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# LIFE AND HEALTH

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**H**e who lives a temperate life can never fall sick, or at least can do so only rarely; and his indisposition lasts but a very short while; for by living temperately he removes all the causes of illness.

**N**either melancholy nor any other disorder can seriously injure bodies governed by the orderly and temperate life. Nay, I shall go still further, and assert that even accidents have their power to do but little harm, or cause but little pain, to the follower of such a life.—*Cornarc.*





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

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No. 9

## *Growing Old Gracefully*

*Frederick M. Rossiter, M. D.*

OLD age is a relative term with wide variations. One may be physiologically older at fifty than another is at three-score and ten. An engine that is worked continuously, cared for improperly, and oiled irregularly will wear out much quicker than will one that is well cared for, and occasionally sent to the shop for an overhauling.

It is possible to pursue a course which will retard the symptoms of old age. A life brought into harmony with natural law, making a conservative use of all its forces, has the promise of a continued enjoyment of health for a period varying from eighty to one hundred years or more.

The death terminating such a life is as natural and physiological as is a birth when nature is not interfered with. A premature birth results disastrously; a premature death can never be compensated.

### *Disintegration in the Body*

There is continually going on in the body a work of disintegration,—a building up and tearing down process, which varies somewhat in the three different periods into which life is natu-

rally divided. During the period of growth the repair exceeds the waste; hence the need of a greater amount of food proportionately for a growing child than for an adult. During the second, or stationary, period, which continues until the age of forty-five or perhaps fifty years, varying with the individual and the manner of life, the waste and repair are in a condition of equilibrium. During the period of decline, the waste is in excess of the repair and building-up process. It is to this period that the reader's attention is now called.

### *The Diseases of Advanced Life*

Scientific research has made it more and more evident that most of the diseases of advanced life are due to interruptions in the processes of waste and repair. Most of these diseases are of a gouty or rheumatic nature, a condition in which the poisonous waste material of the body, not being properly eliminated, is retained in the system, and reabsorbed and deposited in the tissues and joints, giving rise to innumerable ills. This retention may be very slight at first; but if it were only one grain a day, it would amount to nearly one



ounce in a year, and in the course of years a sufficient accumulation would have taken place to produce serious results. It is the retention of these poisons that hardens the lining membrane of the heart and arteries.

There is abundant evidence to show that many cases of cancer, Bright's disease, organic heart-disease, and distressing diseases of the stomach are directly due to the accumulation of these poisons in the body. Neurasthenia, or loss of nerve power,—a convenient term sometimes used to cover a multitude of sins on the part of the patient, as well as a multitude of errors in diagnosis on the part of the physician,—is largely a condition of nerve poisoning due to the generation and retention of poisonous materials within the body.

#### *To Ward off Old Age*

In order to obviate this dangerous condition, attention should be given to diet, general hygiene, and exercise for both body and mind. Health depends upon a perfect circulation of good blood. In order to have good blood, wholesome food must be furnished, and in order to have perfect circulation, exercise is necessary.

More than half the ills that torment the lives of those past forty-five are due to avoidable errors in diet. The exercise of a little caution each day would add years to the life, and unmeasured happiness and comfort. Growing old gracefully is incompatible with excesses of any nature.

In old age less food is required to keep the body in healthful condition than during the more active periods. Not only is less energy required, but the various digestive organs gradually diminish in their capacity to transform food into blood. Dietetic transgressions are followed by more serious and more

irreparable results. There is reported the case of a gentleman ninety-four years old, in perfect health, who suddenly terminated his life by an unfortunate indulgence in lobster salad.

#### *The Best Dietary for Declining Years*

Is that which furnishes sufficient nutrition and favors elimination, without burdening the digestive organs or acting as a stimulant. Such a dietary nature has abundantly furnished in the many varieties of delicious fruits, cereals, and other wholesome foods. Many of the fruits are perennial in their supply, while others may be obtained at different seasons of the year. These fruits are toothsome and appetizing. They are not only easily digested, but they are an aid to the digestive and eliminative organs, so that they are especially valuable in advanced life.

The use of nothing but fruit for a day or two, or the entire absence of food, is an excellent remedy for the attacks of so-called biliousness which are of frequent occurrence among the aged.

In addition to the abundant supply of fruits, there are a score or more of cereal foods that may be prepared in many ways. These, with milk, eggs, and butter, furnish all the material necessary to meet the needs of the body.

Meat is not a necessary food in advanced years; in fact, its extensive use is most unfavorable to the prolongation of life. Many authorities on food and dietetics show by extensive investigations that the length of life is greatest in those who abstain from flesh-meat, or who use it in the greatest moderation. The fact that the aged are deprived of their teeth by nature is strong indication that no animal or otherwise tough food should be eaten by them.

#### *Must Plan for a Long Life*

In order to grow old gracefully, one



must plan to that end. It is vitally important to recognize early the fact that the human body is a low-pressure engine not intended to be run at high pressure. The present strenuous American life will not result in a large number of centenarians. A life devoted solely to the accumulation of wealth, to selfish pursuits, to self-aggrandizement, will be barren indeed when old age comes on and pleasure is no longer found in former pursuits.

#### *A Beautiful Old Age*

Decrepitude and great physical decadence are not necessarily an accompaniment of old age. One grows old to the best advantage when care has been exercised in regard to personal habits, and when some useful occupations, both physical and mental, are continued.

Old age is most beautiful when the physical, mental, and moral forces are equally balanced. To be old simply for the sake of living—just a habit of living—has very little charm. In many lives only the animal forces seem to survive.

The aged, however, should not be considered, either by themselves or by others, as superannuated members of society, nor should the last decade of their lives be spent in solemn meditation upon death.

#### *Woman and Old Age*

Women do not grow old so gracefully as men. They seem to have an inborn fear of age. Men, because of business relations, professional duties, or the necessity of supporting the family, continue as a rule, to work at their usual occupations until failing health compels a change; hence the mind has little time or disposition to dwell upon wrinkles or gray hairs.

Old age, uninvited, is not in a hurry to come round. If women, instead of

being content with being grandmothers, and with feeling old because they are grandmothers, would take up a study of the sciences, tax the mind by hard mental effort, and cultivate the memory centers, the effort would prove a perennial source of youth. Following the fashions of nature, instead of the fashions of Paris or New York, will do much toward making old age like the torchlight of the day.

#### *To Perpetuate Youth*

Vigorous mental effort is a mighty factor in perpetuating youth. At eighty, Bryant insisted that he was eighty years young. The brain is the great center that controls the nutrition of the body. Study and mental effort is a stimulus to the brain, which imparts vigor and vitality to every organ of the body. That hard mental exercise in moderation is most favorable to longevity, postponing much of the decrepitude of old age, is attested by hundreds of illustrious lives.

Works of benevolence and a life spent in philanthropy react upon the physical health in a most salutary manner; for in such a life, self is held in abeyance, and consequently there is less waste of nervous energy, and more freedom from worry. Statistics gathered at different times clearly show the average duration of life of this class of workers to be greater than that of any other. Every sympathetic word and unselfish deed manifested for others reacts physiologically upon the doer.

*North Yakima, Wash.*



MORE than one half of the chronic complaints which embitter the middle and latter part of life among the middle and upper classes of the population is due to avoidable errors of diet.—*Sir Henry Thompson.*



# A Celebrated Centenarian\*

(Louis Cornaro)

## A Life More than Doubled by Moderation

THE story of Cornaro's life is all the more striking, as it is evident at once that his great age is not due to his strong constitution, nor to his great vitality in early life, but to habits which he formed when he had, apparently, very little chance to improve.

Born in Venice, of an illustrious family, from whom he inherited a feeble constitution, Cornaro early formed intemperate habits, which nearly shattered his health before he reached the age of forty. Having been defrauded by others of his birthright and part of his property, he left his native city and sought seclusion at Padua, where he determined to build for himself a name more noble than that conferred by his pedigree.

He realized that it would be necessary for him to have perfect health. Having been admonished by his medical advisers that he must confine himself to an invalid ration in order to recover, and now realizing that his life depended upon his following the advice, he began the simple life from which, as he says, "I never afterward swerved, . . . nor even committed the slightest excess in any direction. Within a few days I began to realize that this new life suited my health excellently; and persevering in it, in less than a year,—though the fact may be incredible to some,—I found myself cured of all my complaints."

Having attained perfect health through a simple life, he believed that he would best maintain his health by continuing this manner of life. He was

determined to know for himself what was good for him, so he began a series of experiments and observations to learn the effects of various foods. Heretofore he had been a firm believer in the proverb, "Whatever tastes good will nourish and strengthen;" but it proved—in his case at least—to be false; for a number of foods which were exactly suited to his taste he found to be hurtful.

He was cautious both as to quality and as to quantity, being careful to take only what he could easily digest. He adopted the proverb, "*Not to satiate one's self with food is the science of health.*"

He observed faithfully the following rules:—

1. Take into the stomach only as much food as can be easily digested."
2. Take only such food as agrees.
3. Avoid excessive heat and cold.
4. Avoid poor ventilation.
5. Do not expose self too much to wind and sun.
6. Avoid melancholy, hatred, and other passions of the soul.

He thus relates the account of the battle he fought with his temper: "I was born with a very choleric disposition, insomuch that it was impossible for any person to deal with me. But I recognized the fact, and reflected that a wrathful man is no less than insane at times; that is to say, when he is under the sway of his furious passions, he is devoid of both intellect and reason. I resolved through the exercise of reason to rid myself of my passionate temper,



and I succeeded so well that now — though as I have said, I am naturally inclined to anger — I never allow myself to give way to it, or at most, only in slight degree.”

At the age of seventy-eight, he was persuaded — against his better judgment — by the solicitation of doctors and friends, to increase his daily allowance from twelve ounces of food and fourteen ounces of wine, to fourteen ounces of food and sixteen ounces of wine. As a result, he became wayward, melancholic, and choleric. In twelve days he was seized with a violent pain in his side, which lasted for twenty-two hours. This was followed by a fever lasting thirty-five days. By returning to his old regime the fever abated; but, during that time he was unable to sleep a quarter of an hour at a stretch, and his friends believed he would die.

But he fully recovered, and at the age of eighty-three, he wrote his first discourse on health and long life. At the age of eighty-six he says that having lived for forty-six years longer than he could have reasonably expected, he found all his organs and senses still in perfect condition — his teeth, his voice, his memory, his heart. As for his brain, he says it was more active than ever. “Nor do these powers suffer decline with the increase of years — a blessing to be attributed *solely to the fact of the increasing temperateness of my life; for as my years multiply, I lessen the quantity of my food.*”

Cornaro had the pleasure of writing in his extreme old age the beautiful story of his temperate life. He lived and died in the belief that his labors in writing the faithful account of his life experiences would result for all time in beautifying the lives of those who would pay heed to him. The testimonials of grati-

tude which he received from those who had been saved, by his noble example, to a life of health and usefulness, were among his most precious treasures. He wrote four discourses on healthful living at the ages of eighty-three, eighty-six, ninety-one, and ninety-five.

His knowledge of physiology, was, of course, crude, as may be learned from such expressions as, “For as sobriety keeps the body pure and mild, so likewise does it prevent fumes from arising from the stomach to the head.” But it was the best they knew in those days, and is not so bad after all. If there are not “humors” or “fumes,” there are subtle poisons equally potent, which traverse the body as a result of faulty eating and drinking.

According to some standards, Cornaro was not a temperate man. He was not a total abstainer (his daily allowance was fourteen ounces wine); nor was he a vegetarian. His twelve ounces of solid food consisted of bread, yolk of egg, a little meat, and some soup. Some might say that had he adopted a diet free from meat and wine, he might have lived longer, better, and happier; but that remains to be proved. His dietetic habits changed him from a hopeless invalid to one of the healthiest of men, if health can be judged by length of life.

\*This story is taken largely from “The Art of Living Long;” Wm. F. Butler, Publisher, Milwaukee, 1903.



I BELIEVE that the search for health in its truest sense, and the maintenance and improvement of it when found, is among the first duties, if it is not the first duty, of mankind; and scarcely less, if at all less, urgent duty, is to help others by one's own experience.—  
*Eustace Miles, M. A.*



## Some Sources of Disease

J. E. Caldwell, M. D.

ELEPHANTIASIS is common among the residents of the South Pacific islands. Modern research has shown that it is caused by a small worm found in the lymphatic vessels, called the *filaria sanguinis hominis*. Myriads of eggs of this parasite are sometimes found in the blood of its host. Among the symptoms attributable to its presence is lymphangitis, or inflammation of the lymph vessels. Recurring as this symptom does at irregular intervals from three or four to ten or fifteen times in a year, generally attended by an increase of the deformity, it is a constant reminder to the patient that he has fixed upon him a horrible, painful, incurable disease.

It is observed in countries where this disease is common that these irregularly recurring attacks are precipitated by anything that tends to disturb the work of the lymphatic system, and that over-eating and eating improper food are among the most common exciting causes. Thus the unfortunate victim constantly carries about with him an efficient predisposing cause of disease and suffering, while to ignore the laws of health in regard to diet is to invite sure and swift suffering, to be followed by increased deformity.

The dweller in the tropics is not the only one who carries with him an efficient predisposing cause of disease. Men and women in our own land are similarly situated. With us the cause is not so apparent, and the consequences are not so uniform; but the causes are equally as constant, and the consequences are no less certain, though sometimes delayed.

Some of the organisms which produce

disease are not always present in the human body, but accidental, requiring to be introduced in order to produce their characteristic diseases. But other certain kinds of germs are always present in the body, awaiting a favorable opportunity to assume control.

A high medical authority says: "Nine tenths of all diseases, if not all, are caused by specific low organisms. Among those which have been already distinctly isolated, are the microbes of consumption, typhoid fever, yellow fever, dysentery, cholera, lockjaw, pneumonia, and a long list of diseases whose exact number is not known." The same authority further says: "When the body is kept in a healthy condition, all its tissues possessing a high degree of vitality, it is unaffected by these agents of decay or death; but as soon as the standard of vitality is lowered in any degree, or when the system is attacked by germs in great numbers, possessing unusually active properties, we become a prey to their ravages, and subject to a variety of maladies of the most fatal character."

Those germs which are never absent from the body are found chiefly in the alimentary canal. One would be overbold, perhaps, to declare that they are necessary to the proper performance of vital functions, as some have done, for that has not been conclusively shown; but that they are constantly present, no one will deny. There are several kinds of these microbes, probably one or more for each kind of food.

Sour stomach, biliousness, sick-headache, and some kinds of constipation and diarrhea, are the direct results of the









# THE MEDICAL MISSIONARY AT WORK

## *The Opportunities of Medical Missionaries*

As the conditions existing in the different mission fields are brought to light, more and more clearly is seen the pressing need for medical missionaries.

In most of the large cities of Africa and of the Orient are well-educated native physicians, among them a few women, whose methods of practise have been improved by intercourse with Europe and America. But this knowledge has not yet touched the masses of the people, and especially the rural districts, where the practitioners are ignorant of the laws of anatomy, hygiene, and indeed of the fundamental principles of medical science. The remedies employed in sickness are mainly experimental, and it is not strange that they are seldom productive of beneficial results. It is the general opinion of the untaught native physicians in the Ottoman empire that "if a small dose of any medicine will do good, a large dose of the same will do more good." And their reasoning in other respects is often fallacious. It is stated that a Turkish physician once treated a case of typhoid fever which he deemed hopeless. The patient finally recovered, having drunk in the meantime a pailful of pickled cabbage juice. The doctor, regarding this as an important discovery, wrote this memorandum in his book: "Cured of typhoid fever, Mahommed Agha, an upholsterer, by drinking a pailful of pickled cabbage juice." Trying the same experiment with another patient, it proved fatal, and the physician made the following memorandum: "Although in cases of typhoid

fever, pickled cabbage juice is an efficient remedy, it is not, however, to be used unless the sick man be by profession an upholsterer."

In Siam, that medicine is considered the best which is the most nauseating, and contains the greatest number of ingredients. A prescription once given was made of twenty-five components, among which were a centipede, a scorpion, a horned toad, and a beetle.

With the exception of a few skilled specialists, surgery is in a very crude state. In several countries, the principal requirement made of young surgeons is expertness in the use of the long needle, with which they penetrate all parts of the body. Should one complain of a pain in the back, a needle is thrust through the eye as a counter-irritant, and a headache is supposed to be cured by probing the ear. Even infants are pierced all over with red-hot needles.

As is usual, superstition goes hand in hand with ignorance. Illness is attributed to the influence of evil spirits, or the revenge of some dead person whom the victim has wronged, and the people seek to make propitiation by gifts of fruit, flowers, and cloth.

With the exception of Japan, which makes cleanliness a national virtue, the sanitary condition of the lower classes almost exceeds the power of our imagination to conceive. Their homes are dark; there is little ventilation; the food is often filthy, and, as a consequence, the most loathsome diseases are prevalent. And saddest of all is the fact that the people are so degraded that they have no realization of their physical and moral condition.



There are very few native charitable institutions for the sick and unfortunate in heathen lands, and even these are devoid of many things which we deem necessary for their comfort. Even the hospitals established by Christians are limited in their work, especially in caring for women. In some countries women are considered of too little value to waste remedies upon them.

Another barrier to their relief is the secluded life forced upon many of them, particularly those of the higher caste. This practise is carried to the greatest extreme in the zenanas of India. If necessary for one of the higher caste women to receive the attendance of a male physician, every precaution is used. The eye, the tongue, and the hand are seen through a slit in the curtain, and all conversation is carried on between other parties. Once a medical missionary was called to prescribe for one of these high-caste ladies. A hand and a tongue were thrust through the curtain, but both indicated health, and he expressed his surprise. "Do you think," said the husband, "I would permit my wife to be touched?" It was a slave who acted as proxy. In countries where the liberty of the sex is not so restricted, the women have a great aversion to being treated by men, and even the Christian native women can not overcome this prejudice.

The great suffering among women of Oriental countries, because of the lack of trained nurses and physicians of their own sex, is an answer to the question so often asked: "Why is a medical education necessary to fit women to become missionaries?"

In most of the mission fields, the reverence for physicians is much greater than that entertained for religious teachers, and while the ordinary missionary may be subjected to rudeness,

and perhaps insult, yet, if known to be a physician, she receives a warm welcome. The implicit faith of the native women in her ability to aid them is very touching.

This medical missionary work is in pursuance of the plan of work indicated by our Saviour, who sent forth his disciples with the command: "Heal the sick, and say, The kingdom of God is come nigh unto you."

The faces of our dusky sisters are turned toward us with longings which they scarcely understand. May we remember that "never, walking heavenward, can we walk alone," and respond to that appeal with our money, our prayers, and our loving thoughts, which God will quicken into deeds until —

"The feeble hands and helpless,  
Groping blindly in the darkness,  
Touch God's right hand in that darkness,  
And are lifted up and strengthened."  
— *Selected.*



### *A Year's Service in Japan*

It is now just a year since we received our first patient at the sanitarium, and it has occurred to me that a brief summary of the year's work might be of interest to you.

Our patronage this spring has been increasing, and the class of patients who are being treated and helped is such that our work is becoming respected by every European, even if we are thought to have peculiar ideas about food and medicine and theology. We are continuing to fit up our treatment rooms as fast as means will permit, and they are now in a very satisfactory condition, though not complete. We have but one suite of rooms, ladies' hours being in



the forenoon, and gentlemen's in the afternoon.

The American consul for this post has been under our care (as a house patient) for a month and a half, and is slowly recovering. It is a case of apoplexy, hence is very tedious.

Our receipts for the year have been four thousand and forty-four dollars local currency, two thousand and twenty-two dollars gold. About three fourths of this amount has been received during the last six months. There is no question but that we shall be able to assure the full support of the two nurses from the first of next October. In fact, our present surplus earnings are sufficient to have paid their wages from the beginning, but it has been allowed to accumulate as a working capital.

Several times this spring we could have given employment to another nurse. We have never refused treatment to any who applied, yet we have not a dollar's worth of bad debts on our books. By the fifteenth of each month the bills of the previous month are settled, and that without sending a collector. We are glad, not because of the few hundred dollars earned, but because while we have been sowing the seeds of truth, we have been able to bear part of the financial burden. We have realized four hundred and thirty dollars over the running expenses.

A wealthy Japanese now under our care came because he heard that the American consul was here. I am glad to say that the Japanese gentleman is making a good recovery.

The work at the Nunobiki (native) sanitarium is progressing nicely. The work was begun in one building, but since Dr. Kawasaki has come to join Dr. Kumashiro, arrangements have been made with the landlord to fit up

the other three houses in the block. They have built an operating room in the central courtyard. Brother Kawano is associated with the two doctors, and has his time quite fully occupied. He acts as cook for patients, business manager, and steward, and gives all the treatments to the men patients. There are nearly ten house patients in their establishment at present. We are training our nurses together, part of the classes being held there, part here. Altogether, there are six in training at the present time. Our nurse who was with us at the beginning, a year ago, is developing into a splendid worker.

Brother Kuniya, one of our native laborers, is making Kobe his headquarters, but he goes out on short preaching tours occasionally. He and I have quite a little flock of church-members to look after—about thirty-five now. Since last July twenty-five have been baptized in Kobe. Five of these are young men, all of them actively engaged in the canvassing work. They worked for several months in the city, but are now making tours into the surrounding provinces and down in the island of Shikoku.

Thus the seed is being sown, and we know that God will not permit his word to return unto him void, but it will accomplish that which he pleases.

The current of worldliness is so strong among the business people here that unless workers keep in touch with the evangelistic efforts for the Japanese, they are apt to forget why they came

S. A. Lockwood, M. D.



I CONSIDER my health to be not as good as it should be, if I can be induced to take stimulants at all.—*Eustace Miles, M. A., champion amateur tennis player of England.*



# The Evidence of Christ's Divinity

Mrs. E. G. White

FROM Herod's dungeon, where in disappointment and perplexity concerning the Saviour's work, John the Baptist watched and waited, he sent two of his disciples to Jesus with the message:—

“Art thou he that should come, or do we look for another?”

The Saviour does not at once answer the disciples' question. As they stand wondering at his silence, the sick and afflicted are coming to him. The voice of the mighty Healer penetrates the deaf ear. A word, a touch of his hand, opens the blind eyes to behold the light of day, the scenes of nature, the faces of friends, and the face of the Deliverer. His voice reaches the ears of the dying, and they arise in health and vigor. Paralyzed demoniacs obey his word, their madness leaves them, and they worship him. The poor peasants and laborers, who are shunned by the rabbis as unclean, gather about him, and he speaks to them the words of eternal life.

Thus the day wears away, the disciples of John seeing and hearing all. At last Jesus calls them to him, and bids them go and tell John what they have witnessed, adding, “Blessed is he, whosoever shall find none occasion of stumbling in me.”

The disciples bore the message, and it was enough. John recalled the prophecy concerning the Messiah, “The Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the Lord.” Jesus of Nazareth was the Promised One. The evidence of his divinity was seen in his ministry to the

needs of suffering human beings. His glory was shown in his condescension to our low estate.

The works of Christ not only declared him to be the Messiah, but showed in what manner his kingdom was to be established. To John was opened the same



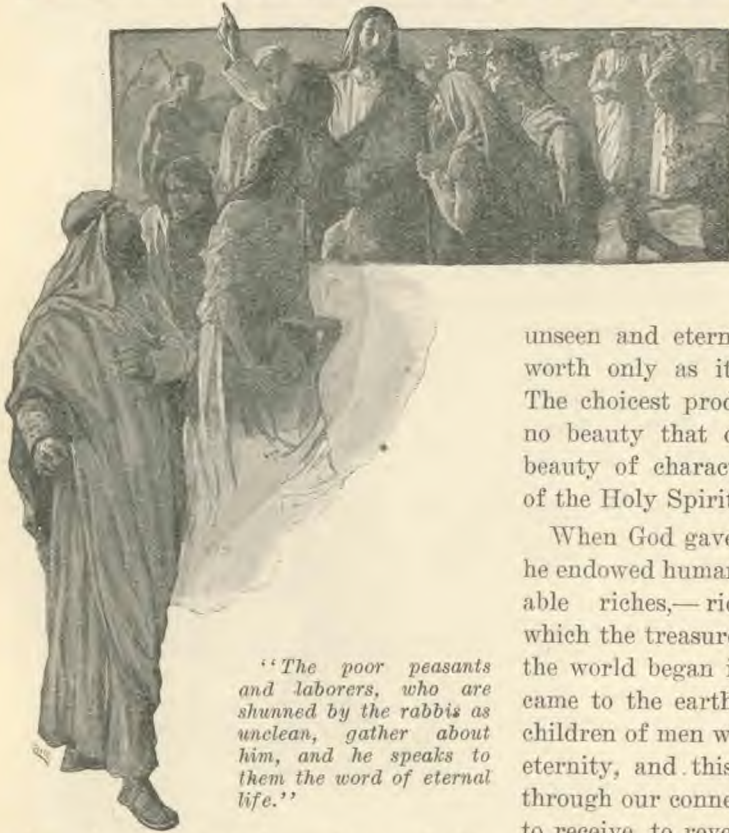
*“As they stand wondering at his silence, a word, a touch of his hand, opens the blind eyes to behold the light of day.”*

truth that had come to Elijah in the desert, when “a great and strong wind rent the mountains, and brake in pieces the rocks before the Lord; but the Lord was not in the wind: and after the wind an earthquake; but the Lord was not in the earthquake: and after the earthquake a fire; but the Lord was not in the fire:” and after the fire, God spoke



to the prophet by a still, small voice. So Jesus was to do his work, not by the overturning of thrones and kingdoms, but through speaking to the hearts of men by a life of mercy and self-sacrifice.

The kingdom of God comes not with outward show. It comes through the gentleness of the inspiration of his word,



*“The poor peasants and laborers, who are shunned by the rabbis as unclean, gather about him, and he speaks to them the word of eternal life.”*

through the inward working of his Spirit, the fellowship of the soul with him who is its life. The greatest manifestation of its power is seen in human nature brought to the perfection of the character of Christ.

Christ's followers are to be the light of the world; but God does not bid them make an effort to shine. He approves of no self-satisfied endeavor to display superior goodness. He desires that their souls shall be imbued with the principles

of heaven; then, as they come in contact with the world, they will reveal the light that is in them. Their steadfast fidelity in every act of life will be a means of illumination.

Wealth or high position, costly equipage, architecture, or furnishings, are not essential to the advancement of the work of God; neither are achievements

that win applause from men and administer to vanity. Worldly display, however imposing, is of no value with God.

Above the seen and transitory, God values the

unseen and eternal. The former is of worth only as it expresses the latter. The choicest productions of art possess no beauty that can compare with the beauty of character which is the fruit of the Holy Spirit's working in the soul.

When God gave his Son to our world, he endowed human beings with imperishable riches,—riches compared with which the treasured wealth of men since the world began is nothingness. Christ came to the earth and stood before the children of men with the hoarded love of eternity, and this is the treasure that, through our connection with him, we are to receive, to reveal, and to impart.

Human effort will be sufficient in the work of God just according to the consecrated devotion of the worker,—by revealing the power of the grace of Christ to transform the life. We are to be distinguished from the world because God has placed his seal upon us, because he manifests in us his own character of love. Our Redeemer covers us with his righteousness.

In choosing men and women for his









# HEALTHFUL COOKERY

## AND HOUSEHOLD SUGGESTIONS

### *Business Tact Necessary in Housekeeping*

IN order to manage a house properly, a woman must have a love for it, and also a fair education and business tact. A woman who possesses these qualifications can not possibly fail in home management.

When does woman fail to do all she possibly can for those she loves, or what she loves? If the object of her love happens to be a man, she does all in her power to urge him on to greater efforts until he meets with success; but thrice happy is he who has a wife who loves both him and his home, for he lives in a paradise on earth. But I do not think love can accomplish this alone, unless the woman is in possession of a fair education; for education refines and elevates her mind, tastes, and ideas.

Now for business tact: A merchant to be successful in business must cater to the wants of his customers, and fill all orders promptly and satisfactorily; but he has this advantage, he receives his orders, and knows exactly what is wanted.

A woman who is engaged in the same management business is expected to please without orders. If she has more than one in the family, it means so many more demands on her brain, to invent dishes to please their various appetites, for what pleases one does not always please the other; and when all are pleased, show me a cause that has a better effect than a family sitting down

to an enjoyable meal, with pleasant surroundings, and the loving smile to brighten every one up.

While love alone would cause a woman to be extravagant, education, refinement, and business tact bring prudence and economy.

M. H. TUXFORD.



### *Fruit Canning*

JARS.—In canning, sugar is not the “keeping” power, as in preserves: it is the entire exclusion of air from the fruit that preserves it, and with this fact in mind it will be seen that great care must be exercised to have all the jars in perfect condition. Test all jars. Purchase for the purpose a glass jar having a glass top with a rubber. The “Lightning” jar can always be relied on, and is much easier to manage than the screw-top. Thoroughly cleanse the jars, and if the rubbers have been used before and seem hard or worn, get new ones; they may be purchased at any store where the jars are sold.

One prime object to be obtained in canning is to keep the fruit whole. To the beginner this may be a difficult matter, indeed, even experienced people are not uniformly successful in this respect when following the old method, which was to boil the fruit “just a few minutes” in a certain quantity of water and sugar, and then rapidly fill the jar and close it. Now it requires a really wise head to know just when those “few



minutes" are ended, and the fruit ready to be put in the jars; and the handling of the cooked fruit never fails to crush it more or less, especially when the worker is inexperienced. Then, too, by this method, there is always some of the syrup left over in apportioning the fruit to the jars, which entails a waste of sugar.

The process in this paper will be found entirely different. Originality is not claimed for it, as it has undoubtedly been published before, but the writer has canned fruit by this method for years, and with unvarying success. In boiling the fruit in the sugar and water, if only for a short time, much of the flavor is lost in the escaping steam; but this is all saved by our method, adding much to the value of the fruit when opened for use.

FRUIT.—The fruit used should be firm and as large as can be obtained, except in the case of strawberries. With them the smaller the better, and the wild variety is to be preferred. All other berries should be firm and large. Look them over carefully, removing any that are crushed or overripe. Do not buy berries that seem settled compactly in the box, for you may be sure they are either too ripe or have been too long picked. Blackberries, no matter how fine or of what kind, are never satisfactory or appetizing when canned. They are better for jam making.

To prevent discoloration, all large fruits should, after being peeled, be thrown at once into cold water until needed.

Pineapples should be peeled, and the "eyes" carefully extracted with a sharp-pointed knife. This fruit should not be cut in pieces or slices, but stripped from the core with a silver or plated fork, care being taken that the pieces are not too large.

Quinces should be pared, cored, and quartered, the parings and cores being saved to add to the quinces used in making jelly.

Pears should not be too large; the Bartlett is always satisfactory. Pare and cut them in halves, leaving the seeds in; for they add to the flavor as well as the appearance.

Peaches should be pared, halved, and pitted.

When ready to begin, place the rubber in position on the top of each jar, with the top that has been tested by the side of the jar. Do not mix the tops if you can possibly avoid it; as one that is true to one jar may not fit the next, this being particularly the case when the screw-top jar is used. Place the fruit in the jars as soon as it is prepared, shaking each jar to fill the interspaces as closely as possible; that is, when pears, peaches, or any of the firmer fruits are used; berries must not be packed too closely. If pears are used, turn some of the pieces with the core side outside, as it adds to the effect when finished. When peaches are prepared, five or six of the pits should be distributed through each jar, for they improve the flavor. The pits are removed before the fruit is sent to the table. Just as the fruit is laid when the jar is filled, so it will remain all winter; for there is no further handling of it.

Find in the table appended, the amount of sugar allowed for a quart jar of the fruit you wish to can, and use as many times the quantity as you will have jars of fruit; place the sugar in a saucepan on the stove with just enough boiling water to dissolve it. When thoroughly melted, allow it to cool a little, and then divide the sirup among the jars, a spoonful at a time. If after all is distributed, it does not fill the jars (and it seldom does), add enough hot water to each jar



to fill it, and loosely screw on the top. If the glass top "Lightning" jar is used, put the glass in position, but do not "lock" it, for if the steam is not permitted to escape, the jar may burst. Have in readiness a deep pan, or wash-boiler, with as wide a bottom as possible; set the jars closely together in this, and fill the pan with water as warm as you can hold your hand in, until the water is within an inch of the top of the jars; then set the whole on the hottest part of the stove to boil. The fruit is cooked in this way, the water gradually heating in the pan, and heating at the same time the fruit and sirup in the jars, really steaming the fruit. The water should not boil too fast. Do not fear the cracking of the jars; for if the whole is heated gradually, there is little danger.

After the water has boiled ten minutes, remove the cover from one of the jars, and if the fruit can be easily pierced with a steel fork and each piece seems softened through, it has cooked enough. Ten minutes is usually a sufficient time for berries to boil, but more time is necessary for the larger and more solid fruits. It is impossible to give a definite time for boiling, as the worker will realize when she compares such firm fruit as quinces with soft berries. By the exercise of a little common sense, however, she will soon learn the length of time required in each instance.

It will be seen by cooking fruit in this way no aroma escapes, all the flavor remaining in the jar.

After making sure the fruit is cooked, set the pan back where it will not boil, and screw on the top of each jar as tightly as possible in order that the jars may be more conveniently lifted out; if the "Lightning" jars are used, "lock" them. Then using a dry towel, lift the jar out of the water, take off the top,

and pour in boiling water until the jar is overflowing, then quickly adjust the top again for a final fastening. Treat each jar in this manner, and invert it to see if it is air tight. If any sirup oozes out after a jar has cooled, the fruit can be saved only by turning it into an enamel saucepan, and when boiling, placing it in a perfectly sterilized jar; but this will hardly ever be necessary if proper care is exercised in the first instance. If the leak is detected while the jar is hot, it can be again filled with boiling water, and sealed after substituting a new rubber or another top.

As the jars cool, if the screw-top variety is used, endeavor to tighten them more by using the wrench that comes for the purpose. On the following day, set them in a cool, dry place as free from strong light as possible. Do not handle after they are once set away, as any shaking of the jars is likely to be followed by fermentation of the fruit. Fruit canned in this way will not go to pieces; on the contrary, being cooked in the jar and not handled when in a breaking condition, it remains as whole as when put in the jar.

Canned fruit should always be opened two or three hours before it is needed, as the flavor is much finer when the oxygen, of which it has been so long deprived, is thus fully restored.

The amount of sugar necessary for each quart jar of fruit is as follows:—

For cherries . . . . .	6 ounces.
" raspberries . . . . .	4 "
" strawberries . . . . .	8 "
" quinces . . . . .	10 "
" small pears (whole) . . . . .	8 "
" peaches . . . . .	4 "
" Bartlett pears . . . . .	6 "
" pineapples . . . . .	6 "
" crab apples . . . . .	8 "
" plums . . . . .	8 "
" ripe currants . . . . .	8 "



*Dried Fruits for Winter*

THOSE who usually have a scarcity of fresh fruit in winter, and who are unable to secure a liberal supply of canned fruit, will find the dried fruits an excellent substitute. In fact, dried fruits, of good quality, and properly prepared, can not be distinguished from fine canned fruit. This may be a surprise to some. In order to get good results, it is necessary to have good dried fruit. Some have never realized that inferior fresh fruit can not be cured into a good quality of dried fruit. Some ship their best fruit to market, and dry the poorer grades. Of course such dried fruit will make inferior sauce; but a good grade of dried fruit, prepared according to directions which we shall give later, would make any housekeeper feel proud of her work.

In buying fruit, select the best you can get, free from sulphur if possible. Be sure that it is free from worms, and keep it in moth-proof receptacles in a dry place.

G. H. H.

*How to Can Tomatoes*

To can tomatoes so that when opened in winter they will be like fresh tomatoes: after scalding and removing the skin, cut the tomatoes in two. Put them in a kettle that will hold about six quarts, and set the kettle on the back part of the stove until the tomatoes are heated through. Then put the kettle on the front part of the stove, and heat until it boils, or nearly boils. Then immediately put the tomatoes into tin cans or fruit jars impervious to light, and seal.

*Number 2*

Fill two-quart tin cans with sound ripe tomatoes. Pour over them as much boiling water as the cans will hold, and then seal.

These recipes have been thoroughly tried.

ISAAC MORRISON.



“GOD puts each fresh morning, each new chance of life, into our hands as a gift, to see what we will do with it.”

*For Poison Ivy or Poison Oak*

To prevent, wash all exposed parts with alcohol as soon as possible after exposure. The poison is in the form of an oil, which, though insoluble in water, is freely soluble in alcohol. This explains why washing in water fails to prevent an attack after exposure. If the eruption has already started, it is best relieved by the old-time sugar of lead, which should, for this purpose, be dissolved in alcohol containing one fourth to one half of its bulk of water. It must not be forgotten that sugar of lead is poisonous, and should never be left within the reach of children. For the same reason, it should not be used on poison oak or ivy sores if the blisters have burst, as it is possible to absorb enough of the lead lotion through the broken skin to cause trouble.



“GIRLS need health as much — nay, more — than boys. They can only obtain it as boys do, — by running, tumbling, and by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down, and be turned loose like young colts.”



“ANY physician who neglects to approach physical symptoms through the mind will find the practise of medicine a sorry task. The physician is often compelled to conciliate the mind of the patient while nature is affecting the cure.”



“CALISTHENICS may be very genteel, and romping very ungentle, but one is the shadow and the other the substance of healthful exercise.”



# QUESTIONS AND ANSWERS

Conducted by George A. Hare, M. S., M. D., Takoma Park, Washington, D. C.

[THIS department is designed to be a "Bureau of Information" on topics pertaining to health. To that end we invite questions from all our readers. Please give name and address. These will not be published if the writer prefers otherwise; but we can not pay any attention to unsigned communications.]

**15. Pecans — Cure for Dyspepsia.**—J. D. H., Cal.: "I read in a recent journal that if one would eat freely of pecans after each meal, it would cure his dyspepsia. Is there any truth in it?"

*Ans.*—Yes, if one is troubled with slow digestion, he will find the habit of eating a few pecans after each meal a valuable help in relieving his dyspepsia. We have known several bad dyspeptics who were much relieved by this practise.

The pecan is one of the mildest of nuts, of exquisite flavor, very nutritious, and easy to digest. To be of any benefit, the nuts must be chewed for a long time, so as to be thoroughly masticated. There is but little digestive value, however, in the pecan; in fact, if the dyspeptics referred to had only thought a little earlier in the meal, and done their chewing on the food, they might have omitted the pecans altogether, and still found equal or more rapid relief. But for those who either do not want to think, or who think they are too very busy to take care of their stomachs by chewing their food, the chewing of pecans at the close of the meal is to be recommended.

**16. Chronic Bronchitis.**—Mrs. B. W., Md.: "Please advise me as to treatment for my boy eight months old. He suffers from what the doctor calls chronic bronchitis. He caught cold when seven weeks old. Before this, he was big and strong for his age, but has never been well since. Now he is pale and delicate."

*Ans.*—Nearly all cases of chronic bronchitis in children of this age are associated with, and largely due to, innutrition; and whatever may have been the original cause, the matter of nourishment is of the first importance in this case. We advise you to feed the child every four hours on fresh cow's milk, not more than twelve hours old. The milk should be diluted by adding one part of

water to four parts of milk, then adding two tablespoonfuls of good cream.

For general use we have never found any artificial food that was superior to good cow's milk properly prepared. If your child does not thrive on milk, then we advise the artificial foods, of which there are a large number of excellent preparations. Would recommend you to try malted nuts. We think it would be especially suited to this case.

In addition to proper feeding, keep the bowels well regulated. A light salt rub each day, given very gently, will prove an excellent tonic. The chest may also be rubbed with oil, to which a little camphor has been added. If the bronchitis becomes severe at times, a dry chest pack will be found helpful. Cover the chest with a thin layer of absorbent cotton, over which place a covering of oil silk, to be worn continuously until relieved.

**17. Dyspepsia and Rheumatism.**—H. B. M., N. C.: "Please give me a prescription for intestinal dyspepsia and for rheumatism. I have taken medicine nearly every day since Christmas for dyspepsia, and now I have rheumatism nearly all the time, so please tell me what to do. I am a subscriber to LIFE AND HEALTH, and like it very much."

*Ans.*—There is no medicine that will cure dyspepsia. Dyspepsia is always the result of wrong methods of living,—either of eating or of working,—or of worrying. Your rheumatism is probably the result of your bad digestion, and the medicine you have taken. Secure a free and regular action of the bowels each day, either by the use of fruits, such as figs and prunes, or by the use of buttermilk, or if need be, use an enema. After movement of the bowels, it would be well to use an enema once a day, for a short time, retaining the water for a half-hour or longer.



Hot and cold applications to the bowels, taken twice a day, an hour after meals, will be found very helpful. Use a hot fomentation to the bowels for four minutes, then apply a very cold compress fifteen seconds. Immediately follow with the hot fomentation. Repeat these alternately for half an hour.

Select such foods as you can digest best, and chew them very thoroughly. Good bread thoroughly toasted, taken with a little pure cream, is easily digested by most persons, and is very nutritious. This may be taken either alone or in combination with such other foods as you can relish and digest. Thoroughly cooked grains, baked or boiled potatoes, eggs, and buttermilk, with pecans or English walnuts *thoroughly chewed*, will afford a variety of suitable foods.

**18. Bad Stomach.**—L. J., N. Y.: "Please advise me how I can correct my stomach. If I eat, I suffer from gas. I use caramel cereal for drink; eat freely of vegetables, very little sweets, and no meat. Always suffer from constipation."

*Ans.*—The gas you suffer from is due to fermentation. Go without any food except fruit for one day, then for a day or two use dry toast with a little good cream; but remember that no particular food will cure a bad stomach. Of wholesome articles you should select a few good foods, such as you can relish, and such as agree with you best. A soft-poached egg with baked potato or an egg boiled for fifteen minutes is easy of digestion, and may be taken with dry toast and cream; or such prepared foods as granose, granola, and malted nuts might prove agreeable. Take but a small variety at each meal, and take plenty of time to masticate thoroughly. This is the most essential point in your case. Eat in the most cheerful manner at regular hours, and taste nothing between meals.

**19. Buttermilk for Constipation.**—L. M., Mo.: "Do you recommend buttermilk as an article of diet?"

*Ans.*—In some cases it is excellent. Buttermilk is a nutritious drink, and in many cases of constipation causes the bowels to act freely. We have often recommended it in such cases with very satisfactory results.

**20. Scientific Knowledge of Foods.**—1. Is it necessary for one to have a scientific knowledge of the composition of foods in order to select a proper diet? 2. If animals are able to select by instinct, why not man?

*Ans.*—1. The more scientific knowledge a person has regarding the composition of foods, combined with a proper knowledge of the conditions governing digestion, assimilation, and nutrition, the better able he will be to select a proper diet. Such knowledge should be imparted to every youth as part of the school training.

2. Only partially true. Let a horse find a bin of wheat or a cow a field of roasting ears, and common instinct will hardly prevent the opportunity for an early autopsy. Just here the scientific knowledge of a good veterinary would prove of value in counteracting the bad effects of their instinct.

It is true, however, that nearly all animals and the uncivilized races of men use little else than instinct in selecting their food, and it is also true that they lead a care-free, indolent life, and give nearly all their energy to the finding of their foods. But when placed under the conditions of civilized races, they die rapidly. The present conditions of life among highly developed races call for a large expenditure of vital force in the mere struggle for existence. Personal rivalry and the desire to excel increase this expenditure so enormously that but little force is left for digesting our food, and carrying on the functions of our bodies. This makes it necessary to select our food with great care.

**21. Cold in the Head.**—I am subject to frequent attacks of cold in the head which usually go on until throat and lungs are involved, the attack lasting two or three weeks. 1. What would you suggest as a harmless remedy to break up the attack at the beginning.

*Ans.*—1. Take a cool hand bath with friction, finish with an alcohol and oil rub. Make the bowels active. Sometimes one or two tumblers of very cold water taken on rising will prove of excellent benefit; but this will not work in every case. A cold in the head may sometimes be broken up quickly by spraying the nostrils with the following solution:—

Menthol, 2 parts	.....	20 gr.
Camphor, 2 parts	.....	20 gr.
Purified liquid vaseline,		96 parts 2 oz.

You can have this put up at any drug store. It may be used with an ordinary hand atomizer every few hours as needed, especially during the first days of the attack. A moist compress to the throat and lungs, especially during the night, is of much service.





### *Plans to Check Suicide by Legislation*

SEVENTY cases of suicide in the District of Columbia during the last year was one item in the report which the coroner recently placed before the District commissioners. Twenty-three of these were by poison—mostly opium, cocaine, and their derivatives. The report calls especial attention to “the appalling increase in the importation and sale of deadly drugs, and urges the District officials to secure the speedy passage of the bill introduced at the last session of Congress by the Commissioners of Pharmacy, which is intended to restrict the sale of such poisons as are used for suicidal purposes. This, they are asked to do regardless of the opposition of the manufacturers of proprietary articles containing opium and cocaine.

It is right to control the sale of all poisons by law, and it is wise to prohibit altogether the sale of such deadly narcotics as opium and cocaine, under the guise of proprietary medicines.

The number of suicides in the United States has been steadily and rapidly increasing each year, as shown by the following figures: In 1891 there were in the United States 3,531 cases of suicide; in 1897 the number had increased to 6,600; and in 1903 there were 8,600, *an increase of 143 per cent in the last thirteen years.*

But this increasing tendency to suicide can not be controlled by legislation

directed against the sale of poisons. The cause lies much deeper. Among important causes may be mentioned intense personal rivalry, disappointment and ill health. The nervous tension seen in every phase of social and business life, together with sudden reverses and disappointments, makes the possession of good health, strong nerves, and a well-grounded hope a necessity to the man or woman who would make a success in any chosen line of work. When carefully studied, it will be found that nearly every case of suicide has ill health, shattered nerves, and mental despondency as a bottom factor.

G. A. H.

### *Internal Ventilation.*

WHATEVER may be our belief regarding the necessity of pure air in winter, we have our houses well ventilated just now. The sun attends to that, and we have a circulation of fresh air, day and night.

But with all this, we may not have the full benefits of ventilation; for while the heated weather forces the windows open, it cuts down the air supply to the lungs.

In cool weather we enjoy the bracing effect of a rapid walk. Now we take a street-car if we can get one, or loll on the shady side of the street. Exertion seems so debilitating that we are glad to save ourselves every unnecessary step. We avoid, as much as possible, starting the clammy moisture on our skin.



The stores of fuel in the muscles are not burned by exercise, and there is very little call for oxygen, so the breathing is shallow, the air-cells are not filled out, the liver and kidneys are compelled to take part in disposing of matter which should be handled by the muscles, skin, and lungs.



Perhaps we feel "out of condition," and notice a failing appetite. Well for us, if we heed the warning and lessen our eating to correspond with the diminished call for food: this, to a certain extent, would remedy the evil.

But we should also breathe deeply, calling the lungs into full action. This is best accomplished by taking sufficient exercise (not violent) to cause the lungs to demand more air. Spasmodic, more or less violent exercise, taken at irregular times and perhaps at long intervals, does no good, and may do harm. The best results are obtained by taking exercise at regular intervals, at least once a day, and preferably oftener.



To secure proper lung action and good elimination generally, without the feeling of lassitude, and I may say nastiness, that usually follows the taking of vigorous exercise on a sultry day, there is no better form of exercise than swimming, provided it is not overdone.

One may come from the water with skin clean, with lungs working deeply, and with every nerve manifesting new life under the tonic influence of the cold. Especially is this so if the water is cold enough to cause one to catch his breath when he plunges in. He will have to exercise vigorously while in the water in order to keep warm, and will not be under great temptation to stay in too long.

In the absence of a swimming bath one may get similar results, by taking

some other form of exercise followed by a cold spray or cold plunge in the bathtub.



### *Alcoholic Patent Medicines*

IN our news items will be found a report of the passing of a resolution by the National Temperance Society, asking Congress to enact a law forbidding the sale of any proprietary medicine containing either alcohol, opium, or other narcotic drugs.

Without discussing the wisdom of this action, or the need of some such law to protect the more ignorant against the fraud of selling alcohol and other narcotics under the alluring name of patent medicines, we congratulate the temperance societies on waking up a little to the immense evil of the patent medicine business.

The desire on every hand for relief from headache and other pains by means of medicine has fostered and built up a business of fraud, which to-day constitutes one of the greatest foes to temperance reform, and is a potent factor in the production of many forms of nervous diseases and inebriety.

In place of using narcotics to cure headache, and so-called stimulants to relieve nervousness, we recommend such a change in our methods of living as will maintain a normal physical balance.

An abundance of free exercise in the open air; a diet of simple foods, skilfully cooked and thoroughly masticated, containing a larger proportion of fruit, with much less of meat; an abundance of sleep in freely ventilated sleeping rooms, with less anxiety, both in business and in social life, will relieve two thirds, not only of headache, but of all other aches from which people seek relief by the use of headache powders and nerve tonics.



### *Predigested Foods and Raw Foods*

THERE are two antagonistic theories now being promulgated by diet reformers. One is that the stomach has become so weak by constant abuse, and the demands of modern life require so much nervous energy to be expended in other directions, that there is no energy left for digestive purposes. For these two reasons it is supposed to be necessary to furnish the food in a predigested condition, or at least in a condition requiring the expenditure of little or no digestive energy. These foods are, in some cases, not only cooked, but cooked several times, for the reason that cook-stove digestion requires a much smaller outlay of vitality than stomach digestion.

The other theory regards the cook-stove as the great curse of modern civilization. Cooking destroys the life of the food, and only life can be built up into life.

There is some truth as well as some rank nonsense in both these theories. There are times and there are conditions when a little predigested food is an excellent thing—sometimes alone, sometimes as an accompaniment of other foods. One great advantage of these foods is that they require more mastication than the ordinary foods. As a matter of fact, it is not strictly correct to speak of the cereal foods as being predigested. If you desire a truly predigested food you should take grape sugar and peptone. I am quite sure one meal of the stuff would suffice. The so-called predigested foods are not as a rule advisable for a routine dietary. Taken alone for a long period there is no reason why they should not produce scurvy. There is no objection to eating them with such natural foods as beans, peas, potatoes, fruits, etc.

There are, on the other hand, many foods which can be eaten raw to advantage. The fruits and nuts are all better in their natural state. (The peanut is not a nut.) Such vegetables as cabbage, turnip, radish, and onion (if you don't mind being quarantined for a while), are acceptable, when properly masticated. Man originally ate all his food raw. It involves less labor in preparation. One is not so apt to overeat of raw food. The raw-food diet has some disadvantages. It is not always adapted to delicate stomachs. If not thoroughly masticated the raw vegetables may cause a lot of trouble. Vegetables—especially tubers and celery—grown by a truck gardener, may have, through the material used for fertilization, the germs of some infectious disease such as typhoid fever. Simple washing in cold water would not be a sufficient cleansing process, although careful washing and peeling might suffice.

The theory that food must be living in order to be built up into living tissue will not hold water for an instant. All plants build living tissue from non-living matter. In fact they use nothing else. The life of all food must be destroyed by the digestive juices before it can be taken into the body.

Be not carried away with theory. If you find that some "predigested" food is a useful addition to your menu, use it; but do not necessarily be confined to one such article. Whatever your diet is, you will probably find it not only agreeable but healthful to use some uncooked foods,—the fruits, a few nuts, and possibly some of the vegetables.



### *Nature's Method*

THE medical profession is tending toward the prevention of disease. Whereas, a few years ago it was rare



to find physicians studying the problems of hygiene and preventive medicine, it is now comparatively common. Men of giant intellects are grappling with the problems of public health and sanitation, with the result that the places which were formerly notorious for a high death-rate are becoming much more healthful under improved sanitary conditions. We are no longer attempting to appease some angry god in order to avert a threatened pestilence. We have learned that these visitations are not supernatural, but that they are transmitted according to natural law. And in the case of many diseases, the organism causing the disease has been carefully studied, and the best means of preventing its spread learned by experiment and observation.

Not so long ago yellow fever was supposed to be contagious. It is now known that the disease is not transmitted directly from one person to another. One may even sleep in a bed which has been occupied by a yellow fever patient without danger of infection. A certain variety of mosquito, having bitten a yellow fever patient, afterward bites a susceptible person, and thus transmits the disease by carrying the disease-producing micro-organism from the blood of one person to that of another.

In order to stamp out yellow fever, a quarantine is not necessary, except a quarantine against the mosquitoes. It is necessary that every patient who has the fever be protected against the bite of a mosquito. This alone will effectively prevent the spread of the disease. The city of Havana, the worst yellow fever hotbed in the world, was in this way rid of the scourge, through the energy of General Wood and others.

It is known that rats are the efficient agent in the propagation of plague;

probably the infection being carried from the rats to human beings by means of fleas. So plague-infected districts are being rendered less dangerous by a wholesale slaughter of the rats.



This is excellent work — in marked contrast to the amount that was being done in this direction a few decades ago; and undoubtedly much more will yet be done in the cleaning up of dirty cities, in perfecting sewerage systems, in securing better water-supplies, and in mitigating the tenement-house evil in our congested centers.

But there is much more to be done in the matter of personal hygiene. We may start with the proposition that if one is to do a great life-work, he must have a sound mind and a sound body. Hence one's first object in life should be to secure these first great requisites to success, soundness of mind and body.

It needs no argument to prove that the average man does not know how to take care of his health. He has his health by inheritance and accident.

To the problem of improving his health to its utmost capacity he has never given serious thought. He has considered the problem of securing enough of this world's goods to make him and his family comfortable, or perhaps he has had greater ambition and is striving to amass a great fortune; or he may be working earnestly in the pursuit of knowledge. Whatever he is doing, it is quite safe to say he is doing little or nothing to improve his health, nothing to increase the capacity of his brain and muscle for efficient work. If he gets sick, he has a doctor to look after that part of it, and as a rule he is willing to let the doctor do his thinking for him in this line. He is too busy with other matters.

Is there not a need for an intelligent



study of physiology? You say physiology is taught in the public schools. So it is, but what good is it, as taught? How much more does one know regarding the proper care of his body after this brief course? Possibly the public schools are not the place to teach personal hygiene and physical culture. But the foundation can be laid there. It would not matter so much if some other studies were abbreviated in order that physiology might be more thoroughly taught; then the study and the practise of health should be kept up after the school life closes.

Some of the agencies, little understood, but which are mighty in the prevention and cure of disease are sunlight, fresh air, pure water, exercise, simple diet, and a contented mind.

It is not enough to name these. Each is a study in itself, and to get the best results one must devote sufficient time to master the details.



### *Its Redeeming Feature*

One author who seems to believe that the "old school" of medicine is the embodiment of all evil, makes the following comparison:—

There are two factions rigidly and implacably opposed to each other. On the one side stands allopathy and surgery, trying in vain to restore and preserve the health of the body by the strongest poisons and the extensive application of the knife; on the other side, homeopathy and the various ways of natural healing, having as leading motto, "By no means injure the body."

We are ready to admit that allopathic medical practise, so-called, lacks much of being on a truly scientific basis; that drug taking has been the bane of thousands; that there has been too much "meddlesome surgery;" that the medical fraternity have felt the insufficiency of old methods, and

are looking toward radiotherapy, serum therapy, organotherapy, and what not, hoping for something that will give better results.

This, it appears to us, is the redeeming feature of this school of medicine. They know that what they know is as a drop in the bucket to the vast unknown. Others, with new theories, imagine that they have tapped these vast stores of wisdom, and scoff at the old school as being the cause of about all the ills that human flesh is heir to. These people ask us to cease following the reasonings of men, which they say are only foolishness, yet they expect us to follow their reasoning (which, presumably, is sound).



### *Antidote for Snake Bite*

For some time it has been known that potassium permanganate when introduced into the tissues, is an antidote for snake bite. The hypodermic syringe, because expensive, often out of repair, and not usually at hand when needed, is impracticable for use by the masses. Dr. Lauder Brunton has been endeavoring to perfect a method of introducing the permanganate in cases of snake bite that could be always at hand, easily applied, and cheap. He suggests a small wooden case containing at one end a lancet, and at the other the required amount of permanganate. In case of a snake bite, the wound is to be freely opened by means of the lancet, and about fifteen grains of the permanganate rubbed in until the tissues are thoroughly blackened. In localities where snake bites are frequent and dangerous, the new method will doubtless soon be put into successful operation. As yet the experimental work has all been done on animals which have previously been artificially inoculated with snake venom.



## Literary Notices

"THE MOTHERS' MANUAL," a month by month guide for young mothers. By Emelyn L. Coolidge, M. D., with introduction by Margaret E. Sangster. Cloth, 253 pages. Price, \$1. A. S. Barnes & Co., New York, Publishers.

Dr. Coolidge, who has had a large experience as physician in the Babies' Hospital and also in the Babies' Clinic of the Lying-in Hospital of New York, and who has written valuable articles for mothers in *Ladies' Home Journal*, has, in this work, prepared what will prove to be a veritable boon to many young mothers.

The proportion of children who die before the age of five is shockingly large; and the most mournful feature of the whole matter is the fact that most of these lives could be saved if mothers were possessed of the requisite knowledge.

The ability to understand some significant but often overlooked symptom at the beginning, the knowledge of what to do in an emergency, the possession of accurate information regarding the proper feeding and clothing of children,—these are things often sadly lacking in the young mother's armamentarium; and she enters the office of motherhood hopelessly unprepared for the great responsibilities which she has accepted.

Dr. Coolidge, in simple language that any mother can understand, begins with the child at birth, giving its normal characteristics, what to expect, what to avoid, how to prepare milk, how and how much to feed, how to dress the baby, what to do in case of illness, the mother's diet.

Then comes instruction applicable to the second month of baby's life, and so month by month the young mother is carefully piloted past this snag and that shoal.

Even mothers who have reared a number of children will find much valuable instruction in the book, as it contains the experience of one whose opportunity for observations has been unusually large.



"THE SELF-CURE OF CONSUMPTION" without medicine, with a chapter on the prevention of consumption and other diseases, by Chas. H. Stanley Davis, M. D., Ph. D., New York. E. B. Treat & Co. Cloth, 176 pages. 75 cents.

Perhaps no disease has done more than tuberculosis to compel physicians to turn from drugs to nature for healing power.

In this disease, more than in any other has the advantage of diet, fresh air, sunshine, and properly regulated exercise and rest been demonstrated. Drug remedies almost without number have been suggested and tried in the vain hope of finding something which might be relied on to check the ravages of the disease.

Recently the idea has obtained that cures can be best effected by means of proper climate; and the unfortunate consumptive who has not the means to take him to the North Carolina pines, or to Colorado, New Mexico, or California, or some other place where a more fortunate neighbor has gone and been cured, is apt to settle back into that stolid indifference which results from loss of hope, and make no effort to get cured.

Dr. Davis shows that it is not necessary to leave home, but that the patient can be cured as well in his own home.

We do not believe, with the doctor, that a meat diet is necessary in the cure of tuberculosis. We are aware that in this we disagree with the great majority of lung specialists. It may be said that meat, as a rule, is the backbone of the consumptive diet. But as Dr. Emmet Densmore has shown, patients who have been given up as hopeless have been restored to health on raw milk and fresh air.

But on the whole this is an admirable little book for the use of any one who finds he has lung trouble; and physicians, unless they are experts in diseases of the lungs, will find Dr. Davis's work — though written especially for lay readers — to contain many valuable suggestions relative to the hygienic care of consumptive patients.

Some of the subjects treated are: Causes, heredity, symptoms and diagnosis, drug treatment, how consumption can be cured, open-air treatment, proper breathing, proper diet, exercise, climate, sanatorium treatment, preventive, the cough, and hemorrhages.

If one who has tuberculosis wants to get well, he must make a business of it, paying strict attention to details. A well-informed physician, who will insist on close adherence to a proper regime, is of inestimable advantage in combating the disease; but in any case the patient or his friends will not fail to be bene-



fited by carefully studying and putting into practise the directions given by Dr. Davis.



“PLAIN HINTS FOR BUSY MOTHERS.” By Marianna Wheeler. Fifty-four pages, flexible cover; price, 35 cents. E. B. Treat & Co., Publishers, New York.

Miss Wheeler, who has been superintendent of the Babies' Hospital since 1891, states as her object in preparing this little guide, to “try and give a few simple, practical suggestions, by which the busy mother who has her hands more than full with several small children to wash, dress, and be made ready for school, and breakfast to be prepared, can, by a little planning, keep her baby sweet, clean, and healthy, and still attend to her other household duties.” “In homes where the salary or wages of the head of the house is extremely small, and the family demands many, conveniences, not to say necessities, have often to be done without, but with the baby much can be done with but very little expense.” The contents include the Bath; Dressing the Baby; Care of the Eyes, Nose, and Mouth; Clothing; Fresh Air; Training and Amusement; Food; Emergencies; etc. Directions are explicit, and to make it perfectly plain, illustrations are given, especially of the bath and of the clothing and its preparation. Not the least useful part of the book is the last two pages, of Cautions or “Don'ts.”

Every young mother doubtless has a number of well-meaning friends always ready to give advice (wise and otherwise) regarding the care of the baby. Out of all this matter it is difficult for the mother to distinguish between the wheat and the chaff. The possession of one or more books written by experienced workers among babies—those who have had a scientific training—will make one independent of the information furnished by friends.



“THE NUTRITIVE AND THERAPEUTIC VALUE OF FRUITS AND UNFERMENTED FRUIT JUICES.” Kosmos Publishing Co., 765 N. Clark St., Chicago.

This little tract, which will be sent to any one on receipt of a stamp, gives much information in small space regarding the value of fruit juices.

We wish that every winery and every dis-

tillery in the country could be converted into plants for the preparation of healthful beverages instead of alcoholic liquors.

It is a pity that our civilization has not advanced beyond the point where millions of tons of luscious fruits are annually converted into health-destroying beverages.

It is also a pity that hygienic foods can not be prepared at a price within the reach of the people with short purses.

No doubt, the money spent by the poor for tobacco and liquor would buy them many of these hygienic luxuries; but as long as they are sold at their present prices, their sale must be limited to the few.

The food bill of the poor man is his chief expense. If that could be cut down, he could have more means to invest in some other of the comforts of life.

He can not be expected to pay fifteen cents a pound for cereal goods in cartons when he can get the wheat at one cent a pound, or flour at two and one-half cents a pound. He can not be expected to pay fifty cents for a quart of grape juice, which will not contain at the outside more than one third of a pound of sugar—which in the form of cane-sugar would cost two cents.

I fully recognize the superiority of grape juice or apple juice to cane-sugar and other artificial products, including the malt sugars: and I only wish they might be marketed at a reasonable price.

Having been connected for some time with a plant manufacturing sweet wine, I am aware that at present prices the manufacturers are not getting rich. But with increased demand and with improved methods of production and preservation, it is to be hoped that the cost of production will be so lessened as to place these valuable foods within the reach of the poor.

One point on which it is necessary to be careful is that the difficulty of preserving fruit juices by heat alone, offers a strong temptation to add some preservative which may detract much from the wholesomeness of the product.



“Every moment of worry weakens the soul for its daily combat.”



“LET me diet a person, and I can give him almost any kind of disease known,—long life, or short life.”



# News Notes

## Public Health

THE State Dairy and Food Commission of Pennsylvania are prosecuting venders of milk and meat containing preservatives, and milk below standard. The butchers expect to resist their efforts, claiming that the preservatives not only do no harm, but do actual good.

THE health officers of Chicago have been successful in their suits against delinquent milkmen in that city; so that many of the dealers are paying fifty dollars and costs for selling milk which is below grade, or which is found to contain preservatives.

BOSTON has recently, through its board of health, provided for the condemnation of milk containing more than five hundred thousand bacteria per cubic centimeter. In other words, the authorities demand that the milk shall not have in it more germs than ordinary sewage! A very modest demand certainly, and yet even this restriction is resisted by some milkmen as an unwarranted invasion of rights.

HEALTH Officer Parkes, of New York, has shown that with straining cloths, cleaner vessels and hands, cleaner cow, and with cooled milk — not requiring any expensive apparatus — milk should not have over thirty thousand bacteria per cubic centimeter when it reaches the city; and if kept at a temperature of forty degrees or less, should not have more than one hundred thousand bacteria per cubic centimeter in forty-eight hours.

A RECENT report from Chicago is that, at the last inspection of dairies, every sample of milk has come up to the standard — the first time this has occurred since the Board began inspecting. At first quite a large proportion of the inspected milk was rejected, and the dairies prohibited from selling milk in Chicago until they complied with the regulations. The number of rejections has been growing smaller, and the quality of the milk has been improving. And at the same time the death-rate among infants and small children has been lowering.

A WHOLESale crusade has been inaugurated in Philadelphia against the sale of impure milk in violation of the law. The chemists report that a large percentage of the milk is impure, and as a result, a large number of arrests have been made. It is to be hoped that the health boards of all our large cities will soon be so efficiently organized that they will compel the milkmen either to be honest or to quit the business. It is not a matter of mere dollars and cents, but of life and death, to a large proportion of the community depending on these dairies for their milk supply.

## Education in Hygiene

As compared with New York and London, Chicago shows a remarkably low death-rate in children under five years of age. Between

1875 and 1900 this death-rate decreased from 150 per 10,000 population to 49 per 10,000 population — less than one third. This is attributed largely to the public instruction given in health to mothers by the social settlements, local improvement clubs, etc. The result is cleaner premises, better back yards, fewer funerals. "Sanitary instruction is even more important than sanitary legislation."

THE director of the Department of Health, Philadelphia, has prepared a series of plain lectures to mothers on such subjects as "The Early Symptoms of Contagious Diseases," "Care of the Eyes and Contagious Eye Diseases," "Simple Exercises for Children," "Care of the Teeth," "Connection between Dirt and Disease."

THE Health Educational League has been doing some good work for the people of Boston, by circulating popular leaflets, on health topics. These are written in a practical manner, and can not fail to accomplish much good. We commend their good work as an example to other cities.

VACATION SCHOOLS.—The city of New York on July 11 opened thirty-nine Vacation Schools, and eighty-four school playgrounds for the children. Forty teachers are engaged to give instruction in nature study, and one thousand to teach in manual branches, gymnastics, and kindergarten. The children at some of the grounds will be given practical instruction in the planting of vegetables and flower gardens.

## Patent Medicine Frauds

THE Post-office Department, with the cooperation of the Departments of Agriculture and Law, has begun an active crusade against all questionable mail-matter, as was mentioned in last month's issue of LIFE AND HEALTH. The attorney for the Post-office Department has held that any contract for advertisements is void when once the Post-office Department has condemned the advertisement, so that newspapers will be protected against suit for non-completion of contract to publish advertisements pronounced objectionable by the department.

The law declares as unmailable all obscene or indecent matter, and every article intended for an indecent or immoral use, and every advertisement of such indecent matter or article. A fine not to exceed five thousand dollars, or an imprisonment not to exceed five years, or both, may be imposed on one knowingly putting into the mails, or taking from the mails for distribution, matter of this kind.

The first assistant Postmaster-general says that newspapers containing medical advertisements treating of private or disgusting diseases, and offering for sale medicines designed for unlawful purposes, are, according to decision of the department, forbidden by the above



act. On presentation to the department of any advertisement such as already described, the same will be duly considered, and appropriate action taken.

If any of our readers are annoyed by such advertisements in the papers coming to their homes, it will be well for them to admonish the publishers regarding the ruling; and then if the nuisance is not abated, a marked copy of the paper, sent to the office of LIFE AND HEALTH, will be brought to the attention of the proper authorities.

#### Patent Medicines and Temperance

At the meeting of the National Temperance Society, held at Ocean Grove, July 22, a resolution was passed in the form of a memorial to Congress, asking that a law be enacted forbidding the sale of all patent medicines containing either alcohol, opium, or other narcotic drugs, and that Congress appoint a chemist for every State to analyze such medicines.

THE Ontario Medical Council recently devoted a portion of its morning session to the consideration of alcohol in patent medicines. A committee was appointed to bring it before the legislature. An effort will be made to compel the manufacturers to print a list of ingredients on their labels.

#### Preservatives

THE Department of Agriculture, as a result of Professor Wiley's experiments, has published bulletins to the effect that borax and boracic acid used as a preservative of food are harmful. If used in small quantities, no immediate notable effects are perceived; but continued for long periods, there is loss of appetite, bad feeling, distress of stomach, and loss of weight. In large doses the symptoms are more marked.

#### Condemned Meat

MEAT from cattle alleged to have been affected with Texas fever and blood-poisoning was captured in St. Louis, July 13, by Chief Meat Inspector Stringer as it was being delivered to the poorhouse, the insane asylum, and three city hospitals.

City Veterinarian Kammerer declared that one of the cattle had been suffering from a virulent form of blood-poisoning, which rendered the meat poisonous unless it be thoroughly cooked. The other samples, he said, were from cattle affected with Texas fever, which made the meat unfit for food.

#### Communicable Diseases

TUBERCULOSIS.—The trustees of the Western Reserve University of Cleveland have voted to establish an anti-tubercular department in connection with the medical school. The object of the department is largely preventive in its scope. The work will include the registry of tubercular cases, the location of houses containing tubercular patients, education on hygienic lines, visiting the homes of the sick and giving instruction to those in charge.

THE White League of Pennsylvania has organized for the purpose of establishing a camp in a healthful location for the relief of tubercular cases who are hopelessly ill, so as to afford them the comforts of life as long as they live. The permanent camp will be located on the east side of the Alleghanies at an altitude of fifteen hundred feet.

THE State of New York has opened a hospital for the care of incipient cases of tuberculosis. The hospital will accommodate fifty patients, and tents are furnished to accommodate forty-four. Those who are able will be expected to pay the cost of treatment. In order to secure admission, patients must have resided in the State for at least a year.

PNEUMONIA.—One physician observed in sixty-one out of one hundred and thirty-five persons (forty-five per cent) the presence of pneumonia germs in the mouth. In view of the fact that pneumonia is becoming more prevalent and more fatal, he suggests that the nasal passages, throat, and mouth be kept well cleansed and free from mucus. Those having pneumonia, or who are recovering from it, he recommends to cough into a cloth, preferably a damp one, also to destroy all sputum before it gets dry.

Surgeon General Sternberg thinks there is no cause for anxiety. Fifteen years ago he found virulent pneumococci in his own mouth, and was much concerned about it. There are still pneumonia germs in his mouth, but he has never caught it. He does not think there is any advantage in attempting to prevent the spread of the germ, as it is already widely spread.

The fact is a large proportion of healthy people have pneumonia germs in their mouths. Sometimes, in a run-down condition, as when a man has been indulging freely in alcoholic liquors, the germ gets a foothold with serious and often fatal results.

MALARIA.—The people of New Jersey are awaking to the necessity of exterminating the mosquito plague. The remedy suggested is the reclamation of a lot of swamp-lands, which, by being drained, would make valuable farm land. The reclamation of these swamps will not only mitigate the mosquito nuisance, but will do much to stamp out the malaria now prevalent in the adjacent districts.

LOCKJAW.—The fact that lockjaw so frequently follows fourth of July accidents, especially those made by the toy pistol, has aroused the health officers in various cities to the necessity of securing some legislation regulating the celebration of the Fourth, and restricting the use of dangerous explosives.

In the Bellevue Hospital, New York, in the last nine years, there have been 51,000 alcoholic patients. Their reports show that seventy-five per cent of chronic alcoholics have fatty degeneration of the liver. The kidneys are never normal. Fifty per cent have inflammation of the stomach. Many have brown atrophy of the heart.







# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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To our correspondents: We have just received a letter dated July 24, requesting that we "please answer in the August number." Now that would be impossible; for when the letter reached us, the August number was already printed, and was being made ready for the mail. Matter to appear in a certain issue, should reach us not later than the first week of the previous month. These questions are here in good time for the September number.



## Studies in Healthful Living

THE editor has for some time been interested in the systems advocated by various men, each one of whom claims that he has discovered — for himself at least — the road to sound health.

As these methods are in some respects quite dissimilar, the following questions naturally suggest themselves:—

1. Are there a number of methods of equal or nearly equal merit, for attaining physical perfection?

2. Do all these systems contain in common some points, the observance of which result in sound health?

3. Is each system especially adapted for some certain class of invalids — the fasting cure for gormands, the exercise cure for sedentary and lazy people, the chewing cure for nervous, hasty people, etc.?

4. Is it possible that these men,— as is often the case,— in their enthusiasm for the system, see the successes, but fail to see the failures?

5. Are these men biased by certain "interests" in certain health foods or apparatus?

This series will include (though possibly not in this order) "A Celebrated Centenarian," "No Meat or Stimulants, but Abundant Proteid," "Health by Hunger," "Nature's Food Filter," "Bread the Staff of Death."



## For Roses and Fern at St. Helena

MRS. MABEL WING CASTLE

THE scent of the clustering roses bound  
In hale of emerald maiden-hair  
Has moved the harp of my heart to resound  
To echoes of other-day happiness, crowned  
With roses and fern,  
Where the breakers spurn  
The coral's crest in the noonday glare;  
Where zephyrs, kissed  
By rainbow mist,  
Steal down from the rill in its  
Mountain lair,  
To carry the news of the sunset's flare,  
Or whisper to palms in the moonlit air.  
With roses and fern,  
My homing thoughts turn  
Where labor, and love, and joy for me  
Were keyed to the call of the Isles of the Sea.  
St. Helena, Cal.  
(Home, Honolulu.)



"THOSE who would be young when they are old, should be old when they are young."



"No one of us is put into life without a special and particular work to do."



# Vegetarian Restaurants

## United States

PLACES where healthful, appetizing food is prepared and served, all flesh-meats being discarded.

- CALIFORNIA:** Los Angeles, 315 West Third St., Vegetarian Restaurant.  
Oakland, 44 San Pablo Ave., The Vegetarian.  
San Francisco, 755 Market St., Vegetarian Cafe.
- COLORADO:** Colorado Springs, 322½ North Tejon St., Vegetarian Cafe.  
Denver, 1543 Glenarm St., Vegetarian Cafe.
- DISTRICT OF COLUMBIA:** Washington, 1209 G St., N. W., Hygienic Dining Rooms.
- ILLINOIS:** Chicago, 5759 Drexel Ave., Hygeia Dining Rooms.
- IOWA:** Des Moines, 607 Locust St., Pure Food Cafe.
- LOUISIANA:** New Orleans, 2234 Magazine St., Restaurant.
- MASSACHUSETTS:** Boston, Room 316, 100 Boylston St., Boston Health Restaurant.
- MICHIGAN:** Battle Creek, Washington Ave., The Hygeia.  
Detroit, 54 Farrar St., Hygeia Dining Room.
- MISSOURI:** Kansas City, 410 East Twelfth St., Pure Food Cafe.
- NEBRASKA:** Lincoln, 145 South Thirteenth St., Good Health Cafe.  
Omaha, 2129 Farnum St., Pure Food Restaurant.
- NEW YORK:** Jamestown, 105 East Third St., J. B. Stow, Manager.  
New York City, 11 West Eighteenth St., The Laurel.
- PENNSYLVANIA:** Philadelphia, 8 N. Eighth St., Hygienic Cafe.
- TENNESSEE:** Nashville, Cor. Church and Vine Sts., Sanitarium Dining Room.
- UTAH:** Salt Lake City, 13 South Main St., The Vegetarian Cafe.
- WASHINGTON:** Seattle, 616 Third St., Good Health Restaurant.  
Spokane, 170 So. Howard St., Vegetarian Cafe.
- WEST VIRGINIA:** Fairmount, 307 Madison St., Ellen V. Vance, manager.
- WISCONSIN:** Madison, 426 State St., Hygienic Cafe.
- WYOMING:** Sheridan, Hygienic Restaurant.

## Canada and Foreign

- AUSTRALIA:** Cooranbong, N. S. W., Avondale Health Retreat, C. W. Irwin.  
Sydney, Wahroonga, N. S. W., Sydney Sanitarium, J. A. Bourdeau.
- DENMARK:** Frederikshavn, Frydenstrands Sanitarium, N. P. Nelson, M. D.  
Skodsborg, Office Copenhagen, St. Kongensgade, 36, Skodsborg Sanatorium, J. C. Ottosen, M. D.
- ENGLAND:** Caterham, Surrey, Catterham Sanitarium, Supt., A. B. Olsen, M. D.  
Leicester, 80 Regent St., Leicester Sanitarium, Supt., A. B. Olsen, M. D.
- GERMANY:** Friedensau, Post Grabow, Bez. Magdeburg Friedensau Sanitarium, Supt., A. J. Hoenes, M. D.
- INDIA:** Calcutta, 51 Park St., Calcutta Sanitarium, Supt., R. S. Ingersoll, M. D.
- IRELAND:** Belfast, 39 Antrim Road, Belfast Sanitarium, Supt., J. J. Bell.
- JAPAN:** Kobe, 42 Yamamoto-dori, Nichome, Japanese Sanitarium, Supt., S. A. Lockwood, M. D.
- MEXICO:** Guadalajara, Guadalajara Sanitarium, J. W. Erkenbeck, M. D.
- NEWFOUNDLAND:** St. Johns, 282 Duckworth St., Newfoundland Sanitarium, Supt., A. E. Lemon, M. D.
- NEW ZEALAND:** Papanui, Christchurch,, Christchurch Sanitarium, Supt., W. L. H. Baker.
- NORWAY:** Christiania, Thor Olsens, Gade 1, Christiania Health Home, Supt., O. J. Olsen.
- QUEBEC:** Knowlton, Knowlton Sanitarium, Supt., W. H. White, M. D.
- SAMOA:** Apia, Samoa Sanitarium, Supt., A. M. Vollmer, M. D.
- SOUTH AFRICA:** Plumstead, Cape Colony, Cape Sanitarium, Supt., Miss Amelia Webster.
- SWEDEN:** Orebro, Klostergaten 33, Orebro Health Home, Supt., C. Kahlstrom.
- SWITZERLAND:** Basle, Weiherweg 48, Institut Sanitaire, Supt., P. A. De Forest, M. D.
- AUSTRALIA:** Sydney, N. S. W., 283 Pitt St.
- DENMARK:** Copenhagen, K., Lovstroede 8.



# Important Announcement

IN this issue of LIFE AND HEALTH is begun a most important series of articles by the editor, "A Celebrated Centenarian" being the first of these

## "Studies from the Lives of Health Seekers"

Those who have read the interesting sketch of Cornaro and the lessons to be learned from his experience, will desire to read the other articles in this series

While the whole series will contain a large amount of most helpful suggestions made especially practical by the experience of some noted health seeker, each article will be complete in itself.

We are now able to announce the following articles in these important studies, and others are in preparation:—

**No Meat or Stimulants, but Abundant Proteid**—How a famous athlete and author won his victories and increased his intellectual efficiency.

**Health by Hunger**—Dr. Dewey and the fasting cure.

**Health by Chewing, or Nature's Food Filter**—Horace Fletcher's discovery of a sixth sense.

**A Starchless Menu; Bread the Staff of Death**—Dr. Densmore's milk and fruit dietary.

**The Strenuous Life, or Strength by Hard Work**—President Roosevelt's practical physical culture.

The circulation of LIFE AND HEALTH is increasing rapidly. We printed more than three times as many of the July and August numbers as the June subscription list called for. Both the July and August numbers were sold out early. We are printing five times as many of the September number as the June list called for, and we hope to see a still larger increase for next month.

We may learn much from the experiences of these representative health reformers, and while avoiding their extreme positions, may, through the helpful suggestions of Dr. Heald, benefit by their experiments.

Subscription price, 50 cents a year. Single copy, 5 cents. Send in your subscription at once, and secure the whole of this interesting and valuable series.

## LIFE AND HEALTH

222 North Capitol St.,

Washington, D. C.