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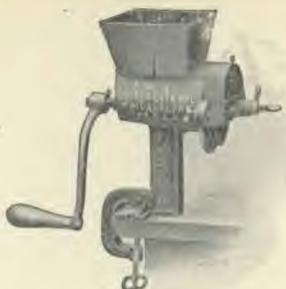
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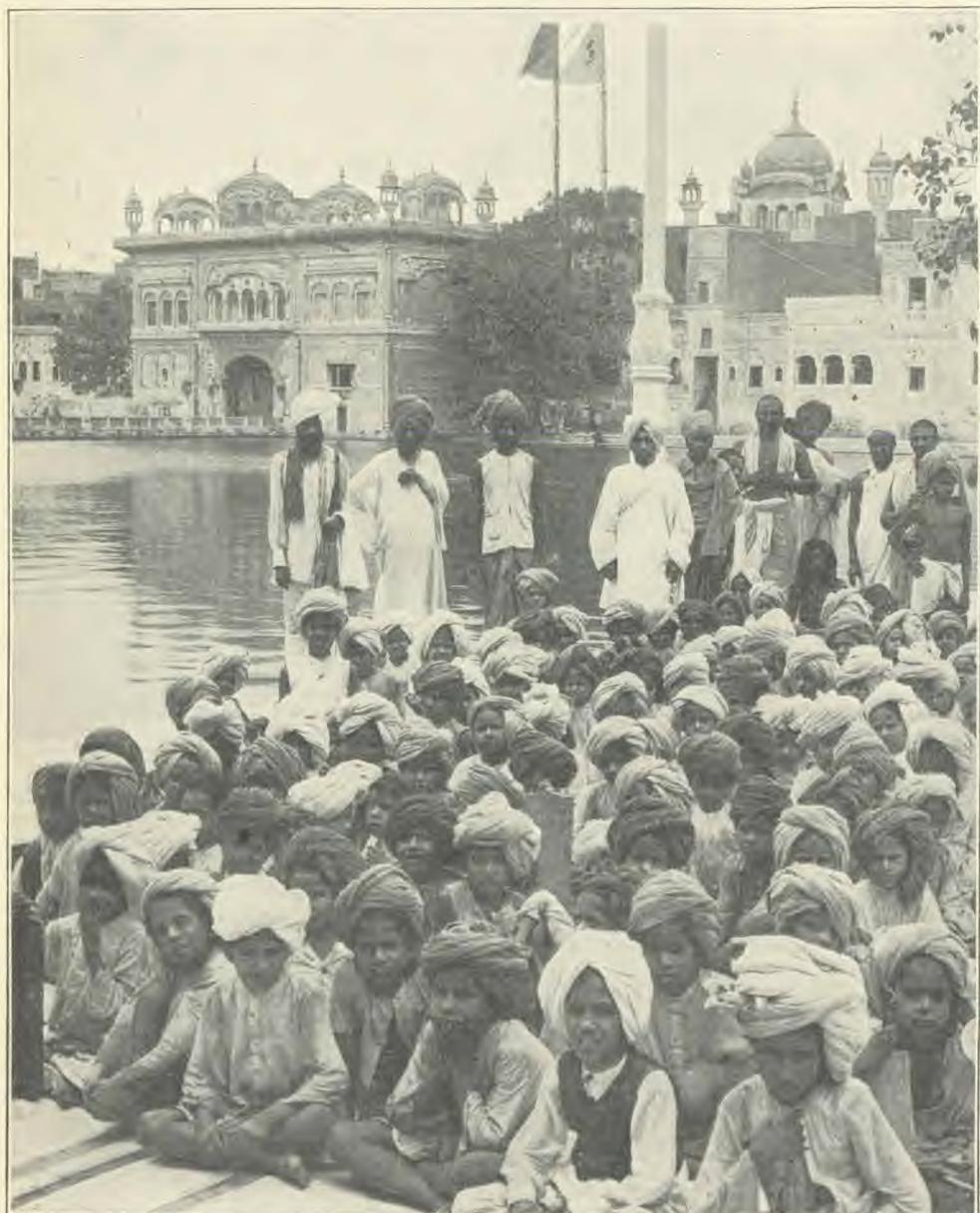
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Handsome schoolboys of India, attending what we in America would call a church-school. They belong to the Sikhs, an aristocratic sect of Hindus who neither worship the Brahman deities nor offer sacrifices. From this sect come some of the most famous soldiers of India.

LIFE and HEALTH



"Something better is the law of all true living"

Vol. XXIII

Takoma Park Station, Washington, D. C., October, 1908

No. 10

The Empty Cradles and Race Suicide—Its Remedy

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



ONSIDERABLE alarm has for some years been manifested in some of our most highly civilized countries over the constantly decreasing birth-rate.

France shows a shortage of over one hundred thousand in seven years. Between the years 1900 and 1907, her births have been decreasing at the rate of twelve thousand each year. Various efforts have been put forth to remedy this evil, which is threatening the existence of the nation; for empty cradles can mean nothing less than depopulation and extinction. Some years ago a commission appointed by the French government to consider various means of increasing the birth-rate, proposed among other measures to reduce the taxes of the fathers of large families, and to simplify the formalities of marriage. But in spite of the efforts to encourage race propagation, the year 1907, instead of showing an increase as we would expect, reveals the alarming decrease of thirty-three thousand. Another significant feature is the fact that her death-rate now exceeds her birth-rate by nineteen thousand. This certainly gives sufficient cause for grave apprehension.

In England the registrar general's reports for 1907 also reveal a greater decrease in the birth-rate than in any previous year. The birth-rate in Wales was the lowest last year that it has ever been, less than three fourths of the birth-rate of thirty years ago. The birth-rate in the city of London during the last thirty-seven years has decreased about twenty-seven per cent. Much the same condition exists in other English cities. In America the same condition exists, but the real situation is partially concealed by the influx of immigrants. During the first century after the landing of the Pilgrim Fathers on the New England shores, large families were the rule, small ones the exception. The average family membership was between ten and twelve. During the next four or five generations the average number of children in a family was reduced to five or six, while at present the average does not exceed three or four. Had the earlier birth-rate been kept up, the United States would have a native-born population of over one hundred million, whereas counting the immigrants and their families, which number fully thirty million, she can boast of a population of only eighty-seven million. America, therefore, shows

a shortage of about forty million in her native-born population.

The decreasing birth-rate is not the only danger that threatens us. One half of the children that are born do not reach the fourth year of life. The modern mother lacks the vitality to nourish her weakly new-born child, and is forced to resort to artificial feeding. The hereditary weaknesses, plus the improper

results of the physical examination made in England a few years ago, of volunteers for the army. Those who appeared for this examination evidently considered themselves in health, but one half of them were rejected as unfit. In 1903 there were 60,861 recruits; out of this number only 29,575 were accepted. Ten years ago one in three was rejected, now it is one in two. This army of invalids is the best the nation can produce.

In America at the time of the Spanish American war a call was made for medical men to enter army service; about two thirds of the number who applied were rejected.

In Germany it is stated fully one half of the young men between the ages of eighteen and twenty-two are refused as unfit for army service. In France, although the requirements of the military service have been modified from time to time, it is difficult to find men suitable for the army. If these young



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Typical New England country school. The boy in the corner is expiating some infraction of the rules. The water-bucket in the schoolroom and the common drinking-cup might catch the eye of the medical inspector of a city school, were he present.

and unnatural food, is responsible for the high mortality that exists among infants. Let us consider some of the causes of this decreasing birth-rate and weakened infant heredity.

Parents can impart to their offspring only that measure of vitality and health which they themselves possess. Degeneracy in infants is due to degeneracy in the parents. That this degeneracy exists among adults is too evident to be ignored. We need only to recall the

men are physically unfit for army service, they are also unfit to propagate the race, and yet upon these we depend for race propagation; while the few strong men who are forced to enter army service, often lead a life of idleness and immorality, or else they are forced to the front in the battle-field. In either case they return with ruined constitutions or as unfit for race propagation as the weaklings that were culled out. What can we therefore expect but race degen-

eracy, of which the declining birth-rate and the high infant mortality are but symptoms.

We have discovered that by more careful feeding, our weakly offspring may be kept alive, and the average length of life increased, but they remain weaklings ever after, so this procedure does not add to racial vigor.

This is shown by the fact that deaths due to constitutional diseases and degenerative changes are rapidly increasing. For instance, the mortality from Bright's disease has increased over three hundred per cent the past twenty years, and a similar increase is observed in apoplexy, heart-disease, diabetes, cancer, etc. Arteriosclerosis, or premature old age, is more common than at any period in the past. There are fewer centenarians to the million inhabitants to-day than there have ever been.

There are sufficient causes to account for this degeneracy, such as the exchange of rural life for the crowded city, and of open-air employment for sedentary office work in ill-ventilated rooms. The departure from the simple and natural habits of former days, and the adoption of complex and unnatural habits, are the chief causes of the unwelcome condition, in which we find ourselves. We do less manual work, but we eat more. The plain, non-stimulating foods have been exchanged for highly seasoned foods and complicated dishes. All these things exert an unfavorable influence upon racial vigor and race propagation. History clearly indicates that hard work and plain food always act together as a stimulus to race propagation, and that national decline

has always been preceded by luxury and effeminacy.

The decline in birth-rate is especially marked in large cities. In Berlin, Germany, there were in 1876 two hundred forty births for every one thousand married women; in 1905 there were only one hundred ten.

In Stuttgart in the period from 1872 to 1875 there were on an average forty-



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Boys' school in Ecuador. The children are mostly of Spanish and Indian blood. Education is free, but not compulsory. The teaching is all in Spanish.

five births for every one thousand inhabitants, but in 1906 only twenty-nine. In Munich forty-six births in 1877 for every one thousand, fell to thirty in 1906. As people continue to rush into the cities, the decline in birth-rate will progressively diminish.

Professor Von Gruber, of the University of Munich, in statistics collected, shows that decline is much more

marked among the well-to-do than among the laboring classes. He says: "Only sixty-eight of twenty thousand German and Austrian noble houses existed longer than six hundred years," and adds: "In England only three of the ancient ducal houses survive, and only eleven of the old-time families of earls;" while "in Sweden seventy-six per cent of the noble houses have vanished from the face of the earth." Idleness and fulness of bread always result in physical degeneracy. The divine command, "In the sweat of thy face shalt thou eat bread," has concealed within it a blessing.

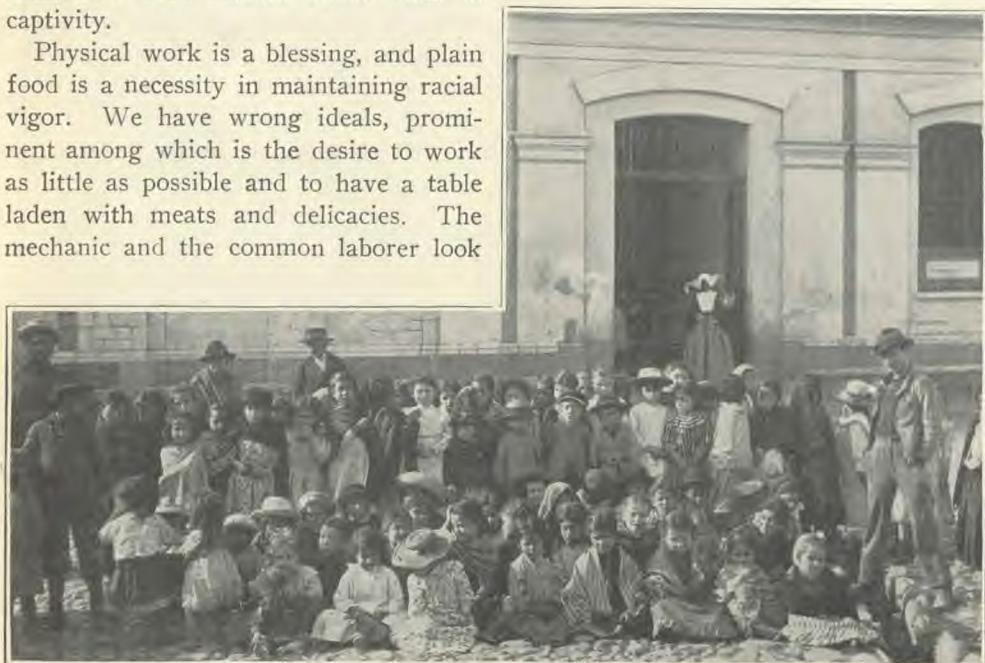
Similar causes among lower creatures bring about like results. It is well known that hens do not lay well when they are overfed and are not granted the privilege of getting food by their own exertion. It has also been observed that wild animals accustomed to gather their own food seldom breed when in captivity.

Physical work is a blessing, and plain food is a necessity in maintaining racial vigor. We have wrong ideals, prominent among which is the desire to work as little as possible and to have a table laden with meats and delicacies. The mechanic and the common laborer look

forward to the time when they shall have accumulated sufficient so that toil is no longer a necessity; when they can say, "Soul thou hast much goods laid up for many years; take thine ease, eat, drink, and be merry." When this point is reached, degeneracy begins. This accounts for the rapid decline in the cities, and explains why nations depend, for the maintenance of racial vigor, upon the rural districts, where the habits of the people are of necessity more simple. Degeneracy in any country becomes more pronounced just to the extent that the simple, natural peasant life is exchanged for the complicated and unnatural city life.

That physical toil increases racial vigor was long ago demonstrated. A handful of people came to Egypt. For four hundred years they dwelt not in the cities but in the country, cultivating the

(Concluded on page 478)



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Primary school in Ecuador. Only in the primary schools are the boys and girls taught together. The instruction is very elementary, and includes a good deal of religious teaching by certain Catholic orders.



The Prevention of Tuberculosis Among Schoolchildren

Henry Barton Jacobs, M. D.

IN the past few years great attention has been given the world over to the subject of the relief and prevention of tuberculosis; but the measures provided refer almost wholly to the adult population. Little consideration, outside of France, has been given to the large number of individuals below the age of fifteen, who in the next few years are to become the active working force.

The child of to-day is the adult of to-morrow; the generation of schoolchildren of to-day is the generation of fathers and mothers of a few years hence. Therefore, as long as tuberculosis is allowed to retain a foothold in this generation of children, so long will it hold its sway as a devastating disease among adults.

All authorities upon the subject of tuberculosis are agreed upon the *latency* of the disease; that is, an infection of tuberculosis does not immediately manifest itself, as does measles, or scarlet fever, or many of the other infectious diseases. . . . It is not possible to predict whether or not a person has become infected; and if so, when he will begin to show the disease. If he is infected, the likelihood is that the disease will remain latent in the system, awaiting such time for its manifestation as shall be brought on by some overexertion or fatigue, some debilitating cause

induced by privation, dissipation, overstrain, or illness. It is safe to say, perhaps, that in every case of tuberculosis the infection occurred from two to ten years before its final manifestation. Hence the cases of consumption which begin to be numerous after the fifteenth



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An open-air A-B-C class in Mexico. With the blue sky overhead, and surrounded by flowers, these children are more pleasantly situated than their more northern neighbors. Ventilation never becomes a serious problem in these patios, or open-court schools.

year must have had their inception, their infection, within the schooldays. . . .

Indeed, many eminent authorities upon tuberculosis, especially in France and

Germany, are firmly convinced, not only by their reasoning, but by their clinical and laboratory experience, that all tuberculous infections are made in infancy and childhood, the disease remaining latent until from one cause or another the resistance of the individual is reduced and the disease becomes manifest. This may be an extreme view, but the instances of childhood infection are so

sique, and to improve his powers of resistance, so that he may pass through the school period, and enter into the years of work, with a constitution not only not undermined by his social life, but rather so strengthened and so fortified by a knowledge gained in the schools of how to preserve it, that he may undertake life's burdens with every expectation of meeting and coping with them successfully, at least so far as health is concerned.

It is evident, therefore, that the ultimate eradication of tuberculosis rests largely with the coming generation; that is, with the schoolchildren of to-day; and in solving the problem, the mothers and guardians of children, and the teachers and other school authorities, must be the active factors.

Particular responsibility devolves upon the schools. They are the intelligent element in the working force. As tuberculosis is essentially a disease of poverty and ignorance, it is too much to expect that parents in such condi-



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American mission school, Assiut, Egypt. Boys studying in the open air. Desks and ventilation are not vexing problems here.

numerous that these views merit careful consideration.

I allude to these facts to make it evident to you how important are the years of childhood, how essential it is that during these years every precaution should be taken not only to prevent infection but to protect the child's phy-

tions can give instruction or care to their children at all commensurate in value to the instruction and care possible in the school. This may seem to teachers a large responsibility, but surely it is a responsibility worthy of their highest and most devoted efforts. When they recall that one out of every ten children is likely

to die of tuberculosis within the next fifteen years, should it not stir every instinct within them to make all effort possible to protect and save this tithe of the bright, happy lives whom they see sitting before them daily?

There are many practical ways in which the school authorities and teachers can make effective the hope that the schools shall become forceful agents in this great work. In the first place, the buildings themselves in which the schoolchildren are housed should receive the utmost thought and care, to fit them to protect the health of all those who come to them. . . .



Now a few words as to the manner in which schoolhouses are managed. Are the rooms kept clean? Are they swept *only* after scattering wet sawdust? Are they dusted with a damp cloth rather than with a feather broom? Is the drinking-water pure? Are the drinking-cups clean? Are there provisions for the children to wash their hands? Are the toilet-rooms thoroughly hygienic? Do the teachers understand the value of proper ventilation? Are the school library books sterilized from time to time? Has the system of passing study-books on from one pupil to another been abandoned? Nothing can be more important than cleanliness of

the schoolhouse in all its parts. Its effect upon the health of the child is not more important than its effect upon his mind, and it should be the duty of some thoroughly competent supervisor, preferably a capable woman, to see that these conditions exist. . . .

The teaching of hygiene should be



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Japanese high-school girls marching through the park with their teachers. They always wear red skirts over their kimonos.

considered of first importance. In the first year of school life, the teaching must be largely suggestive and by example, taking infinite care to regulate

the habits of the little ones in hygienic grooves,—that they wash their hands before eating luncheon; that they wipe their feet on the door-mat; that they do not spit upon the floor; that they do not turn the leaves of their books by first wetting their thumbs in their mouths; that they do not moisten their pencils with saliva; that they keep their desks and books neat and clean.

From such elementary instruction in hygiene as this, and the formation of automatic habits of health, the teaching can broaden out as the age of the pupils increase, until pupils of average intelligence, over ten or twelve years of age, shall be given extensive courses in hygiene and in the nature of infectious agents which are harmful to human life. There is no reason why a boy or girl of twelve should not understand very fully why certain groups of mosquitoes are dangerous to health, or why polluted water and milk are carriers of typhoid fever; or why he may not comprehend in a practical way the nature of tuberculosis, the common methods of infection, and the best methods for keeping the body in condition for resisting it.

All teaching which has as a result the increase of the pupil's love of nature and

the things out-of-doors will aid in making possible the sound physique so desirable. The school garden, introduced in some of our cities, is doing much good; and many other methods will suggest themselves to teachers interested.

It is not by any means so important to turn out a learned boy or girl as it is to turn out a healthy one, who knows and appreciates the value of health and the right course to pursue to preserve it. New text-books will be needed; graphic diagrams and exhibits adapted to the ages of the pupils, illustrating hygienic subjects, how to live and keep well, what to avoid, are extremely valuable, and must find a place in schoolhouses. Miniature tuberculosis exhibits in all the schools would help largely. It is amazing to see the interest which children take in such things, and with what clear understanding they talk about them.

Probably there is no body of men or women in the community who are in a position to do so much toward the ultimate eradication of tuberculosis as the school-teachers; for it is to the instruction and the example in the schools that we must look for the final solution of the problem.—*Journal of the Outdoor Life.*

TEACH THE CHILDREN

Not to spit; it is rarely necessary. To spit on a slate, floor, or sidewalk is an abomination.

Not to put the fingers into the mouth.

Not to pick the nose.

Not to wet the finger with saliva in turning the leaves of books.

Not to put pencils into the mouth or moisten them with the lips.

Not to put money into the mouth.

Not to put anything into the mouth except food and drink and the toothbrush.

Not to swap apple-cores, candy, chewing-gum, "all-day suckers," half-eaten food, whistles, or bean-blowers, or anything similar that is habitually put into the mouth.

Teach the children to wash the hands and face often. See that they keep them clean. If a child is coming down with a communicable disease, it is reasonable to believe that there is less chance of infecting persons and things if the hands and face are washed clean, and not daubed with the secretions of the nose and mouth.

Teach the children to turn the face aside when coughing and sneezing — especially if they are facing another person or when at table.

"Consider Him"

Mrs. E. G. White

HIS name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of peace."

In the teacher sent from God, heaven gave to men its best and greatest. He who had stood in the counsels of the Most High, who had dwelt in the sanctuary of the Eternal, was the One chosen to reveal in person to humanity the knowledge of God.

Through Christ had been communicated every ray of divine light that had ever reached our fallen world. It was he who had spoken through every one who through the ages had declared God's Word to man. Of him all the excellences manifest in the earth's greatest and noblest souls were reflections. The purity and beneficence of Joseph, the faith and meekness and long-suffering of Moses, the steadfastness of Elisha, the noble integrity and firmness of Daniel, the ardor and self-sacrifice of Paul, the mental and spiritual power manifest in all these men, and in all others who had ever dwelt on the face of the earth, were but gleams from the shining of his glory.

To reveal this ideal was the only true standard for attainment; to show what every human being might become; what, through the indwelling of humanity by divinity, all who received him would become,—for this, Christ came to the world. He came to show how men are to be trained as befits the sons of God; how on earth they are to practise the

principles and to live the life of heaven.

Christ came to demonstrate the value of the divine principles by revealing their power for the regeneration of humanity. He came to teach how these principles are to be developed and applied.

With the people of that age, the value of all things was determined by outward show. As religion had declined in power, it had increased in pomp. The educators



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Protestant mission school in the Kongo district. The clothing of civilization is gradually replacing the native costume. Note the dresses of the older girls.

of the time sought to command respect by display and ostentation. To all this the life of Christ presented a marked contrast. His life demonstrated the worthlessness of those things that men regarded as life's great essentials. Born amid surroundings the rudest, sharing a peasant's home, a peasant's fare, a craftsman's occupation, living a life of ob-

scurity, identifying himself with the world's unknown toilers—amid these conditions and surroundings,—Jesus followed the divine plan of education. The schools of his time, with their magnifying of things small, and their belittling of things great, he did not seek. His education was gained directly from the heaven-appointed sources; from useful work, from the study of the Scriptures

such as the world had never witnessed.

What he taught, he lived. "I have given you an example," he said to his disciples; "that ye should do as I have done." "I have kept my Father's commandments." Thus in his life, Christ's words had perfect illustration and support. And more than this; what he taught, he was. His words were the expression, not only of his own life experience, but of his own character. Not only did he teach the truth, but he was the truth. It was this that gave his teaching power.

Christ's teachings, like his sympathies, embraced the world. Never can there be a circumstance of life, a crisis in human experience, which has not been anticipated in his teaching, and for which its principles have not a lesson. The Prince of teachers, his words will be found a guide to his coworkers till the end of time.

To him the present and the future, the near and the far, were one.

He had in view the needs of all mankind. Before his mind's eye was outspread every scene of human effort and achievement, of temptation and conflict, of perplexity and peril. All hearts, all homes, all pleasures and joys and aspirations, were known to him.

He spoke not only for, but to, all mankind. To the little child, in the gladness of life's morning; to the eager, restless heart of youth; to men in the strength of their years, bearing the burden of responsibility and care; to the aged in



From stereograph, copyright by Underwood and Underwood, N. Y.

A native school in Ceylon. Few of the Ceylonese have school privileges. The native teacher is often a man of considerable education. Nearly all Ceylonese are Buddhists.

and of nature, and from the experiences of life,—God's lesson-books, full of instruction to all who bring to them the willing hand, the seeing eye, and the understanding heart.

"The Child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him."

Thus prepared, he went forth to his mission, in every moment of his contact with men exerting upon them an influence to bless, a power to transform,

their weakness and weariness,—to all his message was spoken,—to every child of humanity, in every land in every age.

In the Teacher sent from God all true educational work finds its center. Of this work to-day as verily as of the work he established eighteen hundred years ago, the Saviour speaks in the words: "I am the Alpha and the Omega, the beginning and the end."

In the presence of such a Teacher, of such opportunity for divine education, what worse than folly is it to seek an education apart from him,—to seek to

be wise apart from wisdom; to be true while rejecting truth; to seek illumination apart from the light, and existence without the life; to turn from the fountain of living waters, and hew out broken cisterns, that can hold no water.

Behold, he is still inviting: "If any man thirst, let him come unto me, and drink. He that believeth on me, as the Scripture hath said," out of him "shall flow rivers of living water." "The water that I shall give him shall be in him a well of water springing up unto everlasting life."



TEACH YOUR CHILD TO SHUN THE PUBLIC DRINKING-CUP



Men and women having filthy mouths, and suffering from the most loathsome of contagious diseases have access to these cups. A leper is now quarantined in the city of Washington. His disease was discovered by accident. How many public drinking-cups, think you, this unfortunate man drank from before his disease was discovered? Recent examinations of public drinking-cups by means of the microscope show that they are literally lined with dead skin from the mouths of those who have used the cups, and the cells composing this skin are swarming with germs, many of them more or less dangerous!

HEALTH CATECHISM

L. G. Wagner

No. 2—Food Elements; Their Combination and Digestion

WHAT are the principal foodstuffs?

Proteids, fats, carbohydrates, salts, and water.

What do the proteids include?

The gluten of grains, casein, or "curd" of milk, the albumen of meat (lean meat) and eggs (the white), and vegetable albumins and caseins found in nuts, peas, beans, and other vegetable products.

What do these furnish to the system?

They furnish material for building tissue, and repairing tissue-waste.

What do the carbohydrates include?

Starches and sugars.

What do these furnish to the system?

Heat and energy. The surplus is stored up as fat.

"It is starch granules and fat globules that the workingman wants. About eighty-five per cent of his food should be of this class, and the most part of it starch. This is apparent by nature's so bountifully providing these elements which are found in all vegetables, cereals, in most nuts, and in all fruits."

Where are organic salts found?

They are largely found in fruits and green vegetables, but are also present in all natural foods. When foods are burned, the salts remain as ash.

What is cellulose?

Cellulose is the woody fiber found in all vegetable growth. It is therefore present in vegetable foods, including fruits and cereals. Being indigestible, it can not furnish any nourishment to the body, but its bulk often serves a useful purpose.

NOTE.—Cellulose surrounds the digestible part of each starch granule, something as the shell surrounds an egg. Cooking breaks up this indigestible woody envelope.

Where is starch digested?

Cooked starch, largely in the mouth and stomach; raw starch, principally in the intestines.

NOTE.—Of all the foodstuffs, the cook is mostly concerned with starch. Fruit-sugar needs neither cooking nor digestion. Most fats are unchanged by cooking. Saliva acts slowly, if at all, upon raw starch; therefore starchy foods should be boiled or baked. (Yet it is well to remember that there are food reformers who feed their patients uncooked cereals.)

The work of starch digestion begun by the saliva is continued for a time in the stomach. When starch is not properly masticated, it is imperfectly digested in the stomach. Whatever good comes from the use of a "raw food diet" is the result of thorough mastication and the avoidance of complicated mixtures.

Where are fats digested?

Fats are digested in the intestines, being acted upon by the pancreatic juice, aided by the bile.

NOTE.—Common forms of fat are cream (20 per cent fat), butter (70 per cent fat), olive oil, and nuts. Butter, when fresh, is, of all fats, most easily digested. English walnuts, filberts, pecans, and pine-nuts have a high percentage of fats.

Where are proteids digested?

Partly in the stomach, by the gastric juice; partly in the intestine, by the pancreatic juice.

NOTE.—Cooking does not increase the digestibility of proteids, rather the opposite, but it breaks down the indigestible material surrounding the proteids.

What are considered good combinations?

Fruits, grains, nuts, and olives form an excellent combination.
Milk agrees better with grains and vegetables than with meat or fruits.
Vegetables, nuts, grains, and legumes go well together.
Emulsified fats agree with grains and vegetables.

Should we have a large variety of food at one meal? or should the variety be from meal to meal?

"The meals should be varied. The same dishes prepared in the same way should not appear on the table meal after meal or day after day. The meals are eaten with a greater relish and the system is better nourished when the food is varied."

"At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger." See also "Ministry of Healing," page 299.

At all meals there should be sufficient proteid to furnish the proper amount of tissue-building material. As to the quantity necessary, authorities differ; but evidence is accumulating that a ration having a considerable amount of meat or eggs contains a larger proportion of proteid than the body can handle to advantage. On the other hand, a meal consisting principally of potato would be deficient in proteid. The cereals contain proteid in about the right proportion, the nuts and legumes have it slightly in excess.





"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—“What Doth Hinder Me?”

Augusta C. Bainbridge



N the glorious days of a pure gospel, when one asked this question in reference to baptism, the answer came with no uncertain sound, “If thou believest with all thine heart, thou mayest.” The heart confession followed quickly, “I believe that Jesus Christ is the Son of God.”

The blessed gospel of the Son of God comes to all who believe. It comes when they believe. It comes because they believe in him who died, and now lives to bring it to them. There is only one God, and only one gospel, and only one way to receive any gospel blessing. That way is faith in the Word, the promise of the living God.

The first hindrance, then, to the reception of divine healing, is the same that hinders the reception of any and every other blessing of the gospel,—UNBELIEF. It is as old as the fall; it is continuous from that day to this; and new in every experience where the plain promise of God is rejected or neglected. This unbelief may take the form of humility, and say or think, “I am not good enough to be healed.” Was any one ever “good enough” to be worthy of

any gospel blessing? If this were a test, no mortal could ever be healed. Another may say, “This is not for me.” Who is this that dares reply thus to the message of the Almighty? Who can say this in the face of the “every one,” the “any man,” of a loving Father? Many, many more are filled with unbelief because of a lack of knowledge of the Word of God on this subject. The cure for all these is the free use of the law, the prophets, and the psalms. By means of a concordance, every text containing the words heal, health, whole, holy, sick, sickness, disease, and others of like import, may be found, and studied carefully and prayerfully with the context. Faith will grow apace.

Another hindrance is the cherishing of an unforgiving spirit. Since sickness follows in the pathway of sin (transgression of the law), the afflicted one needs forgiveness; and this can not come to one who has not learned to forgive and forget every real or fancied wrong he has received at the hand or mouth of another. This unforgiving spirit closes the heart to the Spirit of God.

Another cherishes, perhaps unwittingly, a criticizing spirit. A heart that

sees evil in another, is not open to the spirit that heals. They are direct opposites. They can not live in the same house. The ability to act as critic is often regarded as a mark of superior mental ability or spiritual insight; but we are to "speak evil of no man," and to cultivate that love that "*thinketh no evil.*"

Then, strange as it may seem, some are hindered from receiving this gospel blessing by an unwillingness to walk in the light that has been given them. This light may be in the things that refer to their physical life. More stumble at the point of appetite than at any other place. They are unwilling to substitute the heaven-provided foods and drinks for those of man's devising. This rebellion, which is idolatry, grieves away the Spirit of God, and there is no healing for them.

Others are unwilling to use fresh air, pure water, exercise, rest, or other means God has given so abundantly to humanity, for their well-being. In this matter, each soul must answer for himself to God. One can not judge another, or set stakes for other's lives. Principles are steadfast. The application of these principles to individual lives may vary because of the condition of the individual. Too many dodge the application, and blame God for their condition. "My brethren, these things ought not so to be."

Many are afraid of new light. They fear lest some unpleasant thing may be required of them, and so dare not step out, and trust God. They forget that God takes out of their lives only harmful things, and is giving us, always, only good things.

Some fear the opposition of their family or friends, should they act their faith, and really believe the promises of



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A Parsee schoolmaster and his class on the island of Uran, near Bombay, India. The Parsees manifest their public spirit in the establishment of educational institutions.

God. They must learn Isa. 8:13: "Sanctify the Lord of hosts himself; and let him be your fear, and let him be your dread." These hindering friends often carry their opposition beyond reason. A man once said to me, when I was advising his wife in the matter of

healthful dress: "Why, I wouldn't have Maggie get such a big waist as yours for the world."

"But," I replied, "you would give all the world, if you could have Maggie enjoy such perfect health as I do."

He made no reply; he may have thought of it when, in a few years, Maggie was laid away, and he had three motherless children to care for.

A fully yielded life, that yields constantly, and *stays yielded*, to the ever-ready inflow of the almighty Spirit of God, is one that can be trusted with divine healing. Are our members to be yielded to unrighteousness? Then healing can not abide. Should it come, in a season of full surrender, it is grieved away by any form of selfish indulgence. When once it is received, it can only be retained by walking softly before God, listening to his voice, whether it comes through the Word, his providences, or the inner consciousness, with a desire, yes, a willingness, to obey.

A prayer for healing, from a consecrated child of God, is always answered. The answer may be instant healing. Acts 3:7. It may be the work will be done more slowly, as the "hour when he began to amend" was noted by the nobleman of Capernaum. It may be the answer will be, "Not now, my child;" for as Matheson so beautifully expresses it, "there are some prayers which are followed by a divine silence, because we are not yet ripe for all that we have asked." Blessed are the souls that can

wait through this time of silence, perfectly resigned to God's will, believing his promise, and resting their healing on his unchangeable Word.

It may be there are some cases now, like that recorded in Mark 9:29, which "can come forth by nothing, but by prayer and fasting." The Spirit-led soul will know, and will follow on in faith.

It may be there are souls living in sin who need the ministry of a life of suffering, ere they will yield to Christ as their Saviour. The one who is fully given to God, and has a burden for souls, does not choose how God shall use him. He is willing to "walk in darkness" if that be His will, and he will, even in the dark, trust in the name of the Lord, and stay upon his God." He will not "kindle a fire" to have the light of his own "sparks" to walk in; but will "know whom he has believed," and look forward in faith to the time when the deliverance promised shall be fulfilled. Sometimes the friends of the afflicted one are not ready. They, too often, have to be prepared for receiving such a blessing into their home.

Another hindrance to divine healing is spiritual laziness. Too many find it easier to bear their pain than to make the necessary effort to "rise and walk." They do not seek to "know the things that are freely given to us of God." To the body of believers it may well be said in regard to divine healing, "Let us go up at once, and possess it; for we are well able to overcome it."

A teacher once said it was a good thing that schoolchildren were so inattentive; for otherwise they would be ruined by overexertion. In these winged words lies a judgment upon our whole school system; for why should we teach what is not attended to? They are, moreover, a confession of our incapacity; and they are not all true. What ruins the children more than anything else is not strained attention, but fear of punishment, examinations, and scoldings. This nightmare oppresses them continually, and spoils their lives and the pleasure of learning. When people understand how to remove this nightmare, and to preserve a proper harmony in mental work, they need not worry about attention.—Forel, "Nervous and Mental Hygiene."



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

The Truest Teaching

THOU must be true thyself
If thou the truth wouldest teach;
Thy soul must overflow if thou
Another soul wouldest reach:
It needs the overflowing heart
To give the lips full speech.

Think truly, and thy thought
Shall the world's famine feed:
Speak truly, and thy word
Shall be a fruitful seed:
Live truly, and thy life shall be
A great and noble creed.

—*Horatio Bonar.*



Co-operation of Parents and Teachers

Mrs. M. C. Wilcox



T is a difficult task for a teacher to take a poorly fed, poorly nourished child through any grade of school in the same time that a strong, well-nourished child goes through, the standing of each being equal at the beginning; and yet that is just what is expected of teachers by many unenlightened parents.

If parents expect teachers to crowd their children on through the grades when their physical and mental capacity is lessened by their own careless habits regarding the laws of hygiene, they should be informed that it will be at

their own expense, or rather at the expense of their child's health.

The latest methods of teaching make heavy drafts upon the child's powers of observation; and this is well, for keen, perceptive powers are greatly needed in this day and age of the world. The spirit of competition also enters largely into every child, whether fostered by the teacher or by others. This also makes drafts upon his strength, especially if he is an ambitious, nervous child. It is of the highest importance, therefore, that the child shall enter school in a normal state of health, and that this condition shall be maintained by carefully

observing all the laws of health in the schoolroom and at home. This may be more easily accomplished by co-operation of parents and teachers.

It might not be out of place for a teacher to inquire, after a pleasant morning greeting, "How many have eaten a hearty breakfast and are ready for good, hard work?" Then, at this point, give a pleasant little talk on the stomach, and the evils of working it too hard by lunching through the day, at recess, etc. The normal stomach does

evils of eating between meals at home.

Regularity in meals is a great blessing to children. Of course if the child has no appetite for breakfast, by recess time he no doubt needs food, but it throws him all out of order for any regular meals; and three good meals a day are enough for any child old enough to go to school. So try to arrange to serve them at regular intervals, giving the stomach at least five hours to do its work. And remember, mothers, that too many knick-knacks and sweetmeats

are a very poor lunch for a growing, developing child who needs plain, unstimulating, nourishing food, such as good, wholesome, home-made bread, corn-bread, zwieback, egg sandwiches, baked beans, and many other substantial things which should be carefully chewed, and should not be washed down with water, or eaten when the child is excited or nervous.

The child's clothing should be sufficiently warm to protect him if the schoolhouse is chilly, or if a draft should accidentally strike him.



From stereograph, copyright by Underwood and Underwood, N. Y.

A school in Jamaica. These children all speak English. Their fathers either rent small farms or work as day laborers on large plantations.

not finish its work for about five hours after taking a good meal. If we eat at recess, when we have had a good breakfast, it makes the stomach work too hard; and then if we eat again at noon, we get cross and fretful and tired in the afternoon, because our stomachs are tired. A lesson in physiology and hygiene can be thus given. This could be continued and drawn out from time to time, the mother meanwhile carefully instructing the child about the

evils of eating between meals at home. Regularity in meals is a great blessing to children. Of course if the child has no appetite for breakfast, by recess time he no doubt needs food, but it throws him all out of order for any regular meals; and three good meals a day are enough for any child old enough to go to school. So try to arrange to serve them at regular intervals, giving the stomach at least five hours to do its work. And remember, mothers, that too many knick-knacks and sweetmeats are a very poor lunch for a growing, developing child who needs plain, unstimulating, nourishing food, such as good, wholesome, home-made bread, corn-bread, zwieback, egg sandwiches, baked beans, and many other substantial things which should be carefully chewed, and should not be washed down with water, or eaten when the child is excited or nervous.

The child's clothing should be sufficiently warm to protect him if the schoolhouse is chilly, or if a draft should accidentally strike him. The room should not be too warm. Plenty of fresh air is greatly needed for good, clear brains. There are schools held out in the open air, when the weather is so cold that heavy wraps are needed to keep warm, and excellent results are obtained mentally and physically. All children should be encouraged to go outdoors at recess, and get physical exercise in the open air. Mothers and teachers can co-operate in this, and use their influence to this end.

Mrs. Gray's Motto

Nannie Beauchamp Jones



AM so glad you like my new home, Aunt Nettie."

"I am more than pleased with it, Mabel.

Everything is so convenient and well-arranged; there do not seem to be any loose ends anywhere about the place."

"There are none," replied Mrs. Gray; "when we were married, and began housekeeping in a small rented house, I took as my motto the well-known proverb or Scripture text,—which is it, auntie? for if it is not in the Bible, it surely ought to be,—'A place for everything, and everything in its place.' And I mean to have that for my watchword all through life. In this large home of our own, I feel sure I can come nearer living up to the high standard expressed by that motto than in the smaller house."

The two ladies had now returned to the cozy living-room after a thorough and most delightful inspection of the new home, in which its mistress took a pardonable pride.

In the twelve years of their wedded life, the Grays had prospered far beyond even their most sanguine expectations; and this was Aunt Nettie's first visit to them since their occupation of their own home, a lovely cottage, with large, airy rooms, all well and comfortably furnished.

As the days passed swiftly by, Aunt Nettie could not help seeing some things which troubled her greatly,—some grave mistakes her niece was making,—and she longed for an opportunity to say something that would open her

eyes to her danger. At last the opportunity came.

One evening when the two were alone as usual, Aunt Nettie suddenly asked, "Where are the children, Mabel?"

"Out in the back-yard, playing with some of the neighbor's children, I suppose," replied Mrs. Gray.

"I don't think they are," answered Aunt Nettie. "I have not heard their voices for some time. Perhaps we had better see after them."

"O, I am too tired!" was the weary answer. "It requires such constant work to keep the house in order, that when night comes, I am all fagged out."

"But, Mabel dear, would it not be better to leave some things undone, at least part of the time, than to overwork as you do?"

"O dear no, auntie! I never could bear to have things out of their place. And there's my motto to be lived up to, you know."

Aunt Nettie made no reply, but she recalled the look of disappointment she had seen on the face of her niece's husband earlier in the evening, when he had asked his wife and herself to join him for a walk to a near-by park. Mrs. Gray had declined his invitation because, as she said, she was "too tired to move," and she wished Aunt Nettie to remain with her. And Mr. Gray had gone alone. A half-hour or more passed, and still no sound from the back-yard to indicate the whereabouts of the three children of the family. Finally Aunt Nettie arose, and passed out to the front lawn, and gave a quick, startled cry, "Mabel! Mabel! come here!"

"I wonder what auntie wants with me," murmured Mrs. Gray, who had been dozing in her easy-chair; "I am so tired, but suppose I must go and see what she wants."

"Look there," said Aunt Nettie, as her niece joined her, "look there, Mabel," pointing down the street. And in the bright moonlight of the perfect evening, the horrified mother saw her ten-year-old son, Harold, engaged in a rough-and-tumble fight with a boy of about his own age, whom she recognized as a tough boy of the neighborhood, while her two little daughters, together with several other children, were excitedly watching the fight, and listening to the coarse, vulgar language of the angry boy with whom Harold was struggling.

Mrs. Gray quickly separated the combatants, and marched her little brood home, where she put them to bed, after punishing Harold rather severely.

"Why do you not keep your children in the house evenings?" asked Aunt Nettie, after the children were in bed, and quiet reigned again.

"I could never think of such a thing," came the quick reply; "the house would be all topsy-turvy, and nothing would ever be in its proper place."

"But, dear, your children would at least be in *their* proper place." Mrs. Gray gave a quick glance at her aunt, but made no reply.

Aunt Nettie's visit was drawing to a close; but she felt that she could not leave without having a good talk with her niece, for she wanted, O so much! to have her see the mistakes she was making. The coveted opportunity came a few evenings before she was to leave for her own home.

Mrs. Gray had gone to Aunt Nettie's room for a quiet little chat.

"I am so glad you have come, Mabel," said her aunt, softly; "for I should like to have a heart-to-heart talk with you before I leave you."

"One of our old-time, lovely talks? Nothing would please me better." And Mrs. Gray's mind went back to the time when, at an early age, she was left an orphan, and dear Aunt Nettie had taken her to heart and home, and had given her the love and tender care of a mother. She slipped an arm lovingly around the elder woman, as she tenderly inquired, "Of what do you wish to talk, auntie?"

"I know you will be surprised, dear, when I tell you that I wish to talk to you about your motto."

"My motto, auntie?"

"Yes, dear, your motto."

"Is there anything wrong with it, auntie?"

"Nothing particularly wrong, that I can see, only nearly every one makes a wrong application of it, and it certainly is worked overtime."

"Why, Auntie Nettie Gordon! how you do surprise me."

"Your surprise will be still greater when I tell you, Mabel, that you are not living up to your motto."

"Not living up to my motto? In what do I fail? Please tell me, Aunt Nettie, where I fail as a housekeeper," and Mrs. Gray cast a hurried, anxious look around the tidy room.

"Your housekeeping is perfect, dear, measured by the standard set by—I think I may safely say—all the feminine writers of the day. But, Mabel, you will not be offended if I speak plainly?"

"Not at all, auntie; for I am sure you have only my good at heart, as you always have. Now tell me where my failure lies, please."

"As a home-maker, dear,"

"Failing as a home-maker?—I don't seem to be able to understand."

"Listen, dear, and I will try to help you see this, one of the most grievous mistakes a wife and mother can make, or, for that matter, any woman who has charge of a home. Your motto says, 'A place for everything, and everything in its place,' and all of the inanimate contents of your home are truly at all times in their proper places. But the price you are paying is out of all proportion to the results obtained. You are overtaxing your strength daily; you will make yourself old before your time; and I can see that you are growing nervous and irritable. And, Mabel, the worst and saddest part of all is the fact that the most precious of all your treasures are far too often not in their right place in your home. Even now, at this very moment, they are out of their proper place."

"To what do you have reference?" asked Mrs. Gray, in a subdued voice.

"Your children, and—shall I say it, Mabel?"

"Yes," in a low voice.

"Your children, and your husband."

And then followed a truly heart-to-heart talk, that opened Mrs. Gray's eyes wide indeed, and ended with her sobbing on Aunt Nettie's shoulder. But happily that was only the beginning of a new order of things; and before Aunt Nettie took her departure, she had the satisfaction of seeing the beginning of a complete change in her niece's household.

In planning their new home, Mrs. Gray had insisted on two spare bedrooms. The largest and sunniest of these was now converted into a playroom for the children, but they soon understood they were welcome in any room of the house. It was true that often many articles when needed were not easily found, but Mrs. Gray's eyes were open now, and she found a larger, fuller joy in the society of husband



and children than she had ever before dreamed of. Always a home-loving man, her husband grew fonder than ever of his home and family; while the children, growing up in the genial atmosphere of a true home, grew more and more helpful and lovable. When Aunt Nettie made her next annual visit, she was laughingly informed by her niece that her once-cherished motto was having a much-needed rest.

"In fact, I do not claim it as my own any more," she said. "And all thanks are due you, my own dear aunt."

And Aunt Nettie smiled happily.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Dietary for Schoolchildren

Mrs. D. A. Fitch



OT merely the noon lunch-eon, but all the food eaten by schoolchildren, is a matter which merits the careful attention of parents; for the brain, as well as other tissues, is made up of the food eaten. We think very much as we eat, for the character of the food determines largely the capacity for efficient study. If the child is fed on food containing little of the elements which go to build up the muscle and brain tissue, how can he be expected to do the best of work? or if there is lack of that which supplies energy, how can he be otherwise than lethargic? The question of hot and cold food concerns the schoolboy and girl as well as those not of school age.

The breakfast should be light in character, consisting mostly of fruits and properly prepared grains, with no admixture of vegetables and of fruits, since they do not digest well together. Tea and coffee are neither necessary nor suitable for the schoolchild.

It seems necessary that the lunch be cold, but it need not enter the stomach at that temperature; for if it is thoroughly masticated, it will gain sufficient warmth from the mouth. Flesh, not the best of food at any time, is espe-

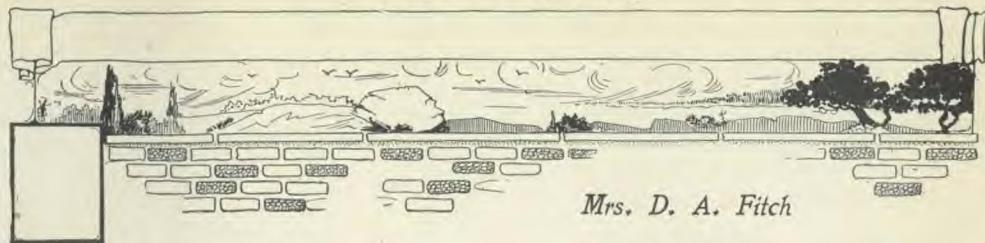
cially unsuitable in the lunch-box of a child. An ideal lunch is composed of good bread, made into hygienic sandwiches,¹ some nuts, and fruit in abundance.

One teacher arranged to provide her pupils with a hot dinner, the materials being furnished by the pupils, and cooked by them in turn. Thus they had the advantage of warm food, and at the same time learned the art of cooking.

Because children have a cold lunch, they are often allowed to "piece" as soon as they return from school. Then in an hour or two the father and brothers come home from business, and a hearty meal follows. To avoid such complications is not easy, but it may be done. The family at home may be furnished a suitable meal, and when the working men come, they may have theirs. It will do no harm for the children to see others eat while they practise self-control.

¹ Mrs. Fitch gave directions for making a variety of excellent healthful sandwiches in the June LIFE AND HEALTH, in the article, "Picnic Sandwiches." It is well, however, not to make the sandwiches so heavy for school as for picnics; that is, there should be a smaller proportion of nut-foods, beans, eggs, etc.

School Clothing



Mrs. D. A. Fitch



HE material for school clothing should be selected to conform to the season, the financial ability of the family, and the carefulness or carelessness of the wearer. In families of straitened means there is the more reason why good material should be purchased, not necessarily that which is most expensive, but that which is most durable. It takes no more time to make up good material than poor, and it does not need to be made so often.

Much less need be said about the clothing of boys than of girls; for boys are generally more comfortably and hygienically clothed than are their sisters.

If children are not closely housed, but are permitted to work and play much in the open air,—well protected, of course,—and taught to sleep in well-ventilated rooms, they will not be delicate, and will not feel the need of so much clothing as those who are raised under hothouse conditions.

A child may be delicate as the result of much coddling, insufficient exercise, improper feeding, an excess of bedding, or a superabundance of clothing.

The equal distribution of the clothing, whether it be little or much, is perhaps of more importance than quality, texture, or style.

Custom and habit have decreed that the girl's neck and trunk shall be heavily

swathed in furs, coats, etc., while the extremities, which need most protection, are imperfectly covered. The practise of having the throat at one time heavily encased in boas, furs, and the like, and at another time bare, is one that must bear a large share of the responsibility for inflamed and diseased throats.

It may seem wholly unnecessary to speak to schoolgirls about wearing corsets, but it is true that many of them have been in their embrace for several years. Corsets and stilt-like heels of present-day shoes are certainly doing much damage, and are to be deprecated by thinking people.

Underclothing of proper thickness should reach from neck to ankles and wrists, and all other garments should be supported from the shoulders. No bands need be used. All skirts should be fastened to a properly made waist, or each should hang by a skeleton waist. The objection is raised that so many waists are burdensome, but two waists of single thickness are no more than a two-ply corset.

The feet should be clothed with stockings suitable to the weather, and are best suspended by shoulder or side supporters. Common-sense shoes are the best for comfort and durability. Every child should be provided with overshoes to protect the feet from cold and wet.



The Stimulants Used in Cooking¹

Douglass W. Montgomery, M. D.



REMONSTRANCE is especially needed against the misuse of spices and pepper. In preparing food, seasoning is important, and when delicately done, adds much to our pleasure. Take salt, for instance, of which it is said that it is something that, being left out of food, makes it taste bad. No matter how carefully the cooking is done, if salt is omitted, the dish will taste flat.

Stimulating drugs, such as pepper, are added to food either to stir up a jaded appetite, or to take away the flat taste, or to vary the monotony of diet.

It would seem impossible in any of our large cities for a person with a fair digestive system, and moderately supplied with money, to suffer from monotony of diet. If, after being shown the long list of good things to eat, one were told that many people live exclusively on bread, meat, potatoes, and sugar, with coffee, whisky, and pepper, one would be surprised.

The character of our population should prevent sameness in eating. The Southern European, with his liking for garnishes and vegetables, should correct the heavy, monotonous menu of the Anglo-Saxon. The Italian market-gardeners furnish us with a number of vegetables that in Eastern States are high-priced novelties, and the proprietors of Italian vegetable stalls know many a secret of good cooking, especially in the way of soups and salads. In California, therefore, there is no excuse for the

deadly round of bread, meat, and potatoes that is the curse of the Middle and Eastern States.

Our very early ancestors, like the other carnivorous animals, ate their food as they killed it, while it still had its warmth, and before the myosin had set. The meat was therefore warm and tender. We have learned to keep meat until the myosin again liquifies [by decomposition?], and we cook it to restore the volatility of the flavors.

In a savage state man's food consists of so few articles, and the cooking is so badly done, that the longing for new sensations to the palate must become intense. The demand for strong spices and alcohols becomes a passion that civilized peoples hardly realize, as for instance, among Indians, who will drink diarrhea mixture loaded with Cayenne pepper as a beverage. In this view one can get the attitude of the barbarians toward ancient Rome, and can understand why Alaric, on conquering the Eternal City, demanded an annual contribution of pepper. It is said that the Huns, in order to make their meat tender, would ride on it all day. Between the odors acquired from the rider and from the horse, such a piece of meat would go down better for a liberal peppering. . . .

In the memory of those now living, the people of the United States were rural. Even the urban populations were countrified in life and thought. It is only of recent years that commerce has so developed as to change the life of the nation. In a rural population the food is bread, meat, and potatoes, and

¹ From paper read before the Sacramento Society for Medical Improvement, March 17, 1908.

nothing else; and the castor is always on the table. . . .

One of the secrets of cooking is not to allow the escape of the flavors; and if they escape, and the odor of the cooking is throughout the house, one may expect a tasteless dinner; for the bouquet of the food is in the atmosphere, and not in the viands. A cauliflower, for instance, that is cooked for ten or fifteen minutes over a quick fire in well-salted water will be firm and stand up in the dish, and will have a well-defined, agreeable taste, whereas if longer and more slowly cooked, it will fall into a shapeless, flat-tasting mush, requiring pepper to whip it into line for the table.

Many people take stimulants to increase appetite. This is one of the most frequent therapeutic measures to bring about a balance of health. Sometimes the vital forces seem to slow down and the individual "fails," as we say, from no ascertainable cause. Under such circumstances a stimulant may be of service. It may be a course of mineral acids; it may be travel; it may be a greater variety of food. In whatever form it comes, it whips up the vital forces that were insensibly going down. Stimulation may, however, be carried to excess. Many people so copiously pepper their food that they fall directly into the monotony of diet from which they desire to escape. Their taste is so vitiated that they appreciate only pepper or some equally strong flavor.

Many diseases are detrimentally affected by the ingestion of pepper. Rosacea is an excellent example of a disease that reacts unfavorably to the ingestion of pepper or alcohol.

Erythematous eczema of the face is another good example. In this disease the relationship between the functional disturbances of the gastro-intestinal tract and the skin affection is often most



From stereograph, copyright by Underwood and Underwood, N. Y.

Mission school in native village on the Kongo

marked. Indulgence in peppers, spices, alcohols, and the strong nerve stimulants, such as tea and coffee, are followed by cutaneous irritation.

I know of no better demonstration of what an eczema patient should not eat than a good free lunch-counter. You there see savory Spanish stews, stuffed peppers, strong cheese, baked beans loaded with pepper, well-spiced sausages and pickles. There will also be salt meats, and many foods impregnated with vinegar.

CURRENT COMMENT



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

The Proper Training of the Child

TO understand childhood—to provide for its development, physically, mentally, and spiritually—is to co-operate with God in the greatest of all works; it is to build up the kingdom of God on earth.

What are the keys which open the door to this wonderful product of a divine power, the little child?—Sympathy and love, and the belief in the possibility for nobility. You must believe in a child if you wish to make him believe in himself. Expect good in him, and you will find it. The power of suggestion is a mighty factor in the making of character.

The home, the school, and the community each bear an important part in the development of childhood. The home comes first. It has so much greater opportunity for influence that when it does its full duty, it counteracts much that is lacking in school or state.

Good men and women are not always good fathers and mothers. Luxurious houses are not necessarily good homes, nor are scant and meager houses necessarily poor homes. It is the quality of the father and the mother, in their relations to their children, which makes a good home. It is a much higher and deeper thing than the provision of luxuries and of education. It is the touch of soul to soul, of heart to heart. It is the sympathetic leading and guiding of a young soul to the great truths of life.

Poor are the children of any mother, whether rich or poor, who feels no personal responsibility in the training of her children. The one, for society, foregoes the privilege and duty; the other, often as a breadwinner, is compelled to let her children come up as they will: in either case the result is the same, though the mothers are not equally at fault.

The home which produced Abraham Lincoln knew no comforts, but a true mother was there. The things which count are of the spirit. It is the ideal which gives wings to the soul of man, and enables him to surmount obstacles and difficulties.

The greatest boon to any child is to feel from infancy that God is his father. This sense of the relation of the material to the spiritual can not come too soon. Good parents can not afford to leave to others the work of giving this to their children.

Religion is no abstract thing. Hour by hour, in connection with the ordinary daily events of life, the principles are instilled which shape the life of the child. Does it matter, then, who are the companions of the child?

Who but the father and mother can instil into the heart of childhood the great truths of life? Who but they can give the childish mind the relation of earth to heaven—the love and dependence upon a Divine power which gives strength to every life? How can they do it if it is not a part of their own lives?

Good parenthood has sympathy with childish pleasures and childish joys and sorrows. It means entering into their feelings, and being their good comrades.

Good parents can do more to prevent disease and crime than all the physicians and all the courts in the land. They can do more to give sacred standards of marriage, and to prevent the scandal and heartbreak of divorce, than any one else. A parent's work is positive, not negative. Children must be fortified and prepared in the formative years of childhood to meet the trials that every life encounters.

—*Mrs. Frederic Schof, in The National Congress of Mothers' Magazine.*



The New School Hygiene

It is not far to recall the day, a few years in the past [is it entirely in the past?], when we sat with half a hundred others in a steam-heated, window-closed, gas-lighted room, squeaking with soapstone on a spit-greased slate; sitting, those of us who were short, with feet dangling above the floor, and those who were long, with knees bent against the desks in front. It is not difficult to remember how we peered from dark corners of the room, straining to read the writing that dazzled with a thousand reflections from the distant blackboard. We who were near-sighted remained in our rear benches, while the smart boys with their normal eyes, heads of the class, occupied the front benches. Others of us who were mouth-breathers, and failed in our lessons, were kept back, and called dunces, and at home had clothes-pins fixed to our noses if we snored at night.

The lower classes had a recess of a few minutes in the forenoon, to be spent, not romping in the sunshine, but

going down narrow stone stairways to a dark, foul-smelling toilet, and back again up four or five floors to the classroom once more, where the atmosphere had been bottled up carefully, and preserved to be breathed again.

Slates have entered the limbo of desuetude. Blackboards, we pray, will follow. In most of the schools properly constructed desks and windows give comfort, fresh air, and light to pupils and teachers. Many of us have been fitted with glasses, or have outgrown our enlarged tonsils and adenoids. The teachers have lost [?] their fear of fresh air and sunshine.

Though this change from the old ideas of hygiene to the new has been most noticeable in the school, it had its beginning in the home, where the family physicians have been teaching for many years the dangers of darkness and bad air.—*Geo. W. Vandegrift, M. A., M. D., in Medical Record.*



The Mouth of the Child

A FOUL mouth is the beginning of so many local and constitutional disturbances that in the growing child the mouth should be thoroughly healthy. Extensive investigations in many places have shown that nearly ninety-six per cent of schoolchildren have diseased teeth. In Germany, in recent years, 157,361 schoolchildren have had their teeth examined, and statistics show conclusively that:—

1. On account of bad teeth the physical development of the child is seriously retarded.
2. The more the physical development is disturbed, the less in general is the mental capacity of the child.
3. The worse the teeth, the worse, as a rule, is the school standing.

There is no doubt that the development of tuberculosis, which every year in Germany kills eighty-seven thousand persons, mostly in the prime of life, is favored to a large extent by a bad condition of the teeth. The checking of this wide-spread condition is generally recognized as of the utmost necessity.

People do not sufficiently appreciate how much digestion is influenced by faulty chewing and insufficient mastication of the food. The numerous stomach and intestinal disturbances of chlorosis have as their chief cause the bad condition of the teeth.

Several German cities have already established school dental clinics; they have been convinced of their scientific and practical value. It is only a question of time when every city will have such a clinic.

The treatment is particularly directed to the saving of the diseased teeth; the use of tooth-forceps is gradually disappearing. Dentists should save and not destroy. Already the experience with school dental clinics has demonstrated their necessity. In no branch of public hygiene are such decisive results obtained, and with such relatively small cost. The health of the children is substantially improved by dental treatment. The children willingly come to the clinic except when the folly of the parents prevent. The numerous absences from school on account of toothache, and in consequence of illness resulting from bad digestion, diminish. The children are fresher and more alert in their lessons. In Strasburg, where there have been school dental clinics for five and one-half years, the masters testify that among the older children and teachers there is a better appreciation of dental hygiene, that the working capacity of the pupils has increased, and that a gain in attendance is recorded. Indirectly,

the school dental clinics show an educational influence upon the parents. The teachers who in the beginning were indifferent to the new undertaking are now convinced of the importance of dental hygiene, and encourage the work with enthusiasm.—*Dr. Jessen, in School Hygiene.*



Education and the Health of Our Girls

EDUCATION, if it is worth being called education, conduces to good health. There never was a time when learning things that have been written, was better than being well.

Our systems of feminine education have not yet reached a point in their development when they have much to offer beyond a knowledge of certain more or less useful, or useless, facts and theories. The educating process to which the modern college girl is subjected is not so much directed to make her efficient, observant, original, resourceful, self-reliant, and thoughtful, as it is to make others think that she is. And while she is learning the merits of "Paradise Lost," the intrigues of the English kings, the names of the several members of the family of Stuart, the ramifications of the Greek verbs, the distinctions between Elizabethan and the Lake School of poetry, and the psychology of impulse, too often the roses are perishing from her cheeks, and her eyes are taking on the dreamy, far-away look of neurotic culture.

If after leaving school, young women indulge in practises which are injurious to health, and therefore to happiness, it is quite evident that they have not learned the best things. A few lectures on hygiene—how to ventilate a room, the harm of tight-lacing, the value of sleep, the importance of discretion in

diet, and kindred subjects—will not make schoolgirls healthy. Self-preservation and perpetuation is a bigger subject than primary hygiene. It involves all the functions of the mind as well as the body. It involves all the day of work and play and sleep. It is the most important thing for the young woman to study. But in our schools and colleges it is as yet imperfectly grasped. When we begin to educate young women in the vital things of life, many of the difficult social problems will be answered, and we shall not find so much that is pertinent in the questions—What shall we do with our girls? Why do American marriages fail? Why do American mothers fail?

The one line in which they are least learned is that of natural sciences, which deal with the things that surround us, and which are known. Its pursuit is the most profitable and cultivating. It helps the mind and the body; and so long as it continues to be slighted, young women will lack salutary education. It is the one line of study that will save their health, and preserve them from the pitfalls of mysticism and the cults of mental obliquity.—*New York State Journal of Medicine, Editorial, June, 1908.*



Health of Our High-School Children

PARENTS are many times to blame for the physical breakdown of the growing schoolgirl or boy. Over and over again have I questioned the advisability of keeping boys and girls at high school or college, whose parents could ill afford the expenditure entailed in the loss of money which would have been coming in had the boy or girl been at work. There are in our high schools and free colleges to-day, sons and

daughters of the very poor, the widowed seamstress, the washerwoman, striving to keep up a struggle lasting five, six, and seven years. We honor the self-sacrifice which toils and complains not; but if the struggle is being kept up on insufficient nourishment, and with the probability of physical breakdown before the goal is reached, is it worth while? I often feel that many of these lives could be lived just as sweetly, and far more healthily and serenely, on different lines.

Probably many will find in my statements food for criticism on the amount of work required of our high-school boys and girls. No such criticism is intended. Far more is it my purpose to call the attention of parents and physicians to a better care of the growing boys and girls under their charge, as to diet, hygienic surroundings, and healthful exercise; and to an insistence on more sleep and less excitement.

The unexpected results of these examinations,¹—and they number between four and five thousand cases,—added to a large personal experience with schoolgirls as physician and one-time teacher, have proved to my own satisfaction at least, that the foundation of many a long-lasting, if not incurable, condition is laid during school life. The average high-school girl could accomplish her work with far more credit to herself and less detriment to her health, if her life outside of school hours were planned with more forethought and a deeper insight into the dangers which beset the growing girls in the way of outside distractions. Several matinees or theater parties a week, a large amount

¹ The author refers to her work of physical examination of high-school and college graduates, applying for position as teacher. This examination, according to the doctor, reveals a startling amount of disease among the applicants, due, seemingly, to unfavorable conditions during school life.

of miscellaneous novel-reading, late hours, injudicious food, and an unbelievable amount of coffee,—add to these the normal strain of school or college life, where the work of each day must be closely welded to that of the day before and the day after, and where the least break means trouble and disaster, and you have paved the way for these very conditions of which I speak.—*Elizabeth Jarrett, M. D., Medical Examiner to the New York Board of Education, in the Medical Record, April 11, 1908.*



The Educational Cram

It is not well for children to grow up in ignorance, but it is abominable the way we shorten their facilities by teaching them the last things first. And it is curious that men and women who petition legislatures to save young children from work in the mills and factories, can see no harm in sending a baby to school. More children are martyred every year in the first six grades at school than have ever been destroyed in the cotton factories. The fact that they do not die, but grow up to be careworn men and women, of even great mental accomplishments, is no sign that they were not bereaved of the highest qualities when they were in the primary grades. Nothing in this world is more barbarous than the teaching relation we sustain to them. We do not respect them enough, and it is no wonder they respect us so little. They do not know how to say it, and there is an instinct still beautiful in them

which forbids the sacrilege; but every child knows that its average elder is a fool, with his accent in the wrong place. They yield to us, and finally become like us; but in the beginning they knew better. And hereafter, when the child enters into his own, we shall understand better than we do now how to prolong those first millennium years of joy and innocence. There will be no house-school for children, but they will take their primer lessons as they are published upon the hills from day to day.—*Mrs. L. H. Harris, in the Independent.*



The Value of Athletics

FROM the standpoint of hygiene, it must be granted that athletics bear about the same relation to exercise that theology does to religion. Proper exercise has in mind the ability and welfare of the individual. In athletics the aim is to excel a personal opponent or a record; and in carrying out this policy, the limitations of the individual's strength can not be considered. There is abundant scientific bases for the belief that mere muscular strength or agility does not bear much relation to visceral health, and that the person who establishes a musculatory, circulatory, and respiratory standard beyond the natural requirements and possibilities of his routine life, must eventually suffer from the effects of atrophy or of unbalanced physiologic processes.—*The Medical Times, July, 1908.*



Conducted by T. E. Bowen, Takoma Park

In Famine-Stricken India

DELLA BURROWAY

NO doubt you who know that there is a famine in India, have wondered if we have come in contact with it. I am sure you will be interested to know the conditions as they exist among the heathen about our Karmatar Orphanage, and the work being done to relieve them; also something of the work done for the sick; and how God's blessing has attended our efforts.

Last year, because of very little rain, the rice crop was almost a failure. Consequently rice that usually sells nine and ten seers for the rupee, this year sells six and seven seers for the rupee.

Then, too, when there is a good crop of rice, it has to be harvested, which gives the poor people work. Last year, not having had this work, they have very little money to buy rice at any price.

Not being in the famine district, those about us have not been provided for. As we have gone among them to minister to their sick, we have found families of six and eight persons living on one pint of rice a day. This they cook into a soup, and it furnishes the only meal of the day. Little children cry from hunger. I asked them what they did for the children when they had no food to give them. They said, "We give them water to drink."

We have appealed to our people here

in India, and a nice little sum has been raised to help them. We buy rice, and sell it at the price it could be bought for other years. The people come to us with two pice (one cent), four pice, eight pice, to buy rice. Of course to those who can pay nothing we give rice. Every Sunday we have from one to two hundred seated in our compound at one time, waiting for their weekly allowance. Many of them have become so very thin that every rib in their bodies can be counted. After we give them the rice, we try to point them to the Saviour, and the new home where hunger will not be known.

One day in a crowd about our door we noticed four little children,—mere skeletons, seated together. We talked with them, and learned that they were brothers and sisters whose father had deserted them, and whose mother was ill. Later we visited the family, and found them living in a tumbled-down mud house, the mother ill, in one corner, and her baby ill in another. The only furniture was a single bed. We did what we could for them, and told the eldest child, a boy of eight, to come to the house daily for rice. I praise the Lord that I am now able to speak a few words to them in their own tongue. As the sick come to us day by day, I try to use what I have learned, and God is blessing abundantly.

I want to relate an experience I had in treating a sick child, and the blessing of God that attended my work. I am

not a trained nurse, but God has seen fit to place me here, and has given me some wonderful experiences in treating the sick. This child was so very ill that I despaired of its life. It was tossing from one side of the bed to the other, apparently unconscious.

We were four miles from home, with a bath-tub, fomentation cloths, and very little experience for such a case. I ordered hot water, and we put the little one in a full bath. While the child was in the bath, suddenly a storm came up, and the temperature fell perhaps twenty degrees.

We had nothing to wrap the child in when we took it from the bath but a few old rags that would scarcely

I thought the child would rest that night; and it did. From that very hour it began to mend, and to-day is strong and well.

Because of the scarcity of rain this year, cholera is raging all about us. In our immediate vicinity four and five are dying daily. This terrible disease will carry off strong men and women in a few hours. I have visited many cases in the past few weeks, a few we have been successful in saving by the power of God. We have a medicine, which, if it can be taken in the first stages, will very often check the disease, but after it has had two or three hours' start, nothing can be done. In one home five were carried out in a few weeks. I went into a

home this morning, and was met by the aged father, who, moaning and striking his breast, said, "My only son is dead." He led me into see another member of his family who had been taken ill in the night, and was then in the last stages of cholera. The mother of the home is also ill, and unless God works for her, she, too, will die. A daughter in this home has recovered with the help of the medicine and the blessing of God. We have tried to point them to the Bur-

den-bearer, but they can think only of their grief. As we go among them, they fall at our feet and plead for help.

The Indians are a very superstitious people, and only we who are on the ground can realize the progress our manner of treating the sick has made in their midst. A few years ago, when we began work among them, we found their sick prohibited from drinking water. The patient might have a very high fever and beg for water, yet none would be given him. We visited patients who



A GROUP OF MISSIONARIES IN INDIA

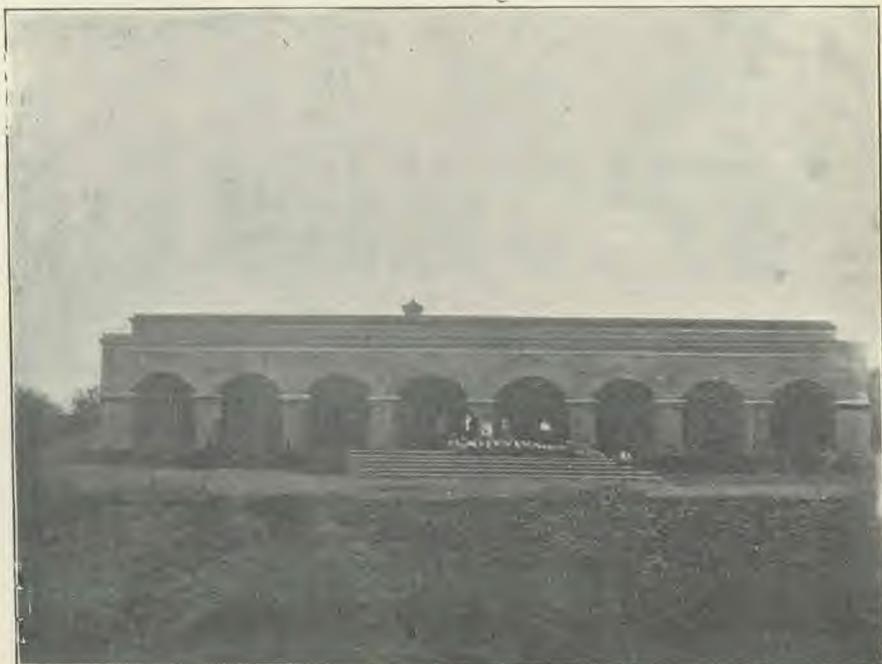
cover the body. I knew if the child took cold and died, the entire village would censure us for giving the bath. As I held that little one in the tub, I realized my utter helplessness, and I prayed as I had never prayed before. I clung to the promise, "Ask, and it shall be given you." In a few minutes the child fell asleep in the tub. We carefully took it out and covered it with the rags, then sat down to watch. Again it began to toss, but I clung to the promise; and as we left the house, I told the parents that

had not eaten a mouthful in a week or ten days. Almost without exception the sick were shut up in the little mud house without a breath of air. Instead of a good soap wash, the dirty body was greased with some foul-smelling oil. When we first attempted to give the soap wash, which is necessary in almost every case, the people would not permit it. "No, the patient will die," they said. We had to allow the oil to be used after the wash in order to get their consent at all. They were very much afraid of the enema tin. A sight of it would send them running. At first a cold compress on the head in fever was forbidden. Now we are permitted to put it on the abdomen as well.

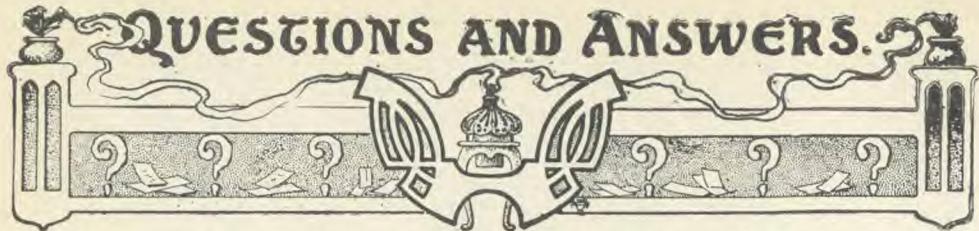
We have tried to gain their confidence by telling them we will do for their children just what we would do for our own. You will realize something of the

progress we have made when I tell you that the people come ten, twelve, and twenty miles for an enema. They expect fomentations when they have pain, often having hot water ready for us when we arrive in their homes. One of our patients who has money has purchased from us fomentation cloths, hot-water bag, and enema fittings. Thus the confidence of the people is being gained, and the way is opening for God's message to go. Although few can read, we always make it a point to supply with literature those who can.

We are of good courage; for we believe that just as surely as these people have been won to our treatments, so surely will they be won to our Saviour and God. What we need is workers who will master these languages, for how can these people hear without a preacher?



ORPHANAGE AT KARMATAR



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.

338. Chronic Throat and Nasal Catarrh.—I am suffering with throat and nasal catarrh of seven years' standing. Can you advise any home treatment?

Ans.—Avoid sugar and butter; use moderately, if at all, artificially sweetened foods. Chew well each mouthful of food; use salt sparingly. Eat breads, fresh fruits, and raw greens, such as cabbage, celery, etc. Each morning take a short cold bath, followed by a vigorous rub. Take a warm bath before going to bed. Keep the bedroom windows open wide, or sleep outdoors. If feet are cold at night, wear socks.

339. Bad Dreams.—I am troubled with horrid dreams at night. What can I do to relieve this trouble?

Ans.—Such dreams are usually due to auto-intoxication or to poisons generated in the alimentary canal by the decay of albuminous foods. Reduce the albuminous foods to a minimum. Eat well-baked breads, puffed rice, or puffed wheat, corn flakes and fruits, occasionally an egg, for two weeks, and eat nothing after dinner. If something is desired in the evening, a nutritive drink may be taken at six o'clock. Sterilized buttermilk, or orange juice to which has been added a beaten fresh egg, makes a nourishing liquid food.

340. Meat and National Greatness.—It is affirmed that the great nations of to-day are made up of meat-eaters. Is this so?

Ans.—This is not always the case. Japan, for instance, is not a meat-eating nation. We could not say that America's greatness was due to the great quantity of meat consumed by her people. We might, with as much logic, affirm that America's greatness was due to the great quantity of alcohol, patent medicines, tobacco, and opium consumed by her people. The fact is, America's present greatness should be ascribed to the temperate habits of the

people who laid the foundation of the nation, and not to the prodigality of her people to-day. The conditions that exist in America to-day have marked the decline of nations in the past.

341. Germicidal Action of Fruit Juices.—If lemon juice and grape juice are fatal to fever germs, why do people die of fevers?

Ans.—It is true that a small quantity of grape juice (one part to one hundred of water) will destroy typhoid-fever germs if present. It is possible, if this quantity was added to all the suspected water taken, fevers would not occur from this source, or at least would be much less frequent. But there are many other ways by which bacteria may be introduced into the alimentary tract. Infected milk is responsible for more typhoid fever than water. Small fruits growing close to the ground, and raw herbs, such as lettuce and celery, frequently have adhering to them germs of disease; flies may carry the germs from a neighboring barn-yard and light on the food on the dinner-table—in all of these ways these germs may gain an entrance into the alimentary canal. When they develop in the walls of the intestines, they pass into the circulation. In the typhoid-fever patient the germs of typhoid may be found not only in the intestines but in the blood throughout the body. While grape juice or orange juice may be given to typhoid-fever patients with advantage, and thus partially inhibit the growth of the bacteria in the intestines, they will not abort or cut short the disease, but by their use the fever may be kept down. Under proper care typhoid-fever patients seldom die. The disease, however, will run its course. The aim of the treatments should be to keep up the strength of the patient, and prevent decay of foods in the intestinal tract. In this treatment, fruit juices will be found of value.

EDITORIAL



School Hygiene

THERE is no later period in man's life that compares in importance with his school-days in the determination of his destiny; for while this time presents great possibilities for improvement, it also has connected with it incalculable possibilities for evil.

It is the pliable time of life, when habits of industry, perseverance, observation, frugality, or their opposites, are being formed. It is the period during which irremediable damage may be done the eyes, and when the seeds of those diseases are sown which have their harvest of death in the early twenties.

Much has been done, and more is continually being done, by hygienists to better the sanitary conditions under which our children obtain their education. Efforts are being constantly made to improve the lighting and ventilating systems of our schools, and to prevent overcrowding. Much has been done to prevent the spread of communicable diseases. Text-books, blackboards, and other things, which in their use cause a strain to undeveloped eyes, are being improved with this thought in view. Teachers in progressive communities are required, as part of their training, to be familiar with the principles of hygiene and sanitation, and to make a practical application of them in the schoolroom, and to teach these principles to the children.

In some cities, a thorough system of inspection, in charge of competent physicians, is in vogue, assuring that contagious disease shall be kept out of the school, and that every child who is studying under disadvantage because of defective eyes, or throat, or ears, shall have such treatment as will insure him a fair show in the race for life; for unquestionably many children have been handicapped for life because they were "dull pupils" on account of poor eyesight or some other remediable defect.

Even where such a system exists, parents can assist by intelligent co-operation with the authorities; and where such a system has not been adopted, it is most important that parents and teachers realize that the future usefulness of the pupil depends to a large extent on his general health,—his teeth, his eyesight, his hearing, his air-passages,—and that the irreparable damage to these organs is apt to occur before the mischief is suspected.



Your Child

YOUR child is the resultant of two currents—his heredity and his education. The first it is a little too late to change; the second may be controlled, but only to a limited extent by you, for it is not only the lessons given by parents and teachers, but every contact with other children and older people, every

success and failure in school and out, every new experience, every circumstance that touches the life, whether it pertain to people, or horses, or trees, or rocks, is a text-book, or perhaps a text, upon which is based a new life lesson that for all future time will modify the mind that has received it.

Every ingoing current has a modifying influence over the brain and nervous system, and consequently over the life, but it is because each such current, or message, whether by the eye or ear or by taste or feeling, results in some reaction within, this reaction being manifested in thought, emotion, or action; and it is this reaction, this response to incoming sensations, that is the real education. The various messages telegraphed inward may be said to modify the reaction; but in a larger sense, the reactions that have gone before modify those that come after. As the child adjusts itself to each new circumstance, so it is training itself to react to future messages. This is the formation of habit, a process that is going on not only during the school hours and during the time the child is in the presence of the mother, but at all times while it is awake.



The child running the street, and seeing all manner of vicious sights, is gaining a most undesirable education; for the most prominent characteristic of childhood is imitativeness. What it sees done—whether good or bad—it tries to do; and what it has once done, it does more readily the next time.

On the other hand, the one who never has an opportunity to mingle with those of its own age lacks something in its make-up that can not be entirely overcome by the most careful attention of

parents. There is something in the association with other children that seems to be necessary to the development of a normal individual. The writer has yet to see a boy or girl reared entirely separate from other children that afterward became a very efficient member of society. "Good," they may be, in the sense of being free from some of the faults of the ordinary child, but more apt are they to be "a little queer," unduly sensitive, and impractical.

The Saviour asked for his disciples, not that they be taken out of the world, but that they be kept from the evil. Some, in order to keep their children from the evil, practically take them out of the world. They attempt to make the child strong to resist temptation by surrounding it with such an atmosphere that it will never have any temptations to resist.

In doing this, they shut the child from a most essential means of education—companionship with those of its own age. The family having one lone child, which is kept at home in order to prevent the contamination of the street, and kept from school for a like reason, avoids the rocks on one side, only to make shipwreck on the other side.



The unskilled person will do better on foot than on a bicycle; in a carriage than in a motor car; with a pen or pencil than with a typewriter. The higher the efficiency of a machine, the greater its delicacy, and the more important that it be operated by skilled hands.

The child mind is a mechanism so complicated that the most intricate machinery is simple in comparison; and students are just beginning to understand it. Many are the theories for the

training of children; but some of the results would indicate that possibly some children would have been better off if they had been allowed to grow up without any particular training. Not that training is wrong, but that faulty training, no matter how well intended, may be worse than no training.



There are many and diverse health systems, each one "positively the best" for preventing disease, restoring health, and lengthening life: yet some of our strongest, some of our most efficient men, some who have attained the greatest age, have not consciously followed any of these systems. Perhaps a fortunate instinct led them to make unconsciously those adjustments to their surroundings that for them insured long life and happiness.

Shall we say that the same thing has occurred in regard to the rearing of children—that some children brought up in homes where they were surrounded by ignorance and vice turned out really better than some children in homes where a conscientious effort was made to make them useful members of society? I will let the reader answer from his own observation.

The sound health of some who have paid no apparent attention to what we

call the laws of health does not prove that we should discard all attempts to learn and observe such laws, but that the laws are more intricate than may appear on the surface; and sometimes the ignorant man blunders into a conformity to the laws—or some of them—that those who claim to be specialists may have overlooked. So in child training. Undoubtedly there are laws; but sometimes the most careful and conscientious overlook some essentials, or violate some principles that the very shiftlessness of others avoids. This is no argument for ignorance and shiftlessness, but a suggestion that at best we but imperfectly understand the principles of health and of education.

In view of this, it might be the part of wisdom to be sparing of our condemnation of other methods than ours, and to heed Paul's admonition, "Prove all things, hold fast that which is good."

Nowhere is the quality of teachableness more valuable than in the teacher, whether it be the professional teacher or the parent. Unfortunate the child who comes under the tutelage of one whose ways are set, who "knows it all," who can learn no more regarding his or her art. Humility is an essential to good teaching, and especially that humility that will cause one to sit at the feet of the "Great Teacher," and there learn lessons not imparted in the textbooks.





Colored Underwear for the Tropics.—Tests of underclothing dyed a blood-orange color, for troops stationed in the tropics, as a protection against sunlight, will be made by the War Department.

Increase of the Opium Habit.—The importation of smoking opium has increased two hundred fifty per cent in the last thirty years. The opium habit is growing to an alarming extent, not among the Celestials, but among the whites, and especially among the professional classes.

Proposed "Peace Day" for the Public Schools.—Mrs. May Wright Sewall, of Indianapolis, has introduced a resolution at the International Council of Women, Geneva, asking that every country in the world set aside a day in the year when the idea of peace shall be discussed and celebrated in the schools.

Disease Among the Alaskan Aborigines.—Report comes from Alaska that consumption and other diseases are spreading so rapidly among the natives as to threaten their extinction within a few decades. The mortality is said to be greater than with any other primitive race that has come in contact with Western civilization.

A Humanized Bear.—A Milwaukee dispatch tells of a black bear at the Washington Park Zoological Gardens supposed to be suffering from the effects of too heavy indulgence in malt beverages and ardent spirits. When he was a cub in the northern woods, he was provided with plenty of cheap whisky. Later he summered at Okawhee Lake, where he often had as much as a gallon of whisky a day. It was the fashion to treat the bear. His favorite drink was a pint of whisky and a dozen bottles of beer. Now he is broken down in health, and his keeper believes he has tuberculosis of the stomach. The animal is kept up by stimulation with whisky and strychnine.

Pan-American Medical Congress.—A most successful Pan-American medical congress was held at Guatemala early in August. The next congress will be held in Peru.

Esperanto Books for the Blind.—At the International Esperanto Congress recently held in Dresden (Germany), a resolution was passed to print a number of Esperanto instruction books and translations in raised letters.

Cremation Statistics.—The United States has thirty-six crematories, which in 1907 disposed of more than four thousand bodies. Germany, with fifteen crematories, incinerated nearly three thousand bodies. The incinerations in some other countries were: Argentine, 976; Switzerland, 721; Great Britain, 705; France, 451; Italy, 442; Denmark, 77; Sweden, 70; Canada, 33.

Ten Thousand Dollars to Save the Babies.—Because of the thousands of babies that die every summer in Chicago as a result of preventable summer diarrhea, the City Council of Chicago appropriated ten thousand dollars this summer to pay one hundred physicians, detailed to carry on a campaign of instruction with mothers in those districts where such instruction is most needed.

Soiled Paper Money.—Because of recent agitation of the question of infection from dirty paper money, a Yale laboratory worker, who has made a careful inquiry, both by laboratory investigations and by ascertaining the authenticity of statements accredited to prominent sanitarians, has arrived at the conclusion that paper money, though undesirable for esthetic reasons, is not a serious menace to health. Animal inoculations from very dirty bills failed to demonstrate the presence of any virulent in those districts where such instruction is bills did not contain germs in conspicuously larger numbers than some of the newer bills.

Death from Strenuous Life.—It is reported that fifty girls attending the summer school at Columbia were made ill, and one died, as a result of too vigorous work, both in the classroom and on the athletic field.

Instructions to Mothers.—A cardboard folder containing instructions to mothers concerning the care of infants was published in New York in several languages for distribution among those most needing such instruction.

Heavy Infant Mortality.—669 infants under one year old died in Chicago during the month of July. Undoubtedly two thirds or more of these lives might have been saved, had the children had proper care. In nearly all these cases, the cause can be shown to be ignorance and carelessness on the part of the parents.

Relation of Human and Cattle Tuberculosis.—An investigator, as the result of a study of ninety-seven farms having a total of 1,157 cattle, concludes that tuberculosis in man and tuberculosis in cattle have a certain relationship to each other; as reaction in cattle on farms where human tuberculosis has been traceable occurs nearly three times as frequently as on farms where human tuberculosis was not found.

Medicinal Use of Lactic Acid Germs and Sour Milk.—An English authority highly recommends the use of milk curdled with lactic acid bacillus in nervous anorexia (loss of appetite), consumption, and a number of disorders of the digestive tube, including abnormal fermentation, and some forms of constipation. He uses as much as a pint of curdled milk a day. He cuts down or forbids meat in many cases, especially meat fat, "high" meat, and game.

Tuberculosis in Mammals and Birds.—Some recent investigations recorded in a German bacteriological publication indicate that there is not so much difference between bird tuberculosis and mammal tuberculosis as has been supposed. Twelve out of eighteen strains of tubercle bacilli from horses, cattle, and men were successfully inoculated into birds, and gradually assumed characteristics of the bird type of tubercle bacilli, becoming more virulent for birds and less virulent for mammals. Successful inoculations of bird tubercle bacilli were also made in mammals.

Death-Dealing Ice-Cream Soda.—Of 135 samples of Chicago soft drinks examined by the physician of the Illinois Pure Food Department, sixty-three were found to contain poison.

Alcohol in Children's Diseases.—A physician in a Boston medical journal condemns the carelessness of physicians in giving alcohol to sick children. In one case he found a child having a teaspoonful of whisky an hour for acute pneumonia, in addition to an alcoholic food. Apparently, the child had meningitis; but on discontinuing the alcohol, the meningitis disappeared, and the child recovered.

Water-Borne Diseases.—Recent observations seem to prove that "for every typhoid-fever death avoided by the purification of public water-supplies, two or three deaths from other causes are also and at the same time prevented;" either because the vital resistance of the inhabitants is raised, or because tuberculosis, pneumonia, and "infant mortality" are water-borne. Every year we are learning that it pays in health and in dollars and cents to have a pure water-supply.

A Caninized Woman.—A wealthy New York woman, owner of four dogs which accompany her in her trips across the continent, says: "Babies are a nuisance. They cry from morning till night, and must be watched every moment of the time," etc. "Now dogs are different. They are affectionate and lovable. One can pour out her affection upon them. Between babies and dogs, give me dogs." This makes one glad, and at the same time sorry,—glad no unfortunate baby has her for a mother or a nurse, sorry that her mother did not decide to raise a dog instead of her. The dog might have been more profitable to the human race.

Chop Suey.—An English resident at Shanghai having made a good dinner from a tasty but unrecognized dish, called his cook, Wun Hoo, and congratulated him on the excellent meal. "I hope you did not kill one of those dogs to provide the soup," jestingly remarked his daughter, referring, of course, to the pariahs which haunt the Chinese streets. Wun Hoo made a solemn gesture of dissent. "No killee dawg, missie," he explained, "him alreddy dead when I pickee up."—Clipped.

Sun-Cures for Deafness.—A Spokane (Wash.) man was made deaf by a stroke of lightning that killed his team. Noticing that he was less deaf in the sunlight, he lay for days with his head in the sunlight, exposing first one ear then the other to the direct rays, and now (as a result?) his hearing is as good as ever.

Hard on the Dogs.—The Board of Health of New York City has appointed sixty special policemen for the purpose of destroying stray dogs. Every dog not having a muzzle or a leash is a "stray dog," whether carrying a license or not, even though in the presence of his master. The police are not required to give account of the number of dogs they kill.

Oppose Woman's Suffrage.—The brewers have long been on record as violently opposed to woman's suffrage; for, in the language of their resolution, "woman's vote is the last hope of the prohibitionists." These men have sufficient intelligence to perceive that when woman has her full say in the matter, the liquor business will soon be a thing of the past.

No More Cocain Through the Mails.—Having learned that enormous amounts of cocaine are transmitted through the mails, the Post-Office Department has issued an order forbidding the use of the mails for this purpose, the order including all patent medicines containing cocaine. It seems that the attempt to stamp out the sale of the drug in various cities has caused many, especially negroes in the South, to send directly to the manufacturers for the drug.

Warning on Liquor Bottles.—It is reported that there is a proposal in Russia to enact a law directing that the imperial eagle which now appears on every bottle of vodka be replaced by a skull and crossbones, and that each bottle bear a statement on the label that the contents are destructive of life, and a warning not to use it. But wouldn't that be funny? The entire liquor business in Russia is a government monopoly, and all they have to do is to stop selling the stuff. But that they will not do: the revenue is too valuable for that. It is easier to throw a sop to the public conscience in the shape of some such warning as that suggested above.



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Lived Forty Hours Without a Brain.—A New York child of Italian parentage was born without a brain, and lived for forty hours. Its head was flat on top, and resembled a frog, the eyes standing out from their sockets.

Objects to Medical School Inspection.—The head mistress of an English school, which had recently adopted the medical inspection system, received the following among other protests: "Dear Madam: I objects to my child being overuled by a doctor. I clears his blood-vessels regular with brimstone and treacle, and he don't want no more doctrine." Characteristic.

An Epidemic of Cleanliness at the National Capital.—The health department of the District of Columbia has begun a vigorous inspection of restaurants, lunch-counters, fruit-stands, markets, and the like, arresting and prosecuting the worst offenders, and warning others; and the result is that the food establishments of Washington are having such a clean-up as they have not had for many a long day.

Third International Congress of School Hygiene.—This important congress will meet in Paris, March 29, 1910.

Boston's New Tuberculosis Camp For Children.—The Boston Association for the Relief and Control of Tuberculosis has established another open-air camp—this one for children. An excellent feature of the new camp will be the fruit and flower gardens where the children will be taught to work in the ground, and from which they will be given the products to take home with them.

Few Diseases Not Contagious.—In an address before one of the sections of the meeting of the American Medical Association recently held in Chicago, Dr. Edsall stated his belief that there are few diseases not contagious; that many of those usually classed as non-contagious are readily communicated from one person to another; and that infection is often carried by those who come in contact with the sick, even though they do not become ill themselves.

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

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

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

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

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

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

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

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

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Empty Cradles and Race Suicide

(Continued from page 440)

soil. Here they multiplied and grew so rapidly that the Egyptians felt some alarm lest they become even mightier than they. They reasoned: "Behold, the people of the children of Israel are more and mightier than we. Come, let us deal wisely with them; lest they multiply, and it come to pass, that, when there falleth out any war, they join also unto our enemies, and fight against us."

"Therefore they did set over them taskmasters to afflict them with their burdens," thinking that hard work and plain food would weaken them; but in this they were sadly disappointed; for "the more they afflicted them, the more

they multiplied and grew. And they were grieved because of the children of Israel." They were greatly perplexed; but here it was shown, beyond dispute, that to which history has repeatedly borne witness,—that physical toil, rural life, and plain food alone can maintain racial vigor, and remedy the present degeneracy and declining birth-rate. Since the cause of the decadence in infant life lies with parenthood, and not with infancy, the remedial effort, to be of value, must correct habits and practices that are wrong in parents.



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Evils of Hasty Eating.—Two French investigators assert, as a result of their studies, that the evils resulting from too rapid eating are far greater than is generally supposed. The result of their X-ray work shows that a meal eaten in twelve or fifteen minutes causes greater stomach distension than a meal of the same bulk eaten in forty-five minutes, and the distention persists for several hours. The stomach meantime endeavoring in an imperfect manner to do the work that should have been done in the mouth, is very much overtaxed, as shown by the greatly increased temperature and blood-pressure that follow rapid eating. Work with the test-tube also shows unmistakably that careful mastication of the food is the most important part of its digestion.

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