

LIFE & HEALTH

September



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The October Number of Life and Health



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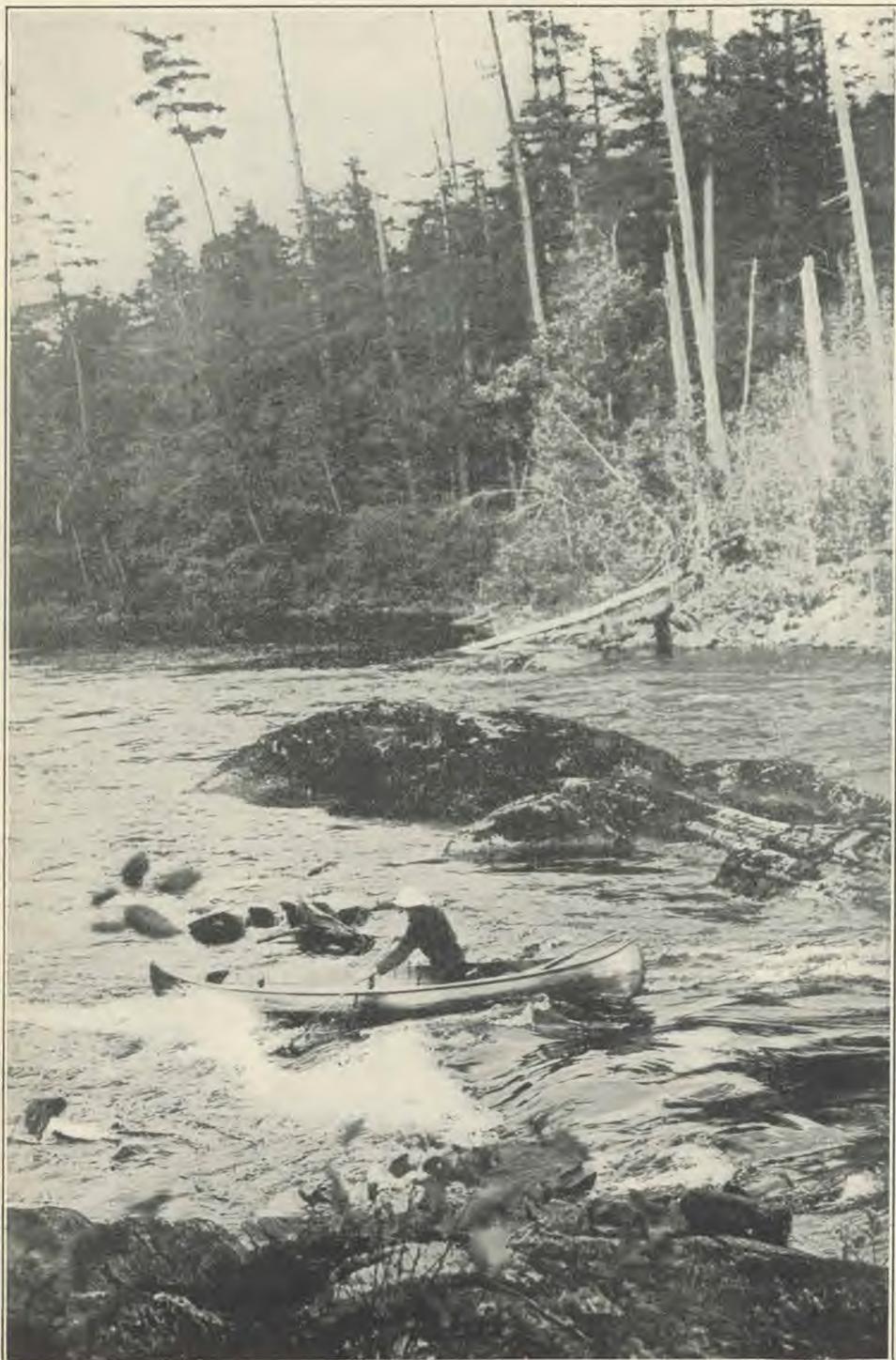
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SHOOTING THE RAPIDS



"Something better is the law of all true living"

Vol. XXIII Takoma Park Station, Washington, D. C., September, 1908 No. 9

Driven To It

D. H. Kress, M. D., Superintendent Washington (D. C.) Sanitarium

A TEMPERANCE wave is sweeping over the United States,—a movement due not chiefly to a desire to help the other man, but largely to the growing belief that it is necessary to banish the traffic as a measure of self-preservation. As a result of a general awakening to the danger to personal property and life inseparably connected with the liquor business, many severe blows have recently been dealt the rum traffic in the commercial and the political world. The man (or the woman) who realizes that the liquor traffic is causing him personally a financial loss, or is endangering the lives and the future hopes of members of his family, is ready to do something to stay the evil.

For many years, men and women who loved their fellows, seeing the dangers that threatened individuals and nations because of the increasing use of alcoholic drinks, made personal appeals to their countrymen, emphasizing the physical, mental, and moral degenerative influences of the traffic; but to all these entreaties and appeals a deaf ear was turned by the vast majority of the population. There was a general and in-

definite assent to the proposition that alcohol is a necessary evil, damaging a few unfortunately constituted individuals, and occasionally, perhaps, causing crime and damage to property. But as a rule the dangers seemed remote and far-fetched; the ordinary person could not see that alcohol injured his person and property; the advocates of temperance were branded as alarmists.

But these years of patient seed-sowing were not entirely wasted, for some of the seed from lectures and school physiologies fell in favorable ground, grew, and bore fruit. Shrewd business men, having received such instruction in their younger days, were led to make close observations of the effects of alcohol on their employees, and some of them have, in accordance with their observations, adopted business policies that seem almost revolutionary.

Members of the medical profession, believing that prevention is preferable to cure, then threw the weight of their influence against the use of alcoholic beverages, showing from the standpoint of science that alcohol is harmful in small as well as in large quantities. Even this verdict of science has had lit-

tle influence on the masses—those most in need of the warning.

Some months ago, when the Burlington Railroad, owing to financial depression, was forced to lay off many of its employees, the order was issued to discharge the drinking men regardless of the time they had been in the employ of the company. It was not a matter of sentiment or morals; it was a cold, piti-

Northwestern Railroad presented the officials of the road with a bound volume containing the names of forty thousand employees who had "sworn off." This pledge had not been asked for by the officials, but the men observed that drinkers were being discharged, and were unable to secure work on other railroads.

The superintendent of the Western Division of the American Express Company has also expressed his purpose to discharge drinkers. He said, "Our men must not drink even when off duty;" "We find that almost every defalcation has its beginning in drinking." Steadily men are being forced to the conclusion that they can not afford to drink. This will lead to a careful study of the deceptive nature of alcohol, and will result in great good.

In the Southern States drink has such a demoralizing influence on the negro that the wives and daughters feel unsafe in districts where there is no police protection. Drink converts the ignorant blacks into brutes. The whites have been forced as a means of self-protection to vote against the sale of drink and in favor of prohibition.

It will be only a question of time when the Northern States will be forced to adopt similar measures; for it will be seen that alcohol is demoralizing the ignorant whites of our large cities of the North as truly as it is the blacks of the South.

Employers, employees, voters, are all forced to recognize the truth that "wine is a mocker," that it makes men and women unfit to do their best, and that it invariably tends to demoralize and debase those who use it.



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COCOANUT-TREES IN THE WHITE SANDS OF FLORIDA

less business move, intended to conserve the interests of the road and the stockholders. The managers had learned by long observation that the drinking man, even though he does not drink while on duty, is not so safe or so reliable as the abstainer.

Employees were forced to give up drink or lose their jobs. As a result of the new policy, which is gradually being adopted by other railways and corporations, the employees of the

A Dietetic Error

E. C. Jaeger

MANY have never doubted the wisdom of eating animal food, because they have never carefully considered the matter. Let us, then, for the benefit of such, point out some of the reasons why the abandonment of a flesh diet is advisable. Listen to the opinion of leading medical and scientific men.

Cuvier says: "The natural food of man, judging from his structure, consists of fruit, roots, and vegetables."

Ray tells us: "Certainly man was never made to be a carnivorous animal."

Sir B. Richardson stated in an address before a congress on public health: "I sincerely hope that before the close of the century, not only will slaughterhouses be abolished, but that the use of animal flesh as food will be absolutely abandoned."

Dr. Spenser Thompson writes: "No physiologist would dispute with those who maintain that man ought to live on a vegetarian diet."

Sir Henry Thompson, F. R. C. S., makes the statement: "It is a vulgar error to regard meat in any form as necessary to life."

So much for their testimony. Now let us notice what the experimental evidences are. In a report of the *Anthropological Review*, made after investigations by the British government in regard to the farm laborers of Europe, we are told that the peasants of Sweden, Russia, Italy, Bavaria, Ireland, and Holland, do not eat flesh; and that in Scotland, Spain, Switzerland, and Prussia the laboring class rarely partake of meat.

Yet are not these same people the most hardy and healthy in the world?

What a different report is heard from Australia, where the people are the greatest meat-eaters in the world, the portion per capita being almost a pound a day.



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NATIVE FRUIT SELLERS, TEHUANTEPEC ISTHMUS, MEXICO, IRONWOOD TREE IN FOREGROUND

Here it is a common occurrence to find girls fourteen years old wearing false teeth, and as a people they are noted for having very poor teeth. The city of Sydney alone, with only two hundred twenty thousand people, supports fifteen hundred dentists—one dentist to every thirty families.

The reason is obvious. The bone-forming elements necessary to make sound teeth are not to be found in the fleshy parts of the animal; and since the people subsist largely on meat and

white flour, we can not wonder at the conditions reported.

The gross consumption of animal food is responsible not only for poor teeth, but is the direct cause of thousands of affections and diseases common among men. Many dié of diseases wholly due to meat-eating, and *never suspect the*

supply. If this is true in London, it is true in other places as well.

This tubercular meat is sold all over the country, and in many cases when the organs have been condemned. According to the resolutions of the medical officers of health of Manchester, England, in 1892, "The flesh of any animal affected with tuberculosis, to however slight an extent, is unfit to be sold as human food." Is it strange, in the light of these facts, to find that one death in every seven is caused by tuberculosis? If we wish to abolish this dread disease, we shall have to prevent this, one of the important causes.

And the inspection of meat has not made matters much safer. When we are aware that the inspection is made by a mere glance of the eye (yet only by microscopic examination can one say positively whether or not tubercle bacilli are present), and that the inspection is carried on in a most rapid and mechanical way, we can see of how little value it all is.

Dr. George Dock, of Ann Arbor, Mich., asks in the *Medical News*, "What is the value of our meat inspection?" He



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CARRYING BANANAS TO MARKET, JAMAICA, W. I.

cause. "Here," says Sydney Beard, "is one of those cases where ignorance is not bliss."

A large proportion of the animals killed for food are suffering from some form of malignant or chronic disease, such as cancer, tuberculosis, anthrax, or pleuro-pneumonia. An inspector of the Metropolitan meat-market of London made the assertion upon oath that he believed that eighty per cent of the meat sent to, and sold at, that market was tubercular, and that to reject such meat would be to leave the public without a

says: "The butcher of the University Hospital, at Ann Arbor, recently called my attention to a beef liver just received with a lot of other meat from a meat firm. The surface of the liver showed numerous scars, up to two inches in diameter. Beneath these the tissue was dense. On section we found calcified cysts scattered through the liver. These varied from one half to two centimeters [one-fifth to three-fourths inches] in diameter, had firm walls, and were filled with dark, gritty material. All the cysts were old; no evidence could be found

as to the origin of the cysts. They were so numerous that a section could hardly be made through the liver without revealing one. It was not . . . inviting. It raises, I think, the question at the head of this note. Every quarter of meat received from the firm concerned bears a seal, attached to a card. The latter has on it the legend, 'UNITED STATES DEPARTMENT OF AGRICULTURE, BUREAU OF ANIMAL INDUSTRY, INSPECTED MEAT. J. STERLING MORTON, SECRETARY.' There is also a number and a letter stamped in red ink. If lesions such as were found in this liver are overlooked, how can we suppose that trichinæ, measles, or tuberculosis can be discovered by the so-called inspectors? Does not the use of the card under the circumstances tend to create a false sense of security? or is the matter one in which the public takes no interest?"

Drs. Strauss and Wurtz proved that tubercular bacilli taken into the alimen-

tary canal are not killed by the action of the digestive juices. And very often cooking does not kill the bacilli.

It need not be said that flesh-eating produces fever in the blood, inflames the animal passions, and excites all that is cruel and selfish in man. This is recognized in our civil statutes. In England no butcher is allowed to sit on a jury for a murder case. The business of slaughtering has a debasing effect on the morals of men. In East London, where there are hundreds of slaughter-houses and abattoirs, and where one may frequently see children going to and from home with jugs filled or to be filled with warm blood for drinking—in this section, crime, ferocity, and degradation are rampant, and the brutish passions predominate. In the United States reports for 1890 we find that of the number of murders committed, more are attributed to butchers than to any other known vocation.



WE INHERIT A TASTE FOR THE STRENUOUS LIFE OF OUR ANCESTORS

Forms of Neuralgia

G. H. Heald, M. D.

Trigeminal Neuralgia

THE face is particularly susceptible to neuralgia, because the nerve supplying it with sensation — the trigeminal — also sends fibers to the teeth, the nasal cavity, and parts of the eye apparatus; and affections of these organs, including also diseases of one or more of the bony cavities surrounding the nose, are often reflexly manifested by neuralgic pain in some part supplied by this nerve. Affections of the eye (including eye-strain) and of the nose are more apt to be manifested by pains over the brow; of the teeth by pain in the region of the upper or lower jaw. The pain is usually confined to one side, and rarely affects all three of the main branches of the nerve.

The pains are spontaneous, but are often increased by motion, especially talking and chewing. Sometimes the parts are extremely sensitive, pain being increased by the slightest touch; but usually stronger pressure gives relief.

Preparatory to treatment, there should be an examination of the teeth, nasal cavity, and connecting sinuses for evidence of disease, and of the eye for disease and refractive errors. Diseased teeth, if sensitive to pressure, or if touching them increases the neuralgic pain, should be removed; catarrhal troubles should have careful treatment; and refractive errors should be corrected. In some cases thorough cleansing of the bowel has relieved neuralgia, which in these cases was probably caused by absorption of poisons. In some cases the pain is due to tumor or other trouble deeper in the head, requiring the attention of a surgeon.

For temporary relief an ice-bag may

be applied to the front of the neck to cover the artery supplying the affected side, and a small very hot cheese-cloth compress may be applied over the painful area, and frequently renewed as it cools. The compress should be kept as hot as can be borne for immediate effect. At night the affected side may, with advantage, be done up in a flannel bandage.

There is another form of neuralgia of the face — *tic-douloureux* — characterized by stabs of paroxysmal pain, which rarely occurs before the age of forty. It is one of the most exasperatingly painful of affections, and what is worse, the patient can not hope for any very permanent relief. It is due to overwork, exposure, general depression of the health, and dental troubles. Removal of the cause may offer some relief. It is important in these cases to build up the general health. Removal of the affected nerve by surgical means may give permanent relief, but sometimes the pain returns within six months.

Brachial Neuralgia

This affection is manifested by continuous or paroxysmal pain in the region of the shoulder, upper chest, and arm, and the motion of the arm is apt to be much hindered. A true neuralgia of this region is somewhat rare. What is known as brachial neuralgia is more apt to be due to hysteria or other psychological cause, or to some organic nerve disease. In many cases of so-called brachial neuralgia, a neuropathic condition is present.

Intercostal Neuralgia

Intercostal neuralgia — neuralgia of the chest — more frequently of the left side, sometimes extends to the inner arm.

It is usually continuous, but in some cases there is periodical increase in the severity. The pain follows the course of the nerves between the ribs. Pain may be elicited by pressure between the ribs at three points,—under the armpit, near the spine, and near the breast-bone. Sometimes the skin over the affected area is so tender that it will not bear the slightest touch. Very often there is, in the hysterical, a painful affection of this region that is not true neuralgia.

Among the causes of this affection are anemia, childbirth, nursing, sexual excesses, and diseases of the generative organs, also injury or surgery to the ribs, and deformity of the spine.

Not much can be held out to the patient in the way of hope of a speedy cure; as a rule this trouble runs a chronic course.

Rational treatment involves removal of the cause if possible, reformation of the habits, treatment of the primary disease to which it is secondary, and perhaps removal by surgery of a tumor or a callus.

Sciatica

This is a comparatively common affection, particularly among men of middle age, probably because of their more frequent exposure and more unrestrained drinking habits.

Among the causes of sciatica are alcohol, lead, and other poisonings, acute infections, gout, diabetes, wounds and accidents to the thigh and neighboring regions, including those of childbirth, exposure to cold, especially sitting on some cold, damp object, or in case of thin persons, sitting on some hard object. Tinnors, from their constrained position, are subject to it.

The pain usually begins mildly on the

hips, and becomes gradually more severe, and usually follows the course of one nerve down the leg. As a rule the pain is increased by walking, though the reverse is sometimes true. Protracted sitting, by bringing more pressure to bear on the nerves, is usually bad. In order to get relief, the patient often tilts the body to one side, and may in this way eventually produce deformity. The



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PICKING LEMONS NEAR PALERMO, SICILY

pain is often severest during the night.

The most approved treatment measures are rest, in the most comfortable position, hot packs, blisters, galvanism (running the current down the limb), and strong faradism. It is important that constipation be prevented, and that any existing disease of the pelvic organs receive proper treatment.

Sciatica is sometimes cured in a few weeks, but it frequently returns.

HEALTH CATECHISM

L. G. Wagner

No. 1—Classification of Foodstuffs

Each food generates its own gastric juice.—*Pawlow.*

WHAT are foods?

Foods are substances which, when taken into the system, replace tissue-waste or furnish energy.

There are three principal classes of foods.

I. Proteids, otherwise known as albuminous foods, containing nitrogen.

II. Carbohydrates, including starches and sugars, containing no nitrogen.

III. Fats and oils.

Besides these, there are inorganic salts (a small but essential portion of foods), and water.

Each natural food seems to have the power to stimulate the digestive glands to secrete a digestive fluid adapted to its digestion.

To what is this action due?

It is due partly to the flavoring substances in the food, and to little-known substances termed peptogens.

Do all foods produce the same kind of gastric juice?

No, each food produces a gastric juice peculiar to itself. But there are other circumstances which also greatly affect the quality of the digestive juices, such as personal idiosyncrasy, the mental condition at time of eating, general physical condition and so forth.

What effect has milk on the gastric juice?

Milk produces the least active gastric juice, and hence is given to patients having too active a stomach; that is, a stomach in which there is a tendency to secrete too much hydrochloric acid.

How about meat?

Meat requires a strongly acid digestive fluid in the stomach, and it produces such a fluid in normal stomachs.

What kind of gastric juice is produced by bread?

A powerful gastric juice; and for this reason it is to be eaten in great moderation when there is a tendency to over-production of acid.

What kind of food is needed when acid and pepsin are lacking?

Foods which are highly flavored by nature, such as fruit and fruit juices encourage the formation of acid; dextrinized foods; zwieback; browned rice; concentrated vegetable juice.

What foods lessen the production of hydrochloric acid?

Fats have a remarkable restraining influence on the production of hydrochloric acid. The larger the proportion of fat the smaller the amount of hydrochloric acid; hence, nuts, cream, ripe olives, and other fats are used in cases of hyperacidity.

What are laxative foods?

Natural sugars, honey, sirups, concentrated fruit juices, sweet fruits, fats, and buttermilk. Graham bread and coarse vegetables containing a considerable amount of indigestible residue tend by their bulk to increase peristalsis.

What are anti-laxative, or constipating, foods?

Fine white flour bread, corn-starch, white of eggs, boiled milk, gelatin, blackberries, flesh foods, also tea, coffee, and condiments.

What are some of the protections of the body against the action of disease germs?

Acid fruits and fruit juices have the power of destroying disease-producing germs in the stomach.

The gastric juice of a healthy person has also the power to destroy disease germs.

What are blood-making foods?

Foods that contain albumen, the salts required by the system, and iron in organic form. Peas, beans, and lentils, and most nuts, furnish rich supplies of albumen; most vegetables are rich in organic salts; strawberries and spinach are rich in organic iron.

What are fattening foods?

All foods rich in fats, starch, and sugar.

What foods lessen fat?

Bulky foods containing but little nutrition, as squash and many other vegetables.

Acid fruits, as sour apples.

What are tissue-forming foods?

Foods rich in proteids, such as gluten, beans, peas, lentils, milk, eggs, and meat.

Because meat also contains waste materials, the product of broken-down tissue in the animal, it is not the best source of proteids.

What is the effect of artificial digestants, such as pepsin, hydrochloric acid, etc.?

The prolonged use of artificial digestants, such as pepsin and hydrochloric acid in time lessens the activity of the secretory glands; finding a sufficient supply, the glands have no stimulus to secrete more. Artificial digestants are therefore harmful.

After a course of such treatment, we often find upon stopping our hydrochloric acid that nature is less able to perform her function. The stomach, having found hydrochloric acid artificially supplied, stops work. Encourage the natural production of acids by a carefully selected diet and relaxation of mind, otherwise consult a physician who is able to do more than give drugs.

Artificial digestants should never be used without the advice of a reliable physician.

Are not the lack of sufficient sleep and the unwise distribution of meals influential factors in causing the physical and nervous breakdown of the people of this age?

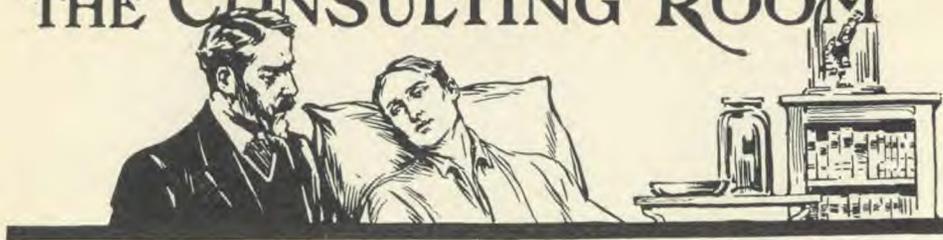
Yes. More fully answered in future lessons.



Reproduced from *Sunset Magazine* for July

MELONS AS THEY GROW IN OREGON

THE CONSULTING ROOM



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

Give Your Bad Habits a Permanent Vacation

Yes, young man your heart-beat is irregular, your skin is sallow, and your nerves are shattered; your temper is growing irritable, you are not able to keep up your work, and you think I should advise a trip to the mountains or some summer resort, or at least a vacation. Let us see; how much do you smoke? Only five or six cigarettes a day, and you used to smoke seven to twelve. You are eighteen years old, spend three or four nights each week at some social function, and occasionally "take a glass." You are sure your cigarettes do not hurt you, because you feel worse when you stop smoking. Now see here: if I send you to the mountains or on a vacation you will of course have more time to sleep, and also more time to smoke. If I send you to a summer resort, you will smoke still more, and spend many hours in dissipation.

Your success in life depends on three things,—*Will-power, Sound Judgment, and Good Health.* Cigarettes have already weakened your will-power, warped your judgment, and injured your health. You already have a tobacco-heart, and you must call a halt—no, it is not too late. Nature will do wonders for you, if you will give her a fair chance. Stop smoking; stop dissipating. Sleep for ten hours every night. Maintain a hopeful mental attitude, and cultivate a concentration of will-power that will accom-

plish everything you undertake. Remember the three essentials of success, and cultivate only such habits as will strengthen them.

✽

Control Your Mind or Lose It

Yes, madam, I have examined your case most carefully. There is no question about your suffering from attacks of indigestion, pain in the stomach, and acid fermentation. Your sleeplessness and mental depression are making serious inroads on your health. These conditions are ample reason for your lack of appetite, loss of weight, and the great exhaustion and constant fear of nervous collapse or some malignant troubles which make your life miserable. Your case is not incurable, but on the contrary, you can be perfectly well in ninety days, provided you are willing to do your share in getting well. Without your co-operation, there is no cure for you, and you will continue to go from bad to worse till you become a nervous wreck.

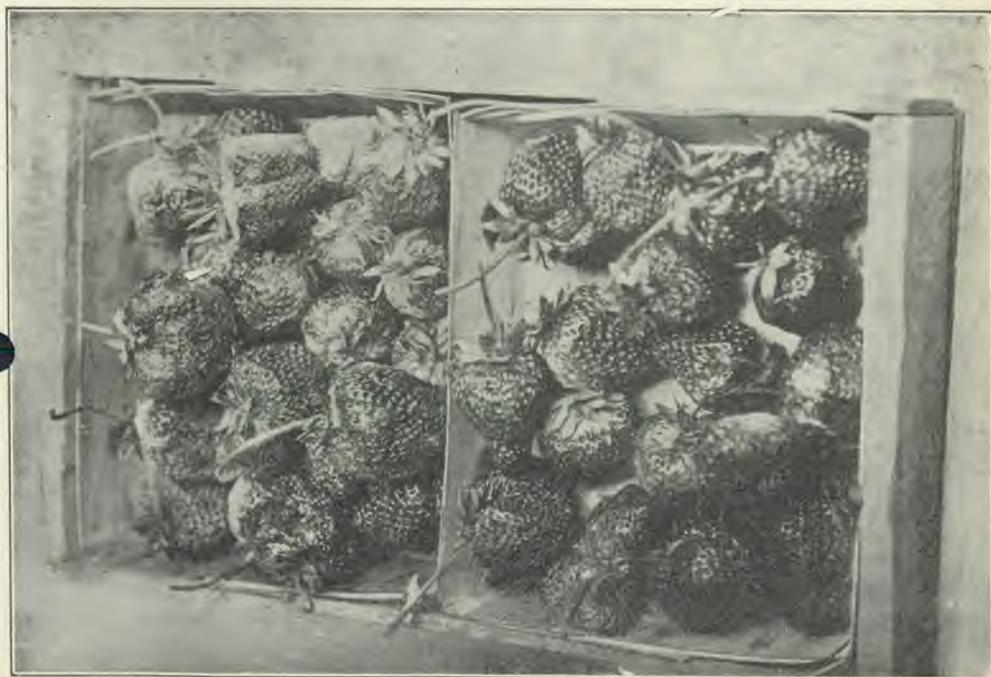
First, you must know the truth about your own health.

Second, you must believe it, and you must live it.

You must know that there is no disease of any sort attacking your stomach, nerves, heart, or lungs except that which is caused by your mental attitude. You lack hope, faith, and a resolute confidence in your ability to live. As you have said, these fits of depression are

often caused by little things—a word that displeased you, of a trifling slight from some friend that often proves to be only imaginary. These mental experiences stir up a feeling of despondency, melancholy, and hopelessness. You must know that these attacks of mental depression are as real as an attack of typhoid fever. When once you permit them to start, they run a course of from two to three days to a period of weeks. During this time every vital process is unbalanced. You are very sensitive if people do not seem interested in you, yet you do not have a kind feeling for anybody, and often will scarcely speak to any one for one or more days. You not only become sour, but far worse than sour; you become saturated with the products of mental depression. Every

injurious mental experience causes the production of real poisons in your body, which can not be gotten rid of quickly. This is especially true of mental depression and despondency. When once you are under the influence of these attacks, you find them very hard to throw off. They are especially so because they take away your desire to live, and you do not even want to throw them off. But you can prevent them. Mental buoyancy and exhilaration, a clear conscience, and a good solid hope,—these are the tonics you need. Medicine will do nothing for you, but the cultivation of faith, hope, and love will give elasticity to your step, put smiles on your face, and add many years of happy usefulness to your life, which, without them will be most certainly ruined.



Reproduced from Sunset Magazine for July

DRAWER OF BIG BERRIES. THE CRATE OF TWELVE SOLD FOR \$11. FROM THE COAST RANGE, CAL.



"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. 8 — Divine Healing and Faith

Augusta C. Bainbridge

MANY of us are ready to apply Paul's definition of faith,¹ when we talk of the healing of the soul; but is it any less applicable to the lesser miracle — the healing of the body? There is only one faith, as there is only one Lord. He himself, the Lord of earth and heaven, the Creator of the minds and bodies of men, has called to humanity to come and be healed. Christ often made the healing of the body the pathway of the Spirit to the healing of the soul. The impotent man who was healed sought the temple. Jesus found him there; and the command, "Sin no more," was a message of salvation to him.

In the case of the man "sick of the palsy," the Master said, "Son, be of good cheer; *thy sins be forgiven thee.*"

The greater included the less; and "arise take up thy bed," followed. He would have us to "know that the Son of man hath power on earth to forgive sins," and he heals the palsied man to make it clear. Who can not see that there is just one Saviour, and just one way to receive blessing, and that is by faith in his Word? The apparently un-

favorable surroundings need not move the heart that is trusting Omnipotence.

We can no more in ourselves create faith for our healing than we can heal ourselves. "Faith cometh by hearing, and hearing by the word of God." Faith has a basis to rest on, a foundation,— the Word of God. To fall short of believing this Word is unbelief. To believe what God has not promised in his Word is presumption. The center of the highway is the safe path. Hear the Word of God, believe it, and let your life prove your faith. Anything less than this dishonors God. "I have not faith to be healed," says one. Well, you are not obliged to have either the faith or the healing; but you may have both. They are yours for the asking. "How shall I get the faith?" Read the Word of God. "Consider what I say," is the language of inspiration. Words express thoughts. God's thoughts toward us are expressed in words. We are not commanded to study their meaning; we are only asked to consider what they say; for they mean what they say. The Lord himself has promised to give the understanding, just as he has promised to give the faith. Our part is to fix our minds on the words, reading slowly, carefully,

¹ "Faith is the substance of things hoped for, the evidence of things not seen." Heb. 11: 1.

distinctly, prayerfully. The Spirit of God will not stay away from such reading. If light on divine healing is desired, read in the Word the messages of healing. Promises, commands, instruction, miracles of Christ, experiences of his disciples, all are valuable in this search for truth. Compare scripture with scripture, and believe every word. Thus may we learn his will toward us, in this matter.

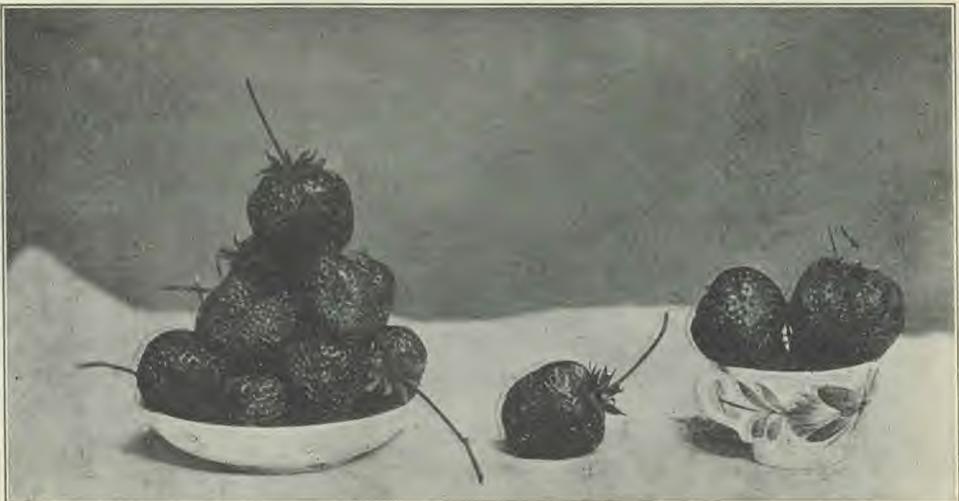
One said to me, "When I see an arm or a leg grow on where one has been cut off, I will believe in divine healing." God has not promised that in his Word as a part of our experience here in this life. Nor has he promised new eyes or new teeth to replace those we have lost by disobedience. Faith rests on the promise; and where there is no promise, there is no place for faith. We dare not say that he can not do these things for he is the Creator, and "many such things are with him;" but we can only rest in his promise, believe his word as it is given, and bide his time.

We need not think, because we are not healed when we accept the Word, and ask for healing, that we lack faith. We

may have a greater lack than lack of faith. We may lack submission to his will in all things, or we may lack consecration. We may not have a true idea of service, we may not be prospering in soul because of some lack of harmony between his will and ours. Perhaps we are not ready to do whatsoever our Lord, the King shall appoint. Perhaps some thought of self hides the blessing; or some circumstances that await divine adjustment are hindering the work of the Spirit. To claim and to hold divine healing demands a close walk with God, *a habit of obedience in all things.*

The body, in all its functions can be kept in harmony with God, by the same obedience that keeps the spiritual life. Disobedience brings sickness to the body; and faith in the loving, interceding Son of God brings health.

We get physical righteousness by faith, just as we obtain spiritual righteousness. There is only one Saviour for all our needs; and faith in him will not only restore all that is lost by sin, but it will keep us from sinning. "Lord, increase our faith."



Reproduced from *Sunset Magazine* for July

BURSTING BIG BERRIES THAT LOAD A CUP AND SAUCER. GROWN AT ALTITUDE OF 3,000 TO 5,000 FEET, MENDOCINO COUNTY, CAL.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Ripe Olives as Food

W. S. Ritchie

RIPE olives differ much in flavor and food value from the more familiar bottled green olives which adorn the show windows of many groceries.

The oil of ripe olives is far preferable to animal fat or oil. It serves an excellent purpose as a laxative, as a nutritive food for consumptives, and as an emolient for an irritable stomach. Properly prepared, olives are especially valuable in cases of poor nutrition, where it is desired to increase the weight. As a food for consumptives, they far out-rank the much-lauded cod-liver oil, and may be used very freely. In cases of constipation and gall-stones, they have proved invaluable.

Preserved green olives have been on the market for many years; but it is only during comparatively recent years that the process of preserving ripe olives has been so perfected as to make it practical as a commercial venture.

Ripe olives are now preserved in weak brine, and sealed after the manner of canned fruit. In this condition they will keep indefinitely, and when opened, they will remain sound for several weeks if the weather is cool, or if they are kept in a cool cellar, or in a larger

covered vessel containing cold water.

In case the olives show signs of deterioration, or if it is desired to preserve them for a longer period after they have been opened, they may be heated in the same brine, and re-canned in fruit jars.

If the olives are too salt for the taste, they may be placed in fresh water for a while before they are served. One or two experiments will determine the length of time necessary for the freshening process.

It should not be necessary for people in any part of the United States to be without olives because of excessive freight rates; for there is a very favorable special rate on olives, by which they are shipped to nearly all parts of the country (except some Northwestern States and possibly some Southern States), at a rate not to exceed \$1.25 for one hundred pounds (about ten gallons), provided sufficient are shipped to make up the regular minimum charge. This rate can probably be secured in nearly all instances by ordering a shipment of not to exceed twenty gallons. It is often an advantage for a number of families to club together, and make up a freight order,

Sun-Cooked Preserves

SUN-COOKED preserves are among the most delicious of all preserved fruits, though not so generally known among Americans. The sun brings out all the fresh individual flavor of the fruit, particularly strawberries, currants, cherries, blackberries, loganberries, Tokay grapes, and figs.

Peaches, pears, and plums have not juice enough in themselves. Cooked according to the following rule, the fruits will retain their native flavor: To every pound of fruit measured before pitting or seeding, allow a scant pound of sugar, or even less in the case of particularly sweet fruits. Strawberries, for instance, should have a much scantier proportion of sugar than currants or sour cherries. Prepare the fruit at night, hulling the berries, pitting the cherries, stemming the currants, or cutting out the two seeds of the Tokays, as the case may be, and taking care to pre-

serve every particle of the juice. Have ready hot platters or deep plates, and have the sugar heated in the oven, taking care not to let it melt or color. Spread a thin layer of the hot sugar over the bottom of the dish, then a layer of the fruit, and lastly another layer of sugar. By morning a thick sirup will have formed. This is drained off into the preserving-kettle, and allowed to cook slowly for ten minutes, skimming if necessary. At the end of this time, put in the fruit, and cook until it just comes to a boil. Now skim out the fruit, spread the sirup on broad platters, and set in the hot sun, covering with panes of window-glass. As the sun disappears in one place, move

the fruit to another where it can have the full benefit of the sun's rays until rich and thick. Put in jelly-glasses, and cover as usual. Put up in this way, the fruit retains its natural color and flavor. —*Emma Paddock Telford, in the Circle.*



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AN UNPERVERTED APPETITE



Etching by J. Hallu

Stuffed Apples and Whipped Cream

Eleanor A. Himebaugh

SELECT some good-sized greenings or any apples that will not cook to pieces too quickly. Divide in halves, and cut out the core. Then cut out more of the apple to make space for filling. Use these cut-out pieces, together with the same amount of dates and seeded raisins chopped fine, and allow a level teaspoonful of blanched, finely chopped nuts, for each apple. (Nuts may be used which do not require blanching.) Fill cavities with this mixture, replace halves, and steam on plate in closed steamer for twenty or thirty minutes. When done, remove from steamer at once.

Place over the fire one and one-half

cup rich sweet milk, and allow it to come to the boiling-point. Braid a slightly rounded tablespoonful of white flour into four tablespoonfuls of milk. Add to this the yolk of one egg, two tablespoonfuls of sugar, and a pinch of salt. Beat well, and stir into the boiling milk. Let boil two or three minutes, taking care not to let it scorch. Remove from stove, and while hot, stir into this the beaten white of one egg. Flavor with any desired flavoring. A tablespoonful of desiccated coconut is a very desirable addition. This makes sufficient cream for six apples. This may be prepared the day before it is to be eaten.



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PICKING THE GREAT CROP OF MANGOES,
MEXICO



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

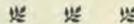
The Good-Night Kiss

O MOTHERS, so weary, discouraged,
 Worn out with the cares of the day!
 You often grow cross and impatient,
 Complain of the noise and the play;
 For the day brings so many vexations,
 So many things going amiss;
 But, mothers, whatever may vex you,
 Send the children to bed with a kiss.

The dear little feet wander often,
 Perhaps, from the pathway of right;
 The dear little hands find new mischief
 To try you from morning till night;
 But think of the desolate mothers
 Who'd give all the world for your bliss,
 And, as thanks for your infinite blessings,
 Send the children to bed with a kiss!

For some day their noise will not vex you,
 The silence will hurt you far more;
 You will long for the sweet children's
 voices,
 For a sweet, childish face at the door;
 And to press a child's face to your bosom,
 You'd give all the world for just this!
 For the comfort 'twill bring you in sorrow,
 Send the children to bed with a kiss!

— Selected.



Some Reasons Why Children Are Untruthful—No. 3

Mrs. M. C. Wilcox

PARENTS who long to save their children truthful must work for it from every standpoint. Prenatal influence, the daily lives of both parents, their own love for truth, their associations and environments,—all have positive influence for or against truth on the mind of the child.

Children are usually very close observers. They love to imitate. Watch a little girl play with her doll for a while, and you will soon know her

mother's manner and method in dealing with her children,—even to her tone of voice. The mother's constant influence during all the earlier years of child life leaves its stamp upon all the successive years of the child. This is why so much stress is laid upon the mother's work. The father's work is of equal importance, but of necessity his influence is not so constant. The children can not play around his feet, they can not go to him with all their woes and sorrows.

He must be out much of the time to provide for the temporal needs of the family.

It is the great, noble, true, self-sacrificing *mother* that makes the great men, the great women. It is her principles, her life, that the children study and imitate day after day, because of her constant, close association with them. O, where are our girls? Where is the mother instinct, that is being developed to mold the future of the race? Who are training the girls of to-day for the office of true motherhood?

Would you appreciate something of the work devolving upon the mothers of this generation in training their children to be truthful, read the following earnest words from O. S. Marden: "There are a thousand ways of lying. Ten lies are acted for every one spoken. Society is a lying organization. To say nice things merely to avoid giving offense; to keep silent rather than to speak the truth; to equivocate, to evade, to dodge; to say what is expedient rather than what is truthful; to shirk the truth; to face both ways; to exaggerate; to seem to concur with another's opinions when you do not; to deceive by a glance of the eye, a nod of the head, a smile, a gesture; to lack sincerity; to assume to know or think or feel what you do not,—all these are but various manifestations of hollowness and falsehood resulting from want of accuracy.

"We find no lying, no inaccuracy, no slipshod business in nature. The rose in the queen's garden is not more beau-

tiful, more fragrant, more exquisitely perfect, than that which blooms and blushes unheeded amid the fern-decked brush by the roadside, or in some far-off glen where no human eye ever sees it. The crystal found deep in the earth is constructed with the same fidelity as that formed above ground."

It is because of the association with God-fearing parents and with nature that the men and women who have moved the world so often come from secluded spots, isolated portions of the country, where they grow up uncontaminated by society, and by its glitter, glamor, and deception of city life.

It is not the recommendation that it once seemed



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PICKING CRANBERRIES BY MACHINE. ONE MACHINE DOES THE WORK OF TEN MEN

to be, to say that such and such a person is "the belle of society," or "very popular in certain circles." Persons of good sense know too well what that means. The corruption of "society" is coming to be well known. Mothers, let us work for character,—the only thing that will shine by and by, the only thing that can carry our children safely through the dark wilderness of sin, and enable them

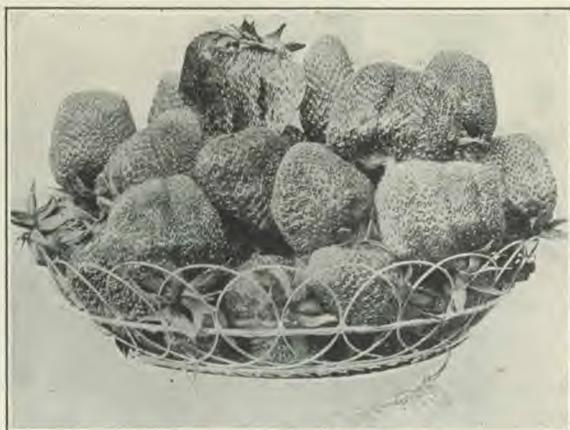
to come forth polished, refined, and purified.

Begin *early* to teach truth. Do not be discouraged if the little one blunders over fact and fancy, or manifests a great lack of perceptive powers. Some children see much at a glance, others see little; the imagination of some is so keen it seems to them like a reality, and they tell their fancies for truth. Some do not know the real meaning of the words they use to express themselves.

Study your children. Give lessons in accuracy. Tell a story, and let the child tell the same story to you, while you carefully correct every slight deviation from the exact truth. See that they have little duties to perform, and that they do their work carefully and well. Allow no shipshod work. Abstract numbers are very vague to children. They may be made more plain to the child's mind by object-lessons, blocks, tooth-picks, sticks, etc. Teach them Scripture

verses as soon as they are old enough to talk,—“I am the Way, the Truth, and the Life,” “He will guide you into all truth,” and many other appropriate and beautiful verses.

Every mother should have a black-board in her home, and learn how to use it. Place on it a new text as often as the children have learned the old one. Illustrate with picture if you can. Be patient. Answer all questions truthfully, and take time to explain things to the little ones. And when in later life you see some of the results of your faithful, patient hours of work; when your children rise up and call you blessed; when you see them going forth to be a blessing to others, in soul-winning for Christ, you will almost feel that the reward in this life is sufficient. But if all this is done for Christ, who purchased you and your children, your full reward will be complete in the great hereafter.



Reproduced from Sunset Magazine for July

DELICIOUS STRAWBERRIES FROM LYNN
COUNTY, ORE.

Model Housekeeping

Nannie Beauchamp Jones

I HAVE often heard the remark, in reference to some woman who has a reputation for cleanliness, "She is such a splendid housekeeper; not a speck of dust is ever seen in *her* house." And I sometimes think that, after all, this is rather a doubtful compliment.

ican women are fitted physically. And such housekeeping in a home where no servants are kept means overwork, and an early breakdown. It also means overwrought nerves, and — shall I say it? — irritable tempers, and in many cases, though perhaps not all, an unhappy home, the husband preferring the society of others to that of his wife, spending his evenings down town, regarding his home merely as a place in which to eat and sleep.

But the saddest and most pitiable of all are the children in such homes. Eternity alone will reveal the number of precious young lives ruined by this fault alone. Stored away in my memory is one case to the point. In my girlhood we had such a neighbor, Mrs. —, a well-to-do farmer's wife. She was known over the whole countryside as the finest housekeeper in all those parts. No other woman was so exquisitely neat in her housekeeping as was Mrs. —. It was even said that whenever her little ones had a piece between meals, they were sent outdoors to



"SENT OUTDOORS TO EAT"

Visions rise before me of the homes of such housekeepers,— not a speck of dust visible anywhere in all their domain; their stoves always shining; the imprint of a muddy shoe never marring doorway, porch, or walk; from cellar to attic all is spick and span.

But all this takes work,— constant, wearing labor,— for which few Amer-

ican women are fitted physically. And such housekeeping in a home where no servants are kept means overwork, and an early breakdown. It also means overwrought nerves, and — shall I say it? — irritable tempers, and in many cases, though perhaps not all, an unhappy home, the husband preferring the society of others to that of his wife, spending his evenings down town, regarding his home merely as a place in which to eat and sleep.

Perhaps this was an extreme case; let us hope so at least. But let me tell you a little more about this family. In the course of time Mrs. R. and her husband were estranged. Their children grew up; and as soon as they were old enough to provide for themselves, they

left the home. There were several sons, and one daughter. Two or more of the sons ran away from home in their boyhood, and were worthless drunkards, one meeting a violent death. The only daughter, a bright, pretty girl, turned out badly; and the wife and mother lived to see the home,—the house if you please; the four walls, and the poor, inanimate contents of the house, upon which she had bestowed all her best thought and energies,—empty and bare of all that makes life sweet and worth living. How appropriate would have been the lament from her lips, "Alas, it might have been so different, had I only placed as high an estimate upon the souls God entrusted to my keeping, to train for him, as I did upon my house, which was, after all, only a setting for my jewels. But alas! I have sacrificed them all upon the altar of Model Housekeeping." I am convinced that upon this altar, many, yes, untold victims have been sacrificed; for there are now, as there have been in the past, many such homes.

Do not understand this as a plea for, or a defense of, the opposite extreme, slovenly housekeeping, which is equally destructive to the elements of all true home making. There is a happy medium; and it is a woman's bounden duty to find it, wisely steering clear of either extreme.

Children have a right to a home in which they are allowed to play, to grow, and expand,—a place where they are not met at every turn by broom and duster, and a constant scolding and nagging about dirt and litter.

And they also have a God-given right

to a mother who is not always too busy or too tired to talk to them, to answer their childish questions, to enter into their little lives and to live with them. They have also a God-given right to a mother who is gentle, kind, and restful,—one who regards their welfare and happiness as of far greater importance than the constant "digging of dirt," as



"SACRIFICED THEM ALL UPON THE ALTAR OF MODEL HOUSEKEEPING"

one of my acquaintances expresses it. With her it is sweep, dust, and clean from morning till night, scolding and fretting, growing wrinkled and old prematurely, her children apparently caring nothing for home or mother. I sometimes go into her home,—and it is a pretty house, a large, well-furnished house, so beautifully clean and well kept. But it is not a restful place; the very atmosphere is depressing, and I feel relieved when the door closes behind me.

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Laretta Kress, Washington Sanitarium

The Secret of a Successful Home

Laretta Kress, M. D.

MRS. LUCY HENDON was visiting the home of her old school friend, Mrs. Mary Davis. Since the two had last met, they had married, and having been friends from early childhood, each was now interested to know of the home-life of the other. "I must congratulate you, Mary, on the success you have had in bringing up your family. I did not think you would do so well. I shall have to ask you, if it will not seem impertinent, how you have managed to make your home such a success?" Mrs. Hendon remembered that at school Mary was a wide-awake girl, too full of mischief to settle down very attentively to her studies, yet doing justice to whatever opportunity came to her. Her mother was not very strict with her, and it seemed at times she would not make much of a success of life. Fortunately, she married a sensible man, and she devoted herself and her wide-awake energy to making her home all it should be.

Mrs. Hendon had been, to all appearances, very much her superior in school. She was a year older, had a very quiet, careful mother, and was considered by all to be a model girl. Her husband was much older than herself, and was broken in health before their marriage. In disposition they were very unlike, and Mr.

Hendon's ill-health often brought unpleasantness into the home. He frequently came from his office with a severe sick-headache, and poor Lucy, do what she would, could not find a remedy to relieve him. A physician was summoned, month after month; and the doctor's bills increased. By and by a child came to them, and then poor Lucy's troubles were increased. The little one was frail from birth. The mother tried this mixture and that, this food and that, until patience and strength were nearly exhausted, and at the age of seven months the little one became much worse and died. A year later another child came, and about the same experience was passed through. Her husband's health did not improve; everything in the home had to be planned for him, so that he could have absolute rest and quiet.

The different home environment of these two friends had had its effect upon their lives, and now after several years the contrast between them was very marked. Mary Davis was a woman of taste, vivacity, and good health. She enjoyed her home, everything in it being to her a source of joy and comfort. Her husband was only two years her senior, and they had already spent a very happy ten years together. Three bright,

healthy children added to the joy of their home life. It was not surprising that Mrs. Hendon felt like congratulating her friend as she did. "I will tell you, Lucy, how I have succeeded," said Mrs. Davis, in answer to Mrs. Hendon's earnest inquiry; "it is quite a long story, but it is well worth repeating. After our marriage I told Henry that I knew so little about housekeeping and home-making, I would like to get some book or pamphlet that would help me. So he subscribed for a health journal for me. It came to me each month, and I read it from cover to cover. I found there just the information I needed. This I carefully followed. From it I learned to live very plainly, and the instruction about sunlight and ventilation in our sleeping-rooms I carried out to the letter. When our babies came, I fed them regularly, and clothed myself and the babies warmly in cold weather. It has worked like a charm in our home, Lucy; and Henry and I are very happy."

"Pray tell me more what you mean by ventilation in your sleeping-rooms?" asked Mrs. Hendon.

"Well, we had a nice bedroom in our house, with three windows in it. It was large, so I put baby's cot in my room beside my bed. I would open two windows from the top, and one from the bottom, so we had fresh air to breathe. I always covered baby snugly but not too warmly, and we all slept well."

"Weren't you afraid of the night air?" queried Mrs. Hendon, anxiously.

"No, not at all; because it is the only kind of air man or beast has to breathe at night. We did not care to breathe

again the poisons our own lungs had given off; and this we would have done had we closed our windows."

"I wonder, Mary, if that is why John and I feel so miserable when we wake in the morning?"

"Of course it is; perhaps that is one of the reasons why your husband has those terrible headaches. Foul air often



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PINEAPPLES GROWING IN PORTO RICO

produces headaches, and makes one feel stupid and heavy on awaking. I learned this from that health journal, and it has been a great help," answered Mrs. Davis.

Mrs. Hendon sat for a moment looking off in the distance as if trying to grasp every thought and retain it. Presently she looked up and asked, "How did you manage, Mary, when the baby cried at night, and you had to get up with it? Weren't you nearly frozen in cold weather?"

"No, dear, for our babies very seldom cried at night. They slept quietly, and let us sleep, too."

"However did you manage it? Our babies, both of them, cried almost all the time. If they had two hours' sleep at a time I was delighted. I had to have a room to myself with baby, for John could not bear the crying. It always gave him headache and made him so cross. I got medicine from the doctor several times for our first baby to quiet it; that is the only way I could get any rest at all. I do not wonder that I look old when I think of what I have gone through since my marriage. Mrs. Hendon sat back in her chair with a look of discouragement in her face.

Mrs. Davis was quick to see that it was not much wonder the poor little woman was discouraged, and she made up her mind she would help her all she could; so she moved her chair nearer, and placing her hand on her friend's shoulder, said, "Don't be discouraged, Lucy; it is not too late yet to turn over a new leaf. I must tell you about our two older children. I learned several other things that were a great help to me. One I believe saved me many dollars in doctor's bills, and that was, to give the children their food at regular intervals. They never took anything except water between meals; and when I weaned

them, and they began running about I would not allow them to "piece." That is a pernicious habit, and can not be too strongly condemned. Our children never have a thing between meals, not even candy. On their birthdays or some gay occasion, we have home-made candy; but they eat it at the table with their dessert, and not between their meals."

"How strange it must seem to the children! Don't they tease you all day for something to eat?"

"No, indeed. They never think of asking, for they have never known anything about it."

"You spoke a while ago about living simply. What do you mean by that?" asked Mrs. Hendon.

"I do not prepare rich dishes at all; I exclude almost all pastries and rich puddings. All vegetables that we eat are prepared simply with no more seasoning than is necessary to bring out the natural flavor. We are careful to have good, sweet, home-made bread, plenty of fruit, good country milk and eggs. We are all better for plain living."

"I am sure you are, for I see how well you all look. I am so pleased to have had this visit. But I must be going; my husband will be expecting me home soon. I mean to profit by our conversation, and I will try to see if it will not make a difference in our home."



Etching by B. Cox

A QUIET HARBOR

CURRENT COMMENT



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

Snake-Poisoning in the United States

BESIDES rattlesnakes there are but three species of poisonous snakes in the United States, and all are easily recognized. One, the coral-snake, has but a narrow range of distribution in the southern part of the country, and is distinguished by its brilliant markings; the other two, the water-moccasin and the copperhead, are characterized like the rattlesnake by the presence of a deep pit between the eye and the nostril, and by undivided ventral scales on the tail. All the other snakes in this country are harmless, and for the most part useful, members of society, destroying insects, field-mice, and other pests, and entirely undeserving of the ignorant persecution they suffer on account of their wicked relatives.

In some localities, the treatment of snake bite is more dangerous than the disease. Uncleanly local treatment of the wound, when the resistance of the tissues is greatly lowered by the venom, favors septic infection, while alcoholic poisoning is often enough more serious than the snake poisoning. Nothing could be more irrational and dangerous than the popular notion concerning the antagonism of whisky and snake bite.

Careful local treatment of the wound, directed toward lessening absorption and avoiding infection, together with logical symptomatic treatment, offer the best hope in these cases. Raising the weakened blood-pressure by adrenalin, saline infusion, and abdominal compression is

a valuable procedure.—*Editorial, Journal of the American Medical Association.*



Street Dust as a Factor in the Spread of Disease

THE filth and dust of the streets and homes play an important rôle in the production and spread of epidemics. Dust, as found on the streets of the cities of to-day, is composed of organic and mineral matter, and has its origin in countless processes. It includes particles of animal matter, vegetable substances of every kind, including bacteria and molds, matter swept from the soil by the action of the wind, and that discharged from manufacturing establishments and chimneys. Of the innumerable methods of the spread of disease, and especially of tuberculosis, the dust of the street is to my mind by no means the least important.

This mass of dry, powdered material of itself is not infectious, but becomes so through various agencies. Our enemy, the house-fly, as a carrier of infection, plays an important part. There is plenty of vegetable and animal matter in the street to attract his attention, and frequently a neighboring candy or fruit-store, where he may rest a while. Our fly has probably been amusing himself with a typhoid-fever patient or bathing in tubercular sputum. He is not only ca-

pable of it, but it is his natural habit. He has never been accused of having clean feet, and numerous experiments have proved that tubercular, typhoid, and pneumonia organisms have been obtained from the fruit and candy vended at these stores.

Another method of infecting street dust is by the omnipresent spitter, as great an enemy of the community as the fly, whether he be tubercular or not. If tubercular, the number of bacilli scattered in his wake would be beyond comprehension. Without doubt, a large number of these are destroyed by atmospheric agencies, but that all are destroyed has been positively disproved. A few are taken home on the shoes and skirts of individuals, some are cared for by the fly, and the remainder are left to be blown about by the wind, and deposited anywhere, according to the fancy of the air currents, to be distributed by the brooms of the street-sweepers.

The amount of contamination of street dust depends entirely upon the amount of prevention carried on in the community. By preventing flies from gaining access to typhoid-fever patients or their excreta, they are prevented from carrying typhoid germs to their breeding-places, and the same may be said of other infections. With the cessation of expectoration on the streets and sidewalks, the danger of infecting dust with tubercle bacilli is also lessened.

In an editorial in the *New York Medical Journal*, written by Dr. S. A. Knopf, describing an epidemic of tuberculosis among the street-sweepers of New York City, it is stated that from one fifth to one third of the men so employed were infected with tuberculosis. What makes this claim of interest is the fact that all these men successfully passed a thorough physical examination before being employed. This does not compare favorably with the results obtained abroad,

and especially in Berlin, where the street-sweepers have the lowest mortality from tuberculosis, simply because the streets are cleaned with due regard to the dangers from dust.

A more general recognition of dust as a cause of disease will gradually result in many improvements, including the intelligent disposal of dust and refuse from homes, schools, offices, and cities.—*F. P. McCarthy, M. D., in Journal of the Outdoor Life.*



Cause of Increased Drunkenness in France

THERE was a time when France was a sober nation; you may remember it; I do. The peasants were sober. To-day in the land of the vine the peasants besot themselves with absinthe and a dozen foul and fabricated poisons. Alcohol has increased in monstrous proportions, bringing in its train the usual ills, filling the insane asylums, doubling the suicides and crimes.

Let us look at the cause of the drunkenness of France. There are two: first, the multitude of drinking places; and second, the poisonous nature of the various preparations of alcohol forced upon the public.

In 1880 the French republic was by no means secure. There was rebellion above and below. The underworld . . . was haunted by the makers of revolution. . . . Overhead, royalists and Bonapartists plotted how to use this mighty force against the young republic.

The government granted complete liberty to the liquor-trade. He who would could, by paying a fee, open a tavern or bar or *cabaret*. As a result the consumption of alcohol increased from 2.32 liters a head to 4.35 liters. Bear in mind,

too, that this social poison became worse in quality. Active and terrible poisons — absinthe and bitters — were poured into the democracy. In the north there was a drinking-place for every fifteen men.

No king or emperor had ever dared to tolerate such a thing. But the republic was saved; for always the drunkard votes for the government which permits him to get drunk. . . . Population decreases, infanticide augments. The male brings nothing home to his companion, and she can not nourish children. He has deserted her for alcohol. He drinks and votes; for the drunkard is still a desirable elector. . . .

The only effort made by the French government to check alcoholism is in the army, in every other way it fosters the manufacture and sale of alcohol,— which, indeed, is one of the staple articles of French manufacture and export. . . .

An admirable law was proposed recently by Senator Berenger, to limit the number of drinking-places to one for every three hundred inhabitants. Even so mild a remedy would wipe out hundreds of thousands of the foul cabarets. Congress has not voted — and never will vote — this law. I have a letter from Senator Berenger, in which he speaks of the "indifference of the government" to all temperance reform; the senator writes too mildly; for the government is distinctly hostile to the movement.

A few men in the senate have fought hopelessly against the alcoholization of France. There is a national league against alcoholism, founded in 1872. It has accomplished very little. During its lifetime it has seen France pass from one of the soberest of nations to the drunkenest of them all.— *Vance Thompson, in the Cosmopolitan.*

How Long to Sleep

THERE can be no hard-and-fast rules set for the length of time one should sleep. All depends on the person and temperament. We are told that brain-workers and those of a nervous nature need more sleep than others, yet some of the greatest thinkers in the world sleep but four or five hours a night, with no ill-effects. A good rule to follow is to sleep until one awakes refreshed, whether that is in five hours or ten.

If possible, do not be called. This is particularly important for growing children. Some parents make a fetish of early hours for their children, and think so much of getting them out of lazy habits that they do not consider their nervous systems.

Even when you must go to work at an early hour, do not train yourself to depend on an alarm, which gives a shock to the nervous system. Go to bed with the fixed idea in your brain to awaken at a certain hour, and it rarely fails that your eyes pop open at that minute.

If it be well to sleep until refreshed, it is not well to indulge in the habit of turning over for another nap. Get up as soon as you awake, and you will not be sluggish and stupid for several hours of the morning.

Don't be one of those persons who says, "I never sleep in the day-time." If you have any regard for your looks and health, you will take a short rest each day, even though you think you can not possibly sleep. It won't be long before you are saying, "I believe I just dropped off," and will feel better and brighter for it the rest of the day and evening.

Remember there is nothing like sleep to build up and restore nerve power.— *Washington Herald.*

The Goat as a Milk-Producer

NOTHING in the history of science is more instructive than the vast difficulties experienced in propagating the use of the milk of the goat. Physicians of the highest eminence have affirmed that in the milk of the goat, nature provides the best possible solution of the problem of tuberculosis. . . . These scientists who go so far as to defy any authority to produce a single case of tuberculosis among a population using goats' milk to the exclusion of cows' milk, receive very little attention. The circumstance seems all the more surprising in view of what the investigators on the British Commission call "the superior richness and flavor of the milk of the goat to that of the cow."

General ignorance of the value of goats' milk in relation to the world-wide problem of tuberculosis is matched by the equally general ignorance of the eco-

nomie value and habits of the goat itself. It is not only that the goat produces a relatively larger quantity of milk, and exceptionally rich milk, but that this milk may be drunk practically without any risk of tubercular infection. The public has an idea that goats' milk is not good. As a matter of fact, it is not only more palatable, but more hygienic, than the milk of the cow. "With some children," observes Dr. Eustace Smith, "in spite of all possible precautions, cows' milk, however carefully it may be prepared and administered, can not be digested." Goats' milk meets every difficulty. In cases where babies are fed directly from the goats,—that is, by having their mouths put up to the washed teats, as is done in some parts of France, the effect upon the health is described in *The British Medical Journal* as magical. "The babies are plump and rosy, need no medicine, rarely cry, just drink and sleep."—*Current Literature*.



THE EXTREMES OF HALF A CENTURY OF FASHION, — 1858-1908, — ACCORDING TO THE WASHINGTON POST

THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park.

Care of the Health in the Tropics

G. E. TEASDALE

THE missionary who goes from the land of his birth and education to a foreign country, finds there many things to be learned; and many other things which he unquestioningly accepted as axioms of life, have to be unlearned.

To be able to change from a temperate to a torrid climate without seriously interfering with the functions of the internal organs, requires, first, a fairly strong constitution and freedom from organic disease and, second, it necessitates generally an almost complete change in the habits of living. The first and most vital lesson to be learned by the missionary to tropical lands is how to keep alive and maintain a reasonable degree of health, so he can perform the duties which called him there.

Warm countries, provided the soil and rainfall are good, are without doubt best suited for the production of life, as is evidenced by the wealth of vegetation, and the abundance of animal and human life, in those places where other evils do not preponderate, and nullify the bounties of nature; while as we go farther and farther from the equatorial regions, the struggle for existence becomes more and more intense, until finally it yields, and leaves the ends of the earth to barrenness and solitude. The human race was cradled in warmth, and many of the sciences had their birth in lands where the rig-

ors of winter are never felt. Civilization moved into colder climates, where the change of the seasons rendered the earth sterile for half the year, and reduced its fertility, at the same time increasing the needs of man until he had left but comparatively little time to devote to the follies of life. As the descendants of Noah moved north, they gradually became acclimated, and their systems adapted themselves to rapid and extreme climatic changes, until those changes have seemingly become necessary to their well-being. When the missionary or trader moves to lands originally inhabited by his ancestors, unless the move be made cautiously and slowly, he may expect that he will have to suffer much inconvenience before his organs adapt themselves to the change, even though in many cases the conditions are naturally more suitable for life than those from which he came.

In his southern or northern home, he drank sparingly, and perspired but little. In this new home the heat constantly draws from his system large quantities of water. This leaves the body lacking moisture, and constipation and affections of the kidneys become troublesome. One of the first habits to be acquired is to drink much good, pure water. It is almost always necessary to have it boiled and aerated; and even when the water is good, for a while it is well that it should be sterilized. To keep the bowels free is absolutely necessary to good health; for in

warm climates the feces decay quickly, generate poisonous gases, and the system, because of its lack of moisture, readily absorbs them.

The strong foods freely eaten at home must be used sparingly where rigorous exercise can not be taken. Yet it is necessary to be careful to have sufficient food containing the right elements; for the constant waste of tissue, resulting from profuse perspiration, demands a liberal supply of food, but largely of a different nature from that required in cold climates. When we went to Java, we took with us a supply of nitrogenous foods, to which we were accustomed, and which we knew could not be obtained in tropical countries, thinking they would be necessary to our physical well-being. Our experience was distressing. After almost every meal we suffered from extreme lassitude. My legs felt as if they were partially paralyzed. This condition continued until we adopted a diet of rice and vegetables and such things as the country produces, with a very small quantity of our imported foods. Care must be taken to make the change slowly and discreetly, but to change is absolutely necessary for health. We found the rice, cooked as the natives cook it, far more palatable and easily digested than when cooked our own way. It is as light as a loaf of white bread, and quite dry. I have seen Europeans cook it the following way, and obtain quite good results: Into four cups of boiling water is dropped one cup of well-washed rice. This is allowed to boil slowly for about ten minutes, then the unabsorbed water is poured off, and the rice is placed in a dish which is covered with a tightly fitting lid, and the dish is put in a warm (not too warm) place for three-quarters of an hour or more. The rice continues to swell, and it absorbs the remaining

moisture, leaving the rice dry and mealy. No salt or sugar is used, and it is eaten with an egg, vegetables, or fruit. On this diet we thrived. The native-born Dutchmen live almost altogether on it, with the addition of a little flesh and curry. We ate rice twice a day, and soon felt as if we could not take a meal without it. The liquid poured off the rice need not be wasted, but can be used as a basis for soup or sauce, or as ordinary starch.

It is necessary not to be too anxious about the digestive qualities of food after it is eaten, but it is well straight-way to forget it. If there is one thing more essential than another for physical well-being and comfort in a hot climate, providing that one's surroundings be reasonably healthful, it is to have one's nerves well in hand. Worry is bad in any climate, but in the tropics it is almost certainly fatal. A phlegmatic person does not suffer from the thousand strange and many times disgusting sights and sounds and smells as does one who is nervous and supersensitive.

A good supply of water internally is no more necessary than is a frequent application of it externally, in order to keep the mouths of the pores open, and the body in good tune. A dipperful of water poured over the head, and allowed to run down over the body, is most refreshing, and can be indulged in many times a day. It is not necessary to dry the body. A few moments spent in a bath-robe will give the moisture time to evaporate, and the effect is much more stimulating than when the body is dried with a towel.

The European who goes to the tropics, and does not change his clothing to conform to his changed conditions, certainly deserves to suffer all the inconveniences he will surely have to suffer for his lack of adaptation. Loose, white cloth-

ing, which permits the air to circulate about the skin, is best for such places, and it should be changed frequently. The following is taken from a lady's description of the clothing worn in the Dutch East Indies:—

“The *sarong* and *kabia* form the native dress, adopted by European ladies for comfort and convenience in the climate, and worn by them as sleeping attire, as also during the day in a richer form, in which the skirt is of costly stuff, and the jacket of fine lawn, muslin, or linen, daintily trimmed with lace or embroidery. It is not worn when receiving formal visitors, and young unmarried ladies are not expected to be seen in it beyond their private apartments; but, with an apology for the liberty, it is worn almost constantly, except in the evening, when the European costume is worn for a few hours. In the country I see some ladies take their morning stroll in sarong and kabia, and I must confess I envy them, they look so lightly clothed and comfortable; and when the eye is accustomed to the costume, it is really becoming. I am actually, despite the amazement I experienced on first seeing it, now inclined to say it is pretty. Here is the description: Imagine a piece of calico, two yards long, cut from a web. Sew to-

gether the two raw edges, and you have a petticoat, without band or hem. Imagine it covered with floral designs, or curious devices of crawling creatures, or having a village with homes and scenes from daily life depicted on it, and you have a sarong, or skirt. Put this over your head, draw all the fullness in front, and form of this a large plait; fasten this around the waist with a cord or sash. Then put on a dressing jacket of fine lawn trimmed with lace; loosen your hair, and let it fall down the back; slip your stockingless feet into slippers with no upper heel. Take now a fan in your hand, and promenade before the mirror, and you have some idea of the figures one sees constantly in the Netherlands Indies. How cleanly is the kabia! A lady puts on a fresh one twice or thrice a day, and the wearer always looks cool and at ease.”

Many of the customs in tropical lands are strange and undesirable; but the intelligent missionary who desires to dwell there, will examine them without prejudice, with the intention of ascertaining why such customs prevail, and if there be sufficient reason for them, it will often make for his physical well-being to adopt them, even though they are not in accordance with the notions of propriety or taste in the country from which he came.



MISSIONARIES IN THE FRONT ROOM OF OUR MISSION HOUSE
IN SOURABAYA, DRESSED IN SARONG AND KABIA

Karmatar, India

OUR dispensary work in Karmatar calls us out to many villages, and brings us into close contact with the people. For some time we have been trying to close our eyes to their distress and poverty, excusing ourselves that we were doing what we could for the sick, and were not called upon to do more. The beggars who used to come to our door once a week now come about every day.



SCENE NEAR KOBE, JAPAN

To many of these also we have turned a deaf ear, as rice is expensive.

Last week, while on the way to visit a patient, our cart was stopped in front of a little mud hut, where we found a man ill. He appeared to us to be starving. We inquired what he was eating, and found that once a day he ate a little rice. His only relative was a boy who herded cows for a small allowance of food for himself, and this he divided with this man, who was his uncle.

Coming home that night, we inquired of our driver about this man and others

of his village. He was of another caste and village, so would have no object in misrepresenting their cases. He said, "Families live on one *pow* (half a pound) of rice a day. This they boil into *mar* (soup), the only meal of the day." We asked him if the children did not cry from hunger. He said, "Yes, but what can they do? They will not be able to get work until the rice season."

Think of a family of eight or more living on half a pound of rice a day — not another thing with it, not even salt.

As we were about to come away from a village one night, a storm came up, and I offered a man two annas if he would drive us home, and leave the father of the sick child to remain at home. He fairly shouted, "Yes, memsahib!" As we started, we found both of the men going. They said, "We want to divide the two annas to buy rice."

We have started a fund here in Karmatar

to help these in need, and hope others will add to this fund. These people will need help until they can get work putting down the rice. Many will need help until the rice is harvested. We realize that we shall have to be very cautious, or some may take advantage of our efforts to help. We have thought of charging perhaps a third or half the price of the rice to those who can get hold of a little money.

"Blessed is he that considereth the poor: the Lord will deliver him in time of trouble." DELLA BURROWAY.

Tokyo, Japan

SOME time ago we received a call from a missionary of the Dutch Reformed Church, who has been in Japan for a number of years, and is returning home on account of his wife's health, which is very much broken. They came here directly from our sanitarium in Kobe, where they had been for about a month. What he said to us about our work there shows how it is appreciated by those who become patients. He had only words of praise for the work and the workers. He says there is surely a great work before this institution, especially in what it is doing for the tired, wornout missionaries, to whom it is a "haven of rest." He spoke of different patients, and of their marked improvement while at the sanitarium. He mentioned also the good Christian spirit that pervades the institution, and spoke in highly appreciative terms of the work of the physician and the nurses. His wife had made marked improvement while there; but the Japan climate seemed unfavorable, and Dr. Dunscombe had advised that they return home.

F. W. FIELD.

California

LOMA LINDA.—June 9 we had our graduating exercises. About three hundred persons were present, including neighbors and friends from surrounding villages. The address by Elder G. W. Reaser laid before them the principles of our medical missionary work. These occasions afford good opportunities for presenting right principles before the people.

Early the next morning the students gathered in their dining-room, which was prettily decorated, for the wedding of Brother Walter Foster and Miss Cornish. After the ceremony the wedding breakfast was served, and they soon left for North Dakota, to make their farewell visit among friends, before going to their chosen missionary field, Japan. Our family bids them a hearty good-by and Godspeed, as they go to this needy mission field. We shall feel more closely drawn to Japan in the future. We have several more students who are looking toward the foreign field. We gave those who left us an outfit for their medical missionary work in Japan.

JULIA A. WHITE.



Etching by J. H. Millspaugh

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.

333. Treatment and Diet.—What would you advise as the best treatment and diet in the following case? Patient is very thin; weighed in health about one hundred pounds; now about sixty pounds; stomach is much prolapsed and dilated, containing much mucus; she is very weak, easily tired and confused, extremely nervous, with pain and pressure in head most of the time. Food does little good; a small quantity will remain in stomach for several hours. Has been rather reckless about diet, eating immoderately, and then throwing it up, or removing it by use of stomach-pump; has such a ravenous appetite that no amount of food seems to satisfy. Two and one-half years ago several doctors said there was no hope for her, but nerve remedies were prescribed, which seemed to help for the time being, and are still being used. Patient seems to be failing in strength and courage of late."

Ans.—The patient will never recover if she is permitted to follow her own judgment in the selection of foods. She should place herself in a sanitarium, where she can have treatment and food prescribed by a physician. By doing this she may improve; but her condition is too serious to be experimented with at home.

334. Liver Trouble.—1. Please tell me a good diet for one who has chronic liver trouble, especially congestion of the liver. 2. Is a coated tongue a sign of any other disease besides liver trouble?

Ans.—1. Congestion of the liver and biliousness are due to overeating, to the formation of poisons from wrong food combinations, or to the use of irritants. Masticate well all food eaten. Use chiefly well-baked breads and fruits. For a change, baked potatoes, spinach, green peas, or string-beans may be used. When improvement has taken place, a more liberal diet may be substituted.

2. The coated tongue indicates slow digestion and possibly a dilated stomach. The decay of foods in the stomach, which is responsible for the coated tongue, is also

responsible for the liver trouble. The diet given above is indicated.

335. Constipation.—Please tell me what I can do to cure constipation and gas in the intestines. My appetite is strong, and my stomach does not bother me.

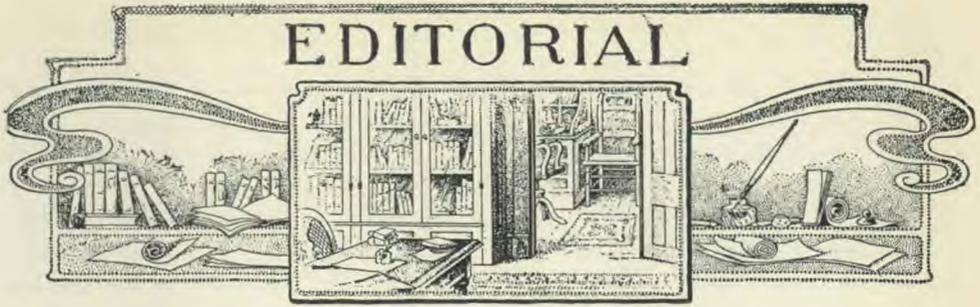
Ans.—Most cases of constipation are curable. No general rule can be laid down that will be applicable to all. If there is a coated tongue, with bad breath and other evidences of slow digestion, avoid proteid and fatty foods largely, and use freely of fresh fruits, raw vegetables, such as cabbage, celery, spinach, green beans, and peas. Coarse foods containing woody matter or bulk are helpful.

336. Shingles (herpes zoster).—Please explain the effects of shingles. Is it a nerve disease? Is it likely to continue to affect the health for months or years after its course seems to be run, and there is no further show of irritation or breaking out? What is its cause and treatment? I will state that my mother when seventy-four had an attack of what seemed to be shingles, although we had no physician. She was utterly prostrated, suffered intense pain in right shoulder and breast, was for a few days covered with red sores or blisters, which later disappeared after becoming watery. For several months she was unable to do anything, and even too weak to read for some time. Her idea is that the attack was brought on by several hours' work in sorting over fruit at a table which she had to reach up to. Since the first few months (two years now) she has been able to do much work, but says she is never free from suffering, and after a little unusual exertion she frequently is obliged to lie down for hours, and suffers much pain.

Ans.—This is purely a disease of the nerves, and is common in America. It always indicates lowered vitality, or malnutrition. The pain, which is often intense, may be relieved by the application of very hot water. A hot spray, the temperature of the water being anywhere from 110° to

(Concluded on page 428)

EDITORIAL



Our Illustrations

AFTER a number of centuries of a diet including part of the dead bodies of some of the lower animals, man still retains some of his original frugivorous instinct. Few are so gross in their appetites that the display of a fruit-stand does not appear more tempting than the display of a butcher shop. Not many are there who would not come from a raisin packing-house with a much better appetite than from a meat-packing establishment. Fruits we still enjoy in their natural condition; but there are few who have the hardihood to eat meat until its appearance and flavor have been completely disguised by the process of cooking, including usually a liberal amount of condiment. We might submit illustrations showing various processes through which meat passes before it comes to the table; but we believe it would be more edifying and more satisfying to our readers, including those who have not yet lost their fondness for "the juicy beefsteak," to see a series of illustrations of fruits.



Typhoid-Fever Carriers

EVIDENCE is constantly accumulating that a very important means of typhoid transmission is the "typhoid carrier." The discharges of persons who have had typhoid fever may contain the ty-

phoid germ for years afterward; and the investigation of numerous instances where several people have been attacked by the disease has resulted in establishing the fact that some person connected with the food-supply common to all of them is a bacillus carrier.

In some way when a "carrier," either as dairyman, cook, or baker, handles food which is eaten by others, the infection is apt to be transmitted. Sometimes the "carrier" gives a history of having had typhoid fever. At other times, as in nurses, they have not had the disease so far as they know, but have been exposed to it. It is possible in these cases that they have had a mild attack, which was not recognized as typhoid fever. It is possible that in every community where there has been an epidemic of typhoid, there are numerous unrecognized typhoid carriers; and that from time to time these innocently infect new cases. Sometimes the most rigid treatment fails to dislodge the germs from the intestine.

These facts will make it plain why the ordinary precautions against typhoid infection fail to stamp out the disease. It is probable that if every one should adopt strictly the custom of taking no food or drink that had not been heated or sterilized, the disease would be practically stamped out.

The germ of typhoid is not difficult to destroy. It will not stand the acid of the normal stomach, and can not re-

sist the action of some of the fruit juices. It is probable that in most cases it gets through the stomach, if at all, in the intervals between meals, when there is no hydrochloric acid present. Naturally one who has an insufficiency of hydrochloric acid in the gastric juice would be more susceptible than one whose digestion is normal, and the susceptibility to the disease would be increased during the hot weather, when often the stomach seems to have gone on a strike.

As precautions against typhoid, one should be careful as to the supply of foods and drinks, especially those that are taken raw; and where typhoid is prevalent, it might be better to take nothing raw or unheated.

But while one takes reasonable care of the general health, and rational precautions regarding infection, it is especially important not to allow one's self to get into a condition of nervous dread of the disease; for such a condition is sure to invite it.



Therapeutic Optimism and Therapeutic Honesty

A NEW YORK physician, commenting on the advice of Dr. Osler to "be skeptical of the pharmacopeia," and his statement that "he is the best doctor who knows the worthlessness of most drugs," attempted to explain away these sentiments in such a way that they would not be so repugnant to the medical profession at large. An anonymous writer in

the *Therapeutic Gazette*, probably one of the editors, says, referring to this attempt to interpret Dr. Osler's sayings in harmony with orthodox medical belief: "We suspect he knew, and knew that his hearers knew, that the Regius Professor [Osler] meant just what he said; and that he is still the incorrigible nihilist who continues to lay the blame upon drugs for his inability to use them."

Now we doubt not this is all true so far as Dr. Osler is concerned. He has learned that he can not get reliable results from drugs, and that much of the effects usually attributed to them are the result of suggestion, and he has been honest enough to say so. That constitutes at least a part of his largeness. In that he differs from many other physicians. Either their strong early training in the traditions of former generations prevents their seeing the significance of the fact that different men "cure" the same disease by drugs and methods entirely different, and even antagonistic in their nature, and of the fact that medical fashions constantly change, one method of treatment being at one time in high favor, and in a few years entirely discarded, while the percentage of cures continues about the same,—either these men fail to see these things, or, if they see them, they are not honest enough to acknowledge them, and they continue to push the drug fashion for all it is worth. All honor to Dr. Osler for his ability to see apart from the *crowd*, and his courage to express his convictions!

Chats with our Readers

EDITOR LIFE AND HEALTH:—

Kindly inform me whether there is any relief for erysipelas.

Mrs. B.

Not very much can be done to limit, by medical means, the spread of an attack of erysipelas. It is an inflammation involving the small lymph channels in the skin, and applications to the surface do not reach the difficulty. It is probably always the result of absorption of infectious matter from some abscess into these lymph channels, and the most certain way to cut short an attack, and to prevent future attacks, is to find the pus-producing cavity, and clean it out surgically. It may be a gum-boil, or an ulcerated or decayed tooth, or it may be a crust covering an old ulcerated spot in the nose. Wherever the erysipelas is, there will probably be found in the vicinity a suppurating cause. If this is

not properly attended to, there may be repeated attacks.

In order to afford relief during an attack, an ice-bag or an application of lead lotion may be used. Some think that the spread is controlled by painting with tincture of iodine around the edge of the inflamed part. Others apply mercury ointment, or inject two-per-cent carbolic acid. But the best method is probably that outlined above; that is, to clean out and disinfect thoroughly the suppurating area that feeds it.

It should be remembered that erysipelas is infectious, and the hands and everything that comes in contact with the diseased parts should be disinfected.

EDITOR LIFE AND HEALTH:—

If an apparently healthy baby chooses to sleep with the hands over the shoulders should the mother remove them to the side? Is there any danger of the uplifted hands inducing weak heart? I ask this question for the benefit of a neighbor, who wants to know the right way of doing everything. F.

I am not aware that such a position can in any way cause weak heart. Perhaps you remember the story of the hen which made frantic attempts to keep her brood of ducklings from going into the water, and which, having learned that they were unharmed by the water, attempted to force her next brood (which were chicks), into the water. This, a true story, is a good illustration of the truth that the intelligence of the mother may sometimes be less trustworthy than the natural instinct of the off-

spring. Human mothers, as well as those of the lower animals, may, in their over-anxiety to do something for the newcomers, work at cross-purposes to their implanted instincts. It would seem to me unwise to attempt to regulate the life of the child in little matters of this kind, unless there is some good reason for doing so. Such practises as sucking the thumb or fingers, or biting the finger-nails, which are followed by evil results, should, of course, be prevented.

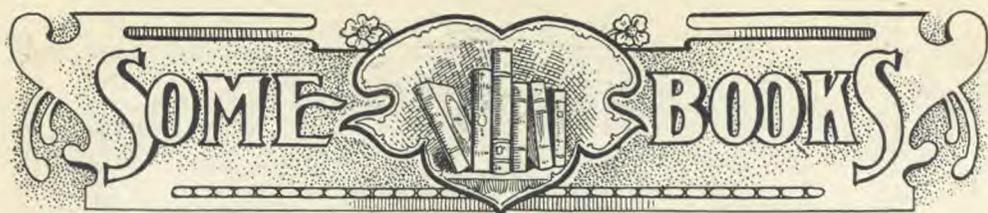
EDITOR LIFE AND HEALTH:—

Kindly inform me whether the chewing of orange peel is in any way injurious to the stomach, and if so, how. Some consider it a tonic. W.

A moderate amount of orange peel probably has no injurious effect on the stomach, nor any very perceptible tonic effect.

Taken in large amounts, it would be more likely to result in harm than to accomplish good.

SOME BOOKS



The Destroyer, A Temperance Tale, by Mrs. M. E. Steward, A. M., is a sixteen-page brochure, showing in a graphic manner the evils of the rum traffic.

Harry Spencer, Dyspeptic, by Mrs. Myrta E. Steward, A. M., is a story covering the most important principles of hygiene. It appeared in *LIFE AND HEALTH* in 1905. These can be obtained from the author at Sanitarium, Cal., ten cents for the larger one, and eight cents for the smaller one, with fifty per cent discount in lots of twenty-five or more. Being in story form, these booklets will appeal to many who might not read the arguments if presented in any other way. They should be given a large circulation.

"Consumption, Its Prevention and Cure Without Medicine, with chapters on sanitation and prevention of other diseases, by Chas. H. Stanley Davis, M. D., Ph.D. Second edition, enlarged, 218 pages, cloth, \$1, post-paid. E. B. Treat and Company, New York.

This is a most excellent work for those who must "take the cure" at home; and for any who have anything to do with consumption, it will be found full of valuable suggestions. The new matter that has been added on "The Prevention of Consumption and Other Diseases," and the list of sanatoria, enhance the worth of the book.

On page 93 is given a list of foods that should have been revised; for, either because they were not a commercial success, or because they were not a success health-wise (or both), a number of them are no longer on the market.

On page 180 is one of those statements which seem to have a tenacity of life in inverse ratio to their truthfulness. It is stated of "the refined white flour which the modern millers furnish," that "all the life-giving properties have been eliminated, and there is nothing left but starch." It pains one to see such a statement from one apparently so well informed generally as Dr. Davis. But we remember that the great Sir Isaac Newton once directed a carpenter to make a hole in the wall for the cat to go through, and then, as an afterthought, he had a smaller hole made beside it for the kittens. Such are the vagaries of great minds.

Scientific Nutrition Simplified: A Condensed Statement and Explanation for Everybody of the Discoveries of Chitten-

den, Fletcher, and Others, by Goodwin Brown, A. M. Frederick A. Stokes Company, New York, publishers.

This is an admirable presentation of the dietetic system (sometimes known as "Fletcherism"), which is characterized principally by the avoidance of food except as actually called for by the body, and by thorough mouth-treatment of all food eaten, whether liquid or solid. Incidentally, the book is an excellent advertisement of a number of other books on nutrition published by the Stokes Company.

The book contains much that is commendable. For instance, the following on the use of flesh: "A person in vigorous health can usually manage to dispose of toxins taken into his body in this fashion [by the use of meat] as well as the poison generated by his own organism, but only at the expense of a great deal of hard work. Persons who have a tendency to manufacture more poisons than they can manage conveniently—for instance, gouty and rheumatic persons who have a tendency to manufacture uric acid—are, however, almost sure to suffer unless their use of meat is limited to extremely small quantities. Allied with these facts is the discovery that meat-eating tends to increase the number and virulence of the bacteria in the lower intestines. In view of Elie Metchnikoff's recent declaration that it is primarily the presence of these organisms in the colon that causes the human body to break down or wear out before its time, this fact alone would seem to add considerable weight to the argument for the reduced consumption of flesh food."

But when he comes to the consideration of the total abolition of flesh—what is ordinarily known as vegetarianism—ah! there's the rub! Well, take your time, gentlemen; thought progresses slowly. The scouted ideas of one generation become the received ideas of the next.

The author, like many others, feels called upon to pay his respects to cane-sugar, and his objection is novel, to say the least. Possibly if he had had the physiological chemists at Yale read his manuscript, he would not have made this statement: "The common domestic product distilled from the cane, the beet, and the maple—to which chemistry gives the name of sucrose—is, in fact, not a food at all, but a food element. Before it can be used in the body, it must undergo the complete process of starch-digestion. The first step in this

(Concluded on page 428)



Does Prohibition Prohibit?—Since the "drought" in so many counties in Illinois, the brewers and distillers have laid off four thousand men; merely a coincidence, of course.

Oleomargarin Must Be Stamped.—By a recent ruling the manufacturers of oleomargarin must stamp their goods certifying government inspection. This is a victory for the dairy interests.

Horse-flesh Freely Eaten.—On account of the high price of other meats the use of horse-flesh is becoming more common in Europe, and the importation of horses for food is increasing annually.

Claims Lepers Cured.—The managers of the leper home of the State of Louisiana in their annual report state that one patient has been discharged cured, and that five others, practically cured, are still under observation.

National Department of Public Health.—Both national conventions adopted planks favoring the establishment of a national bureau of health, so that there is some hope that legislation in this line may be secured during the next session of Congress.

Typhoid Epidemic from Dairy.—A Connecticut town has an epidemic of typhoid fever, which the health officer, in making his investigation, traced to the milk-supply. All the typhoid patients had procured their milk from one person, and he had obtained part of his milk from a dairy which "has a typhoid history."

Will Add a Course in Psychotherapy.—Beginning October 1, Tufts Medical School is to have a course in psychotherapy, in charge of the eminent psychologist, Dr. Morton Prince, and Rev. Albert E. Shields. It would seem that the purpose is to follow somewhat in the lines of the Boston movement.

Favors Teaching Sex Hygiene.—A county medical society in Indiana recently passed a resolution favoring the idea that it would be wise to teach the young the truth concerning reproduction and the evils of unchastity.

Victims of Hydrophobia.—A man in New Orleans and a little girl in Baltimore recently died of rabies, notwithstanding the use of vigorous anti-rabies treatment. From the first, in the case of the girl, it was realized that it would be an up-hill fight, because she was badly bitten on the face. The man was supposed to have been cured.

Prohibition Costly—to the Brewers.—Adolphus Busch is credited with saying that prohibition in Oklahoma has cost him a million dollars. According to an Oklahoma paper, "Mr. Busch's loss is Oklahoma's gain in material wealth, sober manhood, and happy homes. This is a gain that can not be estimated in dollars and cents."

Can Not Take Rabies.—A New Jersey dog-catcher has been bitten more than three thousand times during the last six years, by all manner of dogs, yet he has never had hydrophobia. He says that sometimes after a bite, he has had some of the initial symptoms of hydrophobia in a mild form. He offers to allow himself to be bitten by a mad dog.

Lake Michigan Water Commission.—For the purpose of preventing, by legal action, the pollution of Lake Michigan with sewage, the Lake Michigan Water Commission, composed of surgeons from the surrounding States and of the War Department and the Public Health and Marine Hospital Service was recently organized at Detroit. The first work of the commission will be to make a study of the effect of sewage pollution on the condition of the lake water. This will involve several distinct investigations.

Coming International Congress on Tuberculosis.—The International Congress on Tuberculosis to be held in Washington, September 21 to October 12, promises to be one of the most important and most significant concourses ever held in this country in the interest of public health. There will be seven sections to the congress,—six being devoted to the scientific phases of the tuberculosis problem, and one section to the economic and sociological phase. The congress will be housed in some of the government buildings now nearing completion. Congress has made an appropriation to help pay the expense of the tuberculosis congress, and many of the States are planning to participate in the great event.



Some Books

(Continued from page 426)

process is, as we have seen, the conversion of starch into maltose by the action of the saliva in the mouth. Here is where the trouble comes in. Starchy food can be held in the mouth, and chewed until the change into maltose has been completed. Sugary foods, on account of their solubility, are extremely likely to escape from the mouth down the throat before they are acted on by the saliva. Therefore, not having been properly prepared by the stomach, they are almost sure to set up more or less fermentation when they reach it." Verily, if this is so, the physiologies will need revision on this point; for it is generally taught that cane-sugar is acted upon by a special ferment in the intestines, and that saliva has no digestive effect upon cane-sugar. Cane-sugar is not transformed into maltose, but directly into a mixture of grape-sugar and fruit-sugar. Maltose is converted, by a similar process, entirely into grape-sugar.

Then he makes some curious mistakes regarding the chemical composition of foods, although he gives in immediate connection therewith, a table with correct values. He says, for instance: "The carbohydrates are found chiefly in grains; in vegetables (other than peas, beans, and lentils); and in fruits." As a matter of fact, peas, beans, and lentils certainly rank well with other green vegetables in their carbohydrate content, and the dried seeds are quite rich in carbohydrates. Again, "Of all the vegetables, the "fattest" are the "legumes,—peas, beans, lentils, and peanuts." Leaving out peanuts, which contain a large amount of fat, he would have been nearer the truth to have said the legumes are the "leanest" of vegetables; for in the pea, bean, and lentil, fat is conspicuous by its scarcity.

But, in general, the book contains much of interest to the student of dietetics.

Chicago Experiments Prove Food Preservatives Injurious.—Experiments recently conducted at the University of Chicago, prove that benzoate of soda, eaten with food for some time in no larger proportion than is usually used by manufacturers of food for preservative purposes, has a decidedly injurious effect on the user. It was intended to make a five-months' test; but within one month some of the "poison squad" had become seriously ill as the result of the "preserved" diet.

Warning Against a Medical Book.—A Springfield (Mass.), paper warns the public against a book called "Medicology," which purports to be written by Dr. W. W. Myers, of Philadelphia, and Professor Richardson, of the University of Pennsylvania. On investigation, no such persons were found to exist. Undoubtedly the enterprising pushers of the book will, when exposed in one city, take up their work in another. In order further to disguise their work, they may change the name and the title-page of the book. It is well to investigate carefully any book sold by subscription which purports to give instruction for self-treatment.



Questions and Answers

(Continued from page 422)

130°, will usually afford relief. In obstinate cases the temperature of the water at 140° affords relief. Dusting the parts with pure boracic-acid powder also tends to allay the pain.

The important thing is to build up the general health. Tea-drinking is probably one cause of its prevalence among women. Simple, nourishing foods should be used, and delicacies, especially sugar, should be avoided. Butter should be replaced by olives and olive-oil. Salt should be used sparingly, meats not at all. Outdoor life is important. A trip to the mountains would be beneficial.

337. Combinations.—1. Can olives be eaten with vegetables? or are they a fruit? 2. How many olives may a person eat at a meal? 3. Can bananas be eaten with vegetables without injurious results?

Ans.—1. Olives may be eaten either with a fruit meal or a vegetable meal.

2. They may be taken quite liberally if ripe and properly prepared.

3. Bananas should not, as a rule, be eaten with vegetables.

Some Prohibition Gains.—Eight States already declared for prohibition; more than three thousand saloons abolished within sixty days; most of the leading Christian denominations standing against the liquor curse; people everywhere waking up to a sense of their responsibility; even the brewers and liquor men, seeing the hand-writing on the wall, are making strenuous efforts to make the business "respectable."

Anti-Liquor in the South.—A physician of one town was fined heavily because he wrote too many prescriptions for liquor; and his license to practise was revoked. Some towns are refusing to continue licenses to druggists permitting them to dispense liquor on physicians' prescriptions. Their prescription files show altogether too many prescriptions of this kind. In Tennessee they have a new way of obtaining local option. There it is unlawful to have a saloon within four miles of a public school. So when a man opens a saloon in a new district, more than four miles from a school, the inhabitants get to work and erect a school building, and the thing is done.

The Public Bath for Health.—Dr. Chapin, of Providence, R. I., is making a vigorous plea for public baths for those who do not have bathing facilities in their homes. Already the school baths have become very popular. At first they were meagerly attended, and Italian mothers protested against their children's taking baths; but now the baths are well utilized, and the mothers themselves have petitioned for the privilege of bathing. Thus is the bath taking its place as one of the means of education among the immigrant population.

The New York Oyster to Be Inspected.—Some of New York's lawmakers have awakened to the fact that the oyster will bear watching; so at the last session of the legislature, provision was made in the Fish and Game Law for thorough inspection of the oyster-beds by sanitary officers, and the sale of oysters from beds in an unsanitary condition was forbidden. This may be some protection to the person within the State of New York who eats oysters; but there are a few oysters, it must be remembered, gathered and eaten outside of New York State.

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