

# Life & Health

THE NATIONAL HEALTH MAGAZINE

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A painting of a winter scene. A large, bare tree stands in the center. To its right is a house with a chimney. In the foreground, a person is walking on a path. A boat is visible on the left. The scene is covered in snow.

*January 1914*

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# Life & Health

THE NATIONAL HEALTH MAGAZINE

JANUARY  
1914

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

George Henry Heald, M. D., Editor

## This Issue

No other topic has within recent years attracted such universal attention and discussion as the rapidly increasing cost of living. With wages and salaries comparatively static, retail prices are soaring skyward, and there is little evidence that this increase will not continue. "How shall I manage my income so that it will be adequate under the new conditions?" is the almost universal cry. Here is a problem insistently demanding solution, and it sometimes seems as if the only solution for many must be a lowered standard of living.

Our contributors for this month have attempted, from various viewpoints, to answer this vital question; and though it cannot be claimed that the topic has been exhausted, or that they have said the last word on the subject, it is hoped that every reader will find in the symposium suggestions that he can apply with profit to his own circumstances.

## The February Issue

Clothing and Its Relation to Health will constitute the important feature of the February issue. Considering the close relation that exists between clothing and comfort, between clothing and efficiency, between clothing and health, is it not surprising that more attention has not been given to this aspect of clothing rather than to its use for ornamental purposes and for ostentation? The illustrated article by Dr. L. E. Conradi, of Switzerland, should make this a valued issue especially by the women.

## The March Issue

being devoted largely to the consideration, by physicians and scientists, of the effects of stimulants and narcotics — alcohol, tobacco, and the habit-forming drugs on health and general efficiency — will be an excellent propaganda number.

# THE DANGER OF AMATEUR DOCTORING

CHAS. K. FARRINGTON.



DECIDED to write this article when a dear friend of mine, a physician of great skill, said to me, "I do wish people would stop advising one another what to take in times of sickness." He further explained that he did not mean in cases of serious illness, for then a doctor is usually called in, but in the common minor disorders which give friends such an opportunity to offer free advice, which, if followed, often proves very costly in the end. Before expressing himself as mentioned above, the doctor told me of the latest case of amateur doctoring he had been called to rectify. Unfortunately, such occurrences were not rare in his experience, and he was moved to speak strongly upon the subject.

After a nerve-racking and prolonged period of time, he had been able to save the life of a patient who, upon the advice of friends, had taken a well-known remedy for the purpose of curing a cold. The remedy was of unquestioned value in relieving certain disorders, but it was never intended to be taken without a physician's orders and his supervision. The user had no idea of its properties whatsoever, and, thinking to be on the "safe side," took a small amount every hour, hoping thereby to break up the cold safely and surely. Often this method of taking medicines appeals strongly to the amateur, for it seems certain to him that no dangerous results can follow, because of the smallness of the dose. He would fear to take an ordinary amount of the medicine, but feels that a small quantity could not possibly hurt him. The absolute fallacy of such

reasoning will be apparent from the results of the case in question. The nature of the remedy used was such that it was not rapidly absorbed by the human system; therefore it was possible to take a dangerous amount in *small doses* before the effects became noticeable, and that was just what was done in this case. The patient then passed into a state of unconsciousness, and it was only after much skilful treatment on the part of the attending physician that his life was saved.

My doctor told me that it was customary to give a certain amount of this remedy at intervals, but the condition of the patient had to be first taken into consideration, for if the heart's action was poor, or if some of the other organs of the body were in a diseased state, it was sometimes best not to use it. The layman does not consider such matters. He frequently thinks that what will help one case will also aid another. Let me give the following example, which will assist the reader in understanding the matter:—

## Acute and Chronic Diseases Cannot Always Have the Same Treatment

Two persons come to a doctor's office, both having a form of acute throat trouble. One can be given a local treatment, which the other cannot stand because of a diseased condition of the membrane of the throat *before* the acute trouble attacked it. In one case conditions before the attack were normal; in the other, long-continued *chronic* illness had weakened the throat. But the layman would judge, because each had the *same acute throat trouble*, that the same treatment could be given each. And, as a rule, when he attempts to prescribe

AUTHOR'S NOTE.—The incidents mentioned in this article were given me by a skilful surgeon and general practitioner.

medicines, he falls into the same error, and considers that what would aid one case would also help another. Farther on in this article I shall mention other incidents that will enable the reader to understand fully these matters.

#### **The Danger of the Indiscriminate Use of Tonics**

The "amateur doctor" likes very much to recommend a tonic. He knows of one or more which, by the way, his family physician has used with good results for himself or some member of his family. "Dr. H gave me such a wonderful tonic," you will hear him say. "It built me up so nicely and quickly, and I am sure it will do you no end of good also. You are undoubtedly, as I was before I took it, a little run down. Get a bottle or two; it costs only ninety cents at B's." Again we have an instance of the absurdity of the reasoning of the amateur. What has caused the patient to whom he has recommended a tonic to need one? Are the conditions the same as in the case of the sufferer for whom the physician ordered the tonic originally? Probably the amateur has never considered these points. People become run down from very different causes, oftentimes from very obscure ones, which the untrained mind would consider similar. And there is another phase of the subject. What size dose is the best? No one but a skilled physician is competent to judge in these matters.

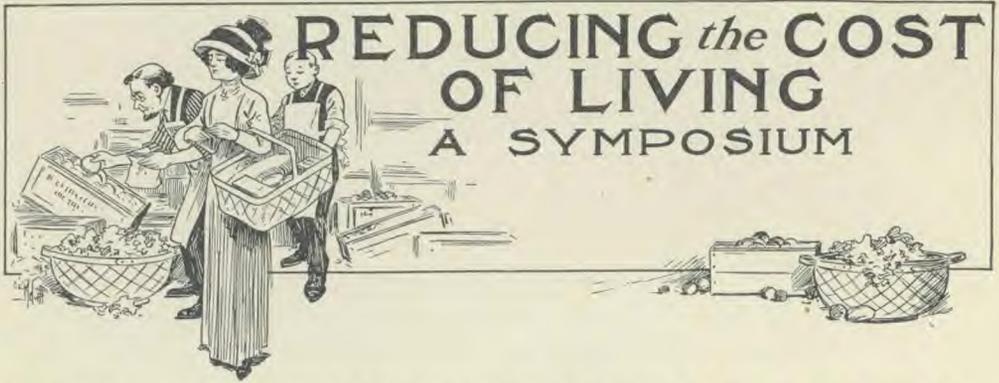
#### **How Long a Tonic May Be Safely Used**

A tonic is usually considered by the amateur to be used for building up a run-down condition of the system. But few persons not in the medical profession realize that there are tonics which can be used for extended periods of time with safety, and others which should be used for only short periods of treatment.

For example, my physician told me that he had just discovered that one of his patients was using a tonic that had been prescribed for him three years before, after an acute bronchial attack. The medicine was excellent for the purpose for which it was given, a quickly acting stimulant for both brain and body having been needed. But in the condition in which the patient was at the present, no active brain and body stimulant was required, but simply a gradual building up of the nervous system. The physician at once ordered the first-mentioned tonic to be discarded, and specified one suitable for periods of time covering many months. Now the name of one of these tonics ended in the letters "phite," the other in "phate,"—not much difference in the name, but a vast difference in the effect; yet, on account of the apparent similarity of the name, the uninitiated would consider them as about the same. My physician told me that he had patients, men and women working at their daily tasks, who would be seriously affected by an *ordinary* dose of the first-mentioned tonic, because of the stimulus to the brain, while other patients would receive only good results from a similar dose. The reader can easily see from these examples the great danger of attempting to do what one has not been taught to do.

#### **Even a Trained Nurse May Not Give Food or Medicine Without a Doctor's Orders**

In a well-managed hospital even trained and experienced nurses may not give a patient either food or medicine without the attending physician's orders. It would be well for every reader of this article to remember this. Nurses who have had practical training and large experience cannot take upon themselves in any degree the qualifications of a physician. If they cannot do so, is it reasonable that an amateur should?



# REDUCING *the* COST OF LIVING

## A SYMPOSIUM

### WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

Emma Marie Harris

**T**HERE was a time when our forefathers had little trouble over the cost of living. They obtained the supplies for a comfortable living by the exercise of brain and brawn in home production of food and raiment, not to mention the many farming tools which they were able to manufacture.

In the childhood days of the writer, the attic in the old farmhouse in southern Maine had an array of implements of handicraft, which, with the square-hewn beams of the frame now hidden beneath a more modern exterior, told the tale of colonial days. The spinning-wheel; the flax wheel; the clock reel; and the old-time cradle filled with tow, which did duty when the mumps assailed the youngsters of the household, a bunch of it being scorched and placed around their heads for their relief,—all these were there, relics of days when

the housewife, from flax and wool raised on the place, made the family wardrobe.

While woman's work was going on within the home, the men-folk outside were none the less busy in tilling the soil, which yielded

the principal articles of food needed for the family consumption. They dreamed not of shirking toil, for necessity taught them to know well its value.

Their fields of maize, or Indian corn, as it was called, well-grown and waving in the summer breeze, lent to them a cheerful view of the landscape.

The corn harvested, the husking was a tedious job for one man, usually done on cold, wet days unsuitable for other work. It was a happy innovation when neighborly sympathy invented the husking-bee.

The corn shelled, away to the mill went the farmer's boy with his grist, returning with golden grains from which

Some one has said that an ideal is a responsibility; it is the working model that God has set before the individual. Now the ideal manner of living is to have a home, garden, orchard, and berry patch of one's own. Then there are no high rents to meet, and plenty of fruit is had in season, and for canning for winter's use, at comparatively little cost.

But —

the ideal is not always attainable. Mrs. Harris suggests the following: —

Study to improve methods: improve the culinary art; avoid meats and delicatessen foods; make your own bread and can your own fruits; purchase at real bargain sales, and of good material only; avoid ephemeral styles; give thought to the care of the health; do not neglect to take vacations.

the miller had extracted a small portion for toll. From these same golden grains the toothsome bannock was made. From field to table, and not a hint at prices; for toil was master and dealt in his own currency.

It would seem that to produce as far as may be the supply of one's own necessities is a good way to avert the onset of high prices; but for only a few is this practicable.

Some one has said that an ideal is a responsibility; it is the working model that God has set before the individual. Now the ideal manner of living is to have a home, garden, orchard, and berry patch of one's own. Then there are no high rents to meet, and plenty of fruit is had in season, and for canning for winter's use, at comparatively little cost.

For those who have no garden nor orchard the next best thing is to buy from near-by farmers enough apples, potatoes, and winter vegetables to last all winter. Comparing farmer's measurements and prices with the same amounts in small measures from huck-



The home was the factory, and the wife the operative, in colonial times.

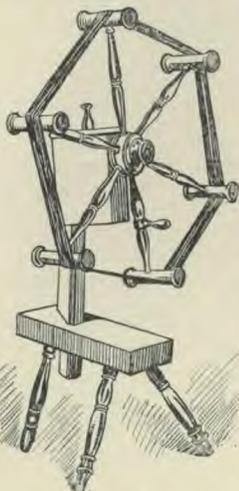
sters, stores, and markets, there will be found in favor of the farmer a reduction of at least one half in cost of supplies.

In these days of luxurious living, to deal in detail with the cost of living would take one beyond the scope of this article. There are, however, some underlying principles that apply to every family, and our outlook is mostly from the

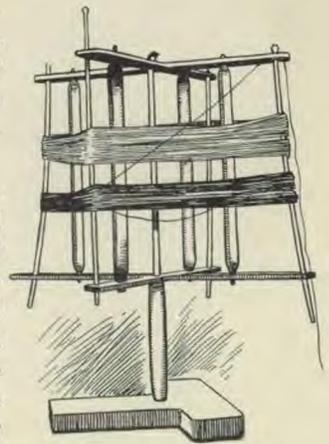
point of view of the housekeeper.

The housekeeper should make her work a business to be studied and practised with a view to continual improvement in her methods; she should not allow her work to degenerate into a dull routine from which escape would be welcome. Often servants are added to the household for the reason that the mistress herself has not sufficient interest in her work to make it anything but drudgery; but in employing servants the cost of living is largely increased.

The best thought and effort of the housewife should be directed toward excellence in the culinary art — toward



CLOCK REEL



SWIFT

learning the nutritive value of foods and how best to attractively serve them. The health and efficiency of those near and dear to her depend greatly upon her faithfulness in this important duty, and her success helps to keep doctor's bills from the list of expenses.

In purchasing supplies for the larder, the cost of meats is not considered by those who find a wholesome and satisfying substitute in grains, fruits, and those things that grow out of the earth and are edible. It is a saving to buy at wholesale, stock that will keep for any desired length of time. In canned goods, buy the best rather than a cheap lot that later may be found to be un-serviceable.

Delicacies — store salads, pickles, cheese, bakery cake, and the like — should not be indulged in, as they have the disadvantage of being unwholesome and expensive.

A saving is made by buying flour by the barrel and making the coveted home-made bread.

Though one is glad to get canned goods at the grocer's in an emergency, the home-canned fruit and vegetables in glass are superior and cheaper.

Tomatoes put up in this way are desirable additions to the dinner menu. Many inexpensive and nourishing dishes, as baked beans, macaroni and spaghetti, are made more appetizing by the use of tomato sauce in their composition.

In the matter of clothing, bargain days at department stores, which occur semi-annually, will offer at reduced prices good and attractive material that can be made up into becoming garments; also silks and velvets can be procured for millinery purposes. It is best to ignore ephemeral styles. In the care of clothing, much can be saved by always wearing

clothes suited to the work in hand, never wearing street or visiting dresses around the cook-stove.

It has been said that every man at fifty should be his own physician. Be that as it may, every one ought to know that seasons of work and rest should be well balanced; for if nerve energy is too heavily drawn upon, and not given a chance to recover tone, the result in some cases will be a



HUSKING CORN

nervous breakdown; but constant care of the body-machine will enable it to accomplish the most work, whatever the pursuit in life. To attend to the utmost cleanliness in house and person and immediate surroundings will dispense with the doctor's services, and therefore keep down the cost of living in many cases.

A day amid the quiet scenes of nature now and then when the need is felt for a change from the busy streets of the city or from the routine of daily household cares and work, will act as a restorative, resting mind and body, and may save the expense of medical attention.

# WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

J. L. Buttner, M. D.



SHALL make no apology if at the outset I affirm that the high cost of living should be considered in a philosophical spirit.

It is only one side of the great problem of living. If it now constitutes more of a problem than ever before, it is not in any sense a new problem. At all times there have been those who have too much and those who have too little, and this condition will presumably continue.

## Parasitism

We may discourse learnedly on the gold depreciation, and we may analyze shrewdly the ascension of the prices of the necessaries of life and contrast it with the failure of salaries to keep pace with them, and yet be far from an understanding of the essential causation of such trouble. Even at the risk of being thought a simpleton, I shall assert that the real cause is selfishness and greed, with their concomitant luxury, dissipation, sickness, and waste. The time is coming when a man will be judged for squandering, and will be required to render some service, either in brain or brawn, to the community in which he lives. The possession of capital consisting of intelligence, money, or power will constitute an obligation to be more useful. One who is not a producer or a conservator of the riches of a nation, is a parasite either wilful or unfortunate. The prevalence of this parasitism is at the bottom of the burdens and the difficulties of life. Many of our problems will be solved when this truth is universally accepted and acted upon.

## Economy and Thrift

An income of ten thousand dollars may seem an enormous amount to the average worker, but even that may not be enough if more is wanted than it can furnish. The problem of the high cost of living is not so much a question of income as how it is used and what is the spirit that presides in the home. In your

way of looking at life lies your possibilities. Let us discard the idea that we can live comfortably and ape our wealthy neighbor. Able men or women may make their incomes increase with their desires, but this solution cannot be universal. Most of us must live within close boundaries, make the best of it, and be content. The genius of this lies in securing the greatest advantages that ordinary moderate circumstances can confer, by the intelligent cultivation of economy and thrift. It is sometimes better to produce more and economize less. The individual alone can decide that for himself. True economy lies between waste of substance and waste of time and effort. For most persons, strict economy is the only way out of absolute dependency and want. Thrift is the ability to produce outside the sphere of a regular occupation. Americans have much to learn in both respects.

Let us be more specific. It is on rent, clothing, and food that most of the income is spent.

## The Home in the Country

I should recommend every family to have a house with a garden. This is the minimum *bonum*. The apparent advantages of the tenement are a hundred times offset by increase of sickness through contagion and lack of air and sunshine. Here the economy is in the intelligent conservation of our health. Back to the country to live a better and a more natural life! Once there, every one should be able to get some returns from the resources of the place. Cut your own wood, plant your own lettuce; put something in the ground and it will give back a hundredfold. Even city back yards, with their dismal, dirty look, could be made to yield something useful or pleasurable. Vegetable gardening is one of the easiest and simplest ways of getting a handsome profit from a minimum outlay. A Chinese family would live in

a city lot that is weed-ridden or bare. Waste vegetable matter—leaves, parings, etc.—makes good manure, and should be given back to the soil from which it came. The water from the wash-tub is loaded with valuable substances for plant growth. Learn as much as you can about gardening, but do not think that you have to be an expert before you can get some results. With a package of mustard-seed, a piece of ground, and sufficient water, any time of the year except freezing time, you can in three weeks have salad greens that are quite agreeable. This is only a small affair. There is always something to get in the country for those who are thrifty, if nothing else than that priceless advantage—*health*.

#### The Dress

Dress is an expression of personality; it tells something to others of what we are. Care of clothes and good buying should be taught. It is one of the sins of this civilization that worthless garments are on sale, even if at a low price. Paper-soled boots are expensive at any price. The fabrication of articles of such description should be prohibited. Under the lure of cheapness the poor and the ignorant pass their hard-earned dollars to the conscienceless manufacturers and merchants. Every woman should have a hand in the making of her dresses and her bonnets. To leave herself entirely in the hands of the professional is to increase their costliness. They should be the artistic effort of her own mind. My sister, have a hand in that self-expression. Discard the abominable, savage, and vulgar luxuries that mean the death of the beautiful creatures that grace the surface of the earth. You and your pocketbook will be the better for it. Learn the beauty of the line devoid of unnecessary hangings. Fashion or no fashion, give up elaboration and the multitude of time-consuming frills. Help fashion to acquire sense. Oppose inertia to innumerable plaitings of one kind or another. Here, more than anywhere else,

thrift is master. If it is helped by artistic feeling, it may work wonders.

#### The Food

Food usually makes the largest debit account in the family exchequer. How unnecessary the indulgences that cut the biggest figure! Many pride themselves on having anything they want to eat; the most expensive is none too good for them. There is a great deal of pride and a misconception in that attitude,—pride that they can afford it, misconception that the most expensive is necessarily the best. It is not so very far back that men were uncertain how they would secure their next meal and how much it would be. Like carnivorous beasts, they were dependent on chance. Like the beasts, they would swallow as much as they could hold. To feast and to give feasts was the greatest pleasure. We are not far removed from barbarism in that we still consider a quantity of victuals a proper adjunct to every sort of business; and the apoplectic individual, who puffs and snorts as he drags his body along, is still the popular ideal of good health and success. In this matter we have to progress against enormous opposition. To eat in order to supply the simple needs of the body is a practise that has not struck the fancy of the masses.

#### A Fashion in Eating

There is a fashion in eating, as in other things. It is not yet guided by scientific knowledge. The most needy, because frequently the most ignorant, follow the example given, and take as imperative the suggestions of the general tendencies of the day. The longing of the multitude is for what they do not have, for the pleasure of the rich man's table, true or fancied. So the money goes for things of questionable value, while the useful and inexpensive is passed by. A whole treatise would be required to develop this idea completely. I shall offer a few hints as a general indication.

### Simplicity Should Be First

Simplicity is the first requisite of a healthful diet. A variety of foods is important, but this need not lead to lavish expenditure. There should be an abundance of the ordinary foods. We may, however, reject meat on principle, or may abstain from it for hygienic reasons. Any one who, unprejudiced, studies the question, may be convinced that a fleshless diet is beneficial. Many persons, however, cannot seem to come to absolute abstention. There are so many factors that tend to perpetuate the habit that it takes real effort and much constancy of character to disentangle oneself from the bounds of custom. Even a half-hearted practise is of value. He who would not be a propagandist may prefer to remain on the border line between the food reformist and the standpatter of high living. As meat is the most expensive food, some advantage will ac-

crue. Two things grate upon me more than several others, perhaps because they are more frequently in my sight. Putting cereals in the form of flakes into "big" (appearing) packages is a skilful device to sell a lot of air under the guise of more substantial nutriment. These are special foods for babies, invalids, and the like, but they have no place on the table of the family with a small income.

I ache over the many millions of quarts of buttermilk that are given to the pigs annually. Vegetable oil is physiologically equal to butter in all respects. Buttermilk, on the other hand, contains all that in milk is vital,—proteins, phosphates, etc., substances that would make brain and flesh in poor children. Yet buttermilk is given to the pigs to make lard of! Every quart of buttermilk given to the pigs is a blot on the intelligence of humanity.



Modeled by the Master Artist.

# WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

Eva J. DeMarsh

**L**IKE many other persons, I awoke one day to the fact that the purchasing power of my income was not what it had been, nor were the visible evidences of where the income had gone as discernible as I could wish. Not being satisfied with things as they were, I decided to experiment a little.

First of all, I rented a suite of unfurnished rooms, two large and two very small ones with two large clothes - closets, on the south side of a large, old-fashioned house. These I secured for ten dollars a month, on account of the house being an old one without bath or furnace.

However, there are sewer connections, gas, and city water. Fuel and gas, of course, are at my expense, but water is not.

For years I have kept an expense account, but when I began to consider wherein I might further reduce the cost of living, there came the realization that not infrequently I had purchased articles from something other than necessity. Bargain sales and attractive show-windows often draw to themselves more than we ought to spend; that is their purpose.

Among other things, I noticed that I owned more clothing that I really needed. A few neat, attractive garments for each season are quite sufficient. However, being very busy, often articles had been purchased to replace others which were out of date or needed repairing. "Red mark" sales were also responsible for a part of the surplus. As the material is good, I have decided to buy no more at

present, but to utilize what I have in one way or another.

Turning to dress accessories, too much money was discovered tied up in stocks, jabots, ribbons, laces, etc., all pretty and serviceable, but many of them worn only now and then. It is surprising how the quarters and half-dollars spent for such things soon mount into dollars. This item will be cut out for the present, and when new purchases are made, they will be limited in number.

For a long time past I have been in the habit of getting two meals at home and the third out of the house. After due consideration, I decided that a smaller amount judi-

ciously expended at home would give me better and more wholesome food, and the companionship I desired could be enjoyed between times, and occasional hospitality would not cost so much as the extra service for which I paid when away from home.

Reading I love and consider a necessity, but it appeared there were too many papers and magazines on my list. Some that I did not care to enjoy in their entirety could just as well be read at the public library. In books, pictures, and furniture, I have a considerable sum invested. This, however, I deem money well spent, likewise that paid for sewing-machine, typewriter, bicycle, and insurance, all of which mean a permanent investment in utility, health, happiness, and protection.

Coming now to the culinary department. On my shelves I found many bottles, glass receptacles, and packages. We are told that we get full weights and

Without a family purse to manage and a family's wants to provide for, this writer found a need and an opportunity to practise greater economies, and she therefore became an active member of the great SOCIETY FOR THE REDUCTION OF THE COST OF LIVING. May her experiences be a help to others similarly situated.

measures in these, but do we? Of course there are laws, and violations thereof are punishable; nevertheless, every day I find in packages of tapioca, etc., coupons and printed matter about which I care nothing. We buy fruit in boxes, for which we pay quart prices, and yet seldom are they quarts. Of course the grocer is careful not to say they are quarts, still he charges on that basis. One grocer I know keeps on hand nice packages of sugar all ready to take home, labeled "twenty-five cents' worth." How thick and heavy the boxes are is particularly noticeable. Is it so the sugar will not spill? I wonder.

The law says our bakers shall furnish sixteen-ounce loaves. How many do? The other day I had my grocer weigh several loaves of different makes, and all went fourteen ounces to the loaf. At that, some of them were nicely wrapped in tissue-paper, not an appreciable weight on one loaf, but how about a year's supply for a family? Two ounces short on one loaf means that on every seven loaves the baker gains one. Of course we can protest and invoke the law, but if we do, he will increase the price of his product.

As for the matter of parcel covering, that is a sanitary measure which we cannot afford to forego, but why must the manufacturer tax us a noticeable amount for this service? In the aggregate, it does not cost him much more; besides, in his factory or shop I am not sure that he gives the same sanitary service prior to the wrapping or packing that he does afterward. Things are not always what they seem. As far as practicable, buying articles in bulk is more economical. This applies particularly to potatoes, beans, rice, flour, etc.; and, by the way, beans, both field and dried Lima, are palatable and very economical.

Being of slender physique, my laundry facilities limited, and my time more valuable in other directions, most of my washing is done outside the house. Small articles and lace-trimmed ones I do myself, also some of the baking and

sewing. Some things it seems advisable and more economical to pay some one else to do.

Later on, it is my intention to rent or to purchase a moderate-sized modern house, and sublet one or two rooms. By so doing, rent will be reduced or eliminated, I can choose which part of the house I wish to occupy, and the control of affairs will be in my own hands. The purchase proposition presents rather the stronger appeal, inasmuch as it will be a permanent investment subject to improvement and increased valuation; the rent of rooms will cover taxes, insurance, and up-keep, and undoubtedly prove a desirable addition to my income. I can enjoy flowers, fruits, and vegetables of my own, and the place will be home to return to, no matter where else I may choose to sojourn temporarily.

In conclusion, permit me to say that by making life too complex we add to the cost of its maintenance. There is a world of happiness in the sweet, simple, wholesome things which cost little or nothing. Expenditures well considered before they are made will save many a heartache, and lay up many a dollar for future enjoyment. System, a wise self-denial, a thoughtful study of ways and means, a gaging of outgo somewhat below income, fewer luxuries, and more of the simple pleasures of life are all important factors in reducing the high cost of living.

In your expenditures, be neither niggardly nor wasteful. Cut out most of the luxuries; an occasional lecture, concert, or other amusement will be the more enjoyable if you are not surfeited with such things. As a rule, purchase those things which will last, not such as are gone in a day or at a meal. Be ambitious, but not continually striving for the unattainable. Do not worry. "Care killed the cat," but if it kills you, the fault is your own. Make the most and the best of what God gives you, and thank him each day for the many things he has placed within your reach, without money and without price.

# WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

James Frederick Rogers, M. D.



THE high cost of living is made up of two principal elements, — the relatively higher cost of needful commodities, and the cost of luxuries.

The problem presented by the first of these conditions has not been solved by the best economists, and even our legislators, who usually consider themselves equal to any emergency, have not as yet discovered a remedy for the soaring of prices. Probably only new adjustments in supply and demand will bring the longed-for fall in the cost of necessities, and, unless there should be some undreamed-of discovery, we need not expect a return of prices to the low level of years ago. We have in this country been squandering the gifts of nature on which all our wealth is based, and we must pay the penalty.

The cost of luxuries which make up a considerable amount of our total expense of living will also adjust itself according to supply and demand, but here each one of us may regulate his outlay for himself, and so reduce his cost of living in proportion. At any rate, if one cannot bring about a reduction, he can prevent an advance of his present expense. Of course the term luxury is a relative one. It may be defined as something which we can get along without, and often, in the long run, could get

along better without; but no two persons would apply this definition in the same way as far as they themselves are concerned.

A luxury is a luxury whether it costs little or much, and it is often the inexpensive ones which, unknown to us, sap our resources. All of us are these days seriously "exposed" to luxury.

A man who has a dozen newspapers poked into his face by twice as many newsboys is apt to buy two or three a day, when one would have been ample; a street-car passing his door is a temptation to ride a few blocks to his office when it would have been better in the long run if he had exercised by walking; an assortment of

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It's an ill wind that blows nobody good, and the high cost of meat has undoubtedly done more than all the health preaching of a century to bring about temperance in meat eating.

It is a pity that the price of alcoholic intoxicants cannot be raised to such a pitch that they would be beyond purchase.

high-priced cigars is a temptation to buy the more expensive, when a cheaper one would have answered all practical purposes (if there are any), and it would have been still better, in the long run, had he not smoked at all.

Some persons would call these items necessities, and, at any rate, trifles, which hardly count. Nevertheless they add appreciably and to an increasing extent to the cost, and the high cost, of living.

Then there is the automobile, which is a trifle neither in cost nor in up-keep. This has served to dwarf other luxuries, and make them seem the more like necessities. Most automobile owners look upon their "machine" as a necessity, and

the greater their income the more necessary is an expensive car. So promptly do luxuries grow into seeming necessities that the man who has spent five thousand dollars a year finds it impossible to live on four thousand, and he who has had ten hundred feels pinched when his income falls to nine hundred. In the language of old George Herbert:—

“He that needs five hundred pounds to live,  
Is just as poor as he who needs but five.”

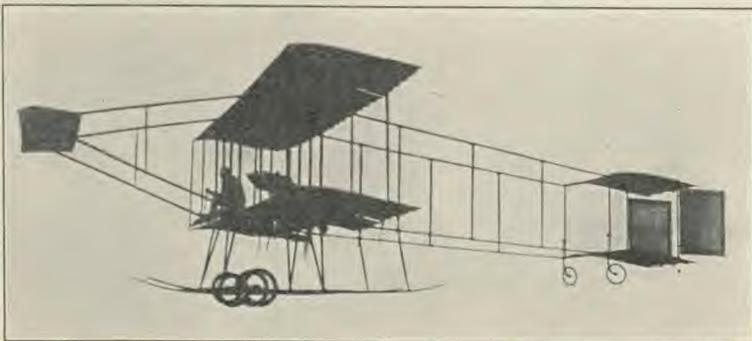
Wages have gone up nearly in proportion to the advance of commodities, so it needs but a suppressing of our emulation of the extravagance of others to keep our actual cost of living from rising greatly. Besides, by doing without some of the non-essentials we can actually influence the cost of things more intimately connected with our actual needs. If there were no automobiles, we would not be paying so much for rubber overshoes nor for leather shoes, and besides, those now employed in their manufacture would be in the employ of the makers of necessities. But we need not look so far ahead to sense the advantages of our contentment with fewer things.

What can't be cured should be endured with a good grace, and we may find in the high cost of living some blessings unawares. The price of meat especially has soared, but if it causes us to reduce our consumption of that food material of which we have been eating too much, it is a good thing indeed. If we find it advisable to eat vegetables instead of meat, it may be still better for us. It's an ill wind that blows nobody good, and the high cost of meat has undoubt-

edly done more than all the health preaching of a century to bring about temperance in meat eating, and the greater use of vegetables, which cost only a fifth as much in proportion to food value. It has also reduced the over-consumption of food in general, for we are most apt to eat too much when meat is a large item on the bill of fare. Considering the benefits derived in *the long run* from this modification of diet, there can hardly be said to be any real high cost of living.

We are paying more for milk, but it is vastly cleaner and safer than ever before; and if we take into account the decrease in sickness from its use, perhaps we are not, in the long run, paying so much after all. It is a pity that the price of alcoholic intoxicants cannot be raised to such a pitch that they would be beyond purchase. Such a high cost would be an advantage to everybody.

To a visitor from another planet who should consider the piles of cheap magazines at our news-stands, the frequency of candy stores with modified sugar selling briskly at from forty cents to one dollar a pound, moving-picture shows on every corner crowded every day, and our streets filled with pleasure vehicles, the expression “high cost of living” would be puzzling indeed. We should have difficulty in explaining our use of the words, and if he were well versed in the past history of society, we should have finally to confess that notwithstanding this outcry we are living better and longer than ever before; at any rate, it is more than ever possible to do so.



COST OF LIVING

# WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

Mrs. D. A. Fitch



**F**IRST in the art of simple living is abstinence from all things harmful,—from alcohol, tobacco, tea, coffee, and the like.

Next is the avoidance of things which, though not positively injurious, are unnecessary for sustenance, such as spices, condiments, baking-powder, soda, large quantities of sugar and butter or other fats. For this reason we may well dispense with flesh foods.

## “The Good Old Days”

In the good old days when clothing was hand-made and the cloth home-woven, much less expense was incurred, and the garments wore much longer than at present. So now while it is not practicable to make the cloth, yet there might be decided advantage in the home manufacture of many garments. For one dollar better cloth can be obtained than is in the dollar ready-made garment, and home sewing should greatly enhance the wearing qualities of any garment.

## Eliminate Medical Expense

To lessen or eliminate the bills of the family physician is an important item in the reduction of expenses. Hygienic living is in this way an economy; but since sickness may come even when one has done his best to prevent it, there is wisdom in having some member of the family understand how to administer simple treatments for common diseases.

## Preserve Health

To keep the body in the best condition and thus ward off disease, it is necessary to know the nutritive value and other properties of the various foods, the best ways to prepare them, and how to partake of them in a manner best calculated to subserve the needs of the system.

It is not always true that the lowest-priced foods are the most economical, but it is frequently so. Pound for pound, dried beans contain three times the nutrition there is in lean beef, and at one third the cost.

## Restaurants and Prepared Foods

Because it requires less exertion, many persons take meals at public eating-places, the expense being greater than if the food were prepared at home. For a similar reason the practise of buying ready-prepared foods, though it may be convenient, is not always the most frugal method. The fifteen cents paid for a can of beans would purchase enough dry beans to fill several cans.

## Economizing Fuel

Many articles are better prepared and at less expense in the fireless cooker, a valuable utensil which can be made in the home with little or no expense. Often more fuel is used in cooking than is necessary. If the gas or other fuel is sufficient to boil the kettle, it is just as well as to have the blaze much higher, thus consuming too much fuel.

## Throwing Wages Into Garbage-Can

Many men earn good wages, but, as described in Haggai 1:6, find they have put their money into a bag with holes. The wife, doing perhaps the best she knows how, is throwing into the garbage-can the hard-earned wages in the form of thick potato, apple, and other peelings, besides food which would not have soured had she thought in time and known how to reheat and thus save it. Even in the warmest weather it is seldom necessary to allow good food to spoil.

## Eliminate Servants

Most housewives would find the cost of living greatly reduced by doing without servants, especially in the culinary department. The saving is not alone in the wages paid, for it is an uncommonly good cook who knows how and is sufficiently conscientious to deal economically with the culinary supplies.

## Home Manufacture

In some families a large amount is expended in the purchase of toys. The home manufacture of these serves a

double purpose. The first cost is saved, and the children are trained in methods of economy.

#### Care of Garments

Good garments are often lost to use because of failure to take the "stitch in time." When sheets, towels, and some other articles begin to show thinness in the middle, they may be separated at that point, the edges hemmed, and the selvages sewed together. It is surprising how long they will last after being thus treated. A still closer item of economy is to use those portions of the towel which others do not use,—the ends and corners. The stair-carpet will last much longer if some of the family tread near the edges rather than all using the middle portion.

#### Interest on Borrowed Money

Ordinarily the interest paid on borrowed money or on debts is a needless expense. "Avoid debt as you would the leprosy."

#### The Love of Pleasure Increases Expense

Love of pleasure often tempts to increased cost of living, for real needs are few. To learn to enjoy the simple life is worth while from many a standpoint. Many obliged against the will to live frugally are discontented. He who is not obliged to live simply may find real pleasure in leaving a margin of means with

which to bless others, and it may prove convenient for his own use in that proverbial "rainy day."

#### The Cost of Pride

Possibly much of the present physical inefficiency and disease is caused by the use of rapid-transit conveyances, which have supplanted the old-time practise of long-distance walks. These expensive conveyances add much to the cost of living, and often enhance the expense of dying.

Were it not for pride of appearance and love of ease, the rents of spacious and elegant residences would prove unnecessary, and "love in a cottage" be found much cheaper than the present cost of superabundant space in so-called fine locations.

Was it Benjamin Franklin or some other philosopher who said, "If you would make your friend rich, seek not to increase his stores

but to diminish his desires"? A greater Authority says, "Honor the Lord with thy substance: . . . so shall thy barns be filled with plenty, and thy presses shall burst out with new wine." Prov. 3:9, 10. He also tells us that if we will return to him his portion, then he will rebuke the devourer for our sakes, and our vines shall be fruitful. See Mal. 3:10, 11.



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## WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

Mrs. N. A. Honeywell



WO working men live side by side, earning nearly the same wages, with about the same-sized family to support. Mr.

Jones is always complaining of hard times, is always in debt at the grocery, and the home and children present a generally untidy appearance. The other home possesses an air of prosperity, and even refinement, and a little sum is being laid away each month for future needs. The difference is not so much in the wage-earners as in the wage-spenders.

### Did Not Know How to Purchase

A woman whose husband was an engineer earning seventy-five or eighty dollars a month, with a family of six, told me that she could not manage to live on what her husband earned. She paid about fifteen dollars a month for rent, and there was no great outlay for furniture or clothing. The money was all placed in her hands, so it was evident that the trouble lay with the housekeeper. The mystery was solved when I was at the house on one occasion about noon. The children, coming home from school hungry, found no dinner cooked. There was no fire, and the mother was engaged in something else rather than getting dinner. She told the children to go to the store and buy what they wanted. They brought home several kinds of canned goods. The cans were opened, and their contents eaten cold.

The mother, having received a few suggestions on economy, decided to mortgage her furniture by borrowing seventy-five dollars from a loan agency, so as to get out of debt at the store, and to lay in a stock of groceries in order to live more cheaply. She asked for a list of articles that would be nourishing for her family and yet not so expensive as the foods upon which they had been living.

### Instruction in Thrift

She was told that dried beans and peas are cheaper, as well as more wholesome,

than the canned goods; that in large cities there are stores where cereals, such as oatmeal or rolled oats, grits, cerealine or flaked hominy, can be bought in bulk much cheaper than the much-advertised breakfast foods. While she gave careful attention, I continued: "As substitutes for meat the dried beans, both navy and Lima, split peas, Scotch peas, and lentils form an agreeable variety for soups, vegetable roasts, and purées. Boiled wheat is a most nourishing and economical dish. Macaroni, which has a high food value and can be cooked in a variety of ways, can also be bought in bulk. The dried fruits also are much cheaper than canned fruits. Dried prunes, peaches, apricots, California figs, apples, and pears furnish a variety of wholesome food for the children to use with their bread and cereals for breakfast and dinner. Prunes need very little if any sugar, and if cooked with the more acid fruits will help to sweeten them. The fresh fruits may also be used in their season, and put up in glass jars for winter use. They may be canned with little sugar, and sweetened when opened, as sugar is generally cheaper in the winter.

"Buy winter wheat flour and bake your own bread. Then you can make that good Graham bread which the children like so well, and which is so nourishing for them.

"A few simple pies or cakes once in a while, made without baking-powder or soda, and shortened with vegetable oil instead of butter or lard, will be a treat for the family, and will help them to relish their simple food. Leave out bakery goods, ice-cream, coca-cola, and other cool drinks. Tea and coffee are expensive luxuries which may well be left out of the bill of fare.

"Butter is expensive, and unless the fresh country product can be obtained, is open to suspicion. If good milk and cream can be obtained, its use can be dispensed with.

"If the family is well fed with food prepared in a variety of healthful and yet appetizing ways, the absence of meat and other harmful luxuries will not be noticed. For dinner prepare two or three good vegetables in their season, with bread and gravy, and perhaps a simple dessert."

This is in substance what I told this housekeeper about reducing the cost of living. How well the instructions were carried out I do not know, but on visiting her home two or three years later, I found conditions much improved. The family was living in a much better house, which was better furnished, and everything about the premises had an air of thrift and prosperity, which was lacking in former years.

This family is one in thousands whose circumstances, as well as health, might be improved by attention to some of the simple details given above. Some have said that they cannot afford to live on the hygienic plan, for it is so expensive. This is certainly a mistake, as the writer knows from an experience of years. It is not necessary to buy the expensive "health foods" in order to live healthfully. Any good food well cooked is a health food. Get a hygienic cook-book and study it, and you will be surprised at the number and variety of appetizing dishes that can be prepared cheaply and healthfully. You will be rewarded not only by your increased bank-account, but also by the increased health of your family.



Protected by winter's coverlet.

# WHAT I KNOW ABOUT REDUCING THE COST OF LIVING

Edythe Stoddard Seymour

## The Housing Problem

**P**ART of the high cost of living can be reduced by residing in the suburbs, where rents are cheaper than in the heart of the city. Moreover, fresh air, open spaces, and other advantages make for health and few doctor's bills, and thus tend in another way to reduce the cost of living.

One can, if convenient, decide on a permanent home in some desirable section, purchase on the monthly instalment plan, the same as paying rent with an extra sum added, the whole being paid off in about eleven years. The payments are usually from ten to fifteen dollars a month on each thousand dollars of property value. The purchaser pays taxes and water-rates. One can select a small house that suits, and add extra rooms or other improvements after the place is paid for. These do not necessarily add to the cost of living. An up-to-date heating system, for instance, reduces the amount of fuel consumed, and other improvements may do away with the necessity of employing help.

A sweeper, a small vacuum cleaner, a motor-washer, a gas (or similar) sad-iron, and a small rolling table to carry foods and dishes to the dining-room, all

lessen the amount of effort necessary to do the work.

When it is not deemed advisable to invest in a washer, in the large cities one can for fifty cents send the family wash to a "damp" wash laundry and have the pieces returned clean, ready to starch and hang up, damp but not dripping.

## Clothing

One can still appear presentably dressed, neat and fairly up to date, if for economy's sake the clothing is purchased twice a year, at midsummer and midwinter sales; then by choosing part of these pieces of lighter-weight and part of heavier-weight material, the garments or cloth to make them will cover the needs of the spring and autumn season as well. Even these seasons' supply of hats can be chosen at the same time. Those who have time to shop can by careful selection, if they



know just what they want before starting out, pick up many bargains. This can be done nearly as well by mail from catalogues.

## Feeding the Large Family

When the family is large, the problem of providing a plenteous supply of nourishing food is a most serious one, and often it is desirable to substitute cheaper foods for those our parents thought nec-

essary. The pound or more of meat used formerly, considered a man's portion, nowadays serves an entire family. People, in fact, are giving up the use of meat entirely, and are using eggs, cheese, nuts, peas, beans, and lentils instead, and find they keep in even better condition than when using meat.

Butter is another expensive item, and unless it is fresh and kept with greater care than is usual, it is not a healthful food.

Peanut butter is far more nourishing than butter, and can take the place of meat as well. Butter substitutes can also be found in jellies, fruit butters, and even sirup. But for many meals a spread for bread will not be missed when sauces and dressings are served. Flavorless butter and lard substitutes can be used for seasoning and frying.

Eggs can be bought fresh in summer, and preserved for winter use by placing small end down in layers of coarse salt

or a solution of water-glass, to be obtained with directions for use at the drug store.

The winter supply of coal can be bought at its cheapest in summer, and a supply of potatoes at a great reduction by the bushel in the autumn.

Flour and apples are cheaper by the barrel; macaroni, cocoa, and other goods often bought in packages are less expensive when bought loose by the pound.

The ribs of cauliflower and rhubarb should not be discarded, but cooked and eaten with the rest.

Various soups, with a plentiful supply of home-made nut or raisin bread, can furnish many a nourishing luncheon at little cost.

Yet to purchase food in large quantities, if perishable, is not a saving for a small family, and the practise of economies not necessitated by the income seems to be mean and does not give that joy in living that is our due.



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# HEALTHFUL COOKERY

## MENUS FOR A WEEK IN JANUARY

George E. Cornforth

**T**HIS article is the first of a series of twelve articles in preparation for the readers of *LIFE AND HEALTH*. It is hoped that they will be a real aid to the busy housewife in planning a menu that will be attractive and afford variety, and at the same time be simple, inexpensive, and healthful.

Recipes for dishes marked with a superior <sup>1</sup> will be found in this number.

As a rule, recipes that have appeared in previous issues are not repeated.

### RECIPES

#### Baked Split Peas

Wash well one pint of green split peas and soak them overnight. In the morning put them into a baking pan. Add one large teaspoon salt, two to four tablespoons oil, and water enough to cover the peas. Put a cover over the pan and bake slowly for three or four hours, adding boiling water when necessary. When done they should be tender and dry. The cover may be removed during the last part of

the baking, to brown the top. Serve with cream sauce.

If one likes the flavor, about half a clove of garlic cut fine may be added to the peas when they are put to bake.

#### Cream Rice Pudding

1 qt. milk  
 ½ cup rice  
 ½ cup sugar  
 1 egg  
 A few grains salt  
 Grated yellow rind of one lemon

Wash the rice thoroughly, and cook it in the milk in a double boiler till tender. Then add to it the sugar, salt, and lemon rind. Beat the egg. Stir some of the hot milk into the egg, then stir the egg into the rice and milk, mixing well. Put into a pudding dish and bake just a few minutes — long enough to set the egg.

The pudding should be of a creamy consistency when cold.

#### Hot Cakes

1 cup zwieback-crumbs  
 ½ cup flour  
 ½ teaspoon salt  
 About 2 cups milk  
 2 eggs

### First Day

#### DINNER

Vegetable Oyster Soup  
 Baked Split Peas with Cream Sauce<sup>1</sup>  
 Baked Potatoes Mashed Squash  
 Whole-wheat Bread  
 Cream Rice Pudding<sup>1</sup>

#### BREAKFAST

Rolled Oats  
 Cream Gravy Toast  
 Corn Puffs  
 Oranges  
 Cream or Milk  
 Apple Sauce

#### SUPPER

Cottage-cheese  
 Baked Sweet Apples and Milk  
 Graham Bread

### Second Day

#### BREAKFAST

Rice with Fig Sauce  
 Hot Cakes with Maple-sirup<sup>1</sup>  
 Browned Potatoes Unfermented Rolls  
 Apples Stewed Dried Apricots

#### SUPPER

Rice Croquettes with Cream Sauce  
 Fruit Salad Parker House Rolls  
 Sponge-cake

#### DINNER

Split Pea Soup Macaroni au Gratin<sup>1</sup>  
 Baked Sweet Potatoes  
 Celery Beet Salad  
 Graham Bread Cup Custard<sup>1</sup>

Mix the zwieback-crumbs, flour, and salt. Heat the milk, not to boiling, but a little hotter than the finger can be held in, and pour enough of the hot milk over the zwieback-crumbs and flour to make a rather thick batter. Separate the whites from the yolks of the eggs. Add the yolks to the batter and beat well. Beat the whites of the eggs stiff and dry and carefully fold them into the batter. Cook in spoonfuls on a slightly oiled griddle, allowing them to cook on one side till nicely browned, then turning them and browning the other side. Serve with sirup.

The split pea soup on the second day is made from what was left of the baked split peas the day before.

#### Macaroni au Gratin

½ pkg. macaroni  
1 cup sour cream  
Yolk of 1 egg  
½ teaspoon salt

Break the macaroni into inch-length pieces and put it into three quarts of boiling salted water, and boil continuously till the macaroni is tender, which will require from twenty minutes to one hour, according to the age and size of the macaroni. When tender, turn into a colander, then dash cold water through it. Put it into a baking pan. Pour over it the cream, egg yolk, and salt, which have been beaten together. Bake till the liquid is set.

#### Cup Custard

1 pint milk  
2 eggs  
1 tablespoon sugar  
½ teaspoon vanilla or the grated yellow rind of ½ lemon

A few grains salt  
Heat the milk a little. Beat the eggs, then beat the sugar into the eggs. Mix a little of the hot milk into the eggs, then stir the eggs into the hot milk. Add the flavoring and salt. Pour into cups. Set the cups into a

pan of hot water. Bake till set. Be sure not to bake too long or the whey will separate and the custard be spoiled. To tell when the custard is done, run a silver knife into the custard. If the knife comes out clean, the custard is done. If some of the custard sticks to the knife, it should be baked a little longer.

The rice croquettes for supper on the second day are made from the rice left from breakfast.

The macaroni croquettes for breakfast on the third day are made from the macaroni left the day before, and the browned sweet potatoes from the left-over baked sweet potatoes.

The cream celery soup is made from the leaves and tough stalks of the celery used the day before.

#### Irish Moss Blanc-Mange

The Irish moss is a sea-moss, the industry of collecting and curing which has been carried on for years in the neighborhood of Scituate, Cohasset, Plymouth Harbor, and White Horse Beach, in Massachusetts, and Rye Harbor, in New Hampshire. It may be bought at drug stores, and many grocers keep it. The moss contains a gelatinous substance which, when the moss is steeped in milk, dissolves, thickening the milk and giving to it an agreeable flavor.

1 qt. milk  
½ oz. Irish moss  
¼ cup sugar  
1/6 teaspoon salt  
½ teaspoon vanilla

### Third Day

#### DINNER

Cream Celery Soup  
Stewed Lima Beans  
Mashed Potatoes  
Mashed Turnips  
Whole-wheat Bread  
Irish Moss Blanc-mange<sup>1</sup>

#### BREAKFAST

Toasted Corn Flakes  
Macaroni Croquettes  
Stewed Prunes  
Cream or Milk  
Browned Sweet Potatoes  
Whole-wheat Puffs  
Grapefruit

#### SUPPER

Hulled Corn and Milk  
Zwieback and Nut Butter  
Pressed Fruit Pudding with Coconut Sauce

### Fourth Day

#### BREAKFAST

Cracked Wheat with Raisins  
Nut Gravy Toast<sup>1</sup>  
Oranges  
Cream or Milk  
Potato Cakes  
Popovers  
Canned Peaches

#### SUPPER

Vegetable Bouillon  
Molded Cracked Wheat with Fruit Sauce  
White Bread  
Croutons  
Junket

#### DINNER

Lima Bean Soup  
Bollid Potatoes in Jackets  
Stewed Corn  
Creamed Chestnuts  
Rye Bread  
Steamed Fruit Pudding<sup>1</sup>

Prepare the moss by soaking and washing it in four changes of water, allowing it to soak about fifteen minutes the first time and five or ten minutes the succeeding times, picking it out of each water into the other with the fingers, carefully looking it over and removing any sand or dark parts.

Put the milk into a double boiler to heat. When boiling hot put the washed moss into the hot milk and cook thirty minutes. The milk will not seem much thickened, but it will be solid when cold. Strain through a fine sieve, stirring the moss to allow all the milk to drain out. Add the remaining ingredients to the milk. Stir well to dissolve the sugar. Pour into a mold wet with cold water or pour into individual molds. When cold, turn out of the molds, and serve with cream or with sliced bananas and cream.

#### Nut Gravy Toast

The nut gravy toast is made by pouring nut butter gravy over zwieback that has been dipped in hot water.

The potato cakes are made from the mashed potato left the day before.

The Lima bean soup is made from the Lima beans left the day before.

#### Steamed Fruit Pudding

- $\frac{3}{4}$  quart peeled, quartered, and cored apples
- $\frac{1}{4}$  pound seeded raisins
- $\frac{1}{4}$  pound figs
- 1 cup seeded dates
- 1 tablespoonful molasses
- $\frac{3}{4}$  cup hot water
- $\frac{1}{2}$  cup sugar
- 1 teaspoonful vanilla
- $\frac{1}{2}$  teaspoonful salt
- $1\frac{1}{2}$  cups zwieback-crumbs

Chop the fruit, then mix all the ingredients well together. Put into a pudding dish, cover, and steam three hours. Serve with—

#### Raspberry Sauce

Rub one can of raspberries through a colander or strainer fine enough to remove the seeds. Sweeten if necessary, and thicken with corn-starch to the consistency of pudding sauce. Serve the pudding hot, with the hot sauce poured over it.

The cream chestnut soup is made of the left-over creamed chestnuts.

#### Ribbon Beans

These should be made the day before. Stew separately till tender and very dry one cup each of kidney-beans and white beans. Rub through a colander separately. Season each with  $\frac{1}{2}$  teaspoon salt and a little thick cream or one or two tablespoons oil. Spread in alternate layers in an oiled bread tin. Put into the oven about one-half hour before serving time, to reheat. Success in having this taste good depends upon having the beans cooked down very dry. Serve with—

#### Mint Sauce

- $\frac{1}{2}$  cup lemon-juice
  - $\frac{1}{4}$  cup sugar
  - 1 teaspoon powdered dry mint
- Mix together, and set where it will warm slightly till the sugar is dissolved.

#### Pie Crust

- $2\frac{1}{2}$  cups sifted pastry flour, measured lightly after sifting
- $\frac{1}{2}$  cup cooking oil
- $\frac{1}{4}$  cup cold water
- Few grains salt

### Fifth Day

#### DINNER

- Cream Chestnut Soup
- Ribbon Beans with Mint Sauce<sup>1</sup>
- Scalloped Potatoes
- Stewed Tomatoes
- Graham Bread
- Apple Pie<sup>1</sup>

#### BREAKFAST

- Shredded Wheat with Hot Cream or Milk
- Cottage-cheese
- Hashed Brown Potatoes
- Johnny-cake
- Steamed Figs
- Apples

#### SUPPER

- Johnny-cake and Milk
- Hashed Potatoes
- White Bread
- Celery
- Beaten Biscuit
- Cookies

### Sixth Day

#### BREAKFAST

- Rolled Wheat
- Bean Patties
- Stewed Potato
- Bananas
- Cream or Milk
- with Chili Sauce<sup>1</sup>
- Nut Puffs
- Baked Apples

#### SUPPER

- Blueberry Toast with Whipped Cream<sup>1</sup>
- Graham Bread
- Scalloped Tomatoes
- Apple Sauce

#### DINNER

- Tomato Macaroni Soup
- Savory Potatoes
- Pease Puree
- Whole-wheat Bread
- Bread Pudding<sup>1</sup>
- Creamed Hominy

Mix the salt with the flour. Add the oil, and mix with a spoon till the oil is partly mixed into the flour. (Remember that to make tender pie crust, the ingredients must be put together with as little mixing as possible.) Add the water, and mix till the dough is just stuck together. This will be softer than a crust made with lard, and a little harder to handle; more flour will have to be used on the board in rolling it out. But if you want a tender crust, use these proportions. Do not add sufficient flour to make the dough easy to handle.

### Apple Pie

Line a pie tin with crust rolled as thin as possible. No one likes a pie with a thick crust and thin filling. Fill the crust with sliced tart apples. Sprinkle over the apples a few grains salt and one-third cup sugar. Add a tablespoon of water or a little more, according to the juiciness of the apples. Wet the edge of the crust. Make holes in the top crust and put it on. Pinch the edges of the crust well together. Bake in a slow oven one hour. The good flavor of apple pie is developed by long, slow cooking.

We omit the spice usually put into apple pie, because we think that spice covers up and spoils the good flavor that nature has put into apples. Apple pie may be flavored with lemon rind and juice, or a few finely chopped walnuts may be sprinkled over the apples before putting on the top crust.

The johnny-cake for supper is that which is left from breakfast. The potatoes are those left from dinner warmed up.

The bean patties for breakfast are made from the ribbon beans left the day before.

### Chili Sauce

1 qt. tomatoes, chopped  
2 large onions, finely chopped

1 level tablespoon sugar  
 $\frac{1}{2}$  teaspoon celery salt  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup lemon-juice  
Rind of  $\frac{1}{4}$  lemon

Mix all the ingredients except the lemon-juice; cook slowly till reduced one half; cool; add the lemon-juice.

### Bread Pudding

1 qt. milk  
 $2\frac{1}{2}$  cups stale bread, cut into dice  
 $\frac{1}{4}$  cup sugar  
3 eggs  
 $\frac{1}{6}$  teaspoon salt  
 $\frac{3}{4}$  cup seeded dates cut into small pieces

Heat the milk. Add the bread cubes to the hot milk. Separate the whites from the yolks of two of the eggs. Beat the one whole egg and two yolks. Mix some of the hot milk with the beaten egg, then mix the egg with the hot milk and bread. Add the sugar, salt, and dates. Put into a pudding pan, set the pan into another pan of hot water and bake till the pudding is set. Then beat the two egg whites and fold into them one and one-half table-spoons sugar. Spread this on top of the pudding, and put into the oven to brown lightly.

### Blueberry Toast With Whipped Cream

Dip slices of zwieback into hot cream or hot water. Put the blueberry sauce over the zwieback and put whipped cream over the blueberries.

### Strawberry Toast With Nuts

Make strawberry toast according to the recipe for blueberry toast, and instead of using whipped cream, sprinkle chopped nuts over the strawberries.

### Date Rolls

Use the dough for unfermented rolls. Roll it out one-eighth inch thick. Cut it into strips two inches wide. Place chopped dates along the center of each strip. Wet one edge of each strip, then roll the strips over the dates. Cut into rolls two inches long. Bake in a moderately hot oven.

## Sabbath

### DINNER

Cream Pea Soup  
Sliced Potatoes in Cream  
Nuts and Raisins  
Jelly Roll  
Hot Beets  
Fruit Bread.

### BREAKFAST

Wheat-meal Mush with Dates  
Strawberry Toast with Nuts  
Date Rolls  
Oranges  
Cream or Milk  
Canned Pears

### SUPPER

Ripe Olives  
Graham Bread  
Currant Buns  
Sliced Pineapple  
Honey

# EDITORIAL

## THIS MONTH'S SYMPOSIUM

### Past and Present



WE present to our readers this month a symposium on how to reduce the cost of living. As one writer says, the high cost of living is not a new thing; it has always been with us. As far back as civilization can be traced, a favored few have had more than they needed for comfort, an unfavored many have had to figure closely in order to make ends meet, and another quota, really pitiable, seemed under all circumstances unable to keep their heads above water. In all civilizations the cost of living has been such that with the great bulk of the population the problem of securing the wherewith to live was the most serious problem of life. This has not always been because there was not enough produced for all, but very largely because of unequal and often unjust distribution.

### Luxuries, Comforts, and Necessities

Wealthy families, and even royal families, a few generations back did not have, even as luxuries, some conveniences that the modern laborer has almost as a matter of course. This fact was impressed on the writer in the South Kensington Museum, London, where there are restorations of the homes of the English gentry of former centuries. There was ornate carving and many objects of art which the common people cannot have, and do not need; but many of the furnishings and utensils which make for the comfort of modern life, and which seem to be almost a necessity, were conspicuous by their absence. In a sense, the artisan of today has a higher standard of living than the gentleman of the past. And is it costing him more? He secures it all by means of the earnings of his own hands. And what was the pittance of the laborers in former days? — Oftener than not it was little better than that of the slaves.

### The Standard of Living

A number of the contributors have in effect advised to lower the standard of living, as one solution of the problem of high costs. Undoubtedly a family living on \$10,000 a year can, by taking a house in a less fashionable quarter, reducing the number of servants, dispensing with the motor-car, supplying a more meager table, and entertaining less, reduce expenses to \$8,000, \$5,000, or even \$2,000 a year; and one whose family has been living on \$1,000 may think that it can be done as well as not; but by the same token, the family living on \$1,000 a year can live after the style of the Chinese or Hindu coolies and lower his expense to \$200 a year or less. Doubtless it can be done; but is it worth the while? Where shall we draw the line?

### The Cost of Pride

Doubtless the high cost of living is caused partly because of the desire to "keep up appearances;" but cannot the coolie say of the man who spends \$1,000

a year that a large part of his expenses is the result of pride? After all, the whole problem is relative, and depends on the education. What one may consider the height of extravagance another will feel is an absolute necessity. Each person probably believes that he is living at a standard below which it would not be respectable to go, so that any advice to reduce the standard would meet with scant favor. Advice as to how to keep up the standard and yet not run behind will be more acceptable.

#### **Fashionable Living and the Simple Life**

It is true that much that is costly does not make for real worth or efficiency. Often a stylish gown is expensive, not because it contains good material, but because it is in the "latest style," invented for the very purpose of wringing a few more dollars out of a suffering people. In a few weeks that same garment, if it still remains unsold, can be bought for one fifth of the present price. The material is still there. That merciless tyrant fashion is kept enthroned by the clothiers in their own interest, and by them the styles are frequently changed, by means wholly artificial, in order to compel more purchases.

Not infrequently the "triumphs of the chef," that wonderful dignitary who gets and is supposed to earn his five thousand a year, are dyspepsia breeders. The table of the well-to-do is likely to minister to pride rather than to simplicity and real efficiency.

The simple life, unaffected by the attempt to present an appearance of wealth, is, after all has been said, the most sane, the most healthful, the most efficient life. And the simple life is not by any means a lowering of the real standard of living. The simple life does not mean slum living, impoverished diet, shoddy clothing, and the like, but that which makes for health and efficiency without ostentation.

#### **An Unwise Economy**

An effective argument against lowering the standard of living is the fact that a diminished or impoverished food supply or unsanitary housing decreases the health, and consequently the efficiency and the ability to earn. The main trouble with half the poor is that through malnutrition there has been developed a community of sickly, inefficient, unambitious creatures who neither hope nor desire to better themselves. Poor nutrition creates a condition of chronic pauperism. Stinting the nutrition of the individual from motives of economy in this way defeats itself. It is the consideration of the importance of nutrition in developing a sturdy rising generation that has caused some sociologists to realize the uselessness of attempting to give children an education without giving them adequate nutrition. Hence the school feeding which is becoming so popular in some cities.

#### **Home Gardens**

The advice to raise one's own foods as far as possible, while excellent, is of only limited application. The great overwhelming mass of the poor live in congested districts, and to get even into the suburbs would place them at too great a distance from the factories and other industries which supply the bulk of the family income. Moreover, the effort to obtain anything worth while out of the ground would be, to many of these poor people, just so much effort and time wasted. Gardening for profit, especially where soil conditions are not the best.

is a specialty, and is not likely to be learned by the grown-ups who have not been reared with plants. It is not an uncommon occurrence for a "green" person to invest five or ten dollars in fertilizer, seeds, tools, etc., and do a great deal of work, to get back a crop worth about as many cents; and some persons who might not be called green sometimes have little better success. Let us not allow our hopes to soar too high as to the possibility of the kitchen garden in the hands of the amateur.

#### **Home Preparation of Food and Clothing**

The home preparation of such foods as bread, and the use of dried fruits and vegetables in the place of canned goods, and the home fabrication of garments, while of general application, also have limitations. Often one needs to economize in time more than anything else, and in such case the use of prepared foods would really be an economy. And in some cases, even restaurant fare, because of economy of time, might prove to be an advantage.

#### **Animal Foods**

A number of contributors advise to avoid meats. From both an economic and a hygienic viewpoint, this advice is sound; but care should be exercised not to have the dietary overbalanced on the carbohydrate side. One can err by giving too much starch and sugar as well as by giving too much protein. Some digestible protein or proteins should be substituted for the meat. Some of the suggestions made allow too small a proportion of protein for good nutrition. To starve a child on protein is to develop a body lacking in real efficiency.

#### **Sugar**

Several, probably as a matter of economy, advise reducing to a minimum the amount of sugar used, not seeming to comprehend that for fuel value there is scarcely a food sold that is as cheap as sugar. Rice, macaroni, beans, all fruits (green or dried), and potatoes as a rule, cost more per calory of energy than does sugar. Perhaps on the farm, where nearly all the foods are taken out of the ground, and where money is scarce, the saving in sugar might be a real economy.

#### **Buying Wholesale**

The advice to buy in large quantities also has its limitations. Those who most need the advantage to be obtained by wholesale buying are the least able to get money ahead to do so. In crowded quarters there is no room for the storage of quantities of flour, coal, and potatoes. Yet we must realize the wastefulness of buying coal by the bushel, and butter, say, by the ten cents' worth.

#### **Small Economies**

Often it is impossible for the poor to realize the importance of small economies. In Washington, six car fares are given for a quarter, but the colored people almost universally pay a five-cent fare, in order not to have to invest twenty-five cents all at once in car fares. They thus pay, on the average, twenty per cent more for their rides than do the white people, and do not seem to realize it. Many of the poor thus fail to appreciate the value of the fragments.

Often members of the family are careless as to the use of water, or gas, or electricity. Where water is metered, a small leak may mean an appreciable increase in the water bill; and it does not take long for one or more extra gas-lights, not needed, to burn up the price of a meal for the entire family.

Not so long ago, the writer used oil for illumination, and it was cheaper to have a number of lamps burning in different parts of the house than to light lamps in going from room to room; but now with electricity, which is immediately snapped on and off without time or trouble, and which is more expensive to burn, we light only the room or rooms which we are at the time using. Thus one must decide between the outlay of time and the outlay of money.

Some persons will go around a new building picking up nails that have fallen. If their time is at all valuable, they will waste more time in the process than the value of the nails they pick up. Let us suppose a person's time is worth twenty cents an hour, and that nails are three cents a pound. It is doubtful whether he would pick up seven pounds of good nails, scattered around a job, in an hour, and such work would be decidedly uneconomical.

#### **Bargain Sales**

One advises careful buying at bargain sales; another, by implication, advises to avoid the bargain-counter. There is wisdom in both suggestions. One who knows can effect substantial economies at genuine bargain sales. But to buy something one does not need, even if it is a real bargain, is not buying economically. The bargain-counter often tempts to unnecessary purchases. Then there are many so-called "bargain sales" which deal only in material that ought not to be purchased at any price.

#### **Loan Associations**

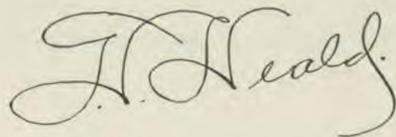
Borrowing at a loan agency does not appeal to the writer as a wise procedure if it can be avoided. Better pinch closely and keep out of debt than pay the exorbitant interest charged by the loan associations. Some poor persons, and some not so poor, get chronically in debt, and help to support a tribe of parasites — the loan sharks.

#### **Socialistic Viewpoint**

One writer has dealt with the question rather from a socialistic, or at least from a sociological viewpoint, which was not the intention of the symposium. The intent of the question proposed was not, "What Is Wrong With Our Present System?" but, "Having Our Present System, How Can We Individually Make the Best of It?" Still it has been thought worth while to include the paper.

#### **The Family of One**

Most of the contributors considered the problem of high cost from the viewpoint of the family. One for variety gives the experience of a bachelor girl, and probably her advice will be as much appreciated by some as that from the family viewpoint; for there are yet a few bachelor girls to whom the high cost of living remains an ever-present problem.





**Camp-Fire Girls**

THIS young and rapidly growing organization, which aims to do for the girls something similar to what the Boy Scout movement is doing for the boys, has certainly some very commendable features. The girls through this new movement seem destined to get an education which the schools fail to give, and which the homes have ceased to give.

Enthusiasm and effort are stimulated by means of "honors" which consist of,

or rather which are indicated by, variously colored beads,—red for health



Hudson River Camp-fire girls. A lunch under the Palisades.

craft, orange for home craft, blue for nature lore, brown for camp craft, green for hand craft, yellow for business craft, red, white, and blue for patriotism.

The following, under HEALTH CRAFT, are a few of the achievements, each of which, when accomplished in a creditable man-

ner, entitles a member to one honor:—  
Be free from every indication of a cold for



Camp-fire girls cooking with a tripod.

two consecutive months between October and April.

Do not miss work or school because of ill health or headaches for three consecutive months.

Abstain from chewing-gum and from candy, sundaes, sodas, and commercially manufactured beverages between meals for three consecutive months.

Sleep outdoors or with wide-open windows for two consecutive months between October and April.

These honors may be repeated; for instance, for sleeping out six consecutive months between October and April, one would win three honors. There are also honors for games, swimming, boating, skating, horseback riding, bicycling, tramping, mountain climbing, etc., so that one who is working for honors in this craft is also building up a rugged constitution.

Under HOME CRAFT, the following are a few of the achievements that are awarded honors:—

Make bread in two ways, and two kinds of cake.

Cook three common vegetables each in three ways.

Prepare four salads, making at least two kinds of dressing.

Prepare eggs in four different ways.

Write out an appetizing balanced vegetarian diet for a week.

Write out a menu for three weeks suitable for a schoolgirl who is inclined to be too stout.

Write out a menu for three weeks suitable for a schoolgirl who is inclined to be too thin.

Prepare balanced menu and superintend cooking for one month in the home. (One honor for each month.)

Cook for one month in home. (One honor for each month.)

Market for one week on one dollar and a half per person, keeping accounts and records of menus, etc.

Do the same for two dollars.

Do the same for three dollars.

These are only a few of the honors for culinary work. There are also honors for laundry work, for housekeeping, for care of the room, for care of the sick, and for entertainment. It would seem that a young man desiring to have a real home-maker for a wife would be wise to choose from among the Camp-fire girls. Here is education in hygiene



Camp-fire girl in ceremonial costume.

and health building, and also in the art of home-making. But that is not all. Under NATURE LORE are honors for successful gardening, bee keeping, fruit canning, vegetable canning, etc.; under HAND CRAFT there are honors for clay modeling, furniture making, dyeing, leather work, sewing, and other arts that can be made to contribute to the furnishing of the home; and under BUSINESS,

honors are given for such achievements as the following:—

Earn three dollars and give it to some philanthropy.

Earn at least five dollars in any line other than regular employment, e. g., chickens, bees, garden, getting subscribers, etc.

Save ten per cent of allowance for three months. (May be repeated.)

Fill a regular position for four months, \$10 or under—2 honors.

Fill a regular position for four months, more than \$10—3 honors. (These may both be repeated; i. e., each four months entitles to additional honors.)

Plan expenditure of family under heads of shelter, food, clothing, recreation, miscellaneous.

Keep a bank-account and set aside a definite amount per month for a year.

Are the homes doing as much, and can the schools do as much, as this organization is planning for the training of its members? I have not mentioned another head, namely, PATRIOTISM, which in this time when the women are coming into their suffrage rights, is none the less important than the more domestic departments of the organization; for not only in the precincts of the home, but also in the election precincts, the mother and housekeeper of the future may work for better homes.

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**Increased Cost of Living** FROM the bulletins of the Department of Labor it appears that the average retail prices in forty cities in this country have since the decade 1890-1900 increased sixty per cent. Below are some of the percentages of increase since 1900:—

Bacon .....	128.5
Pork chops .....	111.
Round steak .....	102.5
Smoked ham .....	84.
Hens .....	76.8
Sirloin steak .....	75.2
Rib roasts .....	75.
Lard .....	66.5
Corn-meal .....	57.3
Potatoes .....	44.4
Butter .....	41.3
Eggs .....	40.8
Milk .....	38.4
Flour .....	28.6

It will readily be seen that those who are not carnivorous in habit are not so hard hit by the increase as those who feel the need of some form of flesh. When it is recalled that the flesh products were comparatively expensive in 1900, it will not take any complicated reasoning or the use of higher mathematics to determine that it will pay every one who feels the burden of the increased prices to investigate the possibilities and advantages of a non-meat dietary.

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**To Reduce the Cost of Living** MANY attempts have been made to diagnose and remedy the condition, so apparent as to attract almost universal comment, of increase in prices out of all proportion to increase in wages and salaries. The *Chautauquan* suggests the following remedial measures:—

"We can eliminate middlemen and start co-operative stores. We can improve our farming methods and train more intelligent farmers. We can reduce tariffs, thus enabling countries to obtain cheaper foods across the border. We can curb monopoly. We can fight militarism and waste. We can encourage the settlement of immigrants in rural districts instead of in congested cities. We can teach domestic science and eliminate domestic waste."

Of all these suggestions, we think that the last is the most immediately workable. The one item, for instance, of food supply ordinarily takes from one fourth to one half of the income; and when it is considered that the meats are the most expensive part of the diet, that they are the foods on which prices are rising the most rapidly and will continue to rise until none but the wealthy can afford to purchase healthy meats, and when it is considered that there are other foods that can take the place of meats in the dietary, not only without injury but with positive advantage to the health, it would seem to be about time that economists make a careful consideration of this matter with a view to the education of the masses away from the obsession that they must have meat in order to be healthy.

We have been taught that the successful nation is so because it consumes large

quantities of meat, and that the man is a success because he is a heavy meat eater. This is a reversion of cause and effect. The same reasoning might as well be applied to the consumption of liquor; for it is the most successful nations that consume the most liquor. But a little study of statistics shows that the increase in consumption of liquors follows instead of precedes the increase in success. In times of commercial stress and retrenchment, the consumption of liquor diminishes, for the simple reason that more of the income is needed for the purchase of necessities. It is the same with the consumption of meats. While the quantity of meat consumed parallels the success of any country, it parallels it as an effect, not as a cause. The successful nation eats a large quantity of meat simply because it can afford it; and it is the successful man who can afford the porter-house steak.

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**Danger From Excess of Protein** THE *Journal A. M.* A., October 18, in an article on the treatment of typhoid fever, has some things to say on the subject of diet, which, while written with reference to typhoid fever, are scarcely less important in any case, for we know almost of a certainty that a very large proportion of man's diseases gain entrance to the body through the digestive tract, and usually in connection with and on account of the food he eats. This is what the *Journal* says:—

"The diet in typhoid fever is exceedingly important. The many investigations in diarrheas, especially in children, have demonstrated how much the bacteria of the intestine may be changed by variations of the food. On any one kind of diet the bacteria of the intestine, or intestinal flora, remain about the same during health. If this diet is changed for another, for instance from carbohydrate to protein, the flora change. In brief, it has been shown that a diet of carbohydrates favors the growth of certain kinds of bacteria, which, however, bring forth more or less non-toxic products which inhibit their own growth. A protein diet, on the other hand, allows bacteria to develop and fermentation to occur, and products are absorbed that are more or less toxic to the organism, especially if the bowels are not thoroughly moved and the membranes of

the intestines are in a condition to absorb toxins more readily than normally, which conditions are present in typhoid fever. A diet that allows such fermentation and putrefaction to occur, readily causes secondary toxemia, to say nothing of a high temperature entirely separate from the poisons and the disease of typhoid fever. Sugar has been shown to prevent, to some extent, the decomposition of protein, and lactose seems to be a good sugar for this purpose."

In saying this the *Journal* is only repeating what has been proclaimed by various observers for some time past, that the excessive protein diet, such as one gets when eating freely of meat and similar foods, is likely to be followed by diseased conditions.

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**The Tin-Can Humbug** *Collier's* is rendering the country a distinct and lasting benefit by its exposure of various forms of quackery; and one of the most brazen-faced of these scandalous means of fleecing the people is that called "gas-pipe therapy" by a writer in *LIFE AND HEALTH* some time ago, and "oxyfakery" by Samuel Hopkins Adams in *Collier's* (November 8).

This means of "working" the gullible by the use of big and meaningless words—"dimagnetism," "oxyopathy," etc.—has been investigated by Mr. Adams, who even went so far as to purchase one of the "tomato-can outfits" in order to have it dissected. It proved on examination to be "filled with inert substances, wholly impotent to produce any effect upon the human body." Mr. Adams, as a result of his "consultation" with the learned men who constitute the oxyopathy staff, and of his examination of the apparatus, concludes:—

"In brief, plain terms, within the limits of judicial fairness and the law of libel, the oxyopath is a fake, pure and simple."

Now here is a chance for these men to get heavy damages—if they have a case they can prove. *Collier's* has money; why do they not bring action and punish this periodical for malicious libel? They could easily do so if they had a case. The fact is they dare not. They have been declared a fraud. At least the oxy-

genator, a very similar concern and the antecedent of the oxypathor, was shut out of Vermont as a fraud; and it is said that Australia has forbidden the importation of the oxypathor into that country.

What pains us is that persons who are seemingly honest will get back of such miserable frauds as this, and because of the little pittance they get out of it, lend their influence to extend its use in their community. Anything for money.

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#### Open-Air Exercise Versus Tuberculosis

IN a paper read before the American Climatological Association, Dr. James M. Anders, of Philadelphia, an instructor of some note and an author of medical books, made some significant statements, a few of which we quote:—

"From the standpoint of both prevention and cure in pulmonary tuberculosis, our most effective means are those that enable the human organism to resist infection."

"There are certain well-recognized local predisposing conditions, such as the paralytic thorax, anemia of the lung texture, collapsed air-cells, all of which can be overcome successfully by suitable exercise, and thus lung resistance increased."

"The true significance of systematic physical exercise and deep breathing for their effects on increasing the vital power and resistance of the lung texture has not been given due prominence by the profession."

"In order to expand the lungs the patient

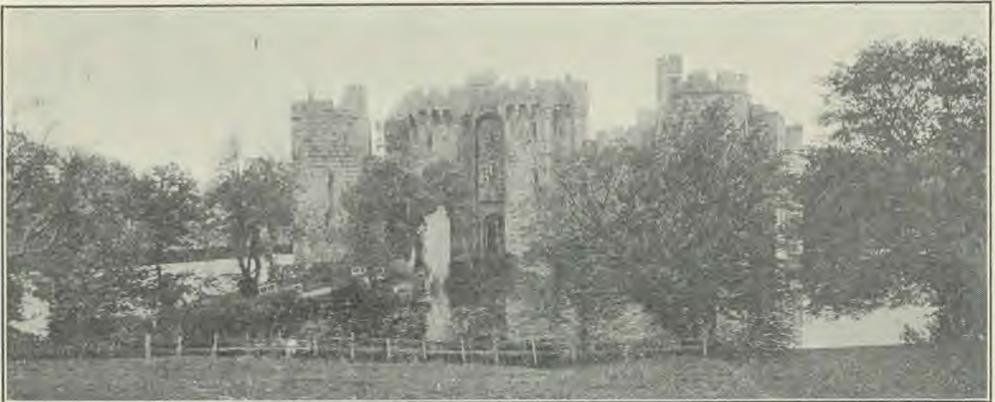
should be directed to draw in the abdominal walls and take a long deep breath, while the shoulders are carried gradually backward and the ribs and sternum elevated as far as possible; he should hold his breath for a few seconds, and then blow it out forcibly through a small opening between the lips. In this way not only the air-cells which can be reached by direct inspiration are inflated, but also those at the apices and along the borders of the lungs, which otherwise might not be distended.

"Equally important for its effects upon the respiratory system is general muscular exercise. It must be taken systematically and for the most part out in the open, as well as wisely prescribed and regulated, in order to be rendered effective."

"If it be true that the human body can resist an implantation of the tubercle bacillus when in a state of good physical development or healthy nutrition, then obviously muscular exercise in the open air holds forth promise of great usefulness."

"In conclusion, I believe that well-regulated physical exercise is one of the strongest safeguards that we have for the maintenance of a national physique that is vital to the successful prevention of tuberculosis."

We are learning that while the germ is important as being the transmitter of tuberculosis, the fact remains that it is the condition of the body, its vitality, its power of resistance, that determines whether the tubercle bacilli shall gain a foothold, and if they have gained a footing, whether they or the body shall win out. In other words, while the study of bacteriology at one time seemed to point away from the practise of personal hygiene, it now emphasizes the importance of such practise.



ENTRANCE BODIAM CASTLE, HASTINGS, ENGLAND

# THE MEDICAL MISSIONARY AT WORK



## OUR MEDICAL DISPENSARY AT KALYAN, INDIA

M. D. Wood

**Q**UR first impressions of the people of Kalyan were that they were "hard-shelled" Moham-medans and Hindus, and that they did not intend to give place to Christian missionaries.

About the first of January we began to search for a suitable building in which to open our medical work. The heart of the most courageous worker would have sunk within him could he have seen the dilapidated, tumbled-down old buildings that were offered us. Some of them were damp and dismal, surrounded with filth, squalor, and noise. Clouds of dust blew in at the door and windows, and there was not an inch of ground to call our own should we rent any of these places. After making several tedious attempts, we went home helpless and almost hopeless.

Finally a Parsee gentleman who knew something of our plans offered his services in securing a suitable building. His good and ladylike wife accompanied Mrs. Wood and me as we went in search of a house. Sure enough, this gentleman had the right idea, for he took us to a large bungalow in the very heart of the town of twelve thousand inhabitants, and said, "I think this will do, will it not?" We quickly responded in the affirmative. The agent was called, and said that the four large rooms would all be white-washed and the woodwork painted and the yard nicely cleaned, and the rent would be but ten rupees a month — about \$3.33. As we looked at the large compound containing a well and several beautiful shade-trees, and thought of the most

excellent location, our hearts leaped for joy. It seemed almost too good to be true that we should get this beautiful place with four large rooms, and out-buildings. But the agent promised us that work on it would begin at once, and that in a very short time we should have it. Our hopes ran high for about a week, when suddenly they dropped to zero; for the agent had seen the owner, a wealthy Hindu merchant in the city of Bombay, and he was bitterly opposed to assisting Christian missionaries in any way whatever.

Again our hands were tied, and we felt helpless indeed. Finally we made it a matter of special prayer, and kept on searching. The house we had rented for our schools for boys and girls was a large two-story affair. It was blackened with smoke in every nook and corner, and indeed dark and dismal. Its location was very good, and plenty of fresh air and light surrounded it. At last we decided to move the schools to the second floor, and fix up the lower floor for our medical dispensary.

The natives of India do not use stoves, but simply place their kettles on two or three bricks in one corner of the room, and here they make a fire and do their cooking. Each room of this house had thus been used, and all the walls and woodwork were as black as charcoal. A medical dispensary must be white and clean, but how to make these walls white was indeed a problem. Whitewash is no doubt used to cover up dirt, but these walls were too dirty to be covered up, for when we put whitewash on them they

turned a dirty brown and refused to be white. So we had all the walls smeared with a certain kind of plaster. After this was well dried, two coats of whitewash made the walls as white and clean as could be desired.

The month of last January was spent in smearing, repairing, and whitewashing, after which we had men and women come and weave bamboo matting to cover up the brown mud floors. This matting is frequently scrubbed by hand, and is always nice and clean. Then we had the outside of the building whitewashed also, and at length we had an attractive place to which sick folks might come. From that time the house has had a new name, as everybody calls it the White House. Only one objection to the place exists. Shepherds live on all sides,—in fact, a shepherd is the landlord,—and many sheep and goats are daily slaughtered. The streams of blood and the caw of the crows sitting about make a gruesome sight and afford doleful sounds.

The dispensary consists of an open veranda with two small rooms, used as wards, on each side. In the center is one large reception-room. To the right is the treatment-room for men, with a bath attached. To the left is another treatment-room for women, with bath-room attached. In the rear is a medicine-room, and another small reception-room for purdah women, who always keep their faces covered from the gaze of men.

The dispensary opens at 9 A. M. and usually closes before 1 P. M. Outside calls are made in the afternoon. The halls are decorated with a few appropriate Scripture mottoes in large letters, so that while many who can read sit and wait their turn, they may think upon God's Word. Not only so, but at the opening each morning the Word of God is read, a short Bible talk is given, and, kneeling in prayer with the sick, all look to Christ, the Great Physician, for his blessing upon workers, means, and the word spoken. This is truly a lighthouse in the surrounding darkness.

Our workers have been called to make many trips in native carts in the hottest part of the day, as well as trips by trains, and are frequently called out at night. After being awake all night, the worker must meet the crowds of sick at the dispensary in the morning and give treatments. During the month of May Dr. Mann, our medical secretary for all India, spent about two weeks at Kalyan and skilfully performed several surgical operations. This work has greatly added to the good influence of this branch of our work here.

The people know that we love them and are here to serve them. They also know that we are Christians and are here to lead them to Christ. We are reaching the very best classes as well as the lowest of all.

The gratitude of many of these people is marvelous. They cheerfully drop what they can into the contribution-box that always sits on Mrs. Wood's table, and often bring in eggs, fruit, etc. One poor woman had not seen the light for two years, and after Dr. Mann removed the cataracts from her eyes, she nearly shouted for joy and fell at the feet of the workers. She made a small contribution, and small presents to all the workers.

Daily, as we pass from our mission home to the dispensary, we are greeted by all classes. They know we are busy about our Master's work. We feel that the many prayers of the people at home are being heard, and God is adding his blessing. But we are fearfully cramped for room. Our present quarters are much too small.

It would make a very long list should we attempt to tell you of the various kinds of diseases that have been treated,—large abscesses, maggots in the face, accidents, fever, etc. Enough has been said to let you see that this is a beehive of Christian activity, and that souls are being reached with the great message of truth. Please pray for the Kalyan dispensary.

# QUESTIONS *and* 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.

**Diet in Lung Trouble.**—"Please advise regarding the diet of a sister who has lung trouble, not tuberculous, but there is a spot on one lung, and she is all run down. I am giving her eggs and milk, but am uncertain how much she should have. She has other nourishing food, and her appetite is good. Do you think that she ought to eat meat? Her doctor advised her to do so, but she is inclined to think that she is better off on a non-meat diet."

"A spot on the lung" and "all run down" look suspiciously like tuberculosis, and I do not know how any one can be certain that it is not tuberculosis, even if microscopic examination fails to show bacilli in the sputum.

Eggs and milk, with bread, butter, cereals, and other foods that are digested without too great expenditure of energy, are as a rule best in such cases. The fad of stuffing lung patients with milk and eggs until they are nauseated, I think unwise. Make the dietary as general as possible, and do all in your power to keep up the appetite of the patient; for the better the appetite, the better the digestion.

I have not been convinced that meat is necessary in these cases, though if the patient seems to handle meat when other foods fail to fill the bill, a nurse will be wise to take the hint.

**Carbohydrates.**—"Please state what carbohydrates are. I understand that they are undesirable elements in some forms of intestinal indigestion."

Carbohydrates include the starches and sugars. They form the bulk, usually, of the vegetable foods. Unquestionably some carbohydrates are more undesirable than others. For instance, one person can eat with impunity dried bread, or zwieback, who will have distress soon after eating fresh bread or potato. Another may find that he is not able to use oatmeal; though in this case, the trouble may be in the oil and not in the carbohydrate. Often

one who is not able to use the ordinary sloppy carbohydrates is able to utilize them better if they are thoroughly dried out, and possibly browned a little. Not infrequently the intestinal disturbance is caused by the use of "sweets," such as candy, cake, rich preserves, or other food containing sugar in concentration. One who has trouble with carbohydrate digestion should eat his food dry enough to compel mastication, and should masticate the food until it is thoroughly reduced to a pulpy state. In all such cases, the teeth should have careful attention, for diseased teeth harbor germs that infect the food as it is eaten.

**Appendicitis.**—"I have been troubled with my side for a year and a half; was told that it was my appendix. As I had no acute attack and no temperature at any time, I did not submit to an operation, but am not strong and cannot ride in an automobile or buggy without pain. Another doctor recently advised an operation. What should you advise?"

I should not presume to give advice as to an operation in a case I had not seen. The physician who can examine you carefully and get thoroughly acquainted with the case in all its bearings, is the one to advise as to an operation. I should suggest that you go to some physician who has a reputation as a careful, conservative man, and who has had extensive experience.

**Mushrooms.**—"Are mushrooms good to eat?"

That depends upon what you mean by "good to eat." There are mushrooms which seem to be perfectly harmless to most persons, and to those who relish them they add a pleasing variety to the dietary. Because of their large nitrogen content they were called "vegetable beef;" but later it was learned that the nitrogen is not in the form of protein, but in the form of simpler amids, and consequently it

was concluded that mushrooms were useless as nitrogen supplies to the body.

Since we have learned that the body can build up proteins out of the amids, the question is again open whether in some way the mushrooms may not be of some benefit. But the general belief among physicians now is that the mushrooms are a condiment and a relish rather than a food.

Another important consideration is that there is no certain test by which we can always distinguish between the edible and the poisonous mushrooms. None of the so-called tests are universally reliable.

**Mad Dogs.**—"Is it a fact that animals actually become mad, and that when in that condition their bite is infectious, producing hydrophobia?"

There are two extreme views among the laity, and possibly also among physicians to some extent, regarding rabies. In some places, any dog which on a hot day has its tongue lolling out is likely to be done to death by an excited mob. Once the scare is started and the animal itself frightened, any acts by the hunted animal are construed by the excited crowd as additional evidence of its madness. The other extreme is represented by those who, because of their love for animals, refuse to believe that there is such a disease as rabies.

The results of carefully conducted study and observation by competent men should be sufficient to convince any person with an open mind that there is an actual disease rabies; that it is readily transmissible through the broken skin, as by a bite; and that it is capable of producing a disease terminating in a lingering and horrible death.

By very stringent quarantine and observation of all imported dogs for a reasonable period, England has for many years kept rabies practically out of the island.

When a dog running loose bites an individual in such a way as to arouse suspicion, it should be captured alive if possible, and kept isolated for observation. In case the animal is killed through ignorance, or has to be killed in order to prevent further injury to animals or human beings, the head should be shipped, packed in ice, to the nearest laboratory fitted for examination of rabid animals.

Wounds caused by the bite of any animal should be thoroughly cleansed and swabbed with pure carbolic acid, and afterward swabbed with alcohol in order to neutralize the carbolic acid. The wound should then be dressed antiseptically.

If the animal proves to be rabid, the victim of its bite should be given the benefit of Pasteur treatment immediately, the sooner the better.

**Mosquito Prevention.**—"Do you know of any drug or emollient that can be smeared on the face and hands that will give absolute protection against mosquitoes?"

I do not. The best protection is to inaugurate a campaign against the mosquito similar

to what was done in the Canal Zone. If any community is determined to get rid of mosquitoes it can absolutely do so by treating all the breeding-places, or by doing away with such places. Stagnant pools can be drained; cans and other articles containing water can be emptied, or if it is necessary that they contain water, they can be either screened or have a coating of kerosene or petroleum. Large ponds which cannot be drained should have goldfish or some other fish which destroy the mosquito larvæ; or if this is impracticable, the pond should be covered at intervals with a thin film of petroleum. Any community that is willing to pay the price can absolutely free itself from mosquitoes.

**Pure Olive-Oil.**—"Where can I get olive-oil and know that it is pure, as I must have it for medical purposes?"

You can probably get olive-oil from your grocer as pure as anywhere. Under the working of the Food and Drugs Act it is not very safe for one to adulterate olive-oil to any great extent.

**Two-Meal System.**—"In adopting the two-meal system, what is the best time for meals?"

This would vary according to circumstances. Some persons take breakfast at about eleven o'clock, and the next meal at about five in the evening. Others may eat at eight and three. Personally, I should not care to wait until eleven o'clock for my breakfast. I should think the nature of your work would have to decide in a measure how your meals would be taken.

**Rattlesnake Venom and Epilepsy.**—"Does Dr. — actually cure twenty-five per cent or more of the epileptic cases that he treats with rattlesnake venom?"

I have no means of knowing. A physician who is financially interested in a certain method is likely to be very enthusiastic, and unconsciously he is likely to make his figures say what he wants them to. In such a case he can report cures when another man may report failures. My advice to you would be to give these figures a liberal discount.

**Are There Harmless Hypnotics?**—"Is — [a hypnotic medicine] injurious in frequent hypnotic doses?"

I do not know of any remedy for producing sleep that can be recommended without qualification. One after another of these remedies has been highly recommended by physicians as a harmless sleep producer; but as far as I know, every one has proved to be, on the whole, more harmful than beneficial.

The fact is when one loses sleep there is a definite cause for it, and that cause ought to be determined and obviated. Most of these remedies seem to benefit for the time, but in fact they actually aggravate the factors which are the cause of sleeplessness, and so make the condition more difficult to handle than ever. I do not know of any of these remedies that is an exception.

# SOME BOOKS



**A Handbook of the People's Health, A Text-book of Sanitation and Hygiene for the Use of Schools,** by Walter Moore Coleman. Price, 70 cents. The Macmillan Company, publishers, New York.

Heretofore there has been an administrative public hygiene—the hygiene of the health officers and inspectors—and a personal hygiene taught in the schools and elsewhere. The time seems to have come when the principles of public hygiene, as well as personal hygiene, are to be taught to pupils in a practical way.

The author of this book has attempted to reduce the recently developed health measures to a simple code, simple enough to be mastered by pupils, brief enough to be comprehended in a single school year. He has avoided the mistake of devoting space to bacteriology and other technical matter confusing to the beginner, and has given it to more practical matters. Essentials are not drowned "in a flood of talk about non-essentials."

The mistake is often made of stating all the pros and cons of a question in such a way that the pupil really, when he is through with the study, does not know what to believe.

The author, realizing that there is no question on which something cannot be said on both sides, believes that younger pupils, such as this book is intended for, would be better served by positive statements without too much in the way of discussion.

The school, being intended to prepare the pupil for his place in the community, should show him not only how to attain happiness himself, but how to help the people in his community to be efficient and happy. The author believes in character building by the school, and also that the study and practise of public hygiene will contribute to that end. The proper study of hygiene should make every student a more social being.

He also believes that the teacher should by his own example of dressing, diet, posture, exercise, etc., be a constant incentive to the pupils.

The author has had the cooperation of numerous state health officers and specialists in various lines of sanitation; and while his book has been adapted to the wants of the pupil rather than the specialist, the information he gives is reliable and up to date.

**Next International Antialcoholic Congress.**—The next meeting of the International Congress on Alcoholism, so it is announced, is to be held in Atlantic City in 1914.

**International Federation of Antialcoholic Physicians.**—At the Fourteenth International Congress on Alcoholism a resolution was adopted favoring the organization of an international federation of physicians opposed to the use of alcohol as a drug.

**Report on Milk Samples.**—The Boston Board of Health publishes for distribution to physicians, medical societies, etc., a semi-monthly report of the bacterial condition of milk supplies, and the names of dealers who have failed to comply with the standards of the board. A little compulsion—in this free country—is sometimes a good thing, and boycott of a dirty dairy ought to act with compelling force, or else force the dirty milkman out of business.

**Defects in Vision and Hearing Decrease.**—In 1913, in the Boston public schools, there were 3,224 cases of defective hearing, as against 6,829 in 1907; and 12,581 cases of defective vision, as against 26,435 cases in 1907. This decrease, notwithstanding the fact that meantime the number of children attending the public schools has increased, is a strong testimony in favor of careful medical inspection; for it is the work in this line that has reduced the number of defects.

**Fake Medical Museums Closed.**—There is a class of so-called "medical museums" in various cities which, playing on the fears of the credulous, bring patients to the "doctors" who run the museums. The authorities of Chicago have recently begun a war against these fake concerns, and are closing them up. They should be closed in every city, and parents should warn their boys against them.

**Prophylactically Tagged.**—Four-year-old Margaretha Rischen, who was sent all the way from Austria to California, with the label in several languages, "Please take care of me. I am going to my mama. Please do not kiss me," arrived safely, it is said, and was presumably unknissed. If they could voice their wishes, many other little tots would doubtless like to be similarly tagged. "Please don't kiss me. I don't like it."

**Canadian Report on Friedmann Cure.**—The Canadian authorities who investigated the Friedmann cure have made an adverse report, concluding with the following words: "Thus on investigation the committee finds that the results have been disappointing, and that the claims made for this remedy have not been proved, and that nothing has been found to justify any confidence in the remedy." Nevertheless the company exploiting this supposed remedy has invested many thousands of dollars in this worthless tuberculosis "cure," and will doubtless leave no stone unturned to get the money back from tuberculosis victims.



# NEWS NOTES

**Leprosy in Hawaii.**—It is said that there are now about eight hundred lepers in isolation in the Hawaiian Islands, most of them being natives.

**American Posture League.**—This league, which has for its object the improvement of human health and efficiency through the medium of correct physical posture, was incorporated in Albany, N. Y., October 22.

**Low Death-Rate.**—For the week ending October 18 the death-rate for the city of New York was 11.2 per thousand population, the lowest record in the history of the health department. Evidently it was in the happy time when the deaths from summer complaints had ceased and the deaths from bronchitis, pneumonia, and other winter complaints had not yet begun.

**Smoking Prohibited in Cars.**—Smoking on the rear platforms of street-cars has been prohibited by the public service commission of New York City. This act, which must have required considerable courage on the part of the commission, means more endurable conditions for those passengers who prefer to have a few whiffs of pure air while on their journey to their work.

**Pellagra Investigation.**—The report of the pellagra commission thus far favors the view that there is no evidence to support the theory that corn, either sound or spoiled, is a cause of pellagra; that pellagra is probably communicable from person to person; that the stable-fly is a probable carrier of the disease; that intimate association in the household may be a means of transmission.

**Misbranding of Temperine.**—This "great temperance drink," labeled to contain "less than one half of one per cent of alcohol," was shown to contain in the sample examined 2.27 per cent of alcohol by volume, making it the equivalent of light beers and light wines. The defendants were rightly fined \$100 and costs for this contemptible practise of selling an alcoholic beverage under the name of a temperance drink.

**School Hygiene Improvement.**—According to Dr. Leonard P. Ayers the improvement during recent years in the health supervision of schoolchildren is a "development without parallel in the history of education." In 1900 only eight schools in the United States had any kind of health work in the schools, and since that time more than four hundred cities have organized departments for the supervision of the health of schoolchildren.

**Farmers' Bulletins.**—The United States Department of Agriculture issues from time to time bulletins known as *Farmers' Bulletins*, which are distributed free on request. No. 559, recently issued, entitled "Use of Corn, Kafir, and Cow-Peas in the Home," contains some valuable recipes for the preparation of these foods for the table. A postal request, addressed to the Secretary of Agriculture, Washington, D. C., will bring a copy of this bulletin, or, if desired, a list of the *Farmers' Bulletins*.

**Poisoning From Apples.**—Several cases of obscure arsenical poisoning in Norway, so it is asserted, have been traced to the use of American apples from orchards which have been sprayed, after the fruit had set, with a mixture containing Paris green. Traces of arsenic are said to have been detected in the skins of some of the apples. Carelessness in the spraying of fruit may in this way be dangerous to the health of the consumers of the apples, and, moreover, might easily spoil the export trade in apples.

**Nutrition in Paris.**—Gautier shows from observation of the food consumption in Paris—say, of some three millions of people for about twenty years—that the nutritive value of the food consumed by the average Parisian per day is 97 grams protein, 58 grams fat, and 419 grams carbohydrate, with a fuel value of something more than 2,500 calories, or, say, a little more than three ounces protein, 2 ounces fat, and 15 ounces carbohydrate. This is a little more liberal protein ration than is proposed by Chittenden, but less than the Voit-Atwater standard, and is very nearly the amount proposed by Dr. Haig, of London, the exponent of a non-purin diet.

**Transmission of Scarlet Fever.**—Dr. A. H. Doty, former health officer of the port of New York, hearing that the opinion had been expressed at the International Medical Congress that if scarlet fever patients are rubbed daily with eucalyptus-oil, contagion may be prevented, made the emphatic statement that the principal means of infection in scarlet fever and measles are the discharges from the nose, throat, and ears. He believes that continued investigation will show that desquamation, or shedding of the skin, is a negligible factor in the transmission of these diseases. Even granting that the eucalyptus-oil may be an excellent disinfectant of the skin, it could not avert the danger, says Dr. Doty, from the discharges from the nose and throat, which constitute the principal means of transmission.

**Pellagra Conference.**—A conference on pellagra was held in Spartanburg, S. C., in September, in which Dr. Sambon, of London, was the guest of honor. After praising the work done in America on pellagra, Dr. Sambon told of his investigations, since 1905, which had confirmed him in the belief that pellagra is not a food-borne disease, and that it is not a contagious disease. Individuals with pellagra frequently rid themselves of the disease by moving to a non-pellagrous district, and healthy families going into a pellagrous district may contract the disease. He attributes the disease to some parasite, which seems to be transmitted to the victim by the bite of an insect.

**Prevention of Hookworm.**—A friend living in low marsh-land next to the Gulf of Mexico got her feet wet, and the children went barefoot. As a result of wet feet, they all had itching feet, which she was unable to remedy until she used a teaspoon of turpentine in the water with which she bathed their feet. This cured the itch, she says, and prevented its return. She thinks they had the regular ground itch, and that if it had been permitted to develop, they would all have been afflicted with hookworm. This is worth trying by those who have contracted ground itch, but a better preventive is to avoid contamination from the ground, by always wearing thick shoes, and by avoiding such practises as contaminate the ground.

**How to Attain Old Age.**—Dr. Lorand Dezsó, addressing the Hygienic Society of Budapest, said that the chances of attaining old age are much greater if we live much of our life in the fresh country air. Statistics for Budapest, Vienna, and Berlin show that the fourth generation of the town dweller is unknown. To attain old age, he says, we have to relieve ourselves of worries, strains, and anxieties, withdraw periodically from the whirl of effortful existence, and modify our diet, omitting the use of stimulants and narcotics, and spend reasonably long periods of time under pleasant conditions, in practical retirement. Above all, amusements should be simplified, and accepted rather than sought for. Only vegetable and semianimal foods should be eaten.

**Whooping-Cough.**—Not long ago a microbe was identified which gives evidence of being the causative agent in whooping-cough; and later this same germ or one not to be distinguished from it, has been found to be the cause of distemper in dogs and of snuffles in rabbits. This would indicate that whooping-cough may be transmitted not only from children, but from infected animals. At any rate, parents should learn that various diseases are transmissible from pets to children, and doubtless many a loved child has gone to the cemetery because of infection received from some pet, or possibly from a visiting animal belonging to a neighbor. We should never forget that a baby dead of whooping-cough is just as dead as one that has succumbed to scarlet fever or smallpox.

**Alcohol Forbidden to Railway Men.**—The management of the French state railways has prohibited the sale of liquor to railway employees. Officers of the railway are expected to keep watch and prevent employees from going to saloons during work hours, and to prevent the bringing of liquor on to the railway property.

**Poisoning From Chestnuts.**—According to the daily papers, there have been a number of fatal poisonings as a result of eating chestnuts from blighted trees. No antidote was found for the effect of the poison. Inasmuch as it is not possible to determine from the nuts whether they have been gathered from a blighted tree, the warning has been issued to eat no chestnuts that have not been boiled or baked.

**Cause of Arteriosclerosis.**—That the injection of minute doses of nicotin into the bodies of animals is followed by the onset of arteriosclerosis has been observed for some time, and the phenomenon has been studied with the purpose of determining in what manner the nicotin causes the hardening of the arteries. The most plausible explanation so far suggested is that the body, in order to neutralize the effects of the nicotin, gives up its reserves of lipoids. The lipoids seem to be protective against the effect of nicotin; for when an amount of nicotin which otherwise would be capable of producing death is injected with a small amount of cholesterolin (a lipoid), the animal survives. It is suggested that the body lipoids are thrown into the blood stream for the purpose of neutralizing the nicotin, and, being relatively insoluble, they are deposited as atheromatous patches on the walls of the blood-vessels. So, then, it may be that the very substances that render one immune to the immediate effects of tobacco-poisoning are themselves the source of danger in later life, by hardening the arteries.

**Soda-Fountain Sanitation.**—Rankin, in the *Health Bulletin* of the North Carolina Board of Health, advises the use of paraffin-paper cups and saucers, to be once used and then destroyed. Some form of spoon should also be devised which can be used once and discarded. The present method of using the dishes of a soda-fountain and giving them a hasty rinsing in standing water is little better than if the dishes were used without any attempt at rinsing. The present crusade for individual drinking-cups at drinking-fountains or the use of bubble fountains amounts to very little to the people who patronize the ordinary soda-fountain. The writer knew of just one soda-fountain that was conducted in a strictly sanitary manner. One assistant was employed for the sole purpose of sterilizing and thoroughly cleansing all dishes after use, but it was so poorly patronized that it went out of business. Ninety-nine persons out of every one hundred would rather pay five cents for a serving of ice-cream in a dirty dish than ten cents for a serving of ice-cream in a clean dish. It costs more to have things clean, and the public "won't stand for it."

**Misbranding of Peroxid of Hydrogen.**—According to information issued by the Department of Agriculture, in the circuit court of the southern district of New York it was shown that a quantity of "Marchand's Peroxid of Hydrogen" shipped from the State of New York to the State of Michigan "fell below the professed standard, or quality, under which it was sold; to wit, that it was labeled as 15-volume hydrogen peroxid, thereby indicating its strength and purity to be 15-volume hydrogen peroxid, whereas, in truth and in fact, it was not 15-volume hydrogen peroxid, but was of a much less volume," etc., *ad nauseam*, indicating that the intention of the lawyers is not so much to convict the culprits as it is to get in a lot of words at so much per. And the prosecutions go merrily on, making money for the lawyers, and occasionally securing a nominal fine for a company whose heads should be proceeded against criminally and sent to a federal prison. The administration of the Food and Drugs Act seems to be a huge joke. A few prison sentences for the criminals in high places who falsify foods would go a long way toward rendering the Food and Drugs Act really effective.

### The Antituberculosis Association

**The Recent Conference.**—The fifth annual conference of the international association for the prevention of consumption and other forms of tuberculosis was held in London last August. The opening address was given by the prime minister, the Rt. Hon. H. H. Asquith, Esq., M. P. After expressing his good wishes for the practical success of the conference, Mr. Asquith said that the loss of life due to tuberculosis is appalling. One in ten of all deaths in this country at the present time is caused by tuberculosis. The loss is greatest during the working years of life, from twenty to forty-five years, when no less than one third of all the deaths are caused by tuberculosis. The rate is highest in London and in the large cities. Mr. Asquith told us that the average number of deaths annually in England and Wales for the ten years 1871-80 from tuberculosis was 70,000, while in 1911 the death-rate was only 53,000, notwithstanding the very large increase in population. If the same high death-rate had been maintained in 1911, the number of victims for England and Wales alone would have been 103,000 instead of 53,000. Here we have a saving of no less than 50,000 lives in a single year. The prime minister attributes the satisfactory decline of tuberculosis to bettered social conditions, and particularly to sanitary housing, to the improved habits of the people with regard to cleanliness, and to the increased use of institutions by the sick.

**A Hopeful Outlook.**—Notwithstanding the good results already obtained, Mr. Asquith looks for still greater progress in the near future, and he expects a steady and continuous improvement in sanitation, and the provision of decent and habitable dwelling-houses. He also referred to compulsory notification of all forms of tuberculosis, and told us that great atten-

tion is being paid and will be paid to prevention. The sanatorium benefit of the National Insurance Act and the provision of one and one-half million pounds sterling for the building of sanatoria were mentioned. He believes that if the campaign against tuberculosis, perhaps the most formidable physical enemy of the Western world, is to be really successful, there must be full cooperation and coordination of science, philanthropy, and government.

**Value of Tuberculin.**—Much of the time of the conference was given to the discussion of the value of tuberculin in the treatment of tuberculosis. Dr. H. W. G. Mackenzie, consulting physician to the Brompton Hospital for Consumption, gave a most important address on the history and the results thus far obtained from tuberculin treatment. The speaker told us that for a number of years he has used tuberculin in a large number of cases; that he has given it both by the mouth and by injection through the skin, at longer and shorter intervals, in repeated small doses, and in gradually increasing doses. He has used it because he felt he ought to give it a full trial. Nevertheless after a thorough trial, he said that he still feels uncertain as to the value of tuberculin. He does not feel sufficient confidence in the power of tuberculin to justify him in saying to every patient suffering with tuberculosis that he has a remedy in tuberculin that will surely benefit him.

**Still on Trial.**—Dr. Mackenzie stated that the tuberculin treatment is still on trial, and that it must be acknowledged that the results thus far are not brilliant, and certainly not convincing. There has been much theorizing and talk, the doctor told us, but what is needed is practical proofs and deeds, not words. His conclusion is that it cannot be maintained that we have in tuberculin a cure for tuberculosis.

**Dangers of Tuberculin.**—Dr. Woodhead, professor of pathology in the University of Cambridge, was the next speaker. He believes that under proper conditions tuberculin exerts a favorable influence on the course of the disease and stimulates beneficial reaction of the tissues; but the professor claims that tuberculin has never conferred complete immunity to tuberculosis either in man or in animals. He condemns the indiscriminate and unintelligent use of tuberculin, which he believes is still one of the grave dangers the medical profession has to face and overcome. Tuberculin possesses enormous power and subtlety, and it may be as great a power for evil as for good.

**"Advertised Cures."**—Dr. Lydia Rabinowitch-Kempner, professor in the University of Berlin, gave a brief résumé of her investigations for the purpose of testing the curative properties of tuberculin. Considering the results of her experimental work as a whole, she thinks it evident that no curative influence has been exercised by the tuberculin. She referred to the numerous tuberculin treatments which have been foisted upon the market during the last few years without being sufficiently tested in the laboratory. "Cures" under the

mask of science were advertised, according to the speaker, but the failures were always charitably veiled. In her opinion those who could thank such cures for premature deliverance from consumption can no longer speak—they are dead.

**Best Treatment for Consumption.**—Dr. Nathan Raw, of the Mill Road Infirmary, Liverpool, gave some of the results of his experience with 640 patients who had been treated at the hospital with tuberculin injections during the past fifteen years. Some derived no benefit at all, others a benefit more or less temporary, and a great many derived permanent good. In his opinion tuberculin is a valuable remedy. He laid down as the best treatment for consumption an open-air life, liberal diet of nutritious food, gentle exercise followed by plenty of rest, and a course of tuberculin by an experienced physician. Sir James K. Fowler, consulting physician of the Brompton Hospital, told the conference that some of the conclusions that he has arrived at are that the use of tuberculin in any form in treating consumption is not free from danger, and that it should never be used in any case in which there is fever.

**Necessity of Coordination.**—The need for the coordination of antituberculosis measures was discussed on the second day of the conference. Sir Robert Philip, of Edinburgh, vice-chairman of the council of the National Association, told the conference that, in order

to fight tuberculosis successfully it is necessary to acquire a thorough knowledge of the causes and distribution of the disease. There is much ignorance and prejudice to be overcome before the best results can be secured. He is impressed with the fact that the average physician is sometimes unable offhand to diagnose pulmonary consumption, not being sufficiently familiar with its varying manifestations. While it is not necessary to say, "Once tuberculous always tuberculous," it must be borne in mind that tuberculosis is a most insidious infection, and oftentimes equally tenacious in its hold on a victim.

**Tuberculosis in Ireland.**—Sir William Thompson, registrar-general for Ireland, reported that there is a fall in the tuberculosis death-rate in Ireland, which in 1912 reached the low figure of 2.152 per thousand of the population. He attributes this welcome improvement during the past six years largely to the good work of Lady Aberdeen and the Women's National Health Association. The death-rate for 1912 was the lowest since 1864, and during the last four years there has been a decrease of nearly one fifth, or twenty per cent, of the total deaths from tuberculosis. Furthermore, according to Sir William Thompson, there were 17,000 fewer persons afflicted with tuberculosis in 1912 than in 1907. Mr. L. Courtauld, of the London County Council, considers dispensaries as of the utmost importance in the campaign against tuberculosis, and he thinks they should receive the greatest consideration.

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**Next Eugenics Congress.**—The next international eugenics congress will be held in New York City in 1915, about September 20.

**Accident Prevention.**—In order to teach the children how to avoid accidents on the street, motion pictures are being shown in Chicago schools. It is said that during 1912, eighty-three Chicago children were killed by street accidents.

**Exercise in the Tropics.**—A young man who spent some three years in the army in the Philippines asserts that the soldiers who took interest in athletics, baseball, hurdling, and the like, were less liable to break down than those who did not.

**Athlete Succumbs to Typhoid.**—That disease germs are not overawed by athletic records has been again demonstrated by the death from typhoid fever of Ralph Rose, of California, said to have been "one of the finest athletes the world has ever produced." He appeared to be in excellent condition before the attack.

**Congress Sets Convicts Above Children.**—According to Secretary Owen R. Lovejoy of the National Child Labor Committee, Congress, in incorporating in the tariff a clause which bars from import the product of convict labor, is showing more consideration for convicts than for children. An amendment had been introduced excluding from importation all goods made by workers under fourteen years of age; but on account of the protest of importers and the cry of foreign papers, the amendment was so changed that it was practically killed.

**Vacant-Lot Gardens.**—In Philadelphia a plan has been put in operation which affects a material decrease in the living expenses of the families benefited. The Philadelphia Vacant-lot Cultivation Association secures vacant lots free of charge from the owners, and spends about five dollars a garden (about one-sixth acre) for plowing, fertilizer, seed, and the like. Each garden is rented to a family, the rental being one dollar for the first year, two dollars for the second, etc., until the full amount is collected the fifth season. The family does the work and gets the produce.

**Reform of the Finger-Bowl.**—A Western hotel proprietor has been carrying on a crusade against the finger-bowl evils. It is notorious that finger-bowls are often used from one table to another without any attempt at cleaning, much less sterilizing, and without even a change of the water; and, moreover, some make use of the finger-bowl for purposes that are disgusting. The proposition of this gentleman is not to abolish the finger-bowl, but to substitute a paraffin-paper bowl in a silver container, a new bowl to be furnished for each guest. At the hotel keepers' convention in Duluth, a resolution was passed favoring the innovation. Since then there has been much adverse discussion of the subject, which we should prefer to believe was due rather to ignorance of the intention of the reform than to a determination to stand by the present filthy practises.

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The unbearable oppression of the poor  
The ungovernable grafting municipalities  
The church appealing to the government  
The dissolution of the Turkish Empire  
The increasing desire for "cheap" amusement  
The general tendency to lower morals  
And hosts and hosts of others

These things are ominous; they mean something; they are signs of the times. Of what benefit is a sign to you if you pay no attention to it? If you disregard these signs and do not know their meaning, you will be unprepared for, and cannot survive, the events to which they point. Knowledge of the way gives choice to the right course.

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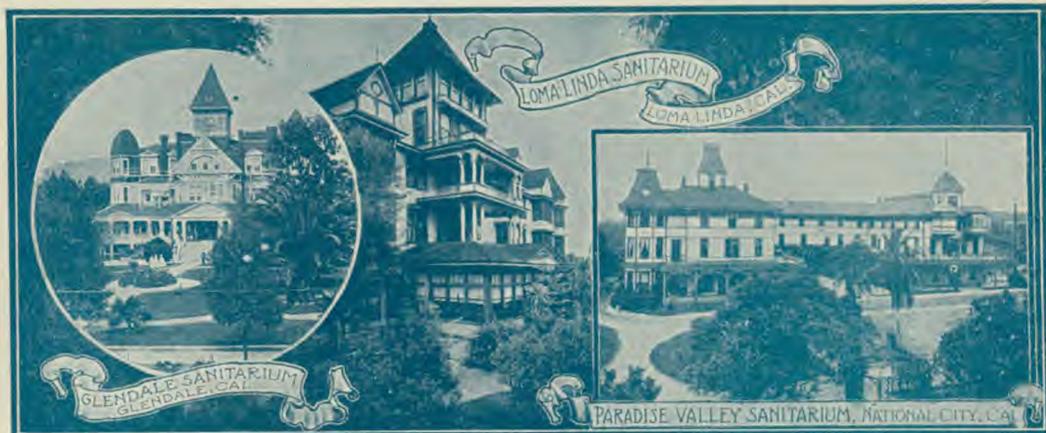
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