source is past.



"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 Street, San Francisco, Cal.

No. 3 — Sin and Healing

AUGUSTA C. BAINBRIDGE

SIN is the transgression of the law." Healing is the work of the Lawmaker. We all desire the healing. Are we ready to forsake the sin? If we know that a certain practise or habit of our lives is a transgression of the law of our being, and we desire to continue in it, we can not consistently ask God for healing. We could not pray in faith; and "whatsoever is not of faith is sin." But if to-day we definitely lay that habit aside, by the help of God, and mark this day as a time when that transgression passes out of our lives forever, then we can come to God, believing that he is, and that he is the rewarder of those who diligently seek him. When God's Word declares that a thing *is*, it is heaven-denying unbelief to doubt it.

"I had not known sin, but by the law." When any law of God, affecting mind, soul, or body, is presented to us, we have reached a decided turn in the road; and we shall never be the same, after passing this point, that we were before, no matter which way we choose. Why not choose God's way, and, as it were, set a stake, or draw a line, that here and now we accept the word of God? We believe in his power to heal the diseased condition that sin has

brought upon us, and to keep us from continuing in sin. We may or may not see immediate results. Our faith may need testing; but God is true, and our part is to "believe, and to keep on believing; obey, and keep on obeying."

Prayerfully commit yourself, your disease, your habits of life, your strength, your very obedience, to him, knowing, as Paul knew, that he is "able to keep" all that is committed unto him. This is a solemn transaction, as solemn as when you trusted for your soul's salvation; and God, who can not lie, has given you his word for both your salvation and your healing. "Who forgiveth all thine iniquities; who healeth all thy diseases," is the message. It is not a matter of feeling, but of faith, pure every-day faith. It does not matter whether you do or do not feel the healing power, rest your mind fully and continuously on his word; and just as it came when you believed for your forgiveness, the feeling will come in the right time and place. Your part is to believe and act your faith.

It is a very solemn, sacred thing to have the very life of Christ quickening our mortal life; and just as we feel that we would not defile the name "Christian" by which we are called, the Christ-

life of the soul, so we know it would be a dreadful thing to defile our bodies, which are his, by contact with sin. This body belongs to him, to be used in his service; and I have no right now to use my digestive organs to minister to a sinful appetite, my nerves to gratify a selfish desire, my muscles to serve myself. Henceforth I am his, you are his, in a stronger sense than ever before.

If you are not right with God, or with any one else, you can not ask for healing; but you can get right at once. Yield the will, surrender your purposes, and come at any cost, and let his Holy Spirit have its way in you. Remember, he accepts you, and gives you his enabling power to stay within his will.

Do you feel a lack of faith, or holiness, or spiritual life and power? We all lack all these things; and while healing is promised to the righteous, the obedient, we realize that we are not in that class, and so dare not claim it. Is it your faith, your holiness, your righteousness that brings the blessing?—No, a thousand times *No*. Christ Jesus is your faith, your righteousness, your holiness, as well as your healing, is he not? Then take him, and trust him for it all. He knoweth our frame, he does not expect anything of us, in ourselves. Our helplessness and uselessness only speak our need; and he is our continual supply. So when we feel a lack of faith, while we can not work it up in any way in ourselves or of ourselves, we can rest in his faith, and depend upon it for all our necessities.

"As ye have . . . received Christ Jesus

the Lord, so walk ye in him." Having received him as our healer, our power to obey, our righteousness, our faith, our all, so let us walk in that way every day.

Some may ask, "Is it a sin to eat certain foods?" "*Whatsoever* is not of *faith* is sin." "Let every man be fully persuaded in his own mind." There is really no question in this, except that of a willing mind. "If any man *will* do his will, he shall *know*," etc. What if you are traveling, and can not get what you want, or visiting where improper food or improperly cooked food is placed before you? Don't you suppose God knows just where you are, and what is before you? Does he not always provide a way of escape? Will he not give you a knowledge of his will for you just then, and just there? Be sure, be satisfied, that you are doing his will, and you can safely trust him to preserve you from evil. That will may be to eat, or to refrain from eating. Your part is to know and obey it. We can not limit God's power to keep us alive either with or without our partaking of food; but we can not presume on his mercy and ask him to "serve with our sins."

Under some circumstances, we may be damned (condemned by suffering sickness) if we eat. Under other circumstances we may be preserved and even blessed if we eat. This each one must decide for himself, and answer for himself before God.

Conscious sin indulged bars the way to healing. Sin, confessed and forsaken, opens the door for the blessing.

Confident expectation of recovery is one of the best curative agents known. In so far as any one who tries to serve a sick person can inspire in that person a positive confidence, a lively faith, to that extent is the "treatment" useful.—L. B. Sperry, A. M., M. D.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

The Mother's Privilege

MRS. D. A. FITCH

IN defining the word "privilege," Webster says: "Some right or immunity not common to others." Every moment of a mother's life brings a privilege — an added one, if it may be so expressed. Girlhood is the time when preparation should be made to faithfully perform the responsibilities of motherhood.

A six-year-old orphan girl found a home with her married brother. As she showed little inclination to do her best when taking a sewing lesson, her sister-in-law said, "Ethel, you would never have known me if my mother had not taught me to do my work well." "Now, I don't see why," said the child. The answer promptly came, "Your brother would never have married me if I had not known how to work and do it nicely."

Thus admonished, the child set diligently to work, and mastered her dislike for sewing. It was joy to the heart of the mother of that foster-mother to know that her efforts of years gone by were thus appreciated, and to-day it is eminent satisfaction to know that not only her own children are faithful in their duties, but also that influence over others has been for good.

That foster-mother's childhood was not one of idleness. Any healthy child, if influences and environments are correct, loves to work; but if necessary work is a drudgery to the mother, it will be to the child, because of inheritance and the example and the words of the mother. Children are ready readers of the mother book.

This child learned sewing by piecing bedquilt patches, first by the now little-known but excellent "over-and-over" stitch, then the "running" and the "back stitch;" and when large enough to do so, she did the sewing on the machine. Now, after many years of wear, those uniform stitches still hold, and are a pleasant remembrance to her mother, and an inspiration to her children. Her principal use for dolls was to make their garments, fitting and sewing under the direction of a careful mother. She also learned the now old-fashioned art of knitting; so when the wintry winds are howling around her Eastern home, "she is not afraid of the snow for her household: for all her household are clothed with double garments." Prov. 31:21, margin.

Her first experience in culinary work

was gained while she was so small that she had to stand on a stool in order to work on an ordinary table. Her kneading was done on a neat little piece of board, such as any one can obtain, or can make from the side of a smooth box. The rolling-pin and her potato masher were whittled from the waste ends of curtain fixtures, as they then were purchased, and her pie tins were shallow patty pans. Whatever mama was making she also made, and all enjoyed eating the fruit of her labors in the form of tiny cookies, pies, and loaves of bread. She is now a housekeeper of whom any parent may justly be proud.

Some housekeepers think it time wasted to be orderly, or to teach children the housekeeper's excellent art. Suppose ten minutes is spent hunting for an article which might have been properly placed in thirty seconds; what is the gain or loss? One mother of large experience says: "If there is any order or systematic endeavor about me, it may be attributed to my love of ease, for it is certainly the easiest and most restful way to get through life.

Dear mother, it is a solemn and essen-

tial duty you owe your children to teach them the value of order, promptness, industry, and tidiness in the home. If you will faithfully discharge this duty, the children will rise up to call you blessed. To fathers I would also appeal, for their privilege is not fulfilled until they have seconded the mothers' efforts. One of the finest housekeepers I know, tells me that her mother never had a place for anything, or anything in place, but her father instilled into her the love of exactness now so manifest. Children prop-



"HER FIRST EXPERIENCE IN CULINARY WORK"

erly trained, but not overtrained, will honor their parents by both word and action; and the parents will ever rejoice in the fact that they have not hindered the prosperity of their sons and daughters.

Recipes

Fruit Indian Pudding

WITH two cups light bread sponge mix one tablespoonful cooking oil or butter, one egg yolk, one-half cup sugar, one cup raisins, dates, citron, and nuts mixed. Add enough corn-meal and flour, in the proportion of two-thirds corn-meal and one-third flour,

to make a rather stiff batter. Fold in the beaten egg white, and put in a baking tin. When light, steam two hours and bake one-half hour. Serve with any sauce desired. It is just as good re-steamed when two or three days old. If the recipe is doubled, steam an hour longer.

Nut Nougat

Shell, blanch, and slightly brown sufficient almonds to cover a granite pie plate; over these place a layer of pecan meats, and then one of English walnuts. Boil enough meltose, maple sirup, or sugar sirup to cover the nut meats. This is better than "store" candies. Fruit may be used instead of nuts.

Salt Versus Butter

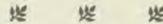
Some cooks think it essential to use butter in pie, especially in apple pie. It is suggested that a sprinkle of salt is quite as good, less expensive, and more hygienic. Spices are wholly unnecessary, except to the perverted appetite. The natural flavors of fruits are more satis-

fying to the normal taste. There is little if any nutriment in flavorings. To the true economist the taste of money contained in them largely predominates over that indicated by the commercial label.

Pie Shells

When making shells for one-crust pies, oil the bottom of the tin, and place the crust evenly over it. Perforate with a fork to prevent blistering. Or the following method may be preferred: Put the crust on a tin as for the ordinary pie. Perforate by making short dashes with a corrugated wheel pie marker. Set a tin of same size and shape on this, and bake together. The upper tin keeps the shell in shape.

D. A. F.



Possibilities of a Colander

A FEW cents will purchase a perforated pan of suitable size. Such a pan is fully as convenient as a real colander, and the perforations being smaller, more satisfactory results are sure to follow its use. For potatoes, tomatoes, legumes, etc., it will be found advantageous to use a flat-bottomed tin cup, rather than a potato masher, in pressing them through one of these sieves. Most soups are better if the solid material is passed through a colander before being added to the liquid.

Occasionally salt is in hard lumps, and therefore inconvenient to use. To pass

it through one of these sieves saves time and annoyance. If you will blanch some peanuts, and boil them until quite tender and rather dry, and then pass them through the colander, adding a little salt, you will have an article much superior to dairy butter for your bread. In the absence of a better article, you have a good flour sieve. Stewed fresh or dried fruits are made more palatable to many persons by being passed through the colander.

Custom and habit make it necessary to spread something on bread. No other utensil so fully supplants the churn as does the colander.

D. A. F.

CONFIDENCE BEGETS SUCCESS

It would, in thousands of cases, do away with years of uncertain groping, doubt, and fear, if children were, from their first days of understanding, made to feel that their parents and teachers respected their ideas and abilities, and expected important future work from them. A person on whom another relies, and in whom he believes, is a thousand times more likely to be reliable and worthy of belief than one from whom nothing is expected.—O. S. Marden, in "The Making of a Man."



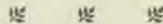
Conducted by Mrs. M. C. Wilcox, Mountain View, Cal., to whom all questions and communications relating to this department should be addressed.

Love

O MOTHER love, sweet mother love!
 On earth there is no other love,
 Content, like this, to toil by day,
 By night to watch and weep and pray,
 Content, within four straight, bare walls
 To dwell, where love and duty calls,—
 Content to bear the mother's pain,
 That she may reap the mother's gain.
 On earth there is no other love
 Like to this tender mother love.

But higher than the mother love
 Is this, the Elder-Brother love.
 Content to lay aside a crown,
 To put his glittering scepter down,—
 Content to leave his throne behind,
 And be a servant of mankind,—
 Content to live in poverty,—
 Content between two thieves to die,
 And with us share his home above,—
 This is the Elder-Brother love.

— ELIZABETH ROSSER.



The Mother's Sacred Charge

MRS. E. G. WHITE

HAPPY are the parents whose lives are a true reflection of the divine, so that the promises and commands of God awaken in the child gratitude and reverence; the parents whose tenderness and justice and long-suffering interprets to the child the love and justice and long-suffering of God; and who, by teaching the child to love and trust and obey, are teaching him to love and trust and obey his Father in heaven. Parents who impart to a child such a gift have endowed him with a treasure more precious than the wealth of all the ages,—a treasure as enduring as eternity.

In the child committed to their care, every mother has a sacred charge from

God. "Take this son, this daughter," he says; "train it for me; give it a character polished after the similitude of a palace, that it may shine in the courts of the Lord forever."

The mother's work often seems to her an unimportant service. It is a work that is rarely appreciated. Others know little of her many cares and burdens. Her days are occupied with a round of little duties, all calling for patient effort, for self-control, for tact, wisdom, and self-sacrificing love; yet she can not boast of what she has done as any great achievement. She has only kept things in the home running smoothly; often weary and perplexed, she has tried to speak kindly

to the children, to keep them busy and happy, and to guide the little feet in the right path. She feels that she has accomplished nothing. But it is not so. Heavenly angels watch the careworn mother, noting the burdens she carries day by day. Her name may not have been heard in the world, but it is written in the Lamb's book of life.

There is a God above, and the light and glory from his throne rests upon the faithful mother as she tries to educate her children to resist the influence of evil. No other work can equal hers in importance. She is not, like the artist, to paint a form of a beauty on canvas, nor like the sculptor, to chisel it from marble. She is not, like the author, to embody a noble thought in words of power, nor, like the musician, to express a beautiful sentiment in melody. It is hers with the help of God, to develop in a human soul the likeness of the divine.

The mother who appreciates this will regard her opportunities as priceless. Earnestly will she seek, in her own character and by her methods of training, to present before her children the highest ideal. Earnestly, patiently, courageously she will endeavor to improve her own abilities, that she may use aright the highest powers of the mind in the training of her children. Earnestly will she inquire at every step, "What hath God spoken?" Diligently will she study his Word. She will keep her eyes fixed upon Christ, that her own daily experience, in the lowly round of care and duty, may

be a true reflection of the one true life.

Only twelve years did Moses spend with his Hebrew kindred; but during those years was laid the foundation of his greatness; it was laid by the hand of one little known to fame.

Jochebed was a woman and a slave. Her lot in life was humble, her burdens heavy. But through no other woman, save Mary of Nazareth, has the world received greater blessing. Knowing that her child must pass beyond her care, to the guardianship of those who knew not God, she the more earnestly endeavored to link his soul with heaven. She sought to implant in his heart love and loyalty to God. And faithfully was the work accomplished. Those principles of truth that were the burden of his mother's teachings and the lesson of her life, no after-influence could induce Moses to renounce.

The character revealed in the contact of daily life will interpret to the child, for good or evil, those words of God: "Like as a father pitieth his children, so the Lord pitieth them that fear him." "As one whom his mother comforteth, so will I comfort you." Happy the child to whom such words as these awaken love and gratitude and trust; the child to whom the tenderness and justice and long-suffering of father and mother interpret the love and justice and long-suffering of God; the child who by trust and submission and reverence toward his earthly protectors learns to trust and obey and reverence God.

Many parents who choose a city home for their children, thinking to give them greater advantages, meet with disappointment, and too late repent their terrible mistake. . . . The cities of to-day are fast becoming like Sodom and Gomorrah. . . . The youth are swept away by the popular current.—Mrs. E. G. White, in "Christ's Object Lessons."

Entertainment for the Young

MRS. M. C. WILCOX

LAST month we talked about a club that was formed for the purpose of developing and educating the social, intellectual, and moral side of our young people. It was proposed one evening by one of this club that we hold a house picnic some evening, where we could more freely indulge our social side and come in touch with one another as we gathered around the social board to partake of physical food. It was thought to be quite proper that we become acquainted with this side of our associates,

This, together with some dainty cakes, oranges, and bananas, and a pleasant, warm drink, for it was winter-time, nearly completed our bill of fare, which we accordingly began to prepare.

Our long table, extending through the double parlors, was beautifully decorated with yellow chrysanthemums and an abundance of green and white. The walls, also, were decorated with long, trailing vines, and everything bore a refined and most attractive appearance.

Cards had previously been prepared on



providing we could so arrange the matter that our habits of digestion would not be impaired by late hours and an elaborate bill of fare.

As the club colors were white, green, and gold, standing for purity, progress, and permanence, we decided to serve our foods in these colors. Our young men seemed to be possessed immediately of the unanimous feeling that to have all the pumpkin pie they could eat for once would be a treat long to be remembered by them, while our girls were more partial to egg sandwiches and potato salad.

which were written appropriate texts of Scripture, and then cut in two. As the young men entered the hall, the first part of the card was handed to them, and as the young ladies entered, the latter part was given them. They immediately repaired to the upper rooms where they laid off their wraps, and each young man proceeded to find the holder of the other half of his card. When all had found the rest of their Scripture text, they were ready for the call to lunch, which came about eight o'clock.

There was no confusion, all were

seated quietly, the host and hostess being seated at the center of the table, and with sufficient dignity to keep the exuberant spirits of the young within proper bounds. A blessing was asked, after which the proper waiters began their work. A few choice quotations were given, followed by a humorous reading on the "Embarrassing Experiences of a Bashful Man," who had been invited to dinner. This broke up some of the formality which sometimes creeps in, making one ill at ease, and helped each one to appear more like himself. And of all experiences, that of eating seems the most productive of a familiar, social exchange of ideas.

But the conversation was not allowed to drift at random. A beautifully arranged program was given at the table. The host immediately began to tell little stories of profitable and pleasing experiences. Quotations were given from different authors. Toasts were proposed and given in an up-to-date manner, and piano and violin music were furnished.

After an hour or so of social life around the board, where all seemed happy and free, a photographer took a flash-light picture of the pleasant scene. A most appropriate song was sung, and with the benediction of heaven pronounced upon us, we separated, entertained, profited, and better educated in social and intellectual life.

Dear fathers and mothers, would you keep your grown sons and daughters from mingling with the world, from seeking amusement, entertainment, and companionship outside at questionable places? O, I plead with you, try to provide something profitable for them in your own homes that will fill that longing in their hearts, and that will educate them in lines of purity and refinement. Can't you do it? Don't you know how? Then study and pray and God will help and guide you. Are you simply their physical parents? O, be *more!* Be their social, their intellectual, their spiritual parents. Do you know of any more important work?

* * *

Some Questions for Parents to Answer

G. H. HEALD, M. D.

PERHAPS, as you have looked at a grove of trees, you have noticed some more thrifty than others,—some weakly, some diseased, some dying,—and possibly you thought these differences all accidental. Or you may have noticed that in planting a crop, of, say, potatoes, the yield is abundant in one season and meager in another. Doubtless if you have observed, you have learned in this case that the difference in yield is not a matter of accident, but is the result of certain well-defined causes. If one batch of bread is good, and another poor, the difference is not

the result of "luck," as some would have it, but of differences in the ingredients or in the manner of handling them. The successful person, whatever his vocation, has studied the relation between cause and effect, and so plans his work as to get the best results.

Are you, as a parent, studying cause and effect in your child, so as to eliminate those things which are tending to produce bad results? If you have seen bad results follow your methods in the case of one child, are you attempting to improve in the case of the next child?

Much has been taught regarding the

influence of heredity in the formation of a child's character; but extensive observation among young children of New York and other cities demonstrates that about nine tenths of a child's character (to put it conservatively) is due to its surroundings. The child is like its parents because it sees them more than any one else. Children born under most forbidding circumstances, when taken away, and reared under proper conditions, develop into normal and useful citizens.

Perhaps your child is manifesting some unpleasant trait. Do not say, if you are its mother, that it "takes that from its father," and let it go at that. The chances are that the child is absorbing it day by day from its surroundings.

Does your child manifest a strong desire for sympathy, running to mother with trifles which would not affect other children, and crying without sufficient cause? Is she (I will suppose, for convenience, that your child is a girl) what normal children derisively call a "cry-baby"? Have you scrutinized carefully to learn what that trait reveals concerning your method of dealing with the child? Have you been over-ready at every manifestation of grief or anger on the part of the child, to shower upon her words of endearment and sympathy? This is hothouse treatment, ill-calculated to develop hardy individuals.

Does your child have trouble at school? Is she constantly in a state of semi-insubordination, coming home with this or that story of how she has been abused by the teacher? Have you noticed that it makes little difference who the teacher is, the story is about the same? Ask yourself what has been your general attitude when your child brought home some report derogatory to the teacher or the school. Has it been your studied plan to discountenance all such reports by trying to show her the view-point of the teacher? or have you rather taken the

reports of the child at full value, and made comments accordingly? If you have taken the latter course, you have sown in that young heart thistle seeds that will continue to bear through life an undesirable harvest,—of insubordination to rule, perhaps even of disloyalty to just government. Hasten, my friend, if you have been so unfortunate as to plant such seeds, and do what you can to weed out the evil crop, and plant better seeds. You may yet save your child, if you are diligent.

Is your child afraid of the dark? Is she easily frightened? Go back in your memory to the times when you told her that if she was naughty, the "bad man" or the "bogy man" or the "black man" would take her. Have you instilled into that tender young mind thoughts of danger which, in her moments of quiet, may grow into great giants and hobgoblins? The mind of the child is rich, virgin soil, ready to bear a hundredfold of anything that is planted there. The older mind is able to eliminate many of the harmful suggestions as untrue. Not so the child, whose imaginative nature pictures all these terrors as a living reality. Don't attempt to frighten your child into being good. It doesn't pay.

Is your child deceitful? If you have told her anything—as, for instance, the "black-man" story, or the Santa Claus story,—that is not essentially true, she will eventually learn the truth; then will follow one of two results,—either she will lose her respect for the integrity of her parent, or she will gauge her standard of integrity by that of the parent. "Mama is all right; mama lies; therefore lying is all right." The reasoning is correct, and the child soon develops deceitfulness in an aggravated form. Or if she reasons the other way,—"Lying is wrong, mama lies; therefore mama is wrong," her respect for mother is lost; and as mama has been her highest ideal

of right, she has her sense of right and wrong completely blunted. Have you even seen some parents who quoted the text, "Train up a child in the way he should go: and when he is old, he will not depart from it," and wondered why their children went astray after careful training? The text is all right. The fault is in the training.

If you have not told scare-stories in order to prevent evil on the part of your child, perhaps you have made promises that you have not kept,—threats of punishment or promises of reward. Children never forget such promises. If you forget them, you lower your child's estimation both of your credibility and of the obligation to be true. Have a high ideal for your child, and be sure to live up to that ideal yourself. The child may not know as much as you do, but it is quick to detect a sham.

Does your child have a dread of God and religion? I wonder whether you have been guilty of the (oh, what shall I call it?) *awful blunder* of telling your dear little child that God will not love her if she is naughty? This horrid untruth, told thoughtlessly or in ignorance by parents, has blasted many a young life. The impressions made on the plastic mind of a child are lasting; and sometimes years of study and prayer do not suffice to erase those early scars. Many lives have been blasted by this feeling of the displeasure of an offended God hanging over them like a funeral pall and darkening every religious experience. May a merciful God grant that you may escape such a blunder as this; but if otherwise, hasten to implant a knowledge of the God who commends his love to us in that while we were yet sinners, Christ died for the ungodly. Teach the parables of the lost sheep, the lost money, the prodigal son, the story of Jesus saying, "Suffer little children to come unto

me, and forbid them not; for of such is the kingdom of heaven." Let your first lessons be of a God who LOVES. Teach the lessons of the lilies and the birds. "Ye are of more value than many sparrows."

Is your child coming to manifest positive dislike to the religion you profess? What has been the table talk? Has it been of adverse criticism of the ministers and leading workers? Has neighborhood gossip found a place at your family board? Do you find it pleasant to discuss the failings of Brother A. and Sister B. and Elder C.? Of course you do not do it as gossip, but merely to pass your judgment on "that sort o' doin's," and perhaps to state by contrast what would be a better way. What does the child get out of it?—Simply that the members of your church, and particularly the church officers, are all hypocrites, and consequently your religion is only a sham and a make-believe. Does this idea bear its fruit in their lives? You will not have to wait long to see. "He that soweth to the flesh shall of the flesh reap corruption," and among the works of the flesh (Galatians 5) are "malice," "evil speakings," and the like. You can count on its bearing an abundant harvest, true to the seed. I have known persons who knew the personal history of all the prominent members of the church (they never knew anything good to say about a person; isn't that strange?), and of all the members in their own church, and who, if you would listen to them, would make you believe that the Lord's house had indeed been turned into a den of thieves and robbers (yes, and adulterers). God pity those who have such a muck-rake mind. It's something they probably came honestly by, through the gossipy tendency of their parents. The vulture can not enjoy any food so well as carrion. Be careful that you do not give your child a vulture appetite.

Should Children Be Punished? How— When—Why?—No. 3

BY A MOTHER

Foundation Principles

IN dealing with children several foundation principles should be observed. Chief among these is the fact that we reap what we sow. Pretense is wasted on them. Even in infancy they read the heart.

One essential is to give the child our confidence, to believe in him. To harbor mistrust and to spy upon him will lessen his self-respect. It will insult one of the highest attributes of the human mind. The expression of constant depreciation of a child deprives him of one of the strongest incentives to success. A certain amount of belief in one's own powers is essential to the accomplishment of any purpose.

Do not reprimand too frequently. Advice or criticism of manner and deportment will have more weight if not too often given. An overdose of even the right drug will neutralize itself.

It is better to tolerate much than to pave the way for concealment, which is ever most dangerous. It entangles one in delusive and seductive snares, from which he knows not how to extricate himself. Perfect confidence between parent and child is worth almost any price. It forms an armor of trusty steel against which the shafts of sin fall harmless.

Rebuke Not Hastily

Hasty condemnation should ever be avoided. Appearances may all be against a child's word. But trust him, and delay decision. Time may prove him right. Whereas, mistrust or punishment might have planted a seed of bitterness that would never have been uprooted.

Children are often misunderstood. Their hasty impetuosity and strong desires are mistaken for wilfulness. Where reproof is necessary, there should be a wise choice as to time and place. In the intensity of the child's wishes, right and



“PERFECT CONFIDENCE BETWEEN
PARENT AND CHILD”

wrong are not always discernible. Reserve your correction until the heat of his ardor has cooled. A little loving forbearance, even in cases of wrong-doing, will often be more effective than would punishment.

Sometimes suspense, without any clue as to the workings of a parent's mind, is the best possible preventive of the repetition of misdemeanor. Frequently the

child itself will unwittingly suggest the mode of procedure.

After an act of disobedience, a little four-year-old came into the room where her mother sat writing. On her face was an expression in which could be detected the knowledge of transgression.



"HASTY IMPETUOSITY AND STRONG DESIRES ARE MISTAKEN FOR WILFULNESS"

mingled with a little curiosity, and a trace of daring. She received no words of greeting. Quiet sorrow alone awaited her. The little one missed the usual loving welcome, and knew well why it was withheld. Her toys had little attraction, and she did not chatter as usual.

After a season of uneasy quiet, she asked, "Mama, how does Hatan [Satan] get into the world?" This question betrayed the course her thoughts were traveling, and thus indicated the

best way in which to meet the misdemeanor. Hasty reproof would have been far less potent for good.

Angry Punishment Not Discipline

Do not rebuke openly. A private talk with the offender will be far better, and will enable the child to maintain his self-respect. Avoid punishment that assumes the form of revenge or retaliation. Punishment should never convey to the child the thought that it is a venting of parental anger. Unless one can punish with all feelings of vindictiveness eradicated, the punishment will merely be a brutal test of strength between a large and a small person — an uneven fight, in which the parent has undue advantage.

Impatience will whet impatience, and a battle royal will be fought in the heart, even though the participants dare not betray these feelings too openly. Such an exhibition of parental wrath can only stir up similar feelings

that may not be blotted out during life.

His respect for his parent is lowered proportionately. Both the quantity and the quality of his love are diminished. Many a person cherishes bitter hatred, even against a parent who has thus done him an injustice. But quiet, loving patience with the wayward little transgressor will be remembered by him with fond gratitude when the hand of Time has scattered silver threads through his locks.

Edward Hitchcock, M. D., LL. D., Amherst: "I shall not hesitate to pronounce the use of tobacco in young men to be evil, and only evil, physically, mentally, and morally."

Woman's Place in the Home

NANNIE BEAUCHAMP JONES

MUCH has been said and written in regard to woman's place in the home, in society, in business, in short in every place in the world where woman's influence is felt. But in this article we will consider her simply in the confines of her own home.

The rays of the declining sun streamed through the open windows of the old ivy-covered church upon a minister in his clerical dress, and two young couples, just wedded.

I shall not attempt to describe the fair young brides.

Comfortably established in cozy homes of their own, they begin their wedded lives under bright auspices. Happy years go by, and babies, sweet pledges of affection, come to both homes; and the parents begin to realize something of the responsibilities of life. But how differently they accept and discharge their new responsibilities!

One mother, because of her love for her children, becomes very ambitious for them, and solicitous about their future. They must be educated, they must have advantages that she and her husband have never enjoyed, they must have an easy time; and the mother, putting aside all ambition for herself and her husband, sets herself resolutely to the task of making a future for her darlings.

The transition from a dainty little lady, clad in fresh, becoming gowns, with snowy collars and bright ribbons, who was wont to be the inspiration of her husband's life, and made his home coming something to be ardently looked forward to, to the untidy, unlovely creature, with uncombed hair and faded, not over-clean wrappers, often with gaping rents in both skirts and elbows, was at first

somewhat gradual, but as the children grew, and the duties multiplied, the change was rapid.

The girls were so busy with their books and music that they had no time to help mother, and their leisure time was principally devoted to making and



receiving calls, and attending parties and the theater.

The father caught the spirit of the mother, and toiled early and late, for the children's sake, dressed shabbily, and grew old and stooped before his time.

But to the mother fell the crowning acts of self-effacement. She denied herself all dainty, pretty clothes, but her daughters were always dressed fashionably, in the daintiest and prettiest of clothing. She wore her last season's hats that her daughters might have new, expensive ones.

With never any time to read, her mind for a while was at a standstill, and then

the decline began; and when she should have been in her prime, with an expanded, ripened intellect, with a vast store of useful knowledge garnered from a right use of the full-freighted years, making an all-round, symmetrical character, the peer of her children, for that is what a mother should always be, we find her faded and wrinkled, with a dwarfed intellect, forgetting, as she herself often said, all she had ever known.

Do her children rise up and bless her? — Nay, verily. Instead they regard her simply as a machine, as a being whose sole duty it is to make life easy and pleasant for them, and they are actually ashamed of their mother, the one who has given her life for them, and made otherwise impossible things possible, for their benefit, and they are often heard criticizing her language, and are sometimes guilty of correcting her before company.

But we will kindly draw a veil over this most painful scene, and turn to the other home, which we are happy to say has been founded on different principles.

Because of her great love for her children, and because she wished to meet the mind of God in training these (as she so fondly hoped, future subjects of his glorious kingdom), this mother set about studying the situation, new and often trying to one so inexperienced.

She realized that in order to train and lead her children aright, she herself must always be in advance of them, for in no other way could she be capable of training

and leading them; and upon this foundation she began her life-work. She soon found that her children must of necessity be either helps or hindrances, and she wisely set about providing employment for them.

To each child was assigned some daily household task, suited to its age and strength. She also found that in order to read and enrich her mind, she must simplify her work as much as possible, and often the little frocks of her daughters were devoid of ruffles and all useless adornments, but they were always fresh, dainty, and pretty; and both mother and daughters were well satisfied that it should be so.

All through the long and happy years, the mother has been careful of her own attire, realizing that she is a daily object-lesson for her children.

Her children have grown up with the thought that to mother all honor is due, and nothing is too good for "mother." And now we behold her a broad-minded, cultured woman, retaining her youthful appearance to a remarkable degree. She has reached life's summit; behind her lie happy, well-improved years, and before her the western slope declines, but she views it bravely, and with a happy heart, for she is acquainted with him who has said, "Whatsoever a man soweth, that shall he also reap." She has sown good seed, and confidently expects an abundant harvest of the same kind. "Her children arise up, and call her blessed; and her husband also, and he praiseth her."

I am inclined to doubt whether the study of health is sufficiently impressed on the minds of those entering life. Not that it is desirable to potter over minor ailments, to con over books on illness, or experiment on ourselves with medicine. Far from it! The less we fancy ourselves ill, or bother about little bodily discomforts, the more likely perhaps are we to preserve our health.— Sir John Lubbock.

Childhood and Labor

JUDGE BEN B. LINDSEY

DO not believe that we teach our children properly to respect labor. I am going to take my illustrations from the children. Much that I know about the dignity of labor — and about some other things — I have learned from them.

The perfect man must be educated. The difficulty is how to educate. What are the essentials that make the man? I believe that we all agree that they are to be found in a trinity of heart, head, and hand.

We are always proclaiming the dignity of labor, but do we really teach it? Many mothers teach their girls to wash dishes until they are able to hire some one to do this work for them. Then the girls are relieved of the task. The mother does not say that her daughter should look down on the one who does this honest work; but the girl holds herself as a superior character because it is done for her. This is all wrong; but it is very natural, because the parent has been unconsciously teaching the lesson of giving the fruits of labor without effort on the part of the child.

When I was a boy, I worked as a janitor. I got along very well until I had to do some part of the work that was unpleasant; then my first impulse was to throw up the job in disgust. I am sure I should have been ashamed if some of my friends whom I supposed were more favorably situated, because they didn't have to do such things, should have come along and seen me at the task. Certain boys from supposedly educated families used to twit me with "slinging the mop."

Certainly no one would encourage any one to make a life-work of this particular

kind of labor. But has any one the right to declare any kind of work menial? Much that is so looked upon is a great deal cleaner than work done every day by eminent surgeons and sanitary inspectors. Let us teach our youth to do any kind of honest labor unashamed. Work of whatever character, so long as it is honest and necessary to cleanliness, health, or comfort, is just as important and honorable as any other work.

Yesterday I saw a boy who rushes about town in a three-thousand-dollar automobile, go into a repair shop, and I could not help but notice the air of superior indifference with which he gave orders to another boy of the same age who was smeared with the grease and grime of his machines. These two boys are alike in environment, opportunity, and education.

If a boy works at manual labor, it is because he has to in order to keep himself, not because he has been taught that it is right to work. No, his instruction has been that if he can get the money, he will be justified in buying everything done for him, and doing nothing for himself.

If a child is born with a silver spoon in his mouth, more than likely his first lessons are to disrespect labor. I do not say that this is intentionally taught, but just the same it is taught. If any guilt attaches, we are all more or less guilty. The child starts to school disrespecting labor, because others are permitted to do everything for him without his appreciation. Can the school teach the youth a different lesson from the one he learns every day of his life by example? Example is the most powerful teacher in the world.

Is it not true that most of our homes deprive boys and girls of the greatest aid in developing character; namely, doing for themselves what so frequently others are paid to do for them? Often the fact that others are not paid to do these things does not alter the case. The child understands that it is because the parents are unable to do so. Thus, he is taught to consider the one for whom everything is done a more favored brother.

A splendid, manly boy attending one of our high schools, one summer obtained work in a restaurant. It was not forty-eight hours before the other boys were twitting him with being a "hash slinger." If they had been educated right, and if their parents had been educated right, would such a thing be possible? Every Young Men's Christian Association secretary knows that it is a difficult thing to get the children of the rich to mingle with the children of the poor. The children are not responsible. It is the training which they receive from their fathers and mothers.

In my judgment men are naturally brothers; and given right conditions, and the practise of real truth in living, brotherhood would girdle the earth. Until we teach our children the real thought of brotherhood, there will be no real respect for labor. Do we not read that after the San Francisco fire, men in different walks of life, who before were cold and haughty toward one another, came together as freely in the hour of dire distress, as if they had been born and reared, and had had their joys and struggles under the same roof?

We are divided into classes in this country, not because we do not love one another, but because we do not understand one another. Perhaps many of us are really ignorant of what would uplift labor, and do not help to provide conditions so that a man may find love and joy in his work as well as a livelihood. For as between these objects of labor, the former is infinitely the more important and necessary to establish its dignity.—*Juvenile Advocate.*



RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Lauretta Kress, Washington Sanitarium

Baby's First Six Months of Trouble

LAURETTA KRESS, M. D.

FEW of those to whom the responsibility of motherhood comes for the first time are adequately fortified by knowledge for the experiences that await them. The young mother, coming suddenly into absolute control of one of the most delicate and wonderful organisms, with constantly varying wants, realizes her inability to understand the language of its needs. For aught she knows, the most trifling changes in temperature, clothing, or food may be attended with disastrous effects. Conscious of her ignorance of child nature, she naturally worries over every unusual symptom manifested by the child. It is my purpose in these articles to help such mothers by a few simple suggestions as to the care of their infants.

It is normal for an infant to cry sufficiently to give its lungs proper expansion. The young mother who believes that all crying is an evidence of distress, and who thinks that something *must* be wrong when the baby cries, will naturally be worried because of this physiological process. It is well to remember, of course, that all crying is not of this nature. Experience will gradually lead the intelligent mother to a proper interpretation of the language of crying, and one of the first things that a wise mother will learn is that crying is *not*, as a rule, a

call for food. More often is it the signal of distress following improper feeding or too frequent feeding.

Immediately after birth, the child should be wrapped in a warm blanket and placed in a warm situation. It should be oiled with warm olive-oil, and its eyes should be washed with boracic acid solution. It is not necessary to give the little one a bath at first, for the oil loosens the *vernix caseosa*, so that by wiping with a soft cloth, the infant is clean, without the necessity of exposing it to the danger of taking cold. The cord should be dressed with a piece of soft sterile cloth, and held in place by means of a binder put on rather snugly, and either sewed or pinned with small safety-pins. The cord should be disturbed as little as possible until it drops off.

The clothing should be light in texture, warm, and non-irritating. The chest and arms should be covered with a woollen under-shirt, and the petticoats should have waists on them so that all the weight is borne from the shoulders. The feet must be kept warm, as cold feet are responsible for many attacks of colic and indigestion. The night clothing should be of light flannel, a loose gown hung from the shoulders.

The eyes of a young infant are very sensitive. They should be washed with boracic acid solution for the first few

days, and the washing should be repeated if a discharge appears at any time. Baby should at first be kept in a darkened room, for the bright sunlight is irritating to its eyes.

The mouth should be cleansed with a soft cloth wet with boiled water. A little boracic acid or bicarbonate of soda solution, ten grains to the ounce of water, may be used if the mouth or tongue is inflamed. Thrush, if it appears at all, shows itself within the first few months. This disease need never occur if the mouth of the babe and the breast or the nursing-nipple are kept clean. The mouth and the nipple should be washed after every feeding. Thrush is a parasitic disease, and the fungus grows upon the tongue or cheeks in the form of patches which look like curds of milk. As these are washed off, they leave red, irritated spots. In caring for a mouth infected with thrush, use pieces of clean linen cloth about two inches square. Place one over the finger, dip into the boracic acid solution, and with it wipe out the mouth, repeating until all the curd-like formations are removed. Destroy each piece of cloth as soon as used, taking a new piece each time the finger is introduced.

Another frequent trouble in young babies is colic. So common is it that most mothers think it is a necessary trouble, the lot of all healthy children. As a matter of fact, however, it is the result of wrong management, usually faulty feeding, either of the mother or of the child. A nursing mother who desires to furnish her baby with the sweetest, most wholesome food, must herself eat foods that will not disturb her milk, and must keep herself from worry, nervousness, and ill-temper. In short, she must keep herself in the best of health, in order to furnish healthful food for the child. A mother who eats promiscuously of vegetables,

fruits, proteids, and fluid at one meal will be almost sure to have some trouble with her baby a short time after each nursing period.

To relieve colic, it is not necessary to give such things as soothing sirup and paregoric, for the removal of the gas from the child's stomach and bowels will relieve the child without the benumbing effects of the medicines. Soothing sirups are positively dangerous. Many of these are used promiscuously in country homes. I was called into a home where a child two weeks old had been given five drops of "mother's friend." The child soon after went into a sleep from which it never awoke.

When the child is in distress from indigestion, hot water will afford relief without compromising the health. In case of colic, allow it to drink warm water, withhold its food, wrap its feet in hot flannels, and place hot flannels over its stomach. If the warm drink does not ease the child, a small warm enema will often afford instant relief. After giving the child warm water, raise it up, and lay it over the shoulder or on its stomach over the knees. Pat it gently on its back, and the gas will rise freely. A child often sleeps gently with its stomach filled with warm water, and this gives the stomach time to rest and prepare for the digestion of the next meal.

The accidents of early childhood constitute another source of trouble to the young mother. A child often hurts itself by falling from its high chair, pinching its fingers in the door, and the like. Such accidents, though usually unimportant in themselves, may, through injudicious treatment, be attended with serious results. It is quite a common thing to see a mother pick up a fallen child and put it to the breast at once, in order to soothe it. Food taken by the child under

(Concluded on page 155)

CURRENT COMMENT



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

The Saloon on the Defensive

ON February 7 the lower house of the Mississippi Legislature adopted a bill enacting statutory prohibition for that State. Last week, by a vote of thirty-six to four, the upper house concurred in the bill. The governor will sign it. This action was not unexpected. It follows similar action on the part of the legislatures of Georgia and Alabama. It is symptomatic of a public opinion that is national in scope. Never before in the history of the country has it been as evident as it is now that the American people are intent on controlling, if not destroying, the liquor traffic. Dramatically as this fact has been exhibited by the adoption of prohibition by Southern States, it has been perhaps more significantly expressed in the silent and comparatively unobserved progress of local option. In Mississippi about ninety per cent of the territory of the State had been committed under local option to no license. According to figures furnished by the Anti-saloon League, in approximately seventy per cent of the area of the United States, the saloon is illegal. This, of course, includes vast stretches of land which is sparsely populated. What is still more significant, of the eighty-five millions of people in the United States, some thirty-six millions are living in territory from which the saloon has been legally banished. . . . During the year 1907 about three million people, by exercising local option, abolished the saloons. . . . During the last year, of the

thirty-four legislatures that were in session, twenty passed laws against the liquor traffic, and not a single one passed a law favorable to the traffic. . . . One reason why this movement has attained unprecedented results is that it has been characterized by the united action of people who, having a common object, are ready to compromise on ways and means. Unquestionably the Anti-saloon League has been a very great factor. It seems to be feared by the organizations of liquor dealers and their allies more than any other temperance body. They have good ground for their fear, for the Anti-saloon League has adapted itself to circumstances, has avoided partizan politics, has maintained no self-righteous aloofness from particular parties, but has worked with one and every one who has been willing to work with it.—*The Outlook, Feb. 22, 1908.*

❖

The Young Child and the School

AT the age of five or six we cut off our children from fresh air and sunshine, and confine them for hours in overcrowded, dirty, overheated, underventilated, often badly lighted rooms, shut off the safety-valve of physical activity, and force their growing brains to undertake mental processes of which their degree of development renders them incapable and makes sustained demands upon the attention, which it is not able to do without damaging strain. And we call this education.

Now for the remedy. The proper place for every child is the country, or

as near true country conditions as possible, and this is especially true of the age we are now considering. No child under eight, or, better, ten years of age, should attend the city school, as it is now understood, for task study. The child fortunate enough to live a healthy, outdoor life in the country, with no definite study routine, but encouraged by a conscientious effort on the part of parent or nurse to take a lively interest in rational play and nature studies, such as gardening and the like, thus developing attention, orderliness, and the power of observation, this child is receiving the best possible training for future study and progress. When placed in school, contrary to the general belief, progress will be so rapid and easy that it will be seen within a few years that no time has been really lost, and that much mental and physical capital has been gained.—*Prof. J. Hall Pleasants, D. M., extract from paper, "Prevention of the Nervous and Mental Disorders Incident to School Life," read before the Section in Neurology and Psychiatry of the Medical and Chirurgical Faculty of Maryland.*



Artificial Childlessness and Race Suicide

THE responsibility which children bring inculcates self-denial and self-restraint. Thinking for others becomes a habit. Those who are childless through their own wrong-doing, do not know the pleasures of self-denial; their natures become narrow, selfish, and warped. . . . From large, well-born families come the best citizens. They early learn self-reliance; are free from false sentiment; are tolerant and helpful of one another, and lose the egotism and self-consciousness so commonly seen in an only child. Luxury seldom enters into such homes. . . . Want may even show his gaunt form. But in spite of all this, there are more

manly men and women found in large families and more real happiness, than is ever dreamed of by a childless couple, or where a single child is surfeited, stunted, and spoiled by needless luxury and display. The large families of our forefathers were big factors in the building of our nation, while we are slowly but surely drifting to the shoals of a decreasing birth-rate, on which France has already stranded her best hopes.—*J. Newton Hunsberger, M. D., read at the Atlantic City Session of the American Medical Association.*



The Young Men of the Twentieth Century

WHAT sort of men does the century need for all this work it has to do? We may be sure that it will choose its own, and those who can not serve it will be cast aside unpitigly. Those it can use it will pay generously, each after its kind, some with money, some with fame, some with the sense of power, some with the joy of service. Some will work hard in spite of vast wealth, some only after taking the vow of poverty.

Those not needed you can find any day. They lean against lamp-posts in platoons, they crowd the saloons, they stand about railway stations all day long to see trains go by; they dally on the lounges of fashionable clubs. They may be had tied in bundles by the employers of menial labor. Their women work at the wash-tubs and crowd the sweatshops of great cities; or, idle rich, they may dawdle in the various ways in which men and women dispose of time, yielding nothing in return for it. You, whom the century wants, belong to none of these classes. Yours must be the spirit of the times, strenuous, complex, democratic.

Men of training the century must demand. It is impossible to drop into great-

ness. "There is always room at the top," so the Chicago merchant said to his son, "but the elevator is not running." You must walk up the stairs on your own feet. It is as easy to do great things as small, if you only know how. The only way to learn to do great things is to do small things well, patiently, loyally. If your ambitions run high, it will take a long time in preparation. There is no hurry. No wise man begrudges any of the time spent in the preparation for life, so long as it is actually making ready. . . .

Above all, because including all, the century will ask for men of sober mind. The finest pieces of mechanism in all the universe is the brain of man and the mind which is its manifestation. What mind is, or how it is related to brain cells, we can not say, but this we know: that as the brain is, so is the mind; whatever injury comes to the one is shown in the other. In this complex structure, with all its millions of connecting cells, we are able to form images of the external world, truthful so far as they go, to retain these images, to compare them, to infer relations of cause and effect, to induce thought from sensation, and to translate thought into action. In proportion to the exactness of these operations is the soundness, the effectiveness, of man. The man is the mind, and everything else is accessory. The sober man is the one who protects his brain from all that would do it harm. Vice is our name for self-inflicted injury, and the purpose of vice is to secure a temporary feeling of pleasure through injury to the brain. Real happiness does not come through vice. You will know that which is genuine because it makes room for more happiness. The pleasures of vice are mere illusions, tricks of the nervous system; and each time these tricks are played, it is more and more difficult for the mind

to tell the truth. Such deceptions come through drunkenness and narcotism. In greater or less degree all nerve-affecting drugs produce it: alcohol, nicotin, caffenin, opium, cocain, and the rest, strong or weak. Habitual use of any of these is a physical vice. A physical vice becomes a moral vice, and all vice leaves its record on the nervous system. To cultivate vice is to render the actual machinery of our mind incapable of normal action.—*President David Starr Jordan, of Stanford University, in Social Education Quarterly.*



Total Abstinence in a Great Chicago Store

THERE are ten thousand employees of the Sears, Roebuck & Co. establishment, and each one of them is a total abstainer. For years Mr. Sears had maintained a rule in the store that none of the employees should drink intoxicants during business hours. This means of dealing with the question was too mild for the aggressive believers in temperance among the workers in the store. They advocated the plan of demanding that the employees abstain from intoxicants not only during business hours, but that they abstain during other times, and that any employee of the business who was found in a saloon within eight blocks of the store, for any purpose, be discharged.

Mr. Sears yielded to the insistence of a number of men, and submitted this question to a vote. Nine thousand voted for absolute prohibition.

After the inauguration of the rule above referred to, the city of Chicago passed an ordinance making the Sears, Roebuck & Co. neighborhood a prohibition district.

In discussing the matter with Mr. Sears, I asked if his employees were not far above the average in their respective fields of labor. His answer was that he did not think so; that many of them had

formerly "rushed the growler," and some of them had even been quite dissipated. He felt that the movement they had inaugurated was for the protection of themselves and their homes; and in view of this, it is not too much to expect that the entire city of Chicago, if it had an opportunity, would vote out the liquor dens. This object-lesson is one worthy of careful study, and the example set by this great house challenges admiration and emulation.—*The Battle Cry*.



Abolish the Slums

THERE is no part of our community that is not affected by the sanitary condition of every other part. The millionaire residing in his mansion in the suburbs . . . may fancy he has nothing to fear from the overcrowded rooms of an unsanitary tenement-house located in some interior court or alley of the slum district of the city; but the connection between these two dwellings is in many ways more direct than he may imagine. . . . The germ of a disease nurtured in the most poverty-stricken portion of a city may find its way to the residence of the wealthy. . . . The prosperous, intelligent, and ruling members of any community, who are indifferent to the sanitary welfare of the ignorant, or the poor, or even the vicious, are thereby endangering themselves. . . . There is no adequate reason why slums should exist anywhere, and by slums I mean places where, through bad drainage, imperfect sewerage, inadequate air space, lack of pure water, and lack of sunlight, human beings are subject to disease- and crime-inducing conditions.

The existence of slums in a city is that city's fault; not its misfortune. Our ambition should be a slumless country; and, as this means simply municipal cleanliness and decency, there can be no good reason why it should not be brought

about. The chief pride of a city should not be its boulevards and handsome buildings, but that nowhere within its boundaries can be found slum conditions as just described.—*Surgeon-General Wyman, Address, April 24, 1907.*



The Rat and the Plague

IT is evidently becoming more and more recognized that man plays a relatively unimportant part in the propagation of plague, and that measures taken in respect to him and his personal effects can influence the spread of the disease only to the same proportionately limited extent. Scientific experiments and practical observation have also shown that ordinary disinfection alone of infected areas and houses (cleansing and using disinfecting solutions) is in itself not efficient in preventing the disease, as cases have continued to occur in houses after the careful enforcement of such procedures.

In view of our present knowledge, it is believed that measures directed toward the destruction of rats are the most rational, and if successful, would result in the prevention of plague in man. Experience, however, has shown that this is an extremely difficult undertaking, and that it must be supplemented by other measures, including the abatement of conditions which attract vermin. It is known that such conditions are more prevalent in the overcrowded and unhygienic sections of cities, and because of their influence on the rat population, in all probability account for undue prevalence of plague in such areas.—*Editorial, Journal of the Amer. Med. Assn.*



Exterminate the Rat

WHILE the health departments are doing all they can to stamp out the disease, and to close every gap in their defense of the rest of the State and of the other

States, the people of some of the infected cities sit calmly by, apparently oblivious of the fact that their cities are infected with a terrible disease. The blame for this apathy must lie upon the shoulders of those newspapers which have persisted in either denying the existence of the disease or minimizing the danger. It is true we shall never suffer such an epidemic as exists in India, where over four hundred thousand died from May to October, but it is the same disease, and our apparent greater immunity is only our better sanitary conditions and greater intelligence. The people will finally awaken to the situation, despite those who are trying to blind their eyes, and then the plague will quickly be stamped out. Meantime, the work must go on by the health departments, no matter what the opposition, nor how much they are traduced. There can be no compromise with plague.

As long as there is an infected rat left, every person's life is in danger from it, for no one can tell into whose house it will go to die. Our only safety is in extermination, and this must be the work of the people in co-operation with the health authorities. The quicker they awaken to a realizing sense of their danger and responsibility, the better.—*Bulletin, California State Board of Health.*

❖

The Physician as an Educator

A LARGE proportion of nervous patients are victims of unhealthy emotional states. Instead of being invigorated by healthy feelings, they are exhausted by depression, irritability, worry, and fear. The physician can, if he will take the trouble, do much to help his patients learn how to school their emotions; for example, how to cast anger and worry out of their lives.

One of the best means of doing this is by encouraging the cultivation in a positive way of the elevating and strengthening emotions and sentiments—appreciation, faith, hope, love, and joy. All sham emotions, accompanied by tension and strain, should be banished, and the patient should be taught not to cherish emotion for its own sake, but always to endeavor to give expression to it by the performance of an act with which it accords.

Most helpful later on is the systematic re-education of the power to will. The patients must be taught to overcome difficulties. Learning to take a cold bath in the morning or a wet-pack at night with good grace, or to eat varieties of food to which one is disinclined, may be early lessons in will gymnastics. Sooner or later the patients do well to take up difficult tasks, and the physician gradually leads them back to the habits of mental and physical work. This occupational treatment is one of the most important means of helping nervous people during convalescence.—*Lewellys F. Barker; address delivered at Emmanuel Church, Boston; quoted in Good House-keeping.*

❖

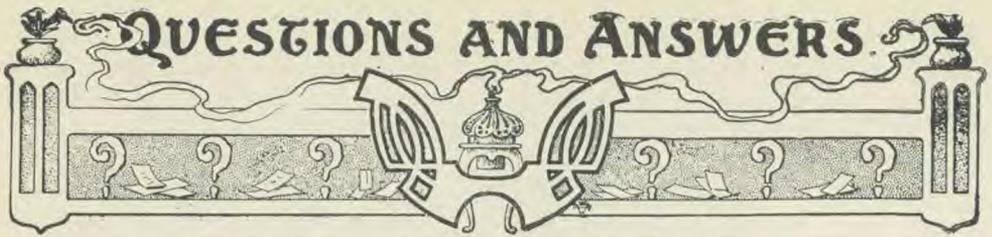
Medical Legislation

(Concluded from page 185)

he wakes up at last to his dismay, when he is penniless, to the fact that he is an incurable consumptive. Can you blame Eugene Christian and others for raising a protest?

Would not the profession itself rise in the estimation of the community if it should come down with a strong hand on those within its ranks who so play with human life, and not spend too much time persecuting people who are telling people how to eat for health?

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.

315. Restless Sleep.—Why is a person restless, calling out in his sleep, and why does the saliva ooze out of the mouth? The sleep seems sound, but unrefreshing.

Ans.—This condition is usually a symptom of self-poisoning resulting from indigestible foods, overeating, or some other dietetic error. It may be caused by a hearty evening meal. Study your food combinations, and let your evening meal consist chiefly of mellow or juicy fruit, eaten not later than four hours before retiring.

316. Sprained Ankle.—What treatment would you recommend for a sprained ankle?

Ans.—Rest, and the continuous application of cold, moist cloths. At intervals of two hours, from a height of several feet, pour hot water over the sprain for twenty minutes at a time.

317. Pepper and Digestion.—Does pepper improve the digestion?

Ans.—The irritation produced by the presence of pepper no doubt temporarily increases the flow of gastric juice, thus aiding digestion. But the continued use of even small amounts of pepper will bring about debility and disease of the stomach. Catarrhal conditions and exhaustion of the glands of the stomach, resulting in indigestion, are frequently due to the use of such irritants. These irritants also debase and pervert the sense of taste, making it unable to distinguish between wholesome and unwholesome foods. The sense of taste was given to enable one to get pleasure and satisfaction from the use of natural foods. This pleasurable sensation acts as a stimulant to gastric secretion and digestion, and when perverted, wholesome foods are not relished, and their digestion is retarded.

318. Irregular Heart.—What is the proper treatment for the heart when it beats too hard and is irregular? I am naturally of a nervous temperament; am fifty-eight years of age. It seems that indigestion brings it on. A preparation of strophanthus and nux vomica has been recommended.

Ans.—Indigestion is the probable cause of the irregularity of your heart. Thoroughly masticate every morsel of food you eat. Swallow nothing that has not been reduced in the mouth to a creamy mass. Do not eat much soft food, such as mush. Dispense with soups. Use no liquids with meals. If liquids are desired, occasionally make a meal of liquids only. Eat regularly. Dispense for a time with the evening meal, or take only a nutritive drink. Do not eat fruits and vegetables at same meal.

319. Pain in Side — Numbness — Rhubarb — Baking-Powder.—G. E. H.: "1. For three or four months, I have had a pain in my side under the short ribs, at times quite severe. Sometimes I am entirely free from pain except in the evening when I am reading. What is the cause, and what shall I do for it? 2. Often in the night my hands, especially the left one, become numb and lifeless, but by rubbing they get all right. 3. Is rhubarb beneficial or harmful to the system? 4. Is the small amount of baking-powder used in making corn bread, cake, and cookies injurious to the stomach?"

Ans.—1. I would advise an examination by a good physician. You may have a diseased kidney.

2. If the kidney is diseased, the numbness would result from the improper elimination of poisons because of the disability of the kidney.

3. A small amount of rhubarb as a relish is neither objectionable nor harmful.

4. I would recommend the entire disuse of baking-powder. Even in small quanti-

ties, it is injurious. Wholesome, light breads may be made without it.

320. Hyperacidity and Ulcer of the Stomach.—H. P., Ill.: "1. Have just finished three weeks of nutritive enemas given to rest the stomach because of ulcer caused by hyperacidity. What per cent under such circumstances recover? 2. Is malted nuts a proper food for a patient with too much gastric juice? 3. How much water should one drink daily if water seems to agree with the stomach, though the patient is seldom thirsty? 4. Should patient vomit the oversupply of acid two hours after eating when the acid causes a burning sensation?"

Ans.—1. Under proper treatment, fully ninety-five per cent recover.

2. Eggs, sterilized milk, breads (well masticated), almond nut butter, and olive-oil are foods which are indicated.

3. Take a drink (glassful) of water at night before retiring, and early in the morning. Cold water is best.

4. No, this tends to keep up the irritation, and the vomiting may become a habit.

Crazed by Snuff.—A Baltimore paper tells of a man who is violently insane, due, it is supposed, to the immoderate use of snuff. He used six boxes of snuff a week.

In Praise of Tobacco.—One writer claims to believe that the use of tobacco would be an excellent thing for women. Because of its sedative character, it would settle the nerves of the woman who is described as "nothing but a thing strung on wires," and would cause the fair smokers to reflect before speaking—which would be a distinct gain. The writer seems to be sincere in his belief.

Hand-borne Diseases.—Health Commissioner Dixon, of Pennsylvania, says: "We hear much of 'water-borne' diseases and 'air-borne' diseases, but no one as yet appears to have made use of the term 'hand-borne diseases,' while in point of fact the hand is possibly more often responsible for the communication of disease than either of the two above-mentioned agencies." Much of our food we handle with our hands, and they are almost constantly coming in contact with some possible source of infection. Do we not scrupulously wash our hands, and then take

hold of the door-knob as we enter the dining-room, or possibly put the hand into a pocket?

A Fresh-Air School.—The city of Providence, R. I., has a school so arranged that the windows on three sides of each room swing wide open from floor to ceiling. Though the students are "within four walls," they are, to all intents and purposes, outside, and they keep on their wraps, except when the inclemency of the weather necessitates the closure of the windows. This school was established at the suggestion of the Rhode Island League for the Suppression of Tuberculosis. Similar schools are in successful operation in Europe.

The Use of Hydrochloric Acid in Gout.—A German investigator who has been experimenting for four years on himself and others, announces his belief that gout is caused by the inability of the glands of the stomach to secrete hydrochloric acid. He administers the equivalent of fifty to sixty drops of the pure acid daily. The use of the acid can not permanently correct the tendency to gout, as it does not restore the function of the glands, hence it is necessary to continue the administration of the acid during the life of the patient with a tendency to gouty joints, as a preventive measure. The best results are obtained in patients where the onset of the disease is recent.

The Song Cure for Tuberculosis.—Two English physicians, Drs. Leslie and Horsford, advocate the song cure for tuberculosis, maintaining that it may be used with advantage by those who have a tendency toward consumption, by those who have the disease in the incipient stage, and even by those who have it in a more advanced stage, provided there is no active disease or ulceration in progress. There are several ways in which singing is beneficial to such patients. It enforces correct nose-breathing and insures that the air which reaches the lungs will be comparatively free from germs; it maintains the elasticity and proper expansion of the chest; it increases the functional activity of all parts of the lungs, and thus increases its nutrition; and accelerates the oxygenation of the blood.

EDITORIAL



Medical Legislation

THERE are a number of journals and some books whose principal stock in trade seems to be abuse of regular medical practitioners on all occasions and for all pretexts. One would think, to read these tirades, that the medical profession must have been made up from the offscourings of society, who, if they had their deserts, would all be behind prison bars.

Intemperate utterance of this kind defeats itself. The average person knows, if he knows anything about physicians, that such statements are gross exaggerations. As a class, medical men are no better and no worse than men outside of the medical ranks. None of them have wings, neither do they have arrow-pointed tails. There are black sheep among them, as there are among other classes of men. Occasionally a lawyer, or a preacher, or a banker disgraces his profession; so does an occasional doctor. On the other hand, there are physicians who are peer to men in any rank of life. As a body, medical practitioners are conscientious, self-sacrificing, sympathetic, earnest, and industrious. No more sincere body of men exists among us.

✠

But sincerity of purpose is no guarantee against encroachment of rights. No men were more sincere than the Puritans, who, because of their love of religious freedom, left their native land and the homes they loved, and braved the savage

wilds of an unknown continent. This intense love of religious freedom did not prevent their denying the same liberty to those in the new colony who differed with them in religious belief. Their very sincerity and the conviction that they were working in the interests of God and humanity caused them to trample in a disgraceful manner upon the rights of their fellow men.

That, however, was in a comparatively unenlightened age, you say. Most persons in this age, and in this country at least, realize that a state-protected church, or a church working for state protection or establishment, is a menace to religious liberty. Is it possible to conceive that a medical organization, composed, for the most part, of sincere, honorable gentlemen, might, through the activity of its legal department, become a menace to American institutions?

To inaugurate a despotism, it is not necessary to have men that are bad at heart. All that is necessary is to have men who have earnest convictions, who are sincere, and who, with determination and skill, persistently work to mold legislation and secure precedents in accordance with their personal views.

In this way have ecclesiastics in past ages worked with civil powers and accomplished their ends—ends perfectly justifiable from their standpoint. From such insidious encroachment of civil power by the church came the Inquisition with its unnameable horrors.

Like other bodies of men, physicians have their unions, called medical societies. One purpose of these societies is to stimulate progressive professional work, by means of meetings at which papers on medical or scientific subjects are discussed. It is the medical society that makes for progress. But medical societies have other functions. One of these is, naturally, to guard the financial and other interests of its members, as against non-members. This will be recognized as a perfectly legitimate function, provided it is confined to the work of securing only what rightfully belongs to the members. The societies also have for one of their stated objects the very commendable one of protecting the public against medical frauds.

Is it possible that medical societies, in carrying out these functions which in themselves seem perfectly harmless and even meritorious, may overstep the line which divides between legitimate work and that which is unwarranted and oppressive?



The Journal of the American Medical Association for February 8 contains an article by Floyd M. Crandall, M. D., Chairman of the Board of Censors, of the Medical Society of the State of New York, entitled, "Enforcement of Medical Practise Laws by County Societies." According to this article, the medical society, through its special legal committee, has for several years manifested intense activity in the work of driving out of business medical frauds and swindles of the worst type, and of bringing to justice many conscienceless scoundrels. For this, the medical society deserves the gratitude of the public, notwithstanding the fact that this work of suppressing fraudulent concerns is in itself a financial advantage to the medical profession.

The following quotation from Dr.

Crandall will indicate the character of the work the society is doing: "The charlatans who play upon the credulity of young men are a particularly vicious type of scoundrel. Extortion and blackmail are constant features of their work, and they probably wrest more money from their victims than do other quacks. One concern which was put out of business used to sell an ounce of simple ointment for several hundred dollars, the price varying with the patient. The ointment was alleged to be a goat lymph. Another concern charged its victims seven hundred dollars for a small bottle of tincture of genetian [cost, a few cents], which was called radium."

Unfortunately, the activities of the society do not cease with the suppression of frauds. They would create by law a complete monopoly of the right to heal or to perform any act for the purpose of relieving human suffering. A bill has been actually passed by the legislature of the State of New York which would make Jesus a rank criminal were he to return and heal in that State. That is to say, any one who heals, no matter how successful his work, or how simple and harmless the means he employs, violates the State law if he does such work without a State license, which means that he must have a regular medical college education, and have successfully passed an examination by a State board of medical examiners.

How, it may be asked, was such a law obtained?—By persistence. The society above mentioned employs a shrewd lawyer whose business it is to specialize in these lines, and insidiously, through the legislature and courts, remold the legal status of the medical profession.

To show how the society carries on its campaign of education with judges, I quote from Dr. Crandall's article: "The first step toward better work, therefore,

was to attack more important cases, and begin a systematic campaign for the establishing of legal precedents. This was in the nature of an evolution, the decision on one case being the basis for securing decision on one a little more difficult, until to-day the judges are constantly rendering decisions which would not have been possible five years ago."



According to Dr. Crandall, the functions of the county medical societies are:—

1. To guard the financial and temporal interests of medical men.
2. To stand as their representative before the people.
3. To perform some of those duties which the medical profession owes the public.

"Enforcement of the medical practise laws," says the doctor, "and the protection of the public against illegal and criminal practitioners, are among the duties which the county society owes to the profession and to the public." There would seem to be a significance in the order of the last two phrases, and also in the order of the three functions of a medical society as given above. A consideration of the attitude of the society's legal committee to abortionists would seem to suggest that the words I have italicized above are the important ones in the mind of this committee.

It should be remembered, first, that the abortionist does not, in his work, come into competition with the regular practitioner, for the professional man, with rare exceptions, is above that class of work. So the effort to put a stop to this social cancer was begun reluctantly. Dr. Crandall expresses the belief that one hundred thousand abortions are committed annually in New York. "So long had it flourished without let or hindrance," says the doctor, "that it had

become reckless of the laws of public decency. *We were driven into the work.* . . . The police department, the district attorney's office, and the health department were referring cases to us as our proper work. Notwithstanding its repelling character, we undertook it," and they succeeded in lessening in a marked manner the work of criminal midwives.

Finally the committee had forced upon it the fact that some regularly licensed physicians were openly carrying on this vile business, and, to quote Dr. Crandall, "The judges began to demand that some of the big criminals as well as the smaller ones be brought before them. A judge of the court of special sessions told me personally, as other judges told the counsel, that if we did not attack some of these big criminals and improve the character of our work, we would lose the respect of the judges, and our standing before the courts would be compromised. *We came to the place where we were obliged to stop the criminal business by medical men, or go out of business ourselves.*" (Italics ours.)

So, while the Board was energetic in securing legislation against quackery in general, which hurts the doctors' profits, it almost had to be forced, according to its own testimony, to take up the work against the most damnable and most criminal part of illegitimate work,—that of inducing abortion! The abortionists do not steal the trade of the regular doctor.

Thus, while the Board is working in a commendable manner for the protection of the public against frauds, it is working *primarily*, it would seem, for the good of the profession. Medical laws are made and fostered by the profession, and for the profession. Some of the legal work of this Board has been a decided benefit to the people; but there is a real danger that the power gained as a re-

sult of this gradual encroachment by a few medical men specializing in legal matters in behalf of the profession at large, will be followed by measures more oppressive and unjust.

✽

Only recently the medical society, on appeal, lost its case against Mr. Eugene Christian, the "raw food crank." While Mr. Christian's methods may be crude, there seems to be no reason to doubt that he is honest in his efforts to help his fellow men, and that he has helped many, and among them not a few who had failed to receive help from physicians. The appellate court did right to dismiss the case. Perhaps Mr. Christian has unnecessarily brought on his head the wrath of the board of censors, by his intemperate condemnation of everything connected with the educated medical profession; at the same time, he was conducting a business with which, as we see it, the medical society had no right to interfere. And the appellate court thought the same.

✽

That the practise of bleeding the unfortunate patient is not altogether confined to unlicensed quacks is the testimony of Dr. Pryor, formerly superintendent and now director of the New York State Hospital for the Treatment of Incipient Tuberculosis, in an address delivered last fall before the New York State Conference of Health Officials. The title of the paper is, "The Early Diagnosis and Treatment of Pulmonary Tuberculosis."

Dr. Pryor states that when the State institution was founded, it was predicted that it would be utterly inadequate to accommodate those who would apply for treatment. As a matter of fact, the institution has never been anywhere near full, and of the patients admitted, a large proportion are far beyond that stage fa-

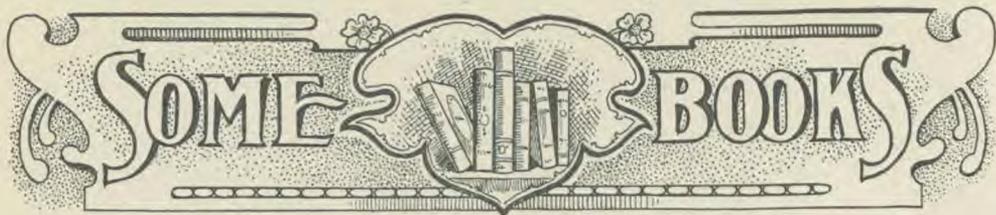
vorable for cure, known is "incipient tuberculosis," and yet there must always be thousands of patients in the State who are still in the favorable stage. Why the doctor wants to know, are there so few given the opportunity of cure afforded by the State institution? He says: "There is nothing to be gained by quibbling or evading the answer. A large proportion of the medical profession does not, can not, or will not detect the presence of pulmonary tuberculosis during the incipient stage." With few exceptions, the unfortunate patients who failed to gain admission at Ray Brook [the State institution], had been under observation of one or more physicians for months, and most of them had been treated for bronchitis, catarrh, and obstinate cold, or something else. And he adds that the experience at other health resorts reveals a similar tendency to delay sending patients away until evidence of advanced disease is only too plain.

"An unknown percentage of unfortunates," continues the doctor, "fall into the hands of physicians whose practise is more or less tainted by a growing commercial spirit. An overcrowded profession, the cost of living, a superabundant supply of alleged medical colleges, and variegated forms of healing account for the fact that *the sufferer from a long-continued disease is valuable prey.*"

From the lips of a man of repute in the profession, comes the confession that there are among the regular profession — for a doctor means by "physician" a regularly licensed physician, and not an unlicensed practitioner — some who bleed the consumptive in the same way that the quack bleeds the young man with sexual weakness — not in the same way exactly, but it amounts to the same. The patient is encouraged to continue treatment as long as his money holds out, and

(Concluded on page 179)

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.

"The Making of a Man," by Orison Swett Marden. Lothrop Lee and Shepard Company, Boston. Cloth, 307 pages, \$1.25.

"Every Man a King," by Orison Swett Marden, with the assistance of Ernest Raymond Holmes. Thomas Y. Crowell Company, New York. Cloth, 240 pages, \$1.

Mr. Marden has written a number of books on the attainment of success, of which the two under consideration are typical examples. In these two volumes the author points out what seem to be two entirely different methods of winning success. The first book mentioned might have been appropriately named "Success through Character-Building;" the second, "Success through Right Thinking." Yet there is not so much difference in the two methods as one might at first think, for character-building and right thinking are inseparable. In the first book is emphasized the importance of the old-fashioned process of building up a success character by careful and perhaps laborious formation of right habits; in the other, which shows the influence of New Thought writers, the author deals with the more direct method of obtaining success by thinking success, by expecting it, by picturing one's self as a successful person.

The first teaches that man forms his character, which afterward rules him. The second teaches that one has it in his power to control his own mind, and that the mind rules the body, causing health and disease, success and failure.

"After a man's habits are well set, about all he can do is to sit and observe which way he is going." "Habit is, for the middle-aged person, fate; for is it not practically certain that what I have done for twenty years, I shall repeat to-day?" These quotations from the first book are hard to reconcile with the following quotations from the other book: "The possibilities of thought training are infinite." "Every person, however ignorant, however uncultured, however busy, has within himself all that is needful to remake his char-

acter, and practically his body and his life." The man of forty or fifty who is the victim of ruinous habits will find more consolation in the last quotations than in the first. The young person will find it safer to depend on rigid formation of right habits while the mind and body are plastic.

In the first book, the question is raised, "What constitutes success?" and the answer is given, "Unless a man is developed in his moral faculties, by which alone he is differentiated from other animals, he is not a success as a man." "The three component parts in what is popularly called success are energy, perseverance, and system."

Chapters on grasping opportunity, on the price of success, on saving the moments, on order, on thoroughness, force, determination, courage, are all excellent, but those that especially appeal to the writer are those on Courtesy and on Love.

The second book shows that our worst enemy is fear, and that anger and worry are destroyers of health and efficiency.

Both books contain much counsel that, if heeded, and not simply skimmed over, will certainly help the reader to attain success.

These books, which embody the modern idea of success, differ materially from the teachings of Jesus, both as to what constitutes true success and as to how it may be attained. The Master taught, first of all, that success is service. The modern idea of success is the attainment of a standing—financial, political, or professional—that will command the service of others. The Saviour says we should seek the lower rooms; we are now told to aim for the highest. It is true there is in these books much in harmony with the teachings of the Master. For instance:—

"Love is the constructive force of the universe. Whenever found, it is engaged in the work of building up lives, putting joy and beauty into their structure. Shielding the unfortunate, raising up the fallen, bringing new hope to the despairing, new light to the dull and laden lives, ministering to the sick in mind and body, smoothing the way for the tender and the footsore wayfarers of life's rough road, it goes through the world, a ministering spirit—ministering while it teaches men how to live."

All Physicians Agreed

FREDERICK PETERSON, M. D.

Professor of Mental Diseases, Columbia University

ALL PHYSICIANS ACKNOWLEDGE that alcohol is a poison, taken in any form — wine, beer, hard cider, rum, whisky, or patent medicines or bitters. There is no question as to its being a poison. The retort that the active principles of tea and coffee are also poisons is no argument in favor of alcohol, because, while both tea and coffee, when taken in excess, bring on nervous symptoms, they are insignificant as compared with the unparalleled destructiveness of alcohol, which overfills our hospitals, insane asylums, idiot asylums, almshouses, epileptic colonies, reformatories and prisons, with its direct and indirect victims.

The discussion as to whether alcohol is an aliment or not is idle, and evasive of the main issue. It is not a food like bread and butter, for it has venom in it. It is as yet an undecided question in the medical profession as to whether it should be used at all, even as a stimulant in sickness. The general tendency is to reduce the consumption of alcohol as a drug in hospitals. My opinion is that among physicians rapidly increasing themselves there is a number of total abstainers. This is especially noteworthy in Europe, where the most active participants are the pants in the tremendous anti-alcoholic sweeping over France, and Switzerland.

It is right that physicians should be the guardians of the health of the racial mind and body.

as they the vast harm wrought by alcohol in the minds and bodies of living generations, not to speak of the awful havoc to generations as yet unborn. . . .

My own opinion is that more can be accomplished by a campaign of education than in any other way. I would have every man, woman, and child become familiar with what is known by the medical profession of the ravages of alcohol. The facts should be stated briefly and simply, and, without exaggeration, put into a form somewhat as I have arranged them.—*Collier's*, Dec. 30, 1907.

ALCOHOL IS A POISON

It is claimed by some that alcohol is a food. If so, it is a poisonous food.

The daily regular use of alcohol, even in moderation, often leads to chronic alcoholism.

Alcohol is one of the most common causes of insanity, epilepsy, paralysis, diseases of the liver and stomach, dropsy, and tuberculosis.

A father or mother who drinks, poisons the children born to them, so that many die in infancy, while others grow up as idiots and epileptics.

is not a food like bread and butter, for it has venom in it. It is a question in the medical profession as to whether it should be used at all, even as a stimulant in sickness. The general tendency is to reduce the consumption of alcohol as a drug in hospitals. My opinion is that among physicians rapidly increasing themselves there is a number of total abstainers. This is especially noteworthy in Europe, where the most active participants are the pants in the tremendous anti-alcoholic sweeping over France, and Switzerland. It is right that physicians should be the guardians of the health of the racial mind and body.

No one knows as well



Free Tuberculosis Dispensaries.—Chicago has six free dispensaries where tuberculosis is treated, and where advice is given for the home care of tubercular patients.

Plague in Australia.—The Commissioner of Health for Queensland has made a report on plague, covering an experience of eight years, in which he suggests that the present theory that plague transmission is due to the rat and the flea is still open to doubt.

Anti-Rat Society in England.—A society has been formed in England for the purpose of exterminating rats. Sir James Crichton Browne, who is identified with the movement, gave an able address in which he showed that the rat is a dangerous menace to health, as well as a nuisance.

The Plague Situation in San Francisco.—Bacteriological examination of the rats captured in San Francisco shows, since October, a gradually increasing percentage infected with plague bacillus. On the other hand, there have been no cases of human plague for several weeks; but this is believed to be due to the fact that the flea which is mainly instrumental in transmitting the disease from rat to man is in winter quarters, and it is feared that with the advent of warm weather and the consequent advent of the rat-flea, there may be another serious outbreak of plague. In order to obviate this, every effort is being made to accomplish the "de-ratization" of San Francisco. Representative men in medical and mercantile lines are taking active measures to rid the city of the little pests. Business men instruct their employees regarding the importance of preventive measures, such as destroying rats, cleaning up premises, and keeping all food

and garbage out of reach of rats. Tardily, the newspapers (with one dishonorable exception, which still persists in ignoring the disease) have joined in the campaign of education. The federal government devotes \$30,000, and the municipal government \$12,000, monthly, to the anti-rate campaign. This, however, is a small sum compared with the \$1,500,000 expended by the city of Glasgow, Scotland, in a similar campaign, which effectually ended the plague epidemic in that city.

Physicians Discuss the Causation of Typhoid.—In February the medical society of the District of Columbia held a public meeting for the discussion of the causes of typhoid fever prevalence in the District. Dr. H. W. Wiley called attention to the danger lurking in ice-cream as ordinarily made. He found that practically all ice-cream produced in the District is manufactured in most unsanitary rooms, such as dirty cellars. He found, as the result of nearly three hundred tests, an average of sixty-six million germs in every cubic centimeter of ice-cream, or perhaps five thousand millions to each dish. In the very nature of the case, there is every opportunity that ice-cream made in a careless way, in unsanitary cellars, from milk of questionable quality, may be a conveyer of typhoid fever. Dr. Bolton exhibited stereopticon views of a number of dairies, showing the filthy conditions under which the milk supply of the city is obtained. There seems to be no reason to suspect the present water-supply of the city, as the system is under skilful supervision, and frequent careful bacteriological examinations of the water are made; and the tendency of medical men seems to be to look with increasing suspicion on the milk supply, including that of milk products.

Many Ill from Cheese Poisoning.—At the McKinley Banquet in Bay City, Mich., the guests who ate cheese were taken violently ill. It is said that about one hundred persons suffered.

Sanitary Conference.—The annual conference of the sanitary officers of the State of New York, held in Buffalo in February, was the largest gathering of sanitary officers ever convened in this country.

Milk in Unsanitary Stores.—Chicago has a new method of dealing with the problem of the unsanitary milk depot. Every such place is now compelled to abandon the sale of bulk milk, and to sell only bottled milk and cream.

Alcoholic Prescriptions Barred.—A Georgia physician has been arrested on a charge of issuing alcoholic prescriptions. As a result of giving one man six such prescriptions for the grip, he found himself in the grip of the Georgia law.

Railroad Company Enforcing Decree against Drink.—The Baltimore and Ohio management, determined to enforce its new total-abstinence ruling, has recently discharged a number of employees for drinking while off duty. The company expects by spring to have all men with uncontrollable habits weeded out.

Killed by a Heavily Charged Idea.—A Pennsylvania miner who had often manifested marked dread of live wires, one day came in contact with a wire lightly charged, and dropped dead. The coroner expressed the belief that the man died from heart failure, the result of fright, for the electric charge was not sufficient to even stun him.

Dr. Wiley on Poisons.—In a talk before the House Committee on Agriculture, Dr. Harvey W. Wiley stated his belief, based on prolonged laboratory work, that the lives of Americans would be prolonged by the elimination from their foods of preservatives, such as borax, benzoic acid, benzoate of soda, sulphate of copper, sulphur dioxide, formaldehyd, and salicylic acid. He told the committee of a discovery just made by himself (according to the report) that a salt brine will bleach fruit as effectively as sulphur fumes. This, however, is no new discovery. The writer used it

nearly twenty years ago. If the fruit, as soon as it is peeled and cored, is dropped for a short time into a brine, and then dried as usual, it will remain beautifully white. The salt may be removed by washing before the fruit is cooked.

Effect of Mind on Body.—Although it has been fifteen years since John Shoeing, a Memphis cigar dealer, lost his right leg in a railroad accident, he has suffered pain which he believed due to the fact that the limb was not properly buried. Accordingly the leg was exhumed and readjusted in its box. Shoeing says he has suffered no pain since then. The effect would doubtless have been the same if some other leg, or an imaginary leg, had been dug up.

Health Restored by Singing.—A man who had no means to spend for a vacation outdoors, and who was threatened with consumption, having already become greatly emaciated, was ordered to sing popular songs for forty-five minutes every evening. Though he did not know one note from another, and "had a voice very much like that of a watch-dog," yet he carried out his prescription faithfully, with the result that he was completely cured.

Cocain Bill Passed.—Illinois has passed a law attaching heavy penalties to the sale of cocain and eucain. But what's the use? "Prohibition does not prohibit," according to the men who are organized to break down State liquor laws. Why not "regulate" the sale of cocain and eucain by high license? Why not get some good out of a bad thing by making it yield a revenue, and thus lessen the burdens of the taxpayer? Why not? Moreover, why should we not "regulate" prostitution by license laws, inasmuch as prohibitory laws seem to be inefficient? To go a little further, purse snatching is very common in the city of Washington just now, in spite of the vigilance of the police force. "Prohibition does not prohibit" it. Why not "regulate" this purse snatching by limiting it to a few respectable individuals who can afford to pay a high license? Certainly there is merit in any measure which will increase the revenue. There is just as much reason for licensing these abominations as there is for licensing a trap for your boy.

LIFE AND HEALTH

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

GEO. H. HEALD, M. D. - - - Editor
G. A. HARE, M. S., M. D. } - Associate Editors
D. H. KRESS, M. D. }

Subscription Price 75 cents a year
To Foreign Countries \$1.00

Published monthly by
REVIEW & HERALD PUBLISHING ASSN.
TAKOMA PARK STATION, WASHINGTON, D. C., U. S. A.

Entered as second-class matter June 24, 1904, at the post-office at Washington, D. C., under the Act of Congress of March 3, 1879.

Unsolicited manuscript, if rejected, is not returned unless accompanied by return postage.

All matter pertaining to subscriptions, renewals, advertisements, or other business should be addressed to Life and Health, Takoma Park, D. C.

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

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

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

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

✽

THIS issue of LIFE AND HEALTH is pre-eminently a MOTHERS' NUMBER. The Household, Mothers', and Treatment Departments pertain entirely to the work of the mother—and incidentally to that of the father. The increased amount of matter along these

lines has made it necessary to omit other departments for the month. The article by Dr. Lauretta Kress, "Baby's First Six Months of Trouble," is the first of a series being prepared by the doctor for the instruction of mothers in the care of their children. A long and successful practise as a physician among mothers, and as an instructor of nurses, eminently qualifies her to write this series: and every mother should subscribe to the magazine in order to secure every number of the series.

✽

TROUSERS which are usually sent to the tailor might be washed at home if the laundress only knew that the shrinkage might be obviated and the pressing greatly helped by not wringing at all, but draining a few minutes, stretching, and then tacking them to a door or some other upright surface. The waistband and wrong-side seams are good tacking edges, and the garment is not injured. Little pressing is needed to make them like new.

D. A. F.

BUFFALO SANITARIUM

A. R. Satterlee, M. D., Supt.

922 Niagara St. - BUFFALO, N. Y.

VEGETARIAN MEAT

Nut Cheese, and Nut-seasoned Baked Beans, are all made to take the place of *flesh foods*. They contain the elements to make *blood and muscle*, and by their use *flesh can readily be discontinued*. We also make over twenty other **HEALTH FOODS**, and sell direct to consumer at whole-sale prices: Five gallons vegetable cooking oil only \$3.75. Send for prices. Samples prepaid for fifty cents. IOWA SANITARIUM FOOD CO., Des Moines, Iowa.

Hygienic Cooking Oil

"America's Best."

Our No. 1 Cooking Oil sells at 62c. and 65c. per gal. in bbl. and ½-bbl. lots. Or eight 1-gal. cans in one crate for \$6.50. Special rates to active agents.

One 5-gal. can, net, \$3.40. Two 5-gal. cans, net, \$6.55

Guaranteed under the Pure Food and Drug Act

HYGIENIC COOKING OIL NO. 2.

Per bbl. net 55c per gal. One 5-gal. can, net \$3.15
½ 58c " " Two 5 " " " 6.30

Eight 1-gal. cans, one crate \$5.80

Shipped from Louisville, Ky., or by small advance per gal. from San Francisco, Cal. Prices F. O. B. and subject to market changes. Send stamp for circulars.

Cash in full must accompany each order. Address
DR. O. C. GODS' MARK & SON, Chattanooga, Tenn.

Changes in the Working Forces of the California Sanitariums

IN order to give Dr. S. P. S. Edwards, late superintendent of the Moline Sanitarium, a well-earned rest under the most favorable conditions, Dr. Mrs. Edwards has taken a position at the St. Helena Sanitarium. The present medical staff at that institution consists of Dr. Howard Rand, superintendent, with Dr. Frank Abbott, Dr. Mrs. Edwards, and Dr. Effie Brown as associates.

✽

Dr. Winegar-Simpson has taken up private work in connection with the Long Beach Sanitarium. The building occupied by this institution was built for a city hospital, but failing to bring in the financial returns anticipated by the owners, was leased to Mr. Ray Simpson for

sanitarium purposes. The building is commodious, and well arranged; and situated as it is in close proximity to the ocean, will offer advantages not found at any of the other institutions. Dr. P. S. Kellogg, who occupied a position at this institution, has tendered his resignation, and has sailed for the Philippines, where he will take up army practise again.

✽

Dr. Etta Gray, who so satisfactorily filled a place on the staff at the St. Helena Sanitarium, has taken the place made vacant by the resignation of Dr. Simpson, at Glendale, being associated with Dr. M. M. Kay.

✽

Dr. J. R. Leadsworth has been transferred from the city office in Los Angeles to the Loma Linda Sanitarium.

LISTERINE

The original antiseptic compound

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

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

Lambert Pharmacal Company, St. Louis, U. S. A.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



The **Boulder-Colorado Sanitarium** is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the only Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted on the same general health principles as the Battle Creek (Mich.) Sanitarium.

The buildings are equipped with all modern conveniences, including Steam Heating, Electric Lights, Elevators, Gymnasium; Baths of every description, including the Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form. Classified Dietary, Laboratory of Hygiene for bacteriological, chemical, and microscopical investigations; experienced Physicians and well-trained Nurses of both sexes. No contagious or offensive diseases are received in the institution.

Write for catalogue and card of rates. Address—

BOULDER-COLORADO SANITARIUM

Boulder - - Colorado

THE Self-Cure of Consumption WITHOUT MEDICINE

Showing the Twentieth Century Methods of Combating this Disease
With a chapter on Prevention of
Consumption and other Diseases

By **CHARLES H. STANLEY DAVIS, M. D., Ph. D.**

Member of the Connecticut State Medical Society, Physician to the Curtis Home for Old Ladies and Children, Meriden, Conn.; Author of the "Training and Education of Feeble-Minded, Imbecile, and Idiotic Children," etc.



HERE is not a shadow of doubt but that consumption can be practically stamped out as has been Typhus fever, Asiatic cholera, Yellow fever, Leprosy, and Smallpox. The civilized world is being aroused to the necessity of increased and well-directed action against the continued spread of this insidious disease, as well as toward its cure. The idea that consumption is an incurable disease is still widely prevalent among the people.

The object of this book is to show how, from its first beginnings to its last stages, before actual decay of the lungs takes place, it can be cured in at least 95 per cent of the cases, and this without the use of medicine. It contains the results of the most prominent sanatorium methods in this country and in Europe, with many of which the author has a personal acquaintance.

12 mo, 176 pages, Cloth, Post-paid, 75 cents

Send orders to **LIFE AND HEALTH**, Takoma Park Station, Washington, D. C.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



MAIN BUILDING

NEW ENGLAND SANITARIUM

MELROSE (BOSTON), MASS.

Is the largest and best-equipped institution in the Eastern States, employing a rational system of physiological therapeutics.

The Sanitarium is situated only **six miles from Boston** in the midst of a **magnificent park** of 3,500 acres of beautiful forest reserved by the State.

The institution includes **five large buildings** well equipped with **modern conveniences**, and with every appliance for the successful treatment of disease, including the **Hydro-Electric Bath, Electric-Light Bath, Russian Bath, Massage, Manual Swedish Movements, Electricity, and X-ray**. Patients are attended by **experienced physicians and well-trained nurses** of both sexes.

A postal will bring a beautifully illustrated booklet which will tell you the rest. Address,

NEW ENGLAND SANITARIUM = Melrose, Mass.



ANNEX

ST. HELENA CALIFORNIA SANITARIUM



The largest and best-equipped institution west of the Rocky Mountains, making use of a rational system of physiological therapeutics

Every advantage of a thoroughly-equipped medical institution combined with the conveniences of a modern hotel. Physicians of long experience in general practise and surgery. Well-trained nurses of both sexes; polite and agreeable attendants. Delightful climate the year round. Beautiful mountain scenery, No contagious or infectious diseases admitted.

Write for large, illustrated descriptive booklet.

California Sanitarium

SANITARIUM,

NAPA CO., CALIFORNIA.