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THE NATIONAL HEALTH MAGAZINE



FEBRUARY

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OUR CONTRIBUTORS

MANY may not accept all of Dr. George Wharton James's teaching regarding our brotherhood with the lower animals, thinking that it savors of Orientalism; and especially his attitude toward flowers and plants which suggests that he might have conscientious scruples against eating a cabbage; but all can admire the spirit which strives to protect rather than ruthlessly to destroy. After all, how much does the man with the instinct for taking life at every opportunity — an instinct which has survived from primitive ancestors — realize of the beauties of animate nature? No doubt Mr. Roosevelt will accuse Mr. James of being a "nature faker" because of his deer story — that is the easiest way to dispose of certain facts which do not fit into one's favorite theories.

Mr. Carl D. Thompson is somewhat inclined to theorize as well as to tell what is being done in Milwaukee. After all, is it not a fact that members of a party which is the outcome of a theory persistently pushed, are apt to be more adept in stating the theory than in making it work? There are many interested spectators who are desirous to know — now that the socialists have had an inning — whether they will "make good."

Mrs. Agnes McGiffert Bailey is an enthusiastic worker with children; and wherever she has gone, the children have learned to love her. Through the agency of the Junior Civic Leagues, she is verily making the desert bloom as the rose in some of our cities and towns.

Mrs. Robert Park is another enthusiastic worker for children; but while Mrs. Bailey reaches the parents through the activities of the children, Mrs. Park reaches the children through the parents. She believes in the home, and in the ability and responsibility of parents to train their children for clean, useful lives.

Hon. John F. Gunshanan, State Tuberculosis Commissioner of Connecticut, is a man who has magnified his office; for he has organized probably a hundred thousand of Connecticut's industrial population in a warfare against the white plague.

Mr. F. W. Fitzpatrick is a firm believer in the policy of saving rather than mistreating delinquents. The same note of pity for the unfortunate which rang so clear in his January article, appears here in his sympathy for "Uncle Sam's boys," though under the present management these boys are almost to be envied rather than pitied.

Mr. George E. Cornforth, the successful chef at the Melrose sanitarium who is well known to the readers of *LIFE AND HEALTH*,— and better known, perhaps, to the guests at Melrose,— has in this month's article stated some of the principles which have actuated him in his work, and which may be read with profit by every housekeeper, especially by those who are not too old to learn.

NEXT ISSUE

F. W. Fitzpatrick: "The Prevention of Fires."

Carl D. Thompson: "Health Work in Milwaukee," concluding article.

Agnes McGiffert Bailey: "Junior Civic Leagues; Method of Organization."

George Wharton James: "The Surprises of God's Great Out-of-Doors."

Eva DeMarsh: "Health and Common Sense."

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Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

POINTED SENTENCES

From the Convention of the Anti-Saloon League

The only solution of the saloon problem is "no saloon."

❧

Political parties are the weakest engines of righteousness. They are weathercocks.

❧

For every poison there is an antidote. The antidote for the liquor evil is votes of women.

❧

We have a foe with ill-gotten wealth unlimited, and with no conscience as to the mode of spending it.

❧

We are becoming every day more democratic, but there lies the danger; for a liquor-sodden democracy is dangerous.

❧

An all-the-year campaign of education would be followed by fewer defeats to our cause than are the spasmodic election-time campaigns.

❧

In order that the temperance cause may succeed we need not convictions in the masses only; that is not enough. We must have organized endeavor.

❧

We are told that "men can not be made moral by law." If that is so, we must at least insist that they be not besotted under the authority of law.

❧

One evidence that the temperance cause is advancing is that the liquor interests have changed their attitude from one of indifference to one of defense.

❧

There are single business houses that spend more in pushing their business than do all the combined forces of temperance in pushing the cause of abstinence.

We hear so much in favor of "regulation" as against prohibition; but it has been shown over and over again that prohibition is much easier to enforce than regulation.

❧

The saloon men urge against prohibition that "we can not make men moral by law." Why the laws against stealing, murder, or any other crimes? What proves too much proves nothing.

❧

The masses are utterly without knowledge regarding the need of fighting the liquor evil, and they will not seek knowledge. It must be forced upon them. We must put modern business advertising sense into our work.

❧

Saloon interests say prohibition laws are unscriptural. The Christian church says they are Scriptural. We submit that the church is better prepared to interpret what the Scriptures teach, and, moreover, its testimony is more trustworthy.

❧

Alaska has the worst government in civilization. The people have the privilege of voting on license; but according to the present arrangement, the only possible source of revenue for the schools is from liquor licenses, and every parent is compelled to choose between the school plus the saloon, and the dry territory without schools.

❧

Federal interstate laws interfere with the enforcement of State prohibitory laws. The States are helpless because the United States government backs up the speak-easies and boot-leggers. If the present Congress refuses to relieve this situation, it is time for us to quit working for State legislation, and devote our time to getting a Congress that will give us relief.

THE SPIRIT IN WHICH TO GO INTO GOD'S OUT-OF-DOORS



EVERYTHING that really matters in life is the attitude of the mind. It is not what one does so much as the spirit in which it is done, that counts; not what a man is so much as what he constantly strives and aims to be.

Civilized men go into the desert and call it God-forsaken, while the Arabs call it the Garden of Allah. Which is nearer right, think you, the white man or the brown? Does God ever forsake that which he has made with a purpose?

Colonel Roosevelt, who in many respects I admire as one of the greatest men of his century, has said somewhere that wild animals instinctively flee from man. Do you believe that? Why? What right have you to accept that statement?—None whatever. *It is not true!* Wild animals flee from Colonel Roosevelt and from all hunters; from all men whose chief idea about wild animals is to slay them. But, thank God, there is another attitude toward wild animals than that of the hunter.

I was once in the High Sierras, taking my noonday lunch in a beautiful grove of quaker aspens, my horse quietly feeding not far away, when suddenly, there appeared in the thicket a buck, a doe, and a young fawn. They eyed me at first with some surprise, but no alarm, and then the doe came up quietly and

gently, and was soon licking my hand. The fawn and the buck followed, and we were soon as friendly together as such shy creatures could be. Of course I was exceedingly careful not to alarm them. By and by they quietly browsed away, and I saw them no more. Why should not the loving heart of a stranger to them make them feel their security?

Some men and women look at flowers merely as something to be picked and put in vases; others think that the only real flowers are not wild flowers, but the growths of conservatories and cultivated gardens. The others are weeds. On the other hand, my friends at Tower Hill, Wis., know no weeds, and never pick flowers, always leaving them for others to come and look at. Joaquin Miller used to have a sign on his gateway entreating visitors not to pick flowers and ferns, as others who came later might wish to see and enjoy them. Once for two years I was associated with Professor Lowe, who built the Mount Lowe Railway, near Pasadena, Cal. One of his achievements was to open up a ruggedly picturesque and beautiful canyon in the heart of the mountain, where millions of maidenhair ferns, brackens, and flowers grew. The very first day the canyon was open to the public, the fern beds were almost ruined by reckless people who



MOOSE AT BANFF, CANADIAN PACIFIC RAILWAY

Even the wild deer become friendly to those who love them.

picked them—roots and all—by the basketful. Many of these ruthless pickers cared no more for them an hour afterward than they would for any other dead weeds—wilted and faded flowers. I immediately had fifty large signs printed positively prohibiting the picking of ferns and flowers, and then had the attendants take away from every passenger who violated the prohibition, the things they had gathered; and where possible I gave them the warning that if they came again and were caught at their nefarious work they would be placed under arrest.

Even the scientific botanist too often is more interested in collecting for his herbarium than in knowing the life habits of the plant and flower he so eagerly gathers. How much better to let things grow, where possible, and study them as they live! What a joy to make friends with the grasses, watching them as they shoot up their tiny green lances in the spring, rising to the sun and warmth, and gradually gaining strength and maturity.

Take the giant trees of California (see frontispiece). Many a time I have picked up a cone dropped from one of these oldest of all living things, and shelled out the seeds. Imagine my amazement when I first saw them. They looked like

parsnip seeds, and were no larger. I have planted scores of them, and have longed to be able to watch them grow. What a wonderful fact that this tiny seed can become the giant tree, three hundred feet high, one hundred twenty-five feet in circumference at the base, and in time extract from soil and atmosphere enough lumber to build a ten-room house. Yet I know men who have stood before these giant trees and their only thoughts have been how great a financial loss it was that they could not cut them down and turn them into lumber.

Had I the time I would know every tree, shrub, plant, and flower in California whether on the desert below sea-level, or struggling to the heights of the mountain summits, thirteen, yes, fourteen thousand feet above the sea. I would know their habits, when they sprout, leaf, turn color, shed their leaves, and flower. They should be my daily objects of interest. I would know their every idiosyncrasy, every habit, and they should know and feel my tender interest and loving sympathy. I would be able to draw a picture, from memory, of the distinctive leaves of every tree, their flowers, buds, blossoms, and fruit, and were I a colorist, their colors should also be in my memory. And the shrubs and flowers also, from the queenly lilies, the



SWISS GUIDES IN THE CANADIAN ROCKIES

It is the spirit of reverent receptiveness that makes the Alpine guide risk his life in climbing to the summits of the highest mountains.

universal roses, to the dainty cacti of the desert and the night-blooming cereus, I would know equally well.

The same with the birds. I know a man — a good man and a learned man — who goes to and fro to scientific institutions with a trunk full of stuffed birds, laid out in trays, like the wares of a pedler. He teaches ornithology to scores who deem him well equipped for the work. Think of it! He teaches others about birds!

Would you, were you desirous of teaching classes about babies, take trunks full of stuffed mummy babies about with you, or would you go to the homes of rich and poor, high and low, into the nurseries, into the bath-rooms, into the playgrounds where parents were play-

ing with their little ones, fondling them, bathing them, training them, disciplining them? A dead baby! Think of it as an object of study! Yet we regard it as all right to study dead birds. How absurd! Let us go out with Olive Nome Miller and Elizabeth Grinnell, and Florence Merriam and Charles Keeler, and the father of John Vance Cheney the poet, and study the birds in their happy lives. Let us go with Wordsworth and listen to the cuckoo, with Keats and listen to the nightingale, with Shelley, and Charles Warren Stoddard, and thrill with delight at the exquisite melody of the skylark.

I once heard John Muir describe, in his inimitable manner, the way some naturalists (perhaps I should say book-

learned scientists) study the bear. Said he: "First of all they shoot it, then skin it, then dissect its muscles, sinews, tendons, and measure and weigh heart, lungs, brain, etc., and count and scrape its bones. Then it is stuffed and put in a museum, and the 'knowledge' gained is put in a book and called 'science.'" O, what a travesty on knowledge!

Muir's own way is really the only way to study the bear,—to go into the mountains, find its lair, make friends with it, and watch it feed and drink, sleep and wake, love and wed, and bring up its family, and climb trees, and dig roots. Rudyard Kipling did the world great service by writing his "Jungle Books;" for they made us all, more or less, long to be like Mowgli, to be able to go out and talk with the animals as he did.

My Hopi Indian friends even love the rattlesnake, and call it their elder brother. They never kill one, and regard a white man who does so with horror as a murderer. The result is, though their country is surrounded with snakes, I have never known, in over twenty-five years, a single injury to have happened to one of them through the snake. If God made the snake he knew what he was about. Is it not the better attitude for me, also made by him—not knowing

why he made it—reverently to seek to know; and if I must, for my own life's protection, kill the snake, even in the killing to wish I might know enough so that I would not have to kill anything that God has made?

It is this spirit that sends the Alpine climber, often at the risk of his life, to the summits of the highest ranges. He wants to know what God has done here, so he and his companions band together, and with pick or alpenstock in hand climb to the heights.

Thus has come to us knowledge of the glaciers, of which before we knew nothing. Thirty years ago no one dreamed of the existence of glaciers in the high Sierras of California. One man climbed these peaks and found there the glaciers. Year after year he studied them, measuring their

movements with most careful methods, and finally announced to the world what he had discovered. At first the university scientists laughed and sneered at him. But he knew what he knew, and could afford to wait. Why did not these scientists at once go with him to see? Fools and blind! It took them years to get over their ignorant prejudices.

How is it with you, reader? Are you foolish and blind through your prejudices, or are you as the little child?



SIR DONALD AND GREAT GLACIER, BRITISH COLUMBIA

In the high Sierras the reverent student of God's out-of-doors discovered the glaciers which the university scientists never dreamed were in existence.

See him seated in the oncoming wave of the ocean. He is receptive, he is ready, he is learning his lesson without prejudice. Does he not recall to you the words: "Except ye become as little children ye shall in nowise enter into the kingdom of heaven"?

O for the right attitude of mind when we go out into nature—to be receptive, and ready to learn; not to take our prejudices and notions with us, our hatreds, and artificialities, and shams, and pretenses! Many a child left to itself knows far more than its would-be teacher, because it has gone out with unperverted mind and heart to sit at nature's feet and learn. As one very keen-trained and highly sympathetic friend once

wrote: "Do we know by name or on sight insects that fill the summer nights with melody? Do we know whether the katydid, cricket, and locust sing with mouth, wings, or feet? Do we know what they feed upon, and how long they live? Do we know what becomes of the tree-frog in winter?"

As the poor, weak, erring apostle cried out, "Lord, I believe; help thou mine unbelief," so let us cry, "Lord, I am ignorant; help thou mine ignorance." With this great storehouse of treasures fresh from the hand of God, created for our instruction, our pleasure, our happiness, our profit, O, to have the wisdom of mind and soul to go out into it all and accept all it has to give.



REDONDO BEACH, CALIFORNIA

The receptive spirit is that of the child, who brings no prejudices, no preconceived ideas, but sits down at nature's feet and learns his lessons one by one.

JUNIOR CIVIC LEAGUES



MRS. AGNES M^CGIFFERT BAILEY
Chairman Junior Civic League American Civic Association.

What an enthusiasm there is in childhood and youth—a superabundance of activity and life, which too often finds vent in mischief. Was it inspiration or genius that first suggested the harnessing of this mighty force and turning it into avenues of usefulness? In any case, the success of the movement and of similar movements enlisting the interest and the activities of children in useful occupations is ample proof of the sagacity of the originators. Wise men were they who first learned to harness a horse, a waterfall, the wind, coal, fuel, oil, and natural gas, for they added vastly to the sum total of the comforts of mankind, and made life the more worth living. Were those who first turned the pent-up energy of the little ones into an organized movement to improve our cities any less praiseworthy? Not only have they utilized the energy, but they have benefited the city, and also established in the children habits and attitudes as citizens and neighbors that will be worth everything to them in after life.—Ed.



As an example of the work being done by the Junior Civic Leagues we give four illustrations showing some of the activities among the children in Louisville, Ky., which at the time this article was written had five leagues.

On Hepburn Avenue there was a vacant lot which had long been used as a dumping-ground. The first picture shows the lot after the weeds had been hoed off, and five cart-loads of rubbish, including barbed wire, bricks, tile, dead pigeons, and other odds and ends, had been carted away.

The second picture shows this same lot four months afterward, when the in-

sanitary, unsightly place had been converted into an attractive spot, containing flowers and vegetables. Twelve hundred tomatoes, twelve gallons of butterbeans, lettuce, radishes, beans, beets, and parsley were raised here by the children, supervised by the teacher.

The third picture shows a group of children of the Junior Civic League of the normal school carrying May baskets, flowers, and plants.

The fourth picture shows some of the fourth-grade boys building their own fence to separate the playground from the school garden.

At the recent State Federation of Women's Clubs, held in Louisville, a

body of Junior Civic Leaguers was on the platform, and gave a program including a report of work done, and a composition on the subject "What Can I Do to Help My City?"

During the past two years many



Hepburn Avenue vacant lot, from which the children are clearing rubbish.

leagues have organized, and done excellent work in almost every State in the Union: in Chattanooga, Tenn.; Charleston, S. C.; Wilmington, Del.; Wheeling, W. Va., and in many cities of New York, Pennsylvania, New Jersey, Ohio, Wisconsin, Florida. Away up on the shore of Menomonie Pond, in northern Wisconsin, is the interesting little city of Menomonie. Richard B. Watrous, secretary of the American Civic Association, visited there a year ago last winter, and observed they experienced great trouble in getting the snow swept off their skating-rink. He suggested that a Junior Civic League would solve this and other problems. In the spring the ice had gone, but the problem was greater than ever. The shores of the beautiful and picturesque pond were covered with debris and shanties. Could a Junior Civic League tackle this?—They could and did. I spent a week there. We showed up slides of the bad places, and composed songs. A day was appointed, when the superintendent and the high-

school teachers and pupils went to the pond bank and worked all day, clearing away the refuse, tearing down some of the shanties, getting options on others, and securing an ordinance prohibiting the bank's being used as a dumping-ground. In the meantime the children of the grades, with their teachers, worked on vacant lots and school yards.

In Pittsburgh there are over 30,000 Junior Civic Leaguers; and in nearly all of the surrounding suburbs, enthusiastic leagues are working. One of these leagues has raised money, and placed receptacles for rubbish in the streets.

In Troy, N. Y., every week the papers give a large space to the work of the Junior Civic League, which is eagerly watched for by the citizens. Several thousand back yards have been cleaned. Many report deeds of chivalry, helping women or children with heavy bundles,



The same lot four months later, transformed under the magic influence of the children.

picking up those who have slipped down, removing the dangerous banana skin from the walk, rescuing birds and animals. One school reports: "Back yards cleaned, 641; walks cleared of dead leaves, 362; gutters cleaned, 42; snow removed from walks, 706; homes found for stray cats, 4; persons notified of nuisances, 15; persons asked to abate nuisances, 31. Some of the high-school

leagues called themselves "The Widows' Might;" and after every snow-storm during the past winter have swept off snow not only from their own walks, but from those of many poor widows.

In Metropolis, Ill., the higher grades have taken up vacant lots, obtaining permission of the owners, and, going to them in a body after school, they clean and plant them. The lower grades are mourning that there are no vacant lots left for them; but they are at work cutting down weeds by the roadside. In all cases, however, one's own premises must be improved first, before one is allowed to work outside.

In Chicago the Junior Civic League in one of the worst slums of the city, is most enthusiastically working for the improvement of their squalid homes. They pay five cents each, annually, and receive a membership in the American Civic Association, a button inscribed with the words "We Work for Beauty,"



Hanging May baskets on the door of the children's hospital.

a package of flower seed and one of vegetable seed.

The scope of the Junior Civic League is infinite. Begin with small things,—agitation, organization, the duty that lies nearest,—school gardens in the spring, playgrounds in the summer, thoughtful, studious, helpful efforts, and civic knowl-

edge and civic pride will follow. Many a turbulent boy's character has been transformed by the softening effect of beauty, of being near to nature, the joy of helping others, and the pride of realizing that he was an American citizen.

"I wish," said one of our famous



Fourth-grade boys building fence to separate playground from garden-plot.

Southern educators, "this Junior Civic League might develop, until every youth attaining the age of citizenship, might pass a civil examination, and take an oath of good citizenship, accompanied by solemnity and pageantry." This is only one of the many great things that may develop from the history we make to-day.

In the spring all is enthusiasm. All nature unites to aid the children in their work for beauty. How many red-letter days there are: Arbor day, which will be celebrated with more enthusiasm than ever before; Clean-up day, Peace day, Memorial day, when, perhaps, they will have their own flowers to place upon the soldiers' graves; and Flag day,—all leading up to the glorious Fourth, which last year was celebrated in an increasing number of cities without bloodshed, but with historic pageant, showing the real meaning of the day.

But when the hot days of summer have come and the stimulus of the school meetings is gone, then comes the hard

time,—then we ask that Home Junior Civic Leagues be started in every home; that the parents and all the children belong. The Home Junior Civic League possesses a great advantage over the school league, because in the latter there is only time for one committee to report each week. In the Home League all may report every night, if desired, the work done for cleanliness and beauty. All through the summer should be kept in mind the glorious autumn harvest home, when the flowers and vegetables are brought from the home garden, and exhibited in the school.

The exhibits which were shown by the Cleveland school garden last fall were most interesting. Fruits and vegetables were shown, canned as well as raw.

I never saw more beautiful canned fruit than that put up by a seven-year-old boy. Salads, too, were on exhibition. Some had made collections of insects injurious to plants. These were all neatly labeled, and proved most instructive. One girl of fifteen, who received many prizes, is to make gardening her profession. This league takes in the whole glorious year. The winter of preparation, the spring-time of cleaning and planting, the summer of weeding, watering, and holding on, the autumn when we reap the results of our labor.

In this issue the purposes and the work of the Junior Civic League have been briefly described. In the next issue will be given a description of the method of organization.

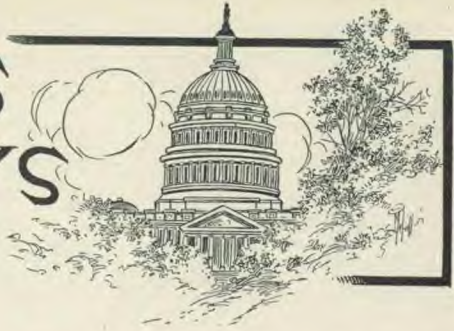


“ A LITTLE TERRIER ”

A boy from the juvenile court who has been in every reformatory in the State, making garden at the detention-home school.

UNCLE SAM'S OWN BOYS

F. W. FITZPATRICK,
WASHINGTON, D. C.



It may be remembered that in a former article upon our school system, Mr. Fitzpatrick suggested that the children be examined and studied as to their different adaptabilities, characters, and temperaments, so that they might be trained along the lines to which they are best suited. The directors of this training-school have had the same idea in mind for some time, and are now asking Congress for a small appropriation to begin that work. Some States and some individuals have already begun, but so far nothing has been done along nationally broad lines. This school presents the best field for thus training the boys. They are sent there from all over the country, from every kind of environment; there are white, black, and Indian boys, and they are all sent there because of some delinquency, because they are supposed to be bad boys. The scheme is to keep them under the constant observation of trained psychologists, psychopathists, neuropathists, etc., so that it may be determined just what causes led to their delinquencies, what treatment, physical and mental, is best suited to their several needs, and what work is deemed suited to bring out the very best there is in them. The whole purpose of the school is to make good men of those boys, useful citizens. This study will not only aid in that, but will also tend to the establishment of standards of education and training for the whole country, and will also enable the authorities to do much toward curing these boys of any mental or nervous troubles and at the same time to adopt such measures as seem best toward "prevention" as well as "cure." If we know the causes that sent most of those boys to a reform school, surely we may in some measure eliminate those causes so that, at least, fewer boys will have to be dealt with.

WE are accustomed to hear our soldiers and sailors called that, but it seems to me that the term is even more especially suited or warrantable in referring to the boys of the National Training School; for in their case our respected uncle busies himself, not in directing their work to his greatest advantage or safety, but in most solicitously looking after their own welfare, their education, their health, their up-building into model men, the right kind of citizens. It was not always so.

The recent meetings here in Washington of the Humane Congress and of the Prison Congress served to center attention upon that school. It seemed such a surprise to so many of those specialists in that very line, that I venture to assume a brief description of its purposes and workings would not be wholly uninteresting to the lay reader.

Incorrigible, unruly boys, juvenile of-

fenders in the District of Columbia, the Indian Reservations, Alaska, Hawaii, the Philippines, and all other territorial possessions of the United States, are committed to this school by the federal authorities. Its scholars, therefore, are of many varieties of color as well as temperament and disposition, and are generally expected to be vicious if not criminal. The colored boys — on account of the large Negro population of Washington — have always predominated.

Until six years ago it was to all intents and purposes a prison in fact, though a reformatory in name. There were walls and fences, bars and locks. Like most other penal institutions, the guards carried revolvers and clubs, and seldom hesitated in using the latter. We all know something of the discipline and methods used in prisons some years ago, and, unfortunately, still in vogue in most of them and in many reformatories. A boy who



PARTIAL VIEW OF BUILDINGS FROM FRONT

goes into one of the latter fairly bad comes out usually very bad, and it is often but a short step from the reformatory to State prison.

Six years ago, the President was discreet or lucky enough to appoint a more than ordinarily intelligent board for this National Reform School, and it in turn found a superintendent who in intelligence and patience and sympathy could cooperate with them. The combination has worked wonders. To Superintendent Darnall I give most of the credit, for he thinks of things, devises them, and the

board approves them. Instead of being called the reformatory it is now the National Training School; the gates are never locked; corporal punishment is used as sparingly as in the best-regulated families. I have five boys, fairly good boys, and it is seldom that I have had to resort to a switch, only for supercardinal offenses, and yet my average equals that of that school, where only bad boys are sent. The guards carry no weapons; indeed, I never see a guard; there are only teachers, foremen, clerks, and such. A more earnest, intelligent,



ADMINISTRATION BUILDING

contented-looking lot of boys it would be hard to find in any pay school or college. It is a big family. If they are in trouble, they go to Mr. Darnall and tell him about it; and they get sympathy and real assistance. His one object in life is to make men of them, in the very largest and noblest sense of the word. The boys get good schooling, thorough, though without frills and the usual dabbling in side issues, the frivolous touching here and there of pseudo-science that has become the fashion in, and is doing so much to discredit, our grade schools.

They learn a trade; they are kept wholesomely busy at study, work, or play. They have morals not pounded into them but exemplified into them, and they respect authority and submit to discipline because it is the right thing to do so, and they are made to feel it is for their own good. I know of one case where a boy actually told the superintendent he felt he would run away, and so some other work was

given him, his interest aroused in something special, and he so changed his mind that he begged to remain a year after his term had expired.

They are sent there by the court for a term sentence or an indefinite one. In the latter case, when the board believes the boy has permanently turned over a new leaf, he is sent out on parole. He reports to a probation officer, and indirectly the school keeps in touch with him. The letters Mr. Darnall gets from boys who have been out two or even more years are interesting in the extreme, and touching. The boys are making places for themselves in the world. At twenty-one the school's authority ceases.

Every boy takes up and actually learns some useful trade. They do all the farm work and the housework (especially good training for the colored boys); they erect their own buildings, not only laying the brick but actually making it from their own clay beds. There is but a teacher



ONE OF THE COTTAGE HOMES BUILT BY THE BOYS

foreman in each trade, and those boys are especially proud of their buildings, the results of their very own handiwork; and splendid buildings they are too. They raise their own stock and all their produce, and they enjoy better fare than one finds in most boarding-houses.

The spirit of self-government is encouraged everywhere. For instance, I noted one day that five of the regular dining-room tables (not rough deal tables and benches, but regular dining-tables, chairs, good linen, and serviceable china) were adorned with particularly fine flowers, centerpieces. Why the discrimination? — Well, the boys had elected to have five of the twenty-odd tables so adorned, and a committee of the boys decided which five "crews" made fewest spots on the table cloth, and chipped fewest dishes, and had the best table manners; and to those five tables the flowers were assigned for the week. And it is the keenest competition to see which table is so honored.

The boys wear a uniform, not a prison garb, but the same uniform as the high-school cadets; they form a regiment, have their rifles, swords, bayonets, and all, and are officered from the ranks. To the best averages in studies and work and deportment go the commissions. The superintendent and his staff wear the same uniform as the commissioned boy officers — a true democracy, a splendidly united family. Though the boys are constantly going and coming, not a fixed population, by any means, they put up a splendid drill. The leader of the new band is voluntarily serving two years over his term, in order to carry that band up to the efficiency he aims at (and get a better schooling than he could outside), and they grind out pretty good music now.

In spite of the fact that there are sometimes four hundred boys, the superintendent's ambition is to know each one personally, to take an especial interest in his welfare, to be a true guide and



ON PARADE, FIELD-DAY

friend to him; and it takes but a few weeks for the boy to find it out. The whole staff is inoculated with the same spirit, and it works to a charm. If a boy does not toe the line, does not appreciate their efforts, and is unresponsive, wants to stay bad and give trouble, his fellow pupils take him in hand. I do not know whether their arguments are always verbal or more to the point, but I do know that it is not healthy to be *persona non grata* to four hundred boys; and the reformation is usually speedy, perhaps only a diplomatic and not a heart-felt one, but it is a start, anyway.

The last report gives the school 367 boys and 59 employees, teachers, etc. Ordinarily the larger the school and the greater acreage of farm lands, where farming is done to provide food for the boys, the less per capita is the expense of maintenance. Not so in this case, which goes to show that good management, a kindly treatment, the boys' best interests present and future well in mind, the absolute elimination of the penal idea (to the extreme even that the superintendent refuses to belong to any prison association), are not at all incompatible with economic management and low

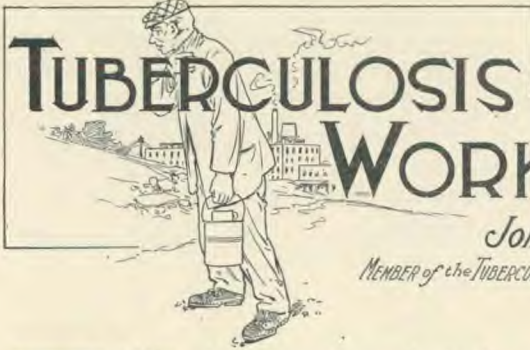
cost of maintenance. Averaging 20 of the reform schools of as many States, the number of boys is 469 to the 367 of the National School; 502 acres to their 260, and a per capita cost in salaries, maintenance, etc., of \$241.34 against \$211.20 in this case.

The school typifies what can be done and what should immediately be done in the way of "reforming" reform schools. It is but fitting that the States should learn from the parent government. Under federal control the system has become almost ideal; the penalizing and consequent depraving of the boy has been eliminated; the appeal is made to his better self, and there is a good self in every one of us. A foreigner, an authority upon education, and who had visited and studied all our Washington educational institutions, public and private, declared this the best, the most practical and helpful of them all, and deplored the fact that admission to it could only be had by the way of a commitment from court for some juvenile offense. One of our most eminent jurists has just told me that this was not a school in the ordinary sense, but rather a place where extra fine men are made.



THE NATIONAL GAME — THE BOYS AT PLAY

TUBERCULOSIS AMONG WORKING PEOPLE.



JOHN F. GUNSHANAN,

MEMBER of the TUBERCULOSIS COMMISSION of the STATE of CONNECTICUT

MANY plans have been devised looking toward the education of the working people in the present-day campaign against the dreaded disease tuberculosis, but to my mind the best and most practical plan is that in operation for more than six years in many of the larger cities of Connecticut, wherein wage-workers in factories, mills, stores, and large insurance companies, have perfected organizations to which they contribute funds from which to defray the expenses of fellow workers who are unfortunate enough to have contracted the disease; or, if necessary, the funds are used to help defray the ex-

penses of those dependent upon a fellow worker who has been admitted to any one of the five sanatoriums in the State.

This movement was first inaugurated in the city of Hartford, where, for lack of funds, the Wildwood Sanatorium, located in the mountains on the outskirts of the city, and conducted under the auspices of the Hartford General Hospital, was closed. The Working Men's Club, an educational and social organization composed of men employed in factories and large industrial concerns, was the pioneer of the project. Through the efforts of its members, subscription cards were distributed in all the factories, mercantile



She - Well, I don't know. It's too bad the workers are not organized.
He - I can not work longer; what shall we do?

establishments, insurance companies, etc., for contributions, with the result that nearly eight thousand dollars was realized to defray the expenses of the patients in the sanatorium; and the contributors then organized what was known as the Working Men's Free Bed Fund. After a few years the demand for beds supported by this fund was so great that the aid of employers was enlisted, and they contributed an equal amount, reducing the cost per patient to the working men (which had been seven dollars per week) to one half that amount, or \$3.50 per week, which the working men paid out of their fund.

Since the movement started in Hartford, more than twenty thousand dollars has been raised among the wage-workers, and fully four hundred patients have been beneficiaries.

The growth of this work among the working people resulted in the erection of sanatoriums in five counties in the State,—Hartford, New Haven, Fairfield,

Middlesex, and New London,—where cases in all stages of the disease are admitted for treatment; and a law was passed admitting applicants at a cost of from two dollars to ten dollars per week.

In 1905, the legislature appropriated twenty-five thousand dollars toward the support of Wildwood Sanatorium in Hartford, and Gaylord Farm, located at Wallingford, Conn.; and through the efforts of the working men in 1907, fifty-five thousand dollars was appropriated; and in 1909, through the same influence, two hundred twenty-five thousand dollars was appropriated for the erection of the first three county sanatoriums; and more than sixty thousand dollars was also appropriated for the two private sanatoriums, Wildwood and Gaylord Farm; and a commission was appointed to carry the work of the erection of the county homes to completion.

The working men continued their campaign into the legislature of 1911, and the legislature of 1911 appropriated one



One year later: funds gone; the end is near.

hundred fifty thousand dollars for the erection of two new additional county sanatoriums, and appropriated also the sum of three hundred fifty-seven thousand dollars for the maintenance of the five county sanatoriums, as well as for the maintenance of Wildwood and Gaylord Farm.

More than seventy-five thousand persons in the State of Connecticut are now contributing to funds for defraying the expenses of this work; and results have shown that the best form of education for the working people is to get them interested and have them contribute toward the cost, thereby arousing in them a feeling of responsibility for the success of the work.

Antituberculosis organizations have

recently been engaged in raising funds by the sale of Red Cross Christmas stamps; and now that this work is over, I would suggest that it would be well for them to consider some of the various means for raising funds for this work which are employed by the people in the State of Connecticut, which are carried on the whole year round.

In Worcester County, in the State of Massachusetts, employers of labor defray the expenses of their employees who are affected with this disease, for three months in the Rutland Sanatorium; but the Connecticut plan makes the working people independent, and they are not made to feel as if they were under obligations to their employers; nor are they made town or city paupers.



WHERE WORKING PEOPLE HAVE AIDED

Mother and two children apparently cured. Thanks to funds raised by working men in Hartford, Conn.

INSPECTION *in* MILWAUKEE

CARL D. THOMPSON.

ANOTHER phase of the necessary work of the health department is, of course, supervision of the food supply. In this respect the department has been particularly active and aggressive. In January, 964 written reports were received on the establishments handling food products. A campaign was started about that time against the insanitary butcher shops, and the department was engaged in making an investigation of conditions in the cold-storage houses of this city, with special reference to the amount of food-stuffs and the length of time in storage.

During that month twenty-six carcasses of immature calves, weighing 1,385 pounds, were discovered and confiscated. Three hundred and ninety pounds of heads, tongues, and livers were discovered diseased with actinomycosis and tuberculosis, and 486 pounds of other tainted meat were confiscated; a total of 2,261 pounds were condemned. Over a ton and a quarter of diseased and tainted meat kept from the stomachs of an unsuspecting public in a single month!

Especial attention has also been given to the milk supply of the city. Considerable difficulty has been experienced because of the antagonism on the part of milk shippers under former administrations. In spite of the more determined and thoroughgoing effort on the part of the present health department to secure clean and wholesome milk, there seems to be less antagonism than formerly. This is due, no doubt, to the spirit of the

present department in cooperating with the dairymen. Under the law, the department is permitted to return milk found objectionable or lacking the required amount of butter fat, to the shipper. The present department has made use of this policy, and thus the shipper, instead of losing his product entirely, may sell it under test to creameries or cheese makers, or feed it to his hogs. This policy has eliminated much of the antagonism formerly shown by the milk shippers against the health department. And at the same time it has rendered more effective the campaign against dishonest shippers.

That the department has been vigilant is shown by the fact that during December of the last year, 608 quarts were confiscated, which seemed to have the desired effect for the time being; for in January only sixty-four quarts of milk and thirty-three quarts of cream were found sufficiently bad to make it necessary to confiscate them. In March, however, the quality again seemed inferior, and it became necessary to confiscate 1,872 quarts of milk and 96 quarts of cream below standard, as well as 1,248 quarts of sour milk and 48 quarts of sour



CITY HALL
MILWAUKEE

cream, which were unfit for human consumption, because of being stored under filthy conditions. There was never within one month more inferior milk confiscated in the history of the Milwaukee health department.

In this connection special attention has been given to the study of the sources of the milk supply for the city. An investigation of the dairy-farms in the regions surrounding the city was made, and, as might be expected, some very bad conditions were found, and some that were fairly good. Photographs were taken of the dairy-farms where there were filth and improper conditions. Photographs were also taken of the better sources of supply, where the herds of cows were well kept, in clean yards and barns, and where the milk was properly cared for. All these were displayed at a dairy exhibit held in Milwaukee recently, and in other ways made public. Thus an educational campaign is being carried on to supplement the work of law enforcement, with the object of creating a better milk supply.

Candy to the Hogs

And speaking of food one might say that chocolate candy, especially the higher grades, is regarded almost as a necessity among certain classes of people. The health department had its attention called to this matter by a lady who had paid sixty-five cents for a pound of candy, and found to her amazement that it was wormy. As a result, the department began an inspection of the candy factories and stores of the city,

with the most astonishing results. Not only was the candy dirty and wormy in many cases, but often in a most indescribable condition. In an effort to improve the situation, the department caught some of the venders actually melting the dirty and wormy candy and selling it, in spite of the department—remelted, dirt, worms, and all. This so thoroughly aroused the department that they actually confiscated two tons of candy; and in order to prevent its use,

kerosene oil was poured on about one half of what was condemned, and the whole mass burned. The rest the department permitted the owners to feed to hogs, in order to prevent an entire loss. Delicious confectionery! O delicatessen!

Special attention has also been

given to the ice supply, as well as fruits and vegetables. In fact, in a thoroughgoing and systematic manner the health department is scrutinizing the food supply of the city, and doing its level best to see that it is kept as near the standard as possible.

Factory Conditions

Following the general spirit of the administration, Dr. Kraft lays special emphasis upon the work of factory inspection. It will be remembered that early in the work of the administration it became a settled policy that the health department should concern itself particularly with sanitary conditions in the factories and places of employment. In fact, it was at this point that the preceding administration had failed, at least in the eyes of the socialists, who repre-



A so-called sanitary bakery wagon—the driver, tramping through the alley filth, climbs into the wagon, and then piles the bread on the wagon floor.

sent, of course, the working class. It was pointed out that while undoubtedly good work had been done in the previous administration of the health department, the working-class conditions had been almost entirely neglected.

Dr. Kraft from the beginning has laid emphasis upon the importance of this phase of the work in his department. Five additional sanitary inspectors have been appointed, one a woman. The woman gives her special attention to the conditions in laundries and shops where women are employed. I asked Dr. Kraft to give me a statement regarding this new phase of the work of the health department in Milwaukee. He did so gladly, and I quote from his words:—

"Factory inspection is an effort to improve conditions for the working men and women. It results in other improvements.

When properly carried out, it works to the benefit of employer as well as employee. It works equally to the benefit of the public as a whole. It corrects insanitary conditions, eliminates sources of contamination, and halts contagious and infectious diseases.

"Factory inspection in Milwaukee is in its infancy. The Milwaukee department but recently established a factory inspection corps, and is only now systematizing its work and broadening its scope. The work done has been in the nature of a survey. It has been an effort on the department's part to gain an insight into factory conditions, to tabulate them, and to design a system whereby these conditions may later be improved.

"Factory inspection in Milwaukee, as a whole, is good. Many factories are well lighted, well ventilated, and clean. Owners and managers are willing to cooperate with the department to make these conditions even better. In many instances factory maintenance is already so superior that supervision by the department is wholly unnecessary.

"However, there are factory owners



A sanitary candy kitchen such as the Milwaukee health administration is trying to encourage.

whose sole purpose seems to be the guarding of their revenues, and who care little or nothing for the comfort and health of their employees.

"Here, for example," the doctor drew a letter from his file, "is a man who writes to us. Read his letter."

I took the letter. I looked first of all at the name signed at the end. It



Men working in the fumes of sulphuric acid.

was the name of one of the most noted factory owners in Milwaukee. Hundreds of people are employed in his factory. The commissioner had ordered a better system for providing drinking water in his factory and some improvements in the toilet facilities. As to the drinking water, this big capitalist said—the letter is on file in the commissioner's office—"I will see what can be done. If feasible, I will have it attended to. Otherwise not."

Otherwise not!

Farther on the letter refers to the inspector of the department as chump, and closes with the statement, "We are not lost in admiration of your tactics."

"It is because of the continued existence of this class of business men," said Dr. Kraft, "that health departments need to maintain a factory inspection division. Inspectors calling at these factories are received with sarcasm; every obstacle is placed in their way; they are given no assistance in their effort to discover existing conditions. The department and the administration for which they work are criticized, and often bitterly arraigned. Own-

ers go to every extreme to discover who has made complaint. And thus employees often watch the progress of inspection with fear. They know that suspicion falls upon all of them, and that the mere fact that the administration or department is working in their behalf, jeopardizes their jobs.

"But, after all, such employers are the exception. It would seem that there is a general willingness not only to comply with laws and ordinances governing factory conditions, but a desire to provide the best for the men and women who must work in factories. There seems to be a realization that better conditions serve not only to improve the health of employees, but to improve their efficiency. It is usually true that the establishment of sanitary conditions in a factory results in increased revenues.

"Factory faults, as indicated by the Milwaukee Health Department's preliminary survey, include poor ventilation, the insanitary toilet, and the dust evil. These faults are often not understood. Frequently an employer thinks that a large room constitutes ventilation. Often open doors and open windows are considered entirely sufficient. In some instances, the statement has been made that 'we get used to bad air.' And similar statements are made concerning the breathing of chemical gases. They are pronounced detrimental only 'until we get used to them.' In these cases it de-



Girls working in bag factories, where dust is so dense that they must wear hoods to keep the dust out of their hair.

volves upon the department to become an educational institution. It must first convince the employer that a large room and doors and windows occasionally opened, are not ventilation. It must convince them that chemical gases are bad—always bad—whether one has become 'used to them,' or not.

"In a broad way, the Milwaukee Health Department's first effort will be toward se-

curing for every Milwaukee factory an adequate system of ventilation. In some instances this will necessitate the installation of vents and fans. In factories where nauseous or dangerous chemical gases are necessarily given off by the product used, the fan must be demanded. It is the only wholly efficient method of clearing the atmosphere and driving into it an adequate supply of fresh air. In other cases, vents alone will provide sufficient air. In such cases no effort will be made to burden the management with additional cost. While the health department is responsible firstly for the health of employees, it is also responsible for unnecessary expenditures that it may order. It realizes that it can not expect the owners of factories to expend large sums of money for questionable benefits. But when working men are found breathing the fumes of sulphuric acid in rooms where ventilation is not sufficient to carry away the gas, it becomes necessary for radical action to be taken. Or where young women are found working in bag factories where the dust is so dense that it settles in thick coatings over every article in the room, and where the girls wear hoods over their hair to keep out the dust, then something must be done.

"So fans have gone in. The chief factory inspector reports that fully eighty per cent of the factories of Milwaukee were without adequate ventilation. Fifteen per cent could claim to be at least fairly well ventilated; and of the eighty per cent with bad ventilation, about sixty per cent required some kind of fans. So in about sixty per cent

obvious and its remedies so apparent, that it is one of the cases that call for radical action.

"Not one in ten Milwaukee families would tolerate an insanitary toilet in its



Hood for drawing off gases generated in the process of manufacturing gas mantles, installed upon advice of the health department.

home. Nothing can possibly be more detrimental to health. And there is no more reason why such sources of disease should be permitted to exist in factories than in private homes."

Looking over the work as reported by the factory inspectors employed in the health department, one is struck with the thoroughness and the amount of work accomplished for a department so recently established. One of the inspectors reports 160 factories and working places inspected during his first eight weeks of service, with reports of reinspection of practically every case. The reinspections were made sometimes two, and sometimes as many as four, times. The work of the inspection is all tabulated on a very elaborate blank furnished for that purpose.

(To be concluded)



One of the ventilating-fans being installed in the factories and workshops throughout the city.

of the factories in Milwaukee, these ventilating fans have been installed.

"The third general evil, the insanitary toilet, is inexcusable. Its dangers are so

THE HOME'S RESPONSIBILITY *for* IMMORALITY



MRS. ROBERT PARK,

FIRST VICE PRESIDENT, MASSACHUSETTS CONGRESS OF MOTHERS.

THERE is a force stronger than the sea, and that is the tide. There is a force stronger than men, and that is the impulse to create. When that impulse is debased and grovels in the dust, it is called immorality. The home's responsibility for morality lies in creating so strong and clean a spirit of life and health that the impulses of the children will be toward right living.

Much has been said, of late, as to the necessity of explaining to the child the laws of his being, that he may not stumble in darkness, or remain in ignorance of the penalties of life. Wise men and women have agreed that it is necessary that he be told what will make him immune from the idle chatter or evil suggestions of chance comrades. But just what forces we should appeal to in the child to make him grow morally upward seems to be a very complex question.

Dr. Richard Cabot, whose work as chairman of the Social Service Department of the Massachusetts General Hospital makes him an authority on the subject, has little use for the accepted slogan of sex hygiene. His work has led him to believe in what he calls the contagion of personality and example, and less in talking on such matters — especially such teaching as attempts to reduce sin to its physical consequences.

"We do not say to a child," says Dr. Cabot, "that he must not steal because he may get found out and be put in prison, and prison is very unhygienic. We do not say to him, 'Do not lie, because it may keep you awake nights, and loss of sleep is very unhealthful.' Hygiene will tell you what will follow if you disobey certain rules, whereas sin is the same, whether it has consequences or not."

As one may play with fire and not get burned, so it is possible to sin and escape the physical consequences; a man may be absolutely vile and at the same time physically healthy. For that reason Dr. Cabot believes that talk about consequences is the falsest kind of teaching. It is possible for the consequences of an act to be reactive. A misguided girl may be seized by the consequences of her act, not by the law, but by a revulsion of feeling caused by the possibility, or by the achievement of maternity, and her whole life may be changed. I am quoting almost literally from the report of the Social Service Department, sent out by Dr. Cabot, who states that in the three classes of unfortunate girls they had tried to help, it appeared that they had helped the pregnant girls and failed with the rest.

Elizabeth Goodnew, in her book, "The Market of Souls," speaks of a young washerwoman, who had been a girl of the streets, and who was saved by the penalty she paid. "It seems foolish," this girl said, "and I — I can't talk about it very well, but I loved the thought of the kid. It was something mine, that I

could love, and I just had to be decent. I would lie awake half the night, thinkin' about the baby; what I would do if it was a boy, and how I would steer her straight if it was a girl—'cause I knew the ropes an' she wouldn't never be like me."

So, to invoke the consequences of a crime does not seem to be enough. "If information were the only sure cure," Dr. Cabot contends, "then medical students would be the most moral class of young men in the world; a distinction no one claims for them."

We can not have specifics for moral ailments, as we have for physical ones, it is true; but when the consequences of sin are so far-reaching, extending even to the children of the third and fourth generations in blindness, and weakness, and loss of life, then it seems right that we should point out the hygiene of such matters, feeling it a moral responsibility to our children's children.

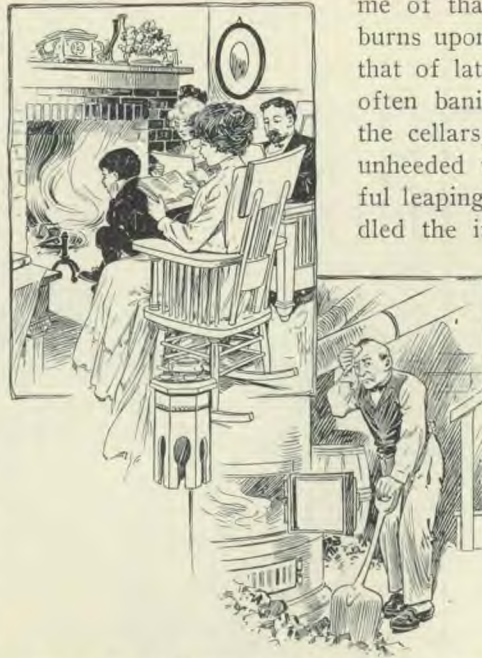
But I agree with Dr. Cabot when he says that in the home is the surest opportunity, not by means of talking, but by means of acting. If the "contagion of personality" is strong enough to save sinners, then it can inspire our children, fresh and unspoiled as they are, with a love for all that is active, and beautiful, and good.

The parent must be an ideal to his or her children that they can not think of

without turning away from all that is vile. Every parent should show his children what consecrated affection means, and can mean, and should breathe into the home life something of the divine fire, that the children may not be satisfied with a meaner and baser flame.

And when I speak of fire it reminds me of that homelike fire that burns upon men's hearths, and that of late years has been so often banished, imprisoned in the cellars, where it performs unheeded tasks. That beautiful leaping flame that has kindled the imaginations of men

in all ages, and has strengthened them to fight for their hearth fires and their homes, is now too often confined in a steam radiator. What kind of home is that for a child to look back upon in fancy, when he is far away and exposed to life's temptations, where the high,



We must not forget the first real thing that ever drew the family together, . . . that homelike fire that burns upon men's hearths, and that of late years has been so often banished, imprisoned in the cellars, where it performs unheeded tasks.

flickering gas-jet or electric globe lights up the steam radiator, and father and mother are absorbed in their own pursuits?

I think music is very important, and no one can overestimate the value of good books, but we must not forget the first real thing that ever drew the family together, the hearth fire. If we can not have the open fire, we can have the evening lamp, or the camp fire, or the warmth of a great personality to gather around. Some mothers and fathers are like camp fires; you can warm yourself in their very presence. Something we

must have around which we can all draw closer to be warmed and cheered, and have our bonds of love more firmly knit.

It seems to me that if we have pictures that mean something upon our walls,—not just a senseless jumble,—if we have flowers, and simplicity, and a fire upon our hearth, we are not in much danger of sending out little degenerates, cigarette in mouth, to defile our public streets.

And think what people we meet around the fire! While the children are busy with some handiwork that keeps the fingers flying while the mind is free, there come many people to join us around our fire, in the books that we read, and the themes that we discuss. Some one should read aloud, at least for a little time, so that we meet the same friends, and have thoughts and tastes in common.

At all times of year it is not possible to gather in this manner, but that which brought us together in the long winter nights will hold when moonlight, and camp fires, and evening strolls with other friends, take its place.

I do not believe that children whose

home is to them a sort of "God's corner" of the universe; who have sat, night after night, with father and mother about an open fire, and who have there met the great and good in all times past; where joyousness and industry work side by side, can ever go out from that circle with those degenerate tendencies that

make them weak and dangerous examples to the community.

And so we will make our sermons short and our practises long and perfect. It may be that the children will get some good out of the sermons, but I think they will get more good out of just living all together.

[This is all excellent practise, and some homes can profit by it. But there are many parents who, because of their own early training or lack of training, are not capable of setting this high ideal before their children; then there are others who would not if

they could. What are we to do with the boys of fourteen and on with the strong instincts coming from such homes? While we may recognize the beauty and the excellence of Dr. Cabot's plan where the parents carry it out, we must make some provision for that vast number of children who are not so fortunate in their parents. We must teach them something. The moral lesson may not go very deep; the soil may not be congenial. Let us give them also the physiological—the sanitary lesson.—ED.]



What kind of home is that for a child to look back upon in fancy, . . . where the high, flickering gas-jet or electric globe lights up the steam radiator, and father and mother are absorbed in their own pursuits?



POINTERS ON BECOMING A SUCCESSFUL COOK

George E. Cornforth

IT has been said that in order to be a success in any line of work one must first be a success in one's own body. This means that he must be master of himself. A theoretical and practical knowledge of one's line of work is not all that is necessary. Success depends upon character as well as upon knowledge. Even one's disposition may make or mar one's success in life. Politeness and an attractive manner are recognized as good business qualifications.

These truths apply in the profession of cooking as well as in any other; though sad to say, many cooks develop an unpleasant disposition,

and forget that politeness should have a place in the kitchen as well as in the parlor.

"Practise makes perfect" is an old saying. Whether it is true depends upon how the practising is done. If every time we do a thing we strive to do it a little better than we did it the last time, we may hope to come very close to perfection. We should not be contented to do a thing as well as some one else does it. "Do him one better." Those who make their mark are not always the ones who do things that no one else has done, but those who do things better than any one else can do them. Large sums of money

are sometimes paid for a few minutes' work because the man who does the work is an expert in that line, and can do what no one else can do, or because he can give an expert opinion which is regarded as safe advice.

There are some qualifications that are particularly necessary in cooks. These are: neatness, carefulness, accuracy, the possession, either by nature or cultivation, of a certain refinement of taste which makes one do things daintily and

"The art of cookery is as old as history; its development measures the development of civilization. More people are engaged in cooking all or a part of their time than in any other occupation. On the selection and preparation of food depends, more than on any other single factor, the health and consequent happiness and prosperity of mankind."—*American School of Home Economics.*

tastily, the ability to think and act quickly, to keep many things in mind at once,—to tend many irons,—to keep his temper, and to be self-possessed no matter

how hurried he¹ may be. Temper is too good a thing to lose. When one loses that, he loses power, as well as the respect of his fellow workers. If his fellow workers recognize him as an authority upon his subject, it will never be necessary for him to "show his authority." He must be observant, ready to take suggestions.

With the recognition of the fact that cooking is becoming a science, the idea that a really proficient cook need not measure his ingredients is passing away.

¹ I use the pronoun he, but these statements apply equally to women who are engaged in cooking.

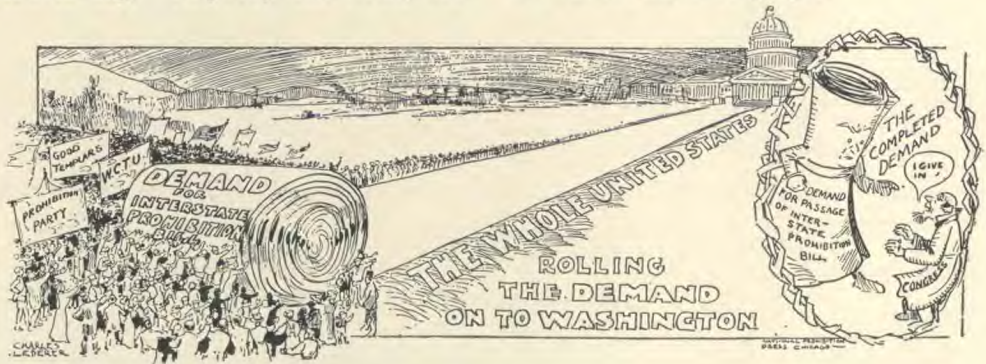
Of course, there are some simple things which may be made without taking the trouble to measure exactly, but in the making of other than the simple things, cooks have in the past depended upon "luck," which is really the natural result of their good or poor work. The materials used in cooking are governed by the laws of nature, physical and chemical, which are God's laws, and God has so arranged that under the same conditions the same laws always operate, therefore we may be sure that uniform results will always follow accurate work. This means that if we have a good recipe and follow it exactly, we shall get the same results each time.

Young cooks often fail in the proper seasoning of foods. This seems such a minor part of the recipe that the attention is mainly put upon the principal ingredients, and the seasoning is often missed; but when tested by the eating, the seasoning is found to be the "making or the marring" of the dish.

Another matter which sometimes escapes the attention of young cooks is the keeping of the kitchen neat and clean. The preparation of the food seems to engage their whole attention, and the kitchen is left to take care of itself, and it fails to keep itself tidy. My mother used to say, "Anybody can *clean*, but

it takes some one who is neat to *keep clean*." I have found that the old dictum that the only way to conquer dirt is by "eternally keeping at it," is true.

We find many girls who grow up to dislike housework and cooking. I believe one reason of their distaste for these tasks is because they have never been taught to do them well. The best way of doing home duties is being taught under the name of "Domestic Science;" and thus an effort, which is being crowned with success, is being made to elevate these duties to a higher plane in the minds of young women. It is very true that we generally like what we do well. Therefore if we study these tasks as a science with the view of doing them in the best possible way, we shall come to enjoy them. It is very often not the *tasks themselves* that are disagreeable, but the *way* they are done. Innumerable inventions have been made to simplify other lines of the world's work. A few have been made to simplify home duties. We should make use of these and study to discover others. In this study of Domestic Science young women can find as profitable and enjoyable employment as in other lines of work, and more profitable if we consider the rewards not only in dollars and cents but in the lives of people.



Every one who believes that when a State has voted no license, it should be protected against liquor from over the border, should petition his congressman to favor the passage of the Kenyon-Sheppard Bill (S. 4043, H. R. 16214), "To prohibit interstate commerce in intoxicating liquors in certain cases."

THE MEDICAL MISSIONARY AT WORK



MEDICAL MISSIONARY WORK AMONG THE AYMARA INDIANS

F. A. Stahl

SINCE the work has been started upon our buildings in this place, the priests and the authorities have been very active to hinder it, threatening to arrest every one who would work on these buildings. Messengers were sent telling us that it was of no use for us to build, as the work was to be destroyed; but we kept right on working. Then the bishop came here and called the people together. It was decided that the buildings be destroyed and that we all be killed. The only reply we gave the messengers was that this work is of God, and that it would be wise for the persons making these threats to be careful.

We can not say that these evil reports coming as they do every three or four days have no effect upon us. We feel at times exceedingly apprehensive, especially upon the feast-days, when large crowds gather in the near-by villages; for as the people return from the feasts they are inflamed with strong drink, and while passing the place where the building is going on, they stop and curse and call us devils.

At first our people wanted to retaliate; but I forbade them to answer even a word to these insults, explaining that these poor people knew not what they were doing. I told them when they were maligned, to think of our dear Saviour and what he had passed through for our sakes, and to work on prayerfully; but

that when stones were thrown, to seek shelter the best they could. This is being done.

A few weeks ago, as I passed through a village in answer to a call of sickness, the people stoned me. I was struck, but not injured seriously. The authorities have sent soldiers out here to enlist our young men in the army, and over a hundred have been taken. This has lessened the attendance of our Sabbath meetings. Many that came to us from the islands, and other parts of the country, do not come now, but they have sent us word why. We believe that these things will serve to show the people the true character of the priests, and that God will return us good for all this evil. We encourage ourselves in the Lord, and we are thankful for the prayers our brethren and sisters have offered up in behalf of this work. We are fully persuaded that this will be our only success. I beg of you to continue to unite with us in strong pleadings with God, that he will grant us liberty to present his message to this people, and that he will put fear into the hearts of the persons that would hinder the work.

These enemies seem to me to be the kind Paul encountered, as recorded in Acts 13:8-10. (Please read.)

The Indian who is instructed in the truth no longer attends the drunken feasts ordered by the priests, nor can he be robbed in any other way. This

is what so enrages the priests. As there is no religious liberty in Peru, one can realize the power these priests have, being backed somewhat by the authorities. Only God can open the way.

We have been kept very busy in caring for the sick and the needy. We have the very poor here also. In the past two months we have treated and cared for five hundred persons, by actual count, and in the press of our work we could not keep count of all; to many of these we have sent food. No one is turned away. Huts are visited wherein the people lay ill with black smallpox; and as we attend those afflicted with this dread disease, we are led to realize that God has protected us from other dangers besides enraged mobs. In every home we visit, the sick are made as comfortable as possible; then we pray with them and point them to a loving Saviour. Many friends are being made. The

hearts of the people are being "stolen;" no; reclaimed,—restored to the rightful owner, our Lord Jesus Christ, who paid the price.

We have no complaints to make about the hardships of the way. True, at times we are overcome by weariness. Sometimes we suffer cold and hunger; not hunger for lack of food, but for lack of time to prepare it. But in it all we have the peace of God, and our only concern is that these people shall be presented an intelligent view of the truth.

In closing, I again ask you to remember this part of the great field in your petitions to God; and may you not grow weary in well doing as you receive calls for help from the many needy parts of the field. We that are in the heat of the battle will gladly share the reward, and I verily believe at that time God's verdict will be: "They shall part alike." 1 Sam. 30: 24.



WAITING

AMONG THE CHILDREN IN KOREA

Mrs. Dr. Riley Russell

THERE is a quaint little village across the valley from our dispensary, just out of sight over a low hill. Following a little path, one comes upon it suddenly when the top of the hill is reached. Nestling cozily together among chestnut- and mulberry-trees, the little tile-roofed or straw-thatched huts look very quiet and peaceful in the sunshine, with every one except the children and grandmothers at work in the distant fields.

Standing one Sabbath afternoon among these little ones, watching their bright faces and hearing their jolly laughter, my heart was filled with a great love and longing to help them. Every Sabbath afternoon the little girls who come to church and love Jesus, go with me, and we call the children and teach them to sing. Nothing is more lovely to me than to hear these sweet little voices raised in praise and gratitude in the gospel songs that have been translated into the beautiful Korean tongue. This week these little children,

who hardly have an idea of God, are learning the great law of God by learning to sing the hymn, "The law of the Lord is perfect, converting the soul." Last week during the holidays, when the people were going to the graves to worship their ancestors, I was much impressed with the following incident:—

"Do Christians go to the graves of their ancestors to worship?" asked a little ten-year-old girl who attends church and believes in Jesus, although her whole family worship Satan.

"No," I replied; and before I could comment she flashed out, "Yes, I know why they do not. In God's great law, in the second part, it says, 'Whatsoever things are in the earth' we must not worship, and our ancestors are in the earth."

She had learned the law and had it in her heart, and I believe it will convert her soul. O these dear little children, how eager they are to learn!

Remember us in Korea as we try to uphold and magnify the law.



EDITORIAL

SOMEBODY'S WRONG

UNDER the above caption, the *Battle Cry* (Prohibition) quotes the following two expressions in parallel columns. The inference, doubtless, is that the latter statement is wrong. I think, however, that any study of statistics will show that our per capita drink bill is not diminishing but is steadily increasing.

United States Half "Dry"

"The fight against the liquor traffic in the United States has been half won. Almost two thirds of the counties of the United States are under prohibition. Approximately three fourths of the incorporated villages are now without saloons. There are 200 "dry" cities having a population of more than 10,000 each; there are forty-nine dry cities having a population of more than 25,000 each; there are fourteen dry cities having a population of more than 50,000 each, and there are five dry cities having a population of more than 100,000 each. The fact, however, that the first half of the struggle has been won in no sense indicates that the last half of the fight will be won either in as short a time or as easily. . . .

"Regardless, however, of the long, bitter fight which is ahead, the fact remains that so far as area and population are concerned, we have reached the half-way station in the fight for national prohibition."—*American Issue*.

Somebody is wrong. The wrong, however, consists in thinking that the liquor evil can be done away by legislation alone.

I am not saying this because I do not favor the abolition of liquor; for I believe that the country that licenses drink is responsible for every robbery and every murder and every rape committed under the influence of the cursed thing. But the country is *the people*, and any legislation that is ahead of the people—that is, the majority of the class that thinks, and votes, and acts—is hypocrisy, and will brand itself as such in the police courts, and at the polls.

What we need is, not so much hot electioneering at election time, not so much effort to get some particular men into office, but a campaign of education in the responsibilities of citizenship, a campaign to enlist especially the growing generation in a warfare against the drink evil. It is the Band of Hope boys of a generation ago who are now in England's Parliament, and in her medical colleges and her churches, who are standing *right* when every influence is brought to bear to teach the scientific facts(?) of the usefulness of light alcoholic drinks, and the commercial advantages of the drink traffic.

Only Harm Can Result From Deceiving the Public

"When all allowances are made for false and garbled statistics, deliberate falsehoods, and misleading statements, the fact remains that there is alarming increase in the use of alcoholic liquors in the United States as a whole which it is unwise to ignore or explain away. Only harm can result from deceiving the public by charts which indicate a rapid advance in temperance legislation, and by boastful statements about making 'the map all white,' while we are doing nothing of the kind."—*From the report of the committee on temperance of the last Presbyterian General Assembly at Atlantic City*.

Begin teaching the youth right principles; teach them right physiology, right hygiene, right living.

The work of the *Scientific Temperance Journal* is in the right direction. This and similar literature ought to be made familiar to the pupils in all our schools. To begin with legislation is to get the pyramid inverted, and it is bound to topple over.

BOVINE TUBERCULOSIS—REPORT OF THE ROYAL COMMISSION

THE work of the English Royal Commission, some time ago completed, emphasizes the importance of care in selecting cow's milk, especially for young children. From the report it seems certain that children do contract tuberculosis of the bovine type, from the use of milk, and though this is not pulmonary tuberculosis or rarely so, yet it often gives rise to grave or even fatal conditions. This, in the light of the careful investigations of the commission, can not well be denied. However, a recent issue of the *Annals of the Pasteur Institute* contains a statement on the other side, which, coming from that source, will bear repetition.

Dr. P. Chaussé, veterinary inspector at Versailles, has conducted a series of investigations to determine by what means cattle suffering with pulmonary tuberculosis are infected. The account of his researches is published in the *Annals of the Pasteur Institute*, July 25, 1911, from which the following translation of his conclusions was made:—

“The most rapid and most certain method of causing pulmonary tuberculosis in cattle by means of a minimum dose is by inhalation.

“Experimental infection by inhalation alone results in primary thoracic lesions corresponding exactly to the characters of spontaneous bovine tuberculosis.

“Bovine tuberculosis in old animals is of inhalatory origin in at least 98% of the cases.

“Tuberculosis in calves is of inhalatory origin in 90% of the cases, and is congenital in the rest.

“Cow's milk being, even in the raw state and in large quantity, practically without danger to calves, it is less so for the child who drinks it usually mixed and boiled.

“The hypothesis of Behring is controverted.

“But we do not pretend that for the human race the measures for the prevention of bovine tuberculosis are unnecessary. Our idea is, that without neglecting any possible source, it is important above all to war against human and familial contagion.

“The prevention of tuberculosis in cattle should be guided by these same considerations.”

That is plain language. The easiest way to infect the lungs of animals is to have them inhale the germs; and when they inhale germs in this way, the same kind of lung disease takes place as is found in animals who have the natural disease. In at least 98% of the cases of old animals the disease is taken through inhalation. In 90% of calves it is taken in the same way, and in the other 10% it is transmitted from the mother before birth. This indicates that the calf practically never takes the disease on its milk. If the calf, which lives entirely on milk, never takes the disease that way, how much less the human infant which lives only partly on cow's

milk, and that is very frequently boiled.

We are glad, however, that this writer does not counsel carelessness as regards cow's milk. His anxiety is that in looking toward milk as a possible

source of danger, we are apt to overlook the real danger of house infection, from other human beings, which is probably responsible for more than 75% of the tuberculosis.



The Minneapolis Vice Report THIS report enforces certain truths in regard to liquor as well as vice:—

Legislation regarding an evil is practically powerless without public opinion back of it. The first and most important point in attacking an evil is education, an education that will reach not only the few but the many, and especially the rising generation.

The public should be taught that the thing is an evil, and how it is an evil, and to what extent it is an evil, affecting the vital interests of one and all.

The people should be educated up to the point where they will understand the value of a public conscience, and the value of organized team-work, in meeting a great evil.

They should understand that an evil that has been capitalized, an evil that is turning a regular revenue over to supposedly respectable capitalists, is not one that can be overcome by a few spasmodic efforts. All the skill, all the expedients of organized capital, in buying judges, in corrupting legislatures, in falsifying elections, in purchasing so-called "scientific opinion" in favor of the harmlessness or the necessity of the vice, will be used.

The work against the evil is limited to the public spirit and patriotism of those who have an ideal of better conditions, for which they are working. With little

capital, often without much efficient organization, what can this band do against corrupt and corrupting capital?

It is only by bulldog persistence, by organization, by education, until all the better elements of society are thoroughly aroused, that the battle against these great evils will be won.

The reproach that "prohibition does not prohibit" is true as regards both liquor and vice when there is not an awakened public conscience back of the prohibition; but let the public conscience be thoroughly awakened, and it will be time for corrupt capital to take to the woods. Moreover, the education should not all be along the line of social betterment. The recent history in Maine would indicate the need of a continuous education, especially of the young, along the old lines of personal *self-restraint*. We can never make *character* by prohibitory laws.

The Harmlessness of Light Drinks PERCY G. STILES, assistant professor of physiology in Simmons College, refers, in the *Journal of the American Public Health Association*, October, 1911, to the work of D. D. Whitney to determine the action of alcoholic liquor on rotifers, which was reported originally in *Science*, 1911, page 587. In view of the claim so loudly made, that light alcoholic drinks, such as beer, wine, and

cider, are comparatively harmless, this report is not without interest. Stiles, who admits that work on rotifers "seems rather remote from our interest in human susceptibilities," also suggests that "after all it is probable that protoplasm in all forms of animal life has some reactions in common," which probability I think no one will deny. He then sums up as follows the work by Whitney:—

"He finds that pure ethyl alcohol when reduced to distilled water to a concentration of ten per cent requires nearly an hour to kill the organism. Distilled liquors (brandy, whisky, and gin) are somewhat more poisonous when they are diluted to the same alcoholic strength. Malt liquors kill when the alcohol is but two per cent—a concentration which actually permits reproduction when there are no minor substances present [that is, when it is a two-per-cent dilution of pure alcohol]. Diluted wines are fatal when the mixtures contain one per cent, or thereabouts. Cider proves to be the worst possible medium, killing the rotifers when attenuated to 0.4 per cent alcoholic strength. One is reminded of the opinion so commonly heard in the country, that drunkenness produced by cider is of a particularly profound and vicious type."

This is not a conclusive testimony as to the greater harmfulness of the light alcoholic drinks for man, but it at least carries with it a strong inference that they are not the harmless drinks some would have us believe.

Walking vs. Football It does little good to talk against a craze while it is "in the air;" those who are obsessed by a certain fad or fancy have no room in their brains for any argument against it.

What good to expostulate about football fatalities? Football is now popular,

and is likely to be for some time to come. Its devotees seem to think it always will be. New rules do not materially lessen fatalities. We go on "enjoying" a game which has little to recommend it, for it gives exercise to the few, not to the many. That is the fault of all our great games, at which the great majority take exercise "by proxy," or else in rooting themselves hoarse. What is the record for the past year? *American Medicine* says:—

"Fourteen fine men have been slaughtered to make a holiday, and our women are just as keen for it as the Roman ladies were for the death of the gladiators. Spanish ladies shrink with horror at the mention of our brutality, but have none of our maudlin sentimentality over the sight of a blinded horse disemboweled by an enraged bull."

We can commend this medical journal's attitude toward football as a means of exercise, and toward the various patent exercisers which, after all, are gotten up for the one purpose of feathering some one's pocket, and its recommendation of the greatest of all forms of exercise, which is free for the use of the poor as well as the rich.

"Walking is the best of all exercises because the most easily taken, the most adaptable to the varying needs and capacities of different individuals, and the most effective in its immediate and remote results. Moreover, it is the most hygienic exercise because it calls into action, to a greater or less extent, practically the entire system of muscles. After one acquires the ability to walk properly, that is, to obtain the utmost benefit, it gradually becomes more or less automatic, and yet the benefits follow just the same."

This is followed by two or three pages of excellent advice as to the proper manner of walking.



ABSTRACTS

In this department, articles written for the profession, and public lectures on hygiene, which contain matter of interest to LIFE AND HEALTH readers, are given in abbreviated form. Sometimes the words of the author are given, but more often the passage is abbreviated, or else paraphrased in popular language. Technical matters and portions of articles having no popular interest are omitted. Credit the authors for what is good, and blame "us" for the rest.

THE CONSECRATION OF THE AFFECTIONS

WITHIN the last year I have had occasion to talk with doctors, ministers, educators, social workers, and parents in various parts of this country. Everywhere I found thoughtful people much aroused upon this subject, usually in its misstated form of "sex hygiene."

Until recently there has been a "conspiracy of silence" regarding the perverted aspect of the affections. That conspiracy is now broken. There is great need of guidance just now from men and women who recognize the normal aspects of affection. A half truth of the type published under various titles as "the plain facts," or "the naked facts," about sex and sex diseases does much harm.

Sex hygiene we call it. But in fact this subject has nothing to do with hygiene. For hygiene has no words to proclaim as to why you and I should behave ourselves. Hygiene makes clear the consequences of certain errors. But these consequences are far from constant. Sex disease is a matter of chance. Many people guilty of sin remain entirely free from disease, while many innocent people are diseased. Let us disabuse our minds of the idea that there are always bad physical consequences of sin in this field, and that those consequences are reasons for behaving ourselves.

But even if there were always such consequences, I think it mischievous for us to preach a morality based upon them. The preaching about sex hygiene that is going on in recent books and in the periodical press, is immoral in its tendency. It is like saying, "Don't lie, for if you do, you won't sleep at night, and insomnia is bad for the health." But there are people who do lie and who do not lie awake at night. Or it is as if we should say, "Don't steal, for you may be caught, and prisons are unhygienic." Is that the true reason?

The attempts to consecrate affection and to safeguard morality by teaching what is called sex hygiene will, I believe, prove a failure. I have very little confidence in the restraining or inspiring value of information, as such.

I have seen too much of its powerlessness in medical men and students. No one knows so much of the harm of morphin as the physicians do, yet there are more cases of morphin habit among physicians than among any less informed profession. It is easy, of course, to make young children familiar with the facts of maternity and birth. Compared to the ordinary methods of concealment and lying by parents to children about these matters, this is doubtless an improvement; but it does almost nothing to meet the moral problems of sex which come up later in the child's life.

Many have thought that by teaching the physiology of reproduction in plants and animals we can prevent the dangers referred to. But there is nothing about nature that should make us look up to her as a source of good example in this field. The behavior of most insects and animals is far from being a model for human beings in the relations of sex. Why, then, should we teach it as part of an education in the consecration of affection?

It is true that we may point here and there to a comparatively stable union between the male and female of one or another animal species. But what we are doing is to select among animals certain features in which they are almost as admirable as man. How much simpler and truer it would be to confine ourselves to human example. There is nothing scientific about selecting here and there from the animal kingdom such examples of behavior as happen to suit our purpose.

Turning now to the more positive aspects of our subject, I should say that in the morals of sex, *immunity* and *vitality* are the great watchwords. The positive moral qualities which make us immune to the dangers clustering about sex, the heightened vitality, the more abundant life which enables us to live above such temptations, are obtainable not through warning as to dangers, not through an appeal to prudential motives and the saving of our skins, but through the more positive activities just alluded to. All that

is most practical and successful in this field of endeavor may be summarized as the *contagion of personality, human or divine*. What is it that keeps any of us straight, unless it is the contagion of the highest personalities whom we have known, in man and God? Any one who wants to keep a college student within the path of decency will desire above all things for him the companionship, and so far as may be, the intimate friendship of pure women.

As soon as we face the problem from this point of view we see that it is untrue that nothing has been done in the field of education of the affections. All that the best school-teachers and parents have done through the contagion of personality, though not a word may have been said about sex, has been effective and furnishes a basis on which we may build securely in the future. There is no sense in disregarding all that has preceded our present crusade. We must give due credit to what has already been done, and then, if we can, go beyond it. Of one thing I feel quite sure; a positive evil can be driven out only by a more positive good. The lower passion can be conquered only by a higher passion.—*Richard C. Cabot, M. D., Boston, Assistant Professor of Clinical Medicine, Harvard University. Read before the American School Hygiene Association; abstracted from American Physical Education Review.*

The Moral Problem

We have to deal with an instinct as insistent as hunger or thirst, and we must teach the young the significance of this instinct. It is an instinct that may be developed by circumstances. Many young women play with fire, and do not know it.

In our instruction we must go to the root of the evil. Numerous things tolerated by the best people and in the best homes are aids to vice. Many plays are indecent, and should be suppressed. Much of our literature, even our magazines that on the face seem innocent, often suggests evil thoughts, thus paving the way for evil deeds.

Women often dress suggestively. What adds to the physical charm of women helps to develop the instinct in men. When by her style of dressing, a woman attempts to display her physical make-up, she is playing into the hand of her fallen sisters.

Young men, in order to be safe, should establish a household early, say at twenty-two, and thus reduce the danger of temptation. But with our present standards of living, how are they going to do it?

The problem of the young woman, forced into the world at sixteen or seventeen, into

the department stores or into an office at six or seven dollars a week, is a serious one. For a girl to attempt to keep herself and dress herself on such meager wages is to be subjected to the severest temptation.

Another point: nature abhors a vacuum. It does no good to tell people they must not think of evil. The only effective method of preventing evil thinking is to furnish something good to take its place. The best safeguards are hard work and pure interests.

Another great incentive to vice is alcohol. It is almost a universal experience that alcohol is an accompaniment of vice. Many a young man goes astray because alcohol has blinded his moral faculties and caution.

In our campaign of education we should point out to young men and women that in vicious associations they are in danger of contracting diseases far worse than leprosy, tuberculosis, smallpox, or any of the other contagious diseases, because these are hereditary, and are thus passed on to the innocent of future generations.—*Discussion at the Monday Evening Club, Washington, D. C., Oct. 16, 1911, by Dr. Wm. C. Woodward, Health Officer of the District of Columbia, and Secretary of the American Public Health Association.*

Treatment of Ivy-Poisoning

THE leaves and flowers of the poison-ivy plant yield a poisonous tar, which is soluble in both alcohol and ether. The treatment by alcoholic solution of acetate of lead is unsatisfactory, as an unstable lead salt of the poison is deposited on the skin, where temperature and moisture may again set the poison free. The use of alcohol and ether as solvents may spread the condition unless they are used in large quantities.

Potassium permanganate completely oxidizes the poison, and effects a speedy cure. The affected part should be immersed in, or bathed with, a solution of permanganate as hot as can be easily borne. If the skin is broken, a dilute solution (one per cent) should be used, otherwise the concentration may be varied according to the location and condition of the eruption. A little dilute alkali or acid is advantageously added to the solution. The oxidizing power is greater in the acid solution.

In rare instances, when the poison is deep in the skin, it should be exposed to the solution for some time. The dark stain of the permanganate will wear off, or can be removed by vigorous scrubbing with soap, or by the cautious application of oxalic acid [or of sodium hyposulphite, or better still, a mixture of oxalic and hyposulphite].—*Journal of American Medical Association.*



PERSONAL LIBERTY AND SCHOOL INSPECTION

THAT organization created primarily to fight the American Medical Association on account of its crusade against quackery and frauds in medicines—the National League of Medical Freedom—has been circulating throughout the country printed matter, mimeographed letters, circulars, and other campaign literature (?) attacking the medical inspection of school-children. This matter has been sent principally to school superintendents with a view to prejudicing them against the proper inspection of schoolchildren. An accompanying letter asks the school superintendent to protest against school inspection in his city. This circular letter has called out at least one reply in which the writer does not hesitate to speak his mind. The following, by the superintendent of schools of one of the large New England cities, has been reprinted by the Russell Sage Foundation, Department of Child Hygiene:—

"DEAR SIR: YOUR letter and pamphlets relating to compulsory medical inspection are received.

"We have medical inspection in our city, though usually not compulsory, parents being allowed in most cases to have a child exempt on request. In a few cases not only inspection but treatment is compulsory, horrible as such a condition may appear. We found over 400 cases of pediculosis last year, for instance, and actually forced parents to kill or remove the parasites. Last week we found a little girl with a large abscess in the ear. In the opinion of three ear specialists her life was in great danger; without treatment, indeed, they considered it probable that the child would soon die. The child has no father. The mother refused to have anything done. Under threat of arrest she allowed the child to go to a hospital, where she will probably come out all right, though not yet out of danger. I have just come within an hour from a school where I found a little girl five years of age with an ulcer in the eye. The parents had been informed, but they refused to do anything. The child's condition was pitiable, not to use a stronger word. I shall have the case inspected by the best men in the city, and if they report the need to be as

great as it appears, I shall actually try to force not only examination, but treatment. In 1910 we found a dozen cases of tuberculosis. I feel sure that our discovery saved the lives of five. Two have gone to a free home for consumptives in Dorchester, where, according to letters received from them, they are 'growing fat.' Three have been sent to a State sanitarium, where all are improving. Five went to a tuberculosis camp, where all were benefited. All were cared for in some way.

"Two children were found with hip disease, bad cases. Their parents did not know that help was possible. When told, they gladly cooperated in sending the children to a hospital, where, after nearly a year of treatment, both bid fair to recover ability to walk. These are a few of the more striking cases, in which I am sure we saved life, restored health, gave power to work, relieved pain, and added happiness. In all, we secured treatment for over 1,100 children.

"And strange as it may seem, parents generally like it! Many of them are very earnest in their expressions of gratitude. A few objected to interference with their personal liberty to keep their children as lousy as they pleased, and the mother of the child with an ulcer in the ear swore a little at the officer who appeared before her with a warrant charging cruelty to a child, but such instances are rare exceptions. Generally parents, not having read your pamphlets and not realizing how they are being abused, approve enthusiastically.

"Under the circumstances, therefore, I trust you will excuse us if we keep right on sending our school physicians and school nurse 'about doing good' in both schools and homes. Seriously, I would not dare, for my life, to stop this magnificent work. Stopping, I could face neither my God nor myself."

A more effective reply to the objections raised against school inspection could not well be imagined. If the objectors are sincere, this letter is certainly convincing. If they are not sincere, but are fearful lest the work of saving the lives and health of thousands of American schoolchildren will imperil their business profits, they will speedily find them-

selves beneath the contempt of the people.

It will be difficult to convince the public that in order to secure personal liberty it is necessary to allow four hundred schoolchildren in one town to suffer from pediculosis. If the members of the National League of Medical Freedom desire the right to cultivate this peculiar form of uncleanness, they are quite at liberty to do so, provided those compelled to associate with them have no objection; but they have no right, nor will the American public sustain them in demanding the right, to put a stop to the use of any and every means at the disposal of advanced medical science to protect the lives and health of our schoolchildren.—*Journal American Medical Association, July 29, 1911.*

Public Health and Public Hysteria

"MAN lives," wrote the shrewd and sunny Stevenson, "not by bread alone, but mainly by catchwords." In that quaintly expressed truth is found one potent obstacle to hygienic progress. Because the public, led astray by the fear of a word, misbelieves or disbelieves the true danger, we must, perforce, waste strength in fighting shadows, while the real enemy exacts its ceaseless toll of life, all but unchecked.

Take an extreme case. Only a few years ago a wretched alien leper was carried from State to State in this supposedly enlightened country, until he met miserable death from terror and exposure, incidentally scaring several hysterical cities quite out of their wits. One of those cities, without alarm or shame, had suffered several years of typhoid fever with a mortality some two hundred per cent greater than the average rate for this nation. Another just before the leper's advent, had undergone an epidemic of whooping-cough, which materially helped to fill the cemeteries with little graves, but which created no particular comment because it was "only whooping-cough"—as if a person dead of one disease were not exactly as dead as a person dead of any other. Again, a third community, which rose in panic against the leprous fugitive, was then, and is now, notorious for its needlessly high infant mortality. Yet, in the face of real and persistent perils, these places shrank horrified from a casual and baseless threat.

Why?—Because the word leprosy is made a synonym for terror in the most widely read of all books, the Bible. It is impossible to ascribe the panics to any other cause. Not one American in ten thousand has ever seen a case of leprosy, or knows from personal knowledge anything of the disease. Never has it gained any foothold in this country; there is no reason to believe it ever will or

can. The man with a sore throat—yes, or with an inflamed eye—who brushes against us in a street-car or uses the public drinking-cup or towel before us, is a more real peril than any leper. But the leper has upon him the brand of our profoundest tradition. He is marked with the terror of a word.—*Samuel Hopkins Adams, in Journal of the American Public Health Association.*

Coffee and Its Effects

It has been urged that the harmful effects of coffee are due not only to its alkaloid caffeine but to other substances, such as the glucosids, acids, oils, fats, etc. It has been found that coffee seems to have a special effect on the red blood-corpuscles, causing them to shrink in size and to lose their natural color and even surface.

The changed appearance of the skin from excessive use of coffee is in some way due to a change in the red blood-corpuscles which affects the mucous membranes. Its frequent diuretic action and its special effects in diminishing the capacity of the bladder and urinary passages have been the subject of many theories, also its special action in diminishing the peristaltic action of the intestines and in producing subsequent chronic constipation.

Whether this is due to cell changes, to nerve palsies, or to the presence of some toxins is not yet clear. There is some probability for the supposition that the alteration of the cells and the particular stimulation from caffeine produces some toxic property, which is not eliminated, but continues to increase in its activity on the system.

Clinically, coffee-drinkers show a peculiar change of vigor and strength marked by insomnia and excessive nervousness, pointing to a toxin introduced from without or formed within, and this is the best explanation up to the present time.—*Editorial, the Journal of Inebriety.*

Pure Alcoholic Drinks

EVERY now and then the claim is made that far less harm would be done by alcoholic drinks if only strictly pure drinks were sold.

Under the present pure food laws, if any community is really solicitous about this matter, it should not be difficult to prevent the sale of drinks not free from adulteration, since adulterated drinks are as liable to penalties as adulterated foods.

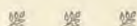
There is much evidence, however, that the harmfulness of "impure liquors" due to adulteration, is considerably overestimated.

More than ten years ago, Dr. J. J. Abel, of Johns Hopkins University, in his report on the pharmacological action of alcohol prepared for the Committee of Fifty, reviewed investigations of the subject in this country and in Canada, and came to the conclusion that "even the most harmful alcoholic beverages contain only a small percentage of dangerous and intoxicating substances other than ethyl alcohol. . . . Ethyl alcohol alone is poisonous enough to account for all the evils of intemperance. . . ."

"When all the facts at hand are summed up, we must concur in the opinion expressed as long ago as 1859 by Magnus Huss, that the impurities and by-products of alcoholic beverages may be neglected altogether as a cause of the drink evil."

Even more recently, Dr. Alex. Lambert, of Bellevue Hospital, has had his word to the effect that "to the action of ethyl alcohol alone are due the symptoms of alcoholism as seen in man."

This being the case, it is a mere waste of energy to spend much time chasing the specter of impurities in drink. "Legislation directed toward the drink evil," said Dr. Abel, "will always have to take account of the fact that the 'best' alcoholic drinks are as capable of producing this evil as are the poorest. Purification of these beverages alone can not hope to eradicate it."—*Scientific Temperance Journal*.



Mail-Order Medical Specialists

ANY person who offers for a monetary or other consideration to prescribe or treat on the mail-order plan is a swindler and a cheat. Yet there are hundreds, possibly thousands, of concerns that are doing a flourishing business in this line of work. . . .

Few physicians realize the degree of ignorance that exists among the public generally regarding mail-order medical quacks. Because the fraud that characterizes these concerns is so perfectly evident to the physician, he is unable to comprehend how it is possible for presumably intelligent laymen to be misled by the specious promises of the mail-order quack. The fortunes that have been made and are being made by unscrupulous individuals who conduct such concerns are themselves sufficient to prove that the public is still easily fooled.—*Journal of American Medical Association*.

Patent Medicine Publicity and the Children of Charity

PURVEYORS of patent medicines and cure-all nostrums evidently are experiencing much difficulty in securing new testimonials for their respective advertising campaigns — they are now after the children.

Every intelligent person knows full well how these testimonials are obtained. This procedure has been exposed quite frequently of late, still the work goes merrily on. The newspaper edited by the business manager, the magazine that, for some good reason, can not secure legitimate advertising copy, all such publications accept and print patent medicine testimonials.

We are all familiar with the photographs and testimony of the old folks who assure us that they would have canceled this life many years ago were it not for their taking copious drafts of Puffy's Salt Whisky. Likewise are we familiar with other advertisements of similar concoctions — guaranteed to cure any physical ailment, with the possible exception of ingrowing toe-nails and "housemaid's knee," which are not mentioned in the list. These testimonials greet us from all points, from our morning paper at the breakfast-table to the class and religious publications on the library-table. Too many of our metropolitan newspapers that claim to maintain a strict and ethical censorship over all advertising matter, daily flaunt in our face the wonderful assertions of such altruistic persons as Kiddia Punkham.

Now, having depleted his stock of good, all-round testimonial testifiers, one of the heaviest advertisers of patent medicine has resorted to a new form of "testimonialism." His advertisements now show a group picture of the inmates of a certain charitable institution for children. Beside the photographic reproduction is reading-matter to the effect that the little children of this institution are shining examples of the merits of this particular nostrum.

The children do not make the statement personally; an official of the "home" testifies that whenever her little charges have sore throat, or various other symptoms of coming disease, she promptly doses them with old Father Jim's medicine — which contains no alcohol and can be obtained from any druggist. Beware of substitutes and inferior imitations.—*The Juvenile Court Record*.



QUESTIONS & ANSWERS

THE editor can not treat patients by mail. Those who are seriously ill need the services of a physician to make a personal examination and watch the progress of the case. But he will, in reply to questions sent in by subscribers, give promptly by mail brief general directions or state healthful principles on the following conditions:—

1. That questions are *written on a separate sheet* addressed to the editor, and not mixed in with business matters.

2. That they are *legible and to the point*.

3. That the request is *accompanied by return postage*.

In sending in questions, please state that you are a subscriber, or a regular purchaser from one of our agents; or if you are not, accompany your queries with the price of a subscription to LIFE AND HEALTH. This service is not extended to those who are not regular readers.

Such questions as are of general interest will, after being answered by mail, also be answered in this department.

Gas on Stomach.—"What is the cause of gas on the stomach? The food never sour, though it may remain in the stomach more than six hours undigested?"

There are several causes for the presence of gas on the stomach: swallowing air with the food; carbonates in the food set free by the stomach acid; "cribbing," or swallowing air after eating. But perhaps the principal cause is the fermentation of the carbohydrates; that is, the starches, and particularly the sugars. The use of charcoal or a charcoal tablet after meals acts as a palliative. One should, however, note what foods are most likely to produce gas, and avoid them. The mouth should be cleansed with an antiseptic wash before each meal, and the food should be thoroughly masticated. If the teeth are in bad order, they should have attention. It is impossible to have a good stomach with a bad mouth.

Olive-Oil and Nutrition.—"Is olive-oil taken every day an extraordinary flesh producer?"

The questioner perhaps means a producer of adipose, or fat rounding out the body; for olive-oil can not produce muscular tissue. Theoretically, there is no reason why olive-oil should be more valuable than any similar fat; however, the writer knew of one case where a person gained ten pounds while consuming part of one large bottle of olive-oil. At another time he gained four pounds while using a half-pint bottle of olive-oil. These instances may, of course, have been mere coincidences; and yet there is the possibility that the olive-oil may have so increased the

assimilation of other foods as to cause the increase of weight. The continued use of olive-oil in some cases causes some derangement of digestion.

Chronic Catarrh.—"What can you recommend for continually recurring attacks of nasal catarrh?"

You probably have some condition that should have the attention of a specialist. For mitigation, I would suggest the daily cleansing of the nose with an alkaline-antiseptic solution made by dissolving in water one of the alkaline-antiseptic tablets which can be obtained at any drug store; or one can use as a cleansing agent a teaspoonful of salt or baking-soda to a pint of warm water. It is important that the water be about the temperature of the body. Snuff this *gently* from the palm of the hand until the nostrils are cleansed. *Do not blow violently*; it may cause ear disease. Follow by spraying the nose with a preparation of albolene or liquid vaseline containing five per cent of menthol and five per cent of camphor.

Bicycle Riding.—"Kindly state how bicycle riding affects a person, providing he has an easy spring seat, or otherwise."

In any case, much would depend on how a person rides. One may ride so as to increase gradually the muscular, respiratory, and circulatory powers of the body, or one may so ride as to badly damage the heart. Unquestionably it is much better to have a well-fitted and comfortable seat than a poorly fitted seat.

Vaseline.—"Is it beneficial for irritation of the throat or bronchial tubes to take a heaping teaspoonful of vaseline once or twice a day? Would such a remedy have any effect on the stomach?"

Vaseline taken in small quantity does seem to have some effect in relieving throat irritation. I do not know that it has any evil effect on the stomach.

Stomach Massage.—"Does churning the stomach hasten or aid the process of digestion?"

Undoubtedly it does, especially in case of slow digestion with tendency to fermentation.

Cold in the Head.—"Please give a prompt remedy for cold in the head, which comes on suddenly with great difficulty of breathing."

For a temporary expedient one may have a dram of menthol crystals dissolved in an ounce of chloroform, and inhale a few drops as needed, from the palm of the hand or from a handkerchief.

Home Canned Fruits.—"Is an abundance of home canned fruits as a cold-weather diet harmful?"

Certainly not, if they are properly cooked. Acid fruits in tin cans might be objectionable, and there are some persons who have to be very careful about eating any fruit; but for the average person there should be no objection to the free use of canned fruits. However, there seems to be a fitness in the fact that fruits ripen in the warm season. They are at their best when eaten fresh.

Warts.—"What causes warts? and how may they be removed?"

Warts are little excrescences or overgrowths of the epithelial cells, which frequently come on young persons, and after a time disappear of themselves, though they may sometimes persist. There are many superstitions regarding the cause of warts, and the remedies to be used for their removal. Warts may often be removed by the use of some caustic application; for instance, a corrosive collodion may be prepared by dissolving one part of mercuric chlorid in twenty parts of collodion. The wart should be painted with this twice a day, care being taken not to touch the healthy skin. Sometimes warts may be removed by the simple use of nitric acid or strong acetic acid, first protecting the skin around by rubbing on a little vaselin so as to prevent the acid from spreading. Then by means of a glass rod or a glass stopper, apply carefully a small drop of the acid to the wart, and repeat occasionally.

Rheumatism in Children.—"What is indicated when children from four to fourteen years of age have rheumatism or lameness in feet, ankles, and other joints and muscles?"

Such children should be taken at once to a physician, for there may also be a rheumatism of the heart which would, if unattended to, cripple the heart for life. Many cases of heart-disease date from youthful rheumatism.

Oils vs. Butter.—"What is your opinion of using the various vegetable cooking-oils in place of butter for cooking, seasoning vegetables, etc.?"

These oils are excellent for this purpose. It should be remembered, however, that the solid fats, which are sold as products of cottonseed-oil, are practically all by-products of the slaughter-houses, to which a certain amount of cottonseed-oil is added. Note the names of some of the producers, and it will be seen that they are slaughter-house firms.

In Place of the Corset.—"What would you recommend women to wear instead of corsets?"

This is rather an abstruse question for a "mere man." However, I would suggest that there are numerous healthful corset waists made and sold by dealers in hygienic clothing. An article will appear in the spring on hygienic clothing at the Dresden exposition.

Food Combinations.—"Is there any objection to the use of acid fruits, such as apples, oranges, and grapefruit, with the breakfast?"

No, not if taken at the right time during the meal. The proper time to take acid food is at the close of the meal, not at its beginning. Our breakfasts usually consist largely of starchy foods, cereals being almost universally used in civilized lands. These are digested by the ptyalin of the saliva. This acts only in alkaline or neutral solution. The work is not completed in the mouth, but normally continues about thirty minutes in the stomach from the beginning of the meal. It takes this length of time for the stomach to secrete sufficient acid to neutralize the alkali of the saliva. If acid fruit is taken at the beginning of the meal, the appetite is stimulated, it is true. In some cases this is desirable, but the majority eat too much, and do not need the stimulation. At the same time, the stomach is made acid sooner than is desirable, so in a double sense it is best to take acid fruits at the close of the meal.

R. S. I.

IN THE MAGAZINES



Discussion of Articles on Hygiene and Kindred Topics Which Appear in the February Issue of the Magazines

Country Life in America

"CUTTING LOOSE From the City," which appears in the issue of February 1, is a true story, telling how a married couple, both in ill health, with three children, and in debt, found good health and a living on a farm.

The Designer

"Paper-Bag Cookery"* is a carefully prepared and well-illustrated article which of course deals, as most paper-bag cookery does deal, with the preparation of meats, fowls, fishes, etc. "Why Not Have a Flower-Show in Your Town?*" The only reason why a flower-show need ever be a failure is because of inadequate organization and planning. This article has gone carefully into the details of organization, and may be made the basis of a successful flower-show, a show that will be educational in cultivating taste, raising the standard of living, and increasing the health of the community. "Daily Hygiene for the Business Woman,"* gives simple directions for physical exercise, diet, and general habits, which may be profitably read by any woman confined to the counter or desk. "Country Girls and City Positions."* If you are a country girl, I do not advise you to seek a city position; but if you do, you will do well to read such an article as this. Any girl can get much profit out of it. It is a careful analysis of what makes for success and for failure in a girl's life. "Mothering a Municipality,"* by the head of the Chicago University settlement, tells how one woman threw her personality into the beautifying of one of England's towns.

The Mother's Magazine

"Fancy a sturdy young man of twenty-six sitting on the arm of his father's chair, caressing him affectionately and begging for some new neckties." Of course you can't imagine such a scene, because the young man doesn't have to scheme to get a little spending money; but his mother and sisters do, and Charlotte

Perkins Gilman has portrayed their "pathetic penniless condition" in a strong article entitled "Her Own Money." "The Confessions of a Patent-Medicine Quack," by one who was formerly employed in the office of one of the most successful "health-by-mail" firms in the country, reveals some of the fraudulent methods and cunning practises of the fake health doctors. "Women who sing possess greater equilibrium and stronger resisting power to disease than those who do not. The secret of this is the deep breathing and relaxation of mind and body that the singer must practise," says Prof. Gabriel Katzenberger in "Music, Deep Breathing, and Health." Augusta Prescott tells how any woman can acquire a good figure by simple exercise and right living. "Baby's Realm," by Kate Davis, contains a discussion of the following topics: Meat in winter, indoor clothing, breathing through the nose, baby's legs, pneumonia, the vomiting baby, heat in the baby's room, mastication, care of inflamed eyes, slow teething.

The Housekeeper

"A good complexion is above all things dependent upon a healthy body. If there is any trouble anywhere, it is bound to be reflected upon the face. Owing to various indiscretions in diet and clothing, the complexion begins to suffer as soon as adult years are reached," says Dr. Charlotte Bradley in "What a Doctor Has to Say About Complexion." This is an intensely practical subject for girls and young women. One who wants a real complexion and not a cosmetic complexion, will do well to read this article. "Don'ts for Mothers," urges the discontinuance of many time-honored, but harmful methods. The dangers of lifting a child by the arm, letting the sun shine in the baby's eyes, dressing a child in improper clothing, etc., are detailed. Simple methods, healthful and obvious when pointed out, are described.

The Chautauquan

"The Gasoline Engine," by Carl S. Dow, an instalment of his series on "American Engineering."

* Articles marked with an asterisk have been read by the editor of LIFE AND HEALTH.

SOME BOOKS



Hygiene and Public Health, by Louis C. Parkes, M. D., D. P. H., University of London, and Henry R. Kenwood, M. B., F. R. S., Edinburgh, D. P. H., London. Fourth edition, with illustrations. H. K. Lewis, publisher, 136 Gower St., W. C., London.

This standard text-book of nearly 700 pages merits attention from the fact that the authors approach the subject of diet with open mind. In matters pertaining to diet there is too often an attitude manifested similar to that of the experienced old surgeon of the seventies who was certain that whatever future advances might be made in surgery, the surgeon would never be able to operate within the brain cavity, the thoracic cavity, or the abdominal cavity. A few years served to invalidate his prediction.

The position of the authors of this book is shown in this statement: "While there is not sufficient evidence to prove that vegetarianism, so-called, is more conducive to health or longevity than a mixed diet, there can be little doubt that the wealthier classes eat too largely and too frequently of meat. Excess of nitrogenous food causes not only an abnormal production of the poisonous alkaloids of whose potentialities for evil but little is at present known; but an excess of nitrogenous waste accumulates in the blood, and oxidation is interfered with; the liver, kidneys, and other excretory organs are overtaxed in their work of eliminating waste substances, which are also insufficiently elaborated, and gout or disease of the liver or kidneys results."

Careful and candid consideration to Professor Chittenden's work is given, and in comment it is asserted that "Professor Chittenden's work not only raises the question as to the necessity for a revision of the accepted dietary scales, which serve as standards for computing the daily necessary food for soldiers, sailors, prisoners, and the inmates of many different kinds of institutions, but is suggestive of the hygienic possibilities of the diet of reduced protein value as a matter of general application. If the amount of protein food needed daily for the actual physiological wants of the body is not more than from one third to one half that ordinarily consumed by the average individual, as Professor Chittenden's experiments appear to demonstrate, not only is there waste and loss of energy from the vital forces being engaged in the metabolism of matter that is not required and is of no service to the body, but there is also the dan-

ger of the accumulation of such waste products in, and of their imperfect removal from, the system." While they do not subscribe to the findings of Chittenden, but conclude that the subject is still an open question, they recognize that Professor Chittenden's work is a definite challenge to existing beliefs and practises which can not be ignored.

But in view of the result of extensive experiments recently performed to determine the effects of alcohol in small amounts, we think the sentence, "In strictly moderate doses alcohol has not been proved to do any harm," is hardly a fair statement of the case, though the authors admit that "there are idiosyncrasies as regards alcohol, and what is harmless to one individual may be injurious to another." After all, it takes a long time for scientific work, controverting usually accepted ideas, to receive general recognition. As a whole, the work may be said to be thoroughly up to date, embodying the latest accepted facts regarding public and private hygiene.

Secret Remedies, What They Cost, and What They Contain. Based on analyses made for the British Medical Association. Published by British Medical Association, 429 Strand, W. C., London. Price, 1 shilling.

The invasion of the United States by the British armies is a part of our ancient history. The invasion of Great Britain by an army of American "patents" is more modern, and evidently the patents found the English people as gullible as the Americans, for they have been doing a most thriving business with the British.

The British physicians, knowing that a large measure of the success of secret remedies depends on the mystery surrounding them, have made public the composition and the actual cost of the remedies on the English market, in the hope that this knowledge would enable at least the intelligent to see the futility of depending on such concoctions.

We are told in the preface to this book that the analyses have been carried out with great care by a skilled analytical chemist, who has controlled his results in various ways. In doubtful cases the formula obtained by analysis has been tested by making it up and comparing the appearance, taste, and physical properties of the imitative mixture with those of the secret remedy sold to the public.

The articles in "Secret Remedies" have not been confined to a mere dry statement of the

results of analysis, care having been taken to reproduce the extravagant and absurd claims of the vendors. A study of these claims, contrasted with the list of ingredients, will, of course, be enlightening to every intelligent reader.

It is not with a feeling of pride that we note that a very considerable proportion of the remedies hail from America. Patriotic pride would suggest the wish that they were all "made in Germany," as indeed a number are.

It would be about as useful to discuss the moral sense that permits men to enter deliberately into a business to defraud their unfortunate fellow creatures as it would be to discuss the causes of crime. Technically the patent-medicine business is not a crime in itself, because the law has no way to get at it; but many of the practises directly connected with the patent-medicine business are criminal and punishable by law when proper evidence can be obtained.

This effort of British physicians to enlighten the people as to the ways of the patent-medicine people is worthy of success. It forms a companion volume to "The Great American Fraud," by Samuel Hopkins Adams, first issued by *Collier's* and afterward by the American Medical Association.

Spiritism and Psychology, by Theodore Flournoy, translated by Hereward Carrington.

The work is an attempt by an unbiased man to sift the evidence which has been given us through telepathy, clairvoyance, materialization, and other obscure phenomena as to the reality of a life after death, and he sifts very closely.

Flournoy is not one of the men who is carried away with the idea that certain phenomena in connection with mediums prove the existence of discarnate spirits; neither is he of that number who assert that there are no spiritual beings. He stands in a position of suspended judgment, asserting the possibility of communications from the "other world," but denying that such communications have thus far been conclusively proved. Though Flournoy is skeptical regarding Spiritism, he is a firm believer in Spiritualism; that is, the doctrine of an existence apart from the body.

Carrington, the translator, it will be remembered, was interested in Eusapia Palladino, when she was in this country; and his reputation was probably tarnished when she was caught in trickery. To him Flournoy's position of championship to spiritualism, and of skepticism toward spiritism, is paradoxical.

To the reviewer this psychical research seems to be a thankless task. Whatever the

evidence, there are certain persons predisposed to the doctrine of spiritism, who will accept it, and others—conscientious scientists—who will always see other possible explanations for all phenomena. It has always been notable that the most wonderful of these phenomena occur when there is a good surrounding of "believers," who are not skeptically nor critically inclined.

American Prohibition Year Book for 1911. Paper, 25 cents; cloth, 50 cents. Published by the National Prohibition Press, Chicago.

This book is a compressed tablet containing a wealth of facts and figures invaluable for all workers in the temperance cause. Not the least important part of the book is the bibliography of works on various topics related to the temperance movement.

Then comes a "Survey of Progress," showing the world-wide advance the great reform movement is making.

The rest of the book gives in appropriate departments, facts, figures, diagrams, cartoons, all relating to the rum traffic or the warfare against it. It is excellent ammunition.

The Cook-Book of Left-Overs, by Helen Carroll Clarke and Phoebe Deyo Rulon. Harper & Brothers, New York and London. \$1 net.

This collection of four hundred reliable recipes for the practical housekeeper, written by experienced instructors in cookery, is not intended as a substitute for the regular cook-book. In the average family there will inevitably be some left-over food, and the housekeeper finds herself facing the problem of how to make the most of it. It is for such women that this book has been written.

Many of the finest dishes—dishes over which French chefs have made international reputations—are nothing more than "left-overs" attractively cooked. In every housekeeper's own kitchen there are the same foods, and the same possibilities.

And let it be added that in no branch of housekeeping or of cookery does a woman show to better advantage than in this ability to take the unrelated bits of left-over food and combine them so as to form tempting dishes for another meal.

To most of the readers of *LIFE AND HEALTH*, the chapters on meats will not be of interest; but there are valuable chapters on vegetables, cereals, bread, eggs, fruit, etc.

Blank pages are interspersed after each chapter for additional recipes. The book is well indexed.

(Concluded on page 118)



Spokane in the Lead.—In Spokane sex education is being given in the public schools, and the plan is working so successfully that there is a proposal to introduce sex physiology and hygiene into the Washington State school curriculum.

Paternalism in Government.—In the principality of Reuss (Germany) a special tax is levied on bachelors who have reached a certain age, unless they have relatives depending on them. We would suggest that the proceeds of this tax be given as an award to the families having the largest number of children.

Maryland Herd Slaughtered.—Of a herd of forty-eight cows belonging to a dairy at Lay Hill, Md., which supplied milk to patrons in the city of Washington, forty-one were recently killed because of their tuberculous condition. Tuberculosis was discovered by inspectors, and as the dairyman protested, a second inspection was made by officials of the Department of Agriculture, resulting in the condemnation of almost the entire herd.

Spoiled Corn in South Carolina.—The commissioner of agriculture in South Carolina says that whether spoiled corn has anything to do with pellagra or not, it certainly is not a good food; and the State of South Carolina has now the control of the sale of corn, and is vigorously enforcing the law against spoiled corn. He states that South Carolina is the only State in the Union which is in this way controlling the sale of corn.

Death-Rate of Large Cities Compared.—According to the census bureau the highest mortality in 1910 among the 50 great cities shown, was that of Richmond, Va., with a rate of 22.6; followed by Memphis, Tenn., with 21.4; New Orleans, La., with 21.3; Lowell, Mass., with 19.7; Washington, D. C., with 19.6; Birmingham, Ala., with 19.5; Albany, N. Y., with 19.4; Baltimore, Md., with 19.2; Atlanta, Ga., with 18.9; Nashville, Tenn., with 18.7; and Fall River, Mass., with 18.4. Some of these are towns with large colored populations, while most of the others are mill towns of Massachusetts, in which the deaths of infants are very numerous and in which there are also very high birth-rates.

Pellagra From Away Back.—Asylum records in South Carolina describe cases as far back as 1834, which from the description seem to be nothing else than pellagra, and it is now believed that this disease was without doubt present in this country in the early part of the nineteenth century.

The Busy Northwest.—They do things out in Washington. A property holder in Spokane is liable to fine and imprisonment for allowing noxious weeds to grow on his premises. If the road overseer fails to do his duty, he is also liable to similar punishment. If the owner refuses to have the work done, it must be done by the overseer, who, in case the owner refuses to pay the bill, must collect it from the county commissioners, the amount to be assessed to the land with the next taxes.

Fire Prevention Day.—The fortieth anniversary of the Chicago fire was observed in several cities as Fire Prevention day. Hereafter the fire department of the city of New York is to consist of two bureaus,—one of fire prevention, the other for the "cure" of fires. In health, in vice, in crime, in conflagration, we are learning that prevention is much better than cure. Our March issue will have a timely article on Fire Prevention, by Mr. Fitzpatrick, who first started the movement, and who has done more than any other individual to make fire prevention what it is to-day.

Infantile Death-Rates.—Among the registration cities with a population of 50,000 or over having high infantile death-rates per 1,000 births for 1910 are: Lowell, Mass., 231; Holyoke, Mass., 213; Manchester, N. H., 193; Fall River, Mass., 186; Detroit, Mich., 179; New Bedford, Mass., 177; Lawrence, Mass., 167; Johnstown, Pa., 165; Washington, D. C., 152; and Pittsburgh, Pa., 150. The rate for Washington, D. C., which is the only city shown in the table with a considerable proportion of colored population, is largely affected by the infantile mortality among the Negro population. The white infantile mortality was only 105, while the colored was 244. It is possible the Negro infantile mortality is exaggerated in comparison with that of the white population by less complete registration of Negro births.

Health Departments Cramped.—The appropriations for health-department work in many cities are pitifully small, and as a result it is impossible to do the most efficient work. The director of the health department in Chicago has recently appealed to the city council for a more adequate staff, which of course means a larger appropriation. The force is so small in Chicago, it seems, that it has been necessary in the past to put inspectors at clerical work in the offices, and as a result the inspection work is neglected.

Case of Leprosy at St. Louis, Mo.—The health commissioner of St. Louis has reported a case of leprosy in that city. The patient, a male thirty-seven years of age, was born in California. After the death of his parents he lived in New York City up to the age of nineteen years, then in Maryland, Pennsylvania, and other Eastern States, working as a laborer. Afterward, while in the navy he spent several months in the West Indies, returning to Brooklyn, N. Y., in 1902. In 1904 an ulceration appeared on the left foot. He went from Pittsburgh to St. Louis in April, 1911, and on June 2 examination showed the presence of lepra bacilla in material taken from the ulceration on the foot and from the nose. On June 4 the patient was placed in the quarantine hospital, from which he escaped on June 5, since which time his whereabouts have been unknown.

Comparison of German and Roman Characters.—A careful comparison by a German ophthalmologist shows that Roman script can be written more rapidly and read more rapidly than German script. The advantage in favor of the Roman is 15% for writing and 5% for reading. There is also an advantage in reading in favor of Roman print over German print, but this is slighter than with the script. The Roman characters are coming more into general use in Germany, and doubtless the Roman script, which is simpler than the German script, will gradually replace the latter.

A Danger From Uncooked Fish.—From a report by Dr. Warthin, of Michigan University, it appears that the waters of northern Michigan have been contaminated with the large tapeworm, evidently by the Swedes and Finns. The tapeworm, though heretofore rare in this country, is common in Sweden and Finland. If this report is true, the danger from eating uncooked fish from these waters is considerable. It is said that large quantities of smoked whitefish and herring are sent out from Michigan, some being doubtless eaten raw, or not cooked sufficiently to destroy the parasites. The Michigan State Board of Health has issued a warning against eating fish not thoroughly cooked, which have been caught in regions where the parasite has been found.

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Pamphlets Received

The Food Laws of the United Kingdom and Their Administration, F. L. Dunlap, Bulletin 143, Bureau of Chemistry, United States Department of Agriculture, United States Government Printing-office, Washington, D. C.

A brief digest of the laws which are doing good service for food reform across the water, valuable for those who are interested in food legislation.

Tuberculosis, a Plain Statement of Facts Regarding the Disease. Prepared Especially for Farmers and Others Interested in Live Stock. Farmer's Bulletin 473. Washington Government Printing-office. Sent free on application to Secretary of Agriculture.

This book gives a series of illustrations, showing apparently healthy cattle which by test are known to be dangerously tuberculous. Careful instruction is given regarding tuberculosis, its danger, its means of spreading among cattle, how it is recognized, and how it can be eliminated. In the interest of stockmen and dairymen, as well as of consumers of milk and meat, this pamphlet should have a wide circulation.

Well-Drilling Methods, by Isaiah Bowman. Water-Supply Paper 257. United States Geological Survey, United States Government Printing-office, Washington, D. C.

The title is self-explanatory. This is a fully illustrated and carefully prepared paper on practical well-drilling. Any one interested in securing a supply of underground water should secure a copy.

Water-Supply Paper 258, 1910, prepared by the United States Geological Survey, Government Printing-office, Washington, D. C.

This is a series of short papers which may be of value to those who are interested in an underground water-supply, or in underground drainage. Among the topics considered are: "Drainage by Wells;" "Freezing of Wells and Related Phenomena;" "Occurrence and Composition of Well Waters in the States of Maine;" "Occurrence and Composition of Well Waters in the Granites of New England;" "Pollution of Underground Waters in Limestone;" "Protection of Shallow Wells in Sandy Deposits;" "Composition of Mineral Springs in Maine;" "Saline Artesian Waters of the Atlantic Coastal Plain;" "Magnetic Wells."

The Cholera Situation.—Cholera in Italy is steadily improving. There are still a few cases in Marseilles, southern France. The disease is spreading in Tunis, north Africa.

A Child Conservation Conference.—A conference of all interested in the conservation of schoolchildren will be held at Lehigh University, South Bethlehem, Pa., on Wednesday and Thursday, April 3 and 4, 1912, under the auspices of the American Academy of Medicine.

A Plague Case in England.—Another case of human plague developed in Suffolk County, England, in October. The origin of the infection was not determined. It is known, however, that rodents in that county are infected.

Collective Housekeeping.—At the Brent Garden Village, England, the houses contain no kitchens. In a central hall meals are prepared, which may be eaten there or sent to the respective homes. A four-course meal costs 36 cents. To those who desire servants, they will be furnished from the central hall at 10 cents an hour.

Death-Rates in 1910.—A report from the Census Bureau states that the total number of deaths from all causes in 1910, as returned from all the registration cities, both in registration and in non-registration States, was 502,109, or a death-rate of 16.1 per 1,000 population. Of the total number,

400,305 deaths occurred in cities in registration States, while registration cities in non-registration States recorded 101,804 deaths. The death-rate for the former, however, was 15.9 per 1,000 population, while for the latter cities it was 16.9. These figures are all exclusive of still-births.

The Lincoln League.—This is an inter-denominational antiliquor organization for the boys, pledging them with Abraham Lincoln's total abstinence pledge. Already 900,000 life pledges have been obtained, and the work is going on. It is expected later to effect an organization for the girls. This is a movement not only to enlist the youth to personal abstinence, but to place them in a direct attitude of antagonism against the liquor evil.

Scientific Sanitation.—The United States Steel Corporation, which has during the last three years inaugurated in its extensive mills what is perhaps the most complete system for the protection of its employees from injury that the world has known, has supplemented this remarkable humane undertaking by the appointment of a committee on sanitation, which will work for the conservation of health in the mills and mill towns. This committee, consisting of some of the most able men in the corporation, may be expected to set the pace for other industrial institutions throughout the country.

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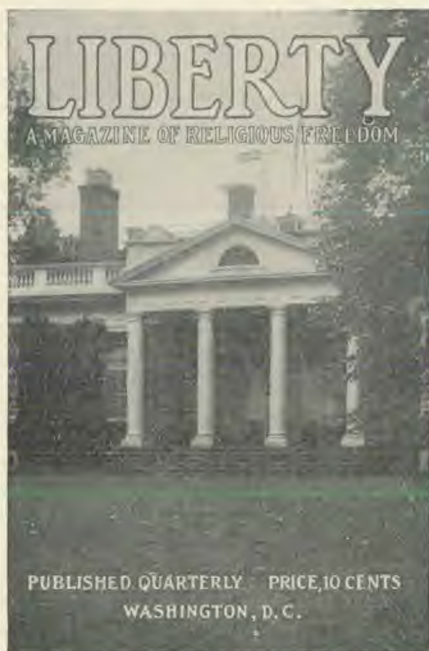


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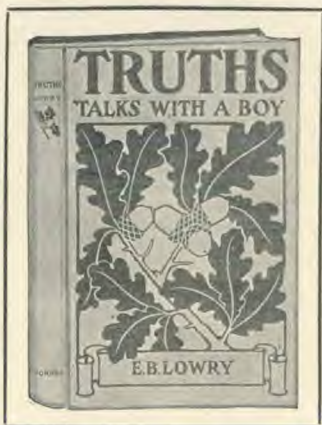
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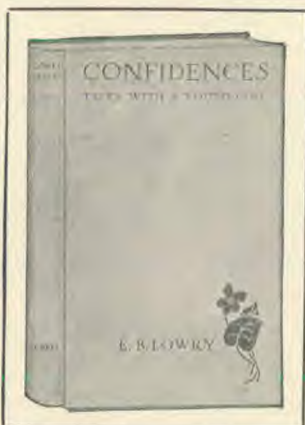
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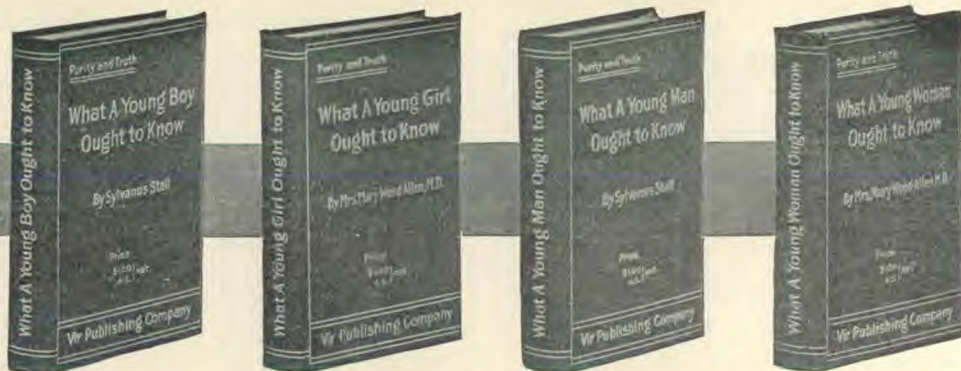
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