

Health By Hunger

LIFE
and
HEALTH

5c & 5c



Directory of Sanitariums

THESE are all institutions for the rational treatment of disease. Surgical cases are also received. Some of the sanitariums in this list are the oldest and most thoroughly equipped in this country.

The publishers will be glad to be notified promptly of any corrections, so that this Directory may be kept up to date.

Please note that the list is alphabetically arranged by State and city.

- ARIZONA:** Phoenix, 525 Central Ave., Arizona Sanitarium, Supt., E. C. Bond, M. D.
- ARKANSAS:** Little Rock, 1623 Broadway, Little Rock Sanitarium, W. C. Green.
- CALIFORNIA:** Eureka, Cor. Third and J Sts., Eureka Branch Sanitarium, Supt., C. F. Dail, M. D.
Los Angeles, 317 West Third St., Los Angeles Sanitarium.
Pasadena, Arcade Block, Pasadena Sanitarium.
San Diego, 1117 C St., San Diego Branch Sanitarium, Supt., T. S. Whitelock, M. D.
San Francisco, 1436 Market St., San Francisco Branch Sanitarium, Supt., H. E. Brighthouse, M. D.
Sanitarium, Napa County, St. Helena Sanitarium, Supt., T. J. Evans, M. D.
- COLORADO:** Boulder, Colorado Sanitarium, Supt., H. F. Rand, M. D.
- DISTRICT OF COLUMBIA:** (Temporary Address) Washington, 222 North Capitol St., Washington (D. C.) Sanitarium, G. A. Hare, M. D.
- ILLINOIS:** Chicago, 28 Thirty-third Place, Chicago Sanitarium, Supt., David Paulson, M. D.
Moline, 1213 Fifteenth St., the Tri-City Sanitarium, Supt., S. P. S. Edwards, M. D.
Peoria, 203 Third Ave., Peoria Sanitarium, Supt. J. C. Froom, M. D.
- IOWA:** Des Moines, 603 East Twelfth St., Iowa Sanitarium, Supt., J. E. Colloran, M. D.
- MASSACHUSETTS:** Melrose (near Boston), New England Sanitarium, Supt., C. C. Nicola, M. D.
- MICHIGAN:** Battle Creek, Battle Creek Sanitarium, Supt., J. H. Kellogg, M. D.
Detroit, 54 Farrar St., Detroit Sanitarium, Supt., H. B. Farnsworth, M. D.
- Jackson, 106 First St., Jackson Sanitarium, Supt., A. J. Harris.
- MISSOURI:** St. Louis, Fifty-fifth St., and Cabanne Ave., St. Louis Sanitarium, Supt., Howard Truex, M. D.
- NEBRASKA:** College View (near Lincoln), Nebraska Sanitarium, Supt., W. A. George, M. D.
- NEW YORK:** Buffalo, 922 Niagara St., Buffalo Sanitarium, Supt., A. R. Saterlee, M. D.
- OREGON:** Mt. Tabor (near Portland), West Ave., Portland Sanitarium, Supt., W. R. Simmons, M. D.
- PENNSYLVANIA:** Philadelphia, 1809 Wallace St., Philadelphia Sanitarium, Supt., A. J. Read, M. D.
- TENNESSEE:** Graysville, Southern Sanitarium, Supt., M. M. Martinson, M. D.
Nashville, 447 North Cherry St., Nashville Colored Sanitarium, Supt., Lottie C. Isbell, M. D.
- TEXAS:** Keene, Keene Sanitarium, Supt., P. F. Haskell, M. D.
- UTAH:** Salt Lake City, 122½ Main St., Salt Lake City Branch Sanitarium, Supt., W. L. Gardiner, M. D.
- WASHINGTON:** Seattle, 612 Third Ave., Seattle Sanitarium, Supt., A. Q. Shryock, M. D.
Spokane, Spokane Sanitarium, Supt., Silas Yarnell, M. D.
Tacoma, 1016 Tacoma Ave., Tacoma Sanitarium, T. J. Allen, M. D.
Whatcom, 1016 Elk St., Whatcom Sanitarium, Supt., Alfred Shryock, M. D.
- WISCONSIN:** Madison, R. F. D. No. 4, Madison Sanitarium, Supt., C. P. Farnsworth, M. D.

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Letters From a Physician to His Son.

What a Doctor Learns From His Patients.

Healthful Cookery will contain seasonable suggestions on the use of apples and how to prepare them appetizingly for the table.

Dr. Hare will answer questions regarding Loss of Appetite, Sterilized Milk, Cooked Tomatoes, Bad Taste in the Mouth, Treatment of Drinking Water, etc.

The News Notes will contain latest sanitary information. Some say this is the "best department of all."

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LIFE AND HEALTH

222 North Capitol Street,

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The following are a few of the articles to appear in early numbers:—

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YOUTH'S INSTRUCTOR

222 North Capitol Street,

Washington, D. C.

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PUBLISHERS' DEPARTMENT

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

Vol. XIX

Washington, D. C., November, 1904

No. 11

A Last-Generation Religious and Food Reform

Elder F. O. Corliss

WHO has not seen an inebriate reeling through the street, so lost to self-respect as to pay no heed to his personal appearance? It may be that his clothes were besmeared with mud from having fallen by the way, and his hat crushed out of shape by his insane efforts to press it in place on his head. But to none of such things did he give heed, because his mind had been temporarily deranged, leaving him bereft of common sense and fair judgment, which were his natural inheritance.

While this is an extreme illustration, it serves to show, in a way, that one's mind is strongly influenced by what is taken into the stomach. It is well known that railroad managers will not keep in their service engineers who are known to take intoxicants, even when off duty. The reason is obvious. Persons do not care to trust their lives in the hands of such men, because their judgments become warped by their habits of drink.

While such habits may be regarded as the very limit of wrong living, yet there are also minor degrees of evil which may be indulged, with little thought as to consequences, though these may prove very serious in certain

cases, if the indulgence is excessive. For instance: The Lord has said that eternal life is to know God and Jesus Christ. This is not simply to believe in their existence, or in their infinity in a general way, but *to know* them. One can not well do this with a mind beclouded by chronic dyspepsia, brought on by the use of narcotics and harmful articles of diet.

This has always been true in a general sense, but there is the best of evidence for the belief that to the present generation this statement means more than to any one which has preceded it. The Word of God gives distinct evidences by which one may know when the coming of Christ is at hand, and these are doubtless being fulfilled in the present generation; at least many thousands believe this, and are seeking to be ready for the great climax, which to them is really imminent.

As to what this belief has to do with diet reform, let us briefly consider. Christ is coming to a living generation in glory, the extreme brightness of which will destroy those in whom evil is found. 2 Thess. 2:8. For this reason, those who shall be able to stand

before him must be "like him," 1 John 3:2. But for living men to become entirely like Christ, while moving about amid the whirl of business and society, subject to this temptation and to that excess, would be next to impossible, because of the constant excitement of the times. It is therefore plain that every excess of every kind must be given up, and only that course indulged which will lead one nearer to the image of Him who is to come.

But to be "like" him one must have the "mind of Christ;" that is, he must *think* like Christ, have Christ's thoughts. In order to do this, one's brain must be free from depressing influences, which fill the mind with gloomy views, and cause a state of hesitating doubt. A mind "sound in faith" can not well dwell in an unsound body, simply because the mind is always influenced by the physical condition. To *know* God and Christ, which knowledge is eternal life, requires the deepest thought-energy of the being; and therefore the food from which is made the blood potency that circulates through the brain, should be the most nourishing, without any unwholesome and noxious elements. Anything short of this will fail to maintain the mind at that standard required in the work of preparation for the Lord's coming.

Much more might be written along this line, but the preceding is sufficient to show the need of diet reform by all who really believe they are soon to meet the Lord in glory. It was on the ground stated above that food reform was introduced among Seventh-day Adventists at an early day in their existence. Clear light was given from heaven, which, by being acted upon, changed men from impulsive, indiscreet beings to careful, considerate persons, and their bearing assumed a gentle aspect, so that

they became a blessing to those with whom they came in contact. With those who kept this a prominent feature of individual service, missionary zeal was strong, and liberality in gifts to the Lord's work was continuous. That the adoption of this heaven-indorsed reform was instrumental in bringing about these changes, may not only be inferred from a comparison between those who did and those who did not maintain it, but the legitimate result of such a reform must needs be of this nature, since it enables the mind to see things more clearly.

There can be no doubt but that this religious and diet reform will go hand in hand with this last generation of men, because the last helps to make the first a genuine experience.



YOU ask me for what reason Pythagoras abstained from eating the flesh of brutes? For my part, I am astonished to think what appetite first induced man to taste of a dead carcass, or what motive could suggest the notion of nourishing himself with the putrefying flesh of dead animals.—*Plutarch*.



SOME of the most common causes of the tissue degeneration which renders the production of boils possible are auto-intoxication poisons generated in the body from flesh eating, the free use of fats, constipation, and indigestion.—*Twentieth Century Practise*.



As commonly employed, the word "indigestion" denotes not a disease but an admonition. It is the language of the stomach, and is mostly an unknown tongue to those who are addressed.—*Sir Henry Thompson*.

Prevention of Tuberculosis

G. A. Hare, M. S., M. D.

THE prevention of tuberculosis is receiving more attention not only from physicians and medical associations, but also from fraternal organizations, church societies, legislators, sanitary engineers, the public press, and public educators than any other disease has ever received.

This interest is largely due to the successful work of Drs. Reed and Carroll in controlling the spread of yellow fever. In 1901, when yellow fever was raging in Havana, Drs. Reed and Carroll were given authority to enforce proper regulations for the protection of the public and the control of the spread of the fever, and in less than ninety days the disease was entirely blotted out. Since Nov. 1, 1901, not a single case of yellow fever has originated in the island of Cuba; and as far as yellow fever is concerned, one can visit Havana to-day as safely as Chicago.

When we remember that for more than one hundred years past yellow fever has caused more than one thousand deaths per year in the United States alone, we can well understand how such results have set the world to thinking. Almost every one knows that

Tuberculosis is a Preventable Disease

Its cause and the method of its spread are as well known as in the case of yellow fever. The means necessary for the control of its spread are equally well known, but owing to the large numbers of persons affected, and to the slow progress of the disease, it has been more difficult to arouse such a vigorous public sentiment as would protect the innocent from constant exposure to the danger of contracting this disease. As a result of this apathy, tuberculous pa-

tients are still permitted to spread the seeds of this dreadful plague almost everywhere — and at what enormous expense! More than one hundred thousand human lives are sacrificed every year to the ignorant, inexcusable, not to say criminal, indifference of the public. At a meeting of the —

American Medical Association

held in Atlantic City last June, a national department was organized for the sole purpose of combatting the spread of tuberculosis, by popular education and by the enforcement of such sanitary laws as will secure results similar to those already achieved in the case of yellow fever.

It is gratifying to see these practical results of preventive medicine recognized by large numbers of non-medical organizations.

During the first week in October the *American International Congress on Tuberculosis* held its annual meeting in Convention Hall in the fair grounds at St. Louis. This congress was composed of the American Congress on Tuberculosis and the Medico Legal Society of New York, together with delegates from the various nations of the American continent, meeting in joint session. The meeting was presided over by Hon. Clark Bell, LL. D., president of the Medico Legal Society of New York, and E. J. Barrick, M. D., of Toronto, Ontario, president of the American Congress on Tuberculosis.

This meeting, which was non-medical, was international in character. The different States of the Union were represented by delegates appointed by the governor of each State, and various

other nations of the American continent were represented by delegates appointed by their respective governments in response to an invitation extended to them by the United States through its Secretary of State, Hon. John Hay.

These all reported a strong and growing public sentiment in favor of enforcing protective measures against the needless spread of tuberculosis.

The governor of Rhode Island aroused deep interest by giving a picture of the sanitarium that his State is now erecting at public expense for the treatment and education of her tubercular patients.

The purpose of this congress is to secure the co-operation of all the governments of the American continent in the development of such a public sentiment as will enact and enforce proper sanitary laws for controlling the spread of this disease. The object of the congress was set forth in a lengthy series of resolutions, of which the following is an abstract:—

Every board of health should have connected with it a bacteriologist, who should make a microscopic examination of the sputum of all suspected cases, at public expense.

Each State should establish one or more sanatoria for the treatment of its tubercular patients.

The construction of each sanitarium should be an object-lesson in teaching people how to construct homes; and the care and treatment of the patient should not only restore the health, but should be made so simple that each patient would be sent home an active teacher of rational methods of living.

Each State should pass such stringent sanitary laws regarding the construction of tenement houses as would secure to every human being, no matter how poor, such an amount of cubic air space, ventilation, and sunlight as is necessary for the maintenance of good health, and make it a crime to overcrowd even the poorest population.

In the treatment of tuberculosis, climate is of value; but it is by no means the most important factor.

Thorough ventilation of our living and sleeping rooms, with abundance of sunlight, is one of the most essential factors in treatment.

Each patient should have proper feeding—an abundant supply of such wholesome food as the patient can appropriate.

People should be taught how to increase their vital resistance by proper food, dress, exercise, and the use of hydrotherapy.

During the session of this congress the national meeting of Sanitary Engineers was being held in an adjoining building. A large committee from this last-named body attended the meeting of the congress, and expressed the hearty good-will and co-operation of the National Association of Sanitary Engineers with the congress in its efforts to secure such sanitary restriction and legislation as would better control the spread of tuberculosis.

There were also present at the congress several representatives from the National Fraternal Association, and also from the Congress of Fraternities of America. These associations of fraternal orders have their various lodges in almost every city and village of America, and their secretaries alone number many thousands.

Each of these associations of fraternal orders had just closed its national meeting a few days before the session of the Tuberculosis Congress, and they were so permeated with the popular sentiment in favor of preventing this disease by the practical enforcement of sanitary laws and the education and treatment of consumptives on a philanthropic basis that they each passed strong resolutions expressing their approval of such a movement. They have incorporated the National Fraternal

Sanitarium for Consumptives as a philanthropic movement, and have already purchased six hundred and forty acres of land in New Mexico, where they propose to erect sanatoria, cottages, and tents for the education and treatment of consumptives. Auxiliary organizations will be established in every State in the Union. One member of the board of managers stated to the writer that one single fraternal order had tendered a donation of \$1,500,000 toward this worthy enterprise. And a private member stated that he had made a personal bequest of over \$100,000.

The railroads have also offered to cooperate in this movement by equipping ambulance trains of sanitary cars provided with trained nurses and a physician. This would make the transportation of consumptives a perfectly sanitary procedure, and render railroad

travel free from its present danger of tuberculous infection.

All these movements, helpful as they are and beneficial as they will prove, only serve to emphasize with eloquence the present demand for intelligent education, especially of our children and youth, in all matters pertaining to personal health, to the necessity of simplicity and naturalness in our methods of living, to the need of educating every person in the selection of nutritious and wholesome foods, simple methods of preparing them, how to eat, how to dress, how to work and not to worry,—how by these simple means, combined with proper exercise, air, sunlight, and the use of water, to so raise their vital resistance as to render their bodies wholly immune to the attacks of the germs of tuberculosis or any other infectious disease.



Health by Hunger

Dr. Dewey and the Fasting Cure

IF enthusiasm, both in himself and in those who claim to have been healed by his system, proves anything, Dr. Edward Hooker Dewey's "Gospel of Health" certainly has great claim to being a meritorious work.

The doctor, though very modest and unassuming, is a man of strong convictions, not easily convinced, but when he sees a truth, he sees it, and can not be turned from it. Such men do the thinking for their own generation, and sometimes for future generations.

When he had demonstrated to his own satisfaction, through the cure of many patients, the value of his methods, he hesitated to publish it to the world,

thinking it would not be accepted. But he lived to see his system received with enthusiasm by physicians and other professional men, as well as by laymen. One physician — himself a publisher of a work on health — was so highly appreciative of Dr. Dewey's book that he highly recommended it as an epoch-making work, even at the risk of lessening considerably the sales of his own book.*

Raised in a country home, at some

* "I can see at a glance that his book is far better than mine, and I shall take great pleasure in calling attention to it, in praising it, in doing what I can to get people to buy it, and shall also give many copies away to friends who are in great need of it."

distance from a physician, where all but the severest sicknesses were treated with simple herb teas, he began his study with a rather weak faith in the utility of drugs, which, he says, was not at all strengthened by his teacher in materia medica. He had already noted that results were about equal "whether disease were coaxed with doses too small for estimation, or blown out with solid shot, or blown up with shells."

Early Experiences

Dr. Dewey, we may say, began his professional career in a Chattanooga army hospital (one of the best-appointed hospitals of the time, having a medical staff of very high order of ability and experience), with the feeling that his fitness for duties so grave and so extensive were of a very questionable order.

He was not long in learning that each surgeon "was a law unto himself as to the quality, quantity, and times of his doses, with the mortality in the wards apparently about the same." He soon became aware that in spite of his lack of experience, and his sense of insufficiency, the sick and wounded were about as safe in his hands "from professional harm, even from the first, as the patients of the most experienced medical officer in the hospital."

As his experience enlarged, his faith in nature increased; and since there was no similarity in the quality, sizes, and times of the doses, for any one disease, his faith in drugs gradually declined.



It was an accident which led him first to put into practise the fasting cure. "I was one day called to one of the families of the poorest of the poor, where I found a sick case that for once set me to thinking." The doctor had been thinking before, as our readers have

already observed, but perhaps not on this line.

The Fasting Cure

The patient was a *sallow*, overgrown girl, in early maturity, who had been having digestive disorder for several months. So bad was her stomach, that she could not retain even water. He determined in this case to let nature have her way, and so did not attempt to put either food or drink into the stomach. Later, when she was enabled to retain water, she seemed brighter and stronger, her tongue clearer — an improvement in every way. At the end of thirty-five days' fasting, she was *hungry*, and proved to be entirely cured!

The effects were so profound, he began to apply the fasting cure to other cases. He noticed that they wasted away somewhat, but so did also those who were fed when they were unable to digest what was eaten. In order to appease the friends, he sometimes used meat teas and broths, as they could not be taken by the sick in quantities to do harm. [The Editor is disposed to question the harmlessness of beef broth.]

For years he found no clue to the question why improvement in strength seemed to come to the patient while fasting. Finally he found in "Yeo's Physiology" the statement that in starvation the tissues lose the following percentages of their weight: fat, 97; muscle, 30; liver, 56; spleen, 63; blood, 17; *nerve-centers, none*. "Immediately I saw in human bodies a vast reserve of predigested food, with the brain in possession of power so to absorb as to maintain structural integrity in the absence of food or of power to digest it."



An accident also led the doctor to discover the efficiency of the no-break-

fast plan. Like Newton, he observed something that had been observed, perhaps, hundreds of times before; but

The "No-Breakfast" Plan

as in the case of Newton, his observation set him to think-

ing. For many years he had been a victim of dyspepsia. Treating others for their disorders, he was himself little better than an invalid.

He describes himself as being, at this time, wiry, lean, weak stomached, keen of appetite, always overeating, never having a sense of satiety. Finally he became distended with gas; his heart was embarrassed for want of room; as a result of poor circulation, he was short of breath. He was constantly subject to weariness, suffered more and more, and finally became a victim of nervous prostration.

He heard the suggestion that in Europe people eat very lightly at breakfast. He himself always made breakfast a hearty meal, and he saw no light in the suggestion.

But one morning he had a new experience—an entire absence of desire for food, but an intense craving for coffee, as a toper would crave his whisky. Doing without breakfast, he noticed during the forenoon a remarkable increase in comfort, cheer, and physical energy.

He ate dinner with acute relish; did not feel quite so well in the afternoon, but altogether it was a new and rich experience; and as day by day he continued to do without breakfast, the improvement became more noticeable.

Heretofore he had never advised abstinence where there was any craving; but improvement, so instant and marked in his own case, led him to advise others to omit the morning meal. These, being benefited, advised others, and so the practise spread.

It was not long before he was made aware that his methods were stigmatized by his fellow practitioners as "heresy," but he "had the supreme satisfaction of seeing more additions to bright eyes and happy faces than medicine ever gave."

For a time he advocated the new method only in case of stomach trouble; but later he found it applicable in other conditions, and now it is his conviction that, "as a means of better health, no matter what or where the disease, there is no limit to its application. As a universal panacea its powers are matchless."



It can readily be seen that Dr. Dewey can gain nothing by publishing this as he did. Some will remember how a few years ago a certain Dr. Hall advertised

An Unselfish Work

a secret remedy for about all the ills of mankind. It was

simply washing out the bowel with a large quantity of water. For this information he charged four dollars, and enjoined secrecy on his patients. They could neither practise the treatment on others nor reveal the secret. His aim evidently was to so monopolize his knowledge of this treatment as to bring to himself the greatest income possible. Dr. Dewey, on the other hand, has freely published what he believes to be a means by which any one can cure himself of almost any disease he happens to have.

The incidents he relates, and the testimonials he holds from patients cured by his method, indicate that it possesses much merit, at least in a large number of cases.



DISEASE never comes without a cause. It is never cured without getting at the cause.



THE MEDICAL MISSIONARY AT WORK

Result of Medical Missionary Efforts in East Africa

(Concluded)

AMONG other cases that I had was an infant, which, according to custom, had to take the chances of a cold bath daily (all children get a daily cold bath, though when they are grown to independence — at three or four years — they won't even wash their faces), without having anything to cover it with. The bathing place chosen is out of doors, where there is a good draft, so that the child dries quickly in the wind. This baby, like others, happened to be a little delicate from its birth, and in a few days had contracted such a cold that breathing was impossible except by coughs. When I first saw it after it was taken sick, I thought of no relief but death. It coughed continually although it was only a few days old. Nevertheless, with all the haste possible they prepared to give fomentations, and I applied them. Afterward I had them get a cloth, which was wrapped about the child. The great Healer did not forget his part, for in a few days the child was better, and a warm, friendly feeling was established.

Some time later, while on a missionary tour, I had to pass by the place, so I stopped to see how the baby was getting along. I found the parents of the then crowing little one full of gratitude, and they did not know how to express their appreciation of what had been done. They talked here and there between themselves, but seemed to come to no conclusion, for they wanted to give me something. I could now under-

stand enough of their language to know what they said, but acted as though I understood nothing, playing with the baby, who tried to take off my helmet. Finally the father of the child came to me, and asked if I would not eat a roast chicken. I told him that I had just eaten a meal, and could not do justice to any more. He was very much disappointed, and said in his own language: "Father, this is your child [meaning that it belonged to me as I had saved it from death], and you want nothing for it? Sir Doctor, take the chicken of your child." My reply was: "I am unable to eat anything now; yet nothing could pay me better and make me happier than this laughing child in my arms."

These people value a blessing, and feel that they owe some kind of an offering to the giver, only they need to be shown the right source of all good gifts. I can not tell you of the joy such a case brings to the pioneer in a heathen land, where no civilization exists, who daily has to face unnumbered discouraging problems. There is no better remedy to stimulate to new courage to press on against the floods of heathen darkness, than one such case. It is a sure sign that the inner man is not dead. There is more than a smoking flax, there is a burning flame, which but needs the right fuel.

When we first came here, we were not able to persuade one woman or child to ascend the hill on which our tent stood. After two months and a half of this kind of work, we had gained the confidence of all the people, so that we were

able to hold our first Sabbath meeting with an attendance of one hundred and fifty, which increased the second Sabbath to two hundred and fifty, and the third to three hundred and fifty. At this number it has stood with little variation for three months.

May God help, that the good seed sown may bear fruit to his glory and our strength.

A. C. ENNS.



Medical Work in Karmatar, India

MEDICAL work is a very strong feature in our school work at Karmatar. In fact, this is a part of the training that is given the children, and they are required to spend some time each day in this special line of work. At this time of the year there is considerable illness in the villages near Karmatar, and every day many come for help.

It is quite a common thing to see our medical workers start out on an ox-cart to visit the sick in native villages. One evening we went with them on one of these trips to a village two miles from the mission house. Toward the last of the journey the road became so bad that it was thought impossible to take the oxen farther, so some of the party went on ahead, wading through water and mud over shoe top, to see the poor little sufferer, who was a child about four years old. The case seemed to be a very discouraging one; but the workers proceeded to give some simple water treatments in the open yard, surrounded by scores of natives, who were anxious to see what seemed to them strange sights.

After an hour's treatment, instruction was given to the mother to bring the child next morning to the mission, where it would have further treatment. Though the poor mother had cried bitterly all the time the little one was being treated, evidently she was impressed

that it did him good; for every day she brought him to the mission house, where he received careful attention, until he was fully recovered from his illness. Naturally of a loving disposition, these people are very grateful for every kindness shown them.

MRS. J. L. SHAW.



Kobe, Japan

WE have much to be thankful for in our work this month. Since the first week of September, our house, including our own rooms, has been filled with patients, and we are having a good patronage from the outside. We have had some very critical cases, but the Lord has blessed our efforts for their restoration to health. Especially have we been made glad by the number who seem anxious for spiritual food as well as physical aid.

Our work is becoming known among the officers on several ocean liners, and some of these are sending us patients. This morning a lady from Yokohama, who has resided in Japan for fifteen years, called to engage a room for two weeks, but we had none to offer. She will get lodging at a hotel, and come every day for board and treatment. She wishes to become informed concerning our methods, so that she can explain them intelligently to her friends. She now has three friends in Yokohama whom she expects to induce to come here to get well.

There is space on our lot to add four rooms as an extension to the main building, and it seems as if the time has come to do this. When, with this addition, the institution becomes too small, I hope the Lord will provide us with a place in the country, and we can then use these buildings for treatment rooms and tran-
sients.

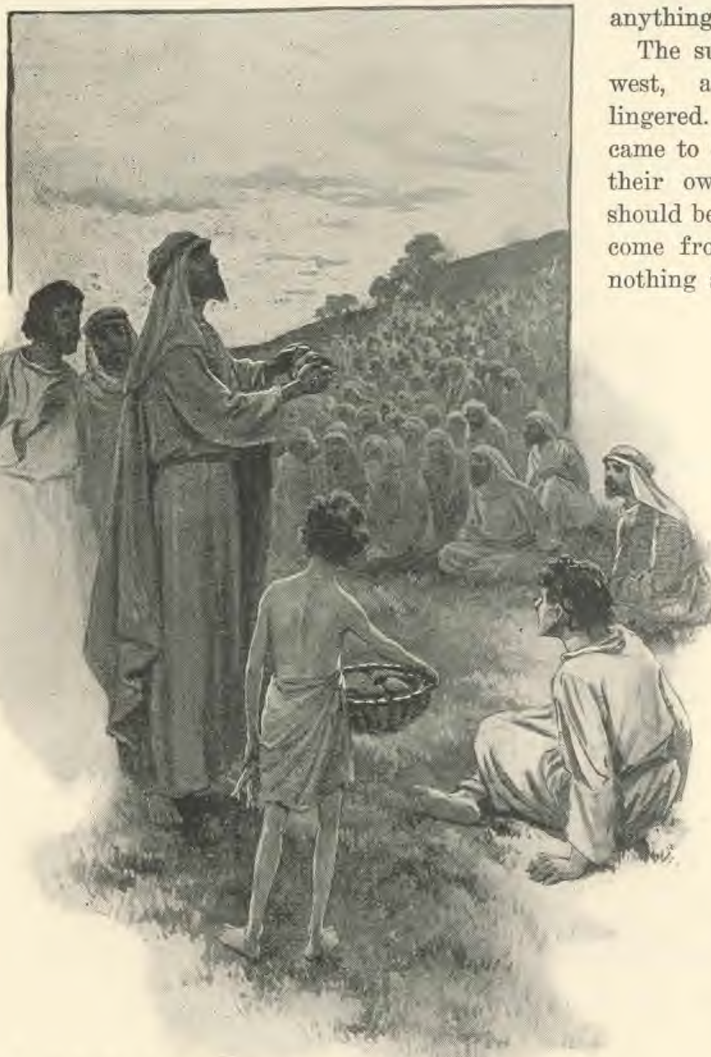
S. A. LOCKWOOD, M. D.

The Bread of Life

Mrs. E. G. White

ALL day the people had thronged the steps of Christ and his disciples as he taught beside the sea. They had listened

the sick, and life to the dying. The day had seemed to them like heaven on earth, and they were unconscious of how long it had been since they had eaten anything.



The sun was sinking in the west, and yet the people lingered. Finally the disciples came to Christ, urging that for their own sake the multitude should be sent away. Many had come from far, and had eaten nothing since morning. In the surrounding towns and villages they might be able to obtain food. But Jesus said, "Give ye them to eat." Matt. 14: 16. Then, turning to Philip, he questioned, "Whence shall we buy bread, that these may eat?" John 6: 5.

Philip looked over the sea of heads, and thought how impossible it would be to provide food for so great a company. He answered that two hundred pennyworth of bread would not be enough to divide among them, so that each might have a little.

"He took the food, and looking to heaven, he blessed, and brake."

to his gracious words, so simple and so plain that they were as the balm of Gilead to their souls. The healing of his divine hand had brought health to

Jesus inquired how much food could be found among the company. "There is a lad here," said Andrew, "who hath five barley loaves, and two fishes: but

what are these among so many?" John 6:9, A. R. V. Jesus directed that these be brought to him. Then he bade the disciples seat the people on the grass. When this was accomplished, he took the food, "and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude." Matt. 14:19. "And they did all eat, and were filled. And they took up twelve baskets full of the fragments, and of the fishes."

It was by a miracle of divine power that Christ fed the multitude; yet how humble was the fare provided,—only the fishes and barley loaves that were the daily fare of the fisher-folk of Galilee.

Christ could have spread for the people a rich repast, but food prepared merely for the gratification of appetite would have conveyed no lesson for their good. Through this miracle Christ desired to teach a lesson of simplicity. If men to-day were simple in their habits, living in harmony with nature's laws, as did Adam and Eve in the beginning, there would be an abundant supply for the needs of the human family. But selfishness and the indulgence of appetite have brought sin and misery, from excess on the one hand, and want on the other.

Jesus did not seek to attract the people to him by gratifying the desire for luxury. To that great throng, weary and hungry after the long, exciting day, the simple fare was an assurance both of his power and of his tender care for them in the common needs of life. The Saviour has not promised his followers the luxuries of the world; their lot may be shut in by poverty; but his word is

pledged that their need shall be supplied, and he has promised that which is better than earthly good,—the abiding comfort of his own presence.

After the multitude had been fed, there was an abundance of food left. Jesus bade his disciples, "Gather up the fragments that remain, that nothing be lost." John 6:12. These words mean more than putting the bread into



"Guarding the baskets."

baskets. The lesson was twofold. Nothing is to be wasted. We are to let slip no temporal advantage. We should neglect nothing that would serve to benefit a human being. Let everything be gathered up that will relieve the necessities of earth's hungry ones. With the same carefulness are we to treasure the bread from heaven to satisfy the needs of the soul. By every word of God we are to live. Nothing that God has spoken is to be lost. Not one word that concerns our eternal salvation are we to neglect. Not one word is to fall useless to the ground.

Cairo, Egypt

THERE is one thing we greatly need in Cairo, and that is treatment rooms that will meet the needs of the wealthy class, who would patronize us if we could offer them something inviting. Cairo is a wealthy and very aristocratic city. Five thousand dollars would open up and furnish treatment rooms here that would be patronized by the tourists who come in the winter, as well as by the better class of residents, both native and foreign.

In Upper Egypt much more simple and inexpensive facilities would do very well. The natives have a horror of water when one is sick, and they would not patronize a water-cure for some time. The work would go slowly at first. But here in Cairo the people are more civilized, and more ready to spend money. We are educating persons to man such an institution as soon as we can get one. We must have it sometime. The place and times demand it.

Dr. Keichline is working his way slowly into the hearts of the people, especially among the Mohammedans. He has recently started a clinic in native quarters, where he is doing mostly gratuitous work. A Mohammedan teacher, a man of some influence, furnished his rooms free of cost. This is certainly a splendid opportunity for helping the needy, and at the same time sowing seeds of truth. The doctor spends two hours there every morning, and has a very interesting time. It also gives him a good opportunity to learn the common vernacular of the Arabic. The Moslem teacher speaks English fluently, and often spends some time with the doctor, translating for him. As he is quite in harmony — at least theoretically — with our health principles, he seems pleased to translate anything

the doctor has to say to the people on those subjects, and even on more religious things. There are many fundamental truths on which a Christian and a Moslem can converse without exciting prejudice, and seeds of truth may thus be sown, which will sooner or later bear fruit.

W. H. WAKEHAM.



“Medicine” as Practised in Nicaragua

ACCORDING to a Moravian missionary, “of sanitary laws, of the nature of diseases, the people know nothing. Tooth-ache is ascribed to a worm boring and biting its way through the tooth; rheumatism to hidden ‘thorns in the flesh,’ and wily women have carried on quite a business by extracting such thorns. They rub the skin, make a slight incision, and pretend to pull a thorn or a fish-bone from the wound, which they had hidden dexterously between their fingers. So far their doings would be harmless, but there are rogues among them who pretend that every disease originates from poisoning by somebody else, and that they know how to expel the poison. The potion which they cause their victims to swallow is in most cases drawn from poisonous herbs, and Mr. Grossmann relates four cases in which death almost immediately followed the drinking of this medicine.”—*Missionary Review of the World*.



“CHOLERA was epidemic in Teheran, Persia, during the month of July. The death-rate averaged two hundred and fifty a day for about twenty days. The American Presbyterian Mission, with Rev. L. F. Esselstyn as the active agent, carried on relief work at four centers in the city, with the financial backing of banks and private individuals, and saved hundreds of lives.”

Letters from a Physician to His Son

MY DEAR SON: Before you left home, when we were discussing together your prospects in life, I tried to show you the importance of right ideals. You will remember my saying to you that a man whose ideals are vague or lacking, will waste much energy without achieving success. At first it was a little difficult for you to understand the meaning of ideals. I explained that an ideal is one's mental picture or idea of perfection. It may be of a person or thing, of a condition or of a method. It is really one's standard by which he judges of the right and wrong of things. It was plain to us both that one's life can be no higher than his ideals.

I stated to you that ideals differ with different persons, and that in the same person they are subject to change as he advances in experience and knowledge, from childhood to maturity. I took as an illustration a young child. He has no idea of right and wrong. He asks only, "What?" Everything he sees seems to him to be normal and right. He is in sympathy with his parents and all his surroundings. A little later, when he begins to learn to think, his elders are amused to hear him begin to ask "How?" Even then, however, his ideals are wanting or immature, the few standards of judgment he may possess having been received ready made from his parents or others. Still later, in youth and mature manhood, he naturally asks the question, "Why?" Then it is that he forms his own ideals. He no longer thinks a thing to be right or wrong because father and mother think it right or wrong. His opinions are independent of their opinions, but dependent upon his own ideals. At this time his character becomes fixed for life.

You, my son, are now entering this

last important stage, and in a short time your ideals will be fully formed. This is the reason for my solicitude for you at this time. The quality of your thinking, the ideals that you adopt or re-establish in the next few months or years, will determine largely whether your life shall be a success or a failure.

Have you ever thought, my son, of the sad results of being untrue to one's knowledge of right and wrong? It is bad enough to have wrong ideals, but far worse to ignore or neglect right ones. The man who is willingly or wilfully untrue to his ideals is a criminal at heart. Everybody has sympathy for the man who is punished for wrong done ignorantly. Even in courts of law, ignorance of the law is a mitigating circumstance—a cause for mildness of punishment. You have doubtless heard much of conscience as a guide to right living. I believe the true nature of conscience is often misunderstood. Speaking exactly, conscience is that within which prompts one to be true to his ideals, but the word is often used in a much broader sense than that. If one obeys his conscience, peace and satisfaction follow; but if his ideals are ignored—if he violates conscience—self-condemnation follows, whatever may be the outward conduct. If this disobedience is often repeated, the conscience becomes "seared as with a hot iron," and becoming harder and harder, the evil-doer is by and by ready for any kind of wrongdoing. Therefore beware of living below your ideals.

Enclosed you will find your mother's letter, in which she gives you the family news. In my next letter I will try to show how right ideals may be formed.

Very affectionately,

YOUR FATHER.



HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

Somebody Else

WHO is somebody else? I should like to know.

Does he live in the North or in the South?
Or is it a lady fair to see,

Whose name is in every one's mouth?
For Meg says, "Somebody else will sing,"

Or, "Somebody else can play;"
And Jack says, "Please let somebody else
Do some of the errands to-day."

If there's any hard or unpleasant task,
Or difficult thing to do,

'Tis always offered to somebody else;
Now isn't this, think you, true?

But if nice fruit or a pleasant trip
Is offered to Dick or Jess,
We hear not a word about somebody else.
Why? I will leave you to guess.

The words of cheer for a stranger lad,

This somebody else will speak;
And the poor and helpless, who need a friend,

Good somebody else must seek.
The cup of cold water for kindness' sake,

Oh! somebody else must offer;
And words of love for a broken heart,
Brave somebody else must proffer.

There are battles in life we only can fight,
And victories, too, to win;

And nobody else can take our place,
If we hope to enter in;

But if somebody else has done our work,
While we for our ease have striven,
'Twill be only fair if the blessed reward
To somebody else is given.

— *Selected.*



The Home Practical

Mrs. M. H. Tuxford

Home Dinners

HOWEVER simple a meal may be, there is no reason why it should not be put neatly on the table, and made attractive to the eye. When attention to details is observed every day, and everything is served tastefully, a few guests will cause no disturbance in the home, but they will rather be looked upon as a pleasant addition to the family party, and will introduce fresh life and interest.

The refinements of the table are within the means of the humblest. They are not essential, but they are among the ameliorating influences that make life worth living—they cultivate the mind and improve the manners. Table customs are not made haphazard; they

signify a great deal, and their observance or non-observance has an influence upon us all, especially upon the young. There should be something besides food presented for our consideration. We may not bestow any particular attention upon the fresh table linen, the bright silver and glass, and the tastefully arranged flowers or ferns, but they have an effect upon us none the less. There is something elevating in beauty and order, and an untidy table and a slovenly dress are alike degrading. "Order is heaven's first law." Therefore make the domestic board as attractive as possible. Choose an hour for dinner which will best suit the employment and duties of the various members of the household;

serve the meal punctually, and do not let it be hurried over.

The dining-room itself ought to be in order, free from dust, and a bright fire burning if the weather is cold. Also pay attention to the ventilation of the room, as a close atmosphere is alike injurious to the appetite and depressing to the spirits.

Setting the Table

The table should be spread as neatly for the family when alone as when guests are expected. It is not necessary to have things costly or extravagant, but all should be clean and bright. The table-cloth itself must be spread evenly, and as smoothly as possible, and the center of the cloth must be in the center of the table. And, by the way, the fresh appearance of a table-cloth will last much longer if it is carefully folded in its original fold after each meal; if rolled up carelessly and put roughly into any drawer or cupboard, it will look crushed and soiled the second time it is used. Serviettes, or table napkins, should be used at every meal. Never consider a table properly spread unless decorated with flowers or ferns; a few are all that are needed. A few flowers, well placed, with some pretty green, look much better than a mass, and will last much longer. Always keep fresh water around the flowers, and never allow them to remain on the table after they are withered. Faded flowers are worse than none.

Let the conversation be bright and pleasant. It is a well-known fact that food digests better when the eater is in a cheerful frame of mind; therefore let each member of the family endeavor, for the time being, at least, to put aside personal worries, and to take an interest in wider matters.

If there are delicate members in the home, be all the more eager to prepare

food attractively, as the palate is much affected by the eye. The dishes may be as simple as possible, but they must be well cooked and neatly served. It is Hammerton who says that "intellectual labor is in its origin as dependent upon the art of cookery as the dissemination of its results is dependent upon paper-making and printing. Cookery in its perfection—the great science of preparing food in the best way suited to our use—is really the most important of all sciences, and the mother of the arts."

In our next article we shall consider the dessert.



Tasty Dishes From Ripe Olives

RIPE (or black) olives will keep in weak brine for a long time. When a scum forms over them, pour off the brine, rinse well, and cover them with fresh brine. If too much salt is used, it will toughen the skin.

We give herewith a few recipes for the many savory dishes that may be prepared from this fruit, which is said to be wholesome, and also to possess medicinal value. It will be well to rinse the olives well from the brine before using. Olives served plain on crisp leaves of lettuce, are fine with any meal.

The toast used in these recipes is supposed to be made from stale bread (either white, graham, or whole-wheat), cut into thin slices, dried and toasted slowly in the oven until it is a light brown throughout. Such toast is sometimes called zwieback (twice baked). Flour may be browned on a tin in the oven; watch closely that it does not brown unevenly or too much (a shade about half between chestnut and cinnamon brown is about right), stirring often, and mashing the lumps while it is drying out. The olives in the following recipes are supposed to have the stones removed before being measured.

Broiled Olives

One cup olives chopped very fine, one-third cup water, three-fourths cup crushed or ground and sifted zwieback. Mix well, turn onto granite plate, and place in hot oven for ten minutes. Dish on warm individual platters. Serve with gravy made as follows:—

One-half cup stewed strained tomato, two-thirds cup water, one tablespoon browned flour, one teaspoon olive-oil or butter, one small leaf of mint, salt to taste, one-half teaspoon grated onion. Simmer gently ten minutes, dip gravy around, not over, olives, and serve hot.

Olive Salad

One and one-half cups olives, one and one-half cups creamed Irish potato, which has

been pressed into a dish and allowed to become cold, three hard-boiled eggs chopped fine or mashed with silver fork, a small onion and a stick of celery chopped fine. Chop all together lightly, and serve on individuals on lettuce leaves or in a large shallow salad dish, with dressing made as follows:—

Salad Dressing

Five large tablespoons water in earthen bowl, yolks of three eggs, two large tablespoons olive-oil. Beat well together, place on stove in vessel with boiling water, stirring until it begins to thicken; remove bowl to a cool place, add ready beaten whites of two eggs, beating into mixture quickly, then five tablespoons lemon juice, one-half teaspoon salt (mustard may be added, but it is not considered wholesome). Pour this over salad, reserving about one fourth, to which add the white of one egg well beaten. Dip this over salad, partially covering; garnish with lemon and hard-boiled egg thinly sliced. (Thin sweet cream may be used in place of water and olive-oil.) Set on ice an hour or two, and serve.

Salad No. 2

One cup olives chopped fine, one cup cold mashed potato, one small onion grated or chopped fine, two hard-boiled eggs chopped fine. Mix all well together, cover bottom of salad dish with lettuce leaves. Dip salad on this, small spoonfuls at a time; squeeze juice of one lemon over top, allow to stand one or two hours, and serve.

Olive Patties

Boil enough Irish potatoes to make about a pint when mashed. Add a level teaspoon of salt and five tablespoons thin cream or rich milk; beat until potato is light and creamy. Sift enough crushed zwieback to slightly cover bottom of dripping-pan; drop tablespoonfuls of creamed potato far enough apart so they will not touch, making hollow in center of each.

Olives for Filling

One cup olives chopped fine; season with parsley and grated onion. Simmer for five minutes. Fill hollow in each spoonful of potato with this, and sift zwieback lightly over each. Place in hot oven for five minutes. Serve on individuals with gravy made as for broiled olives (fine without gravy, garnished with celery).

Olives Roast

One cup of well-cooked lima beans, pressed through colander to remove skins (any beans or lentils may be used); one and one-half cups olives chopped fine; two-thirds cup zwieback crushed; one-half cup water or broth from beans; season with sage dried in oven, powdered and sifted, and small grated onion. Mix all well together, and press into granite pudding-dish, and bake thirty-five minutes. Slice into strips, and serve on side dishes with gravy No. 1 or No. 2.

Gravy No. 1

One cup stewed strained tomato, two-thirds

cup water, one scant teaspoon salt, one bay leaf cut fine, one rounded tablespoon browned flour, two tablespoons olive-oil. Put oil in frying-pan; when hot (but not browned), remove from fire, and add flour; stir until smooth; add other ingredients, slowly stirring; return to fire, and boil up once well.

One-half pint lentils (after cooking, press through colander), one cup broth from lentils before being measured, one tablespoon olive-oil or butter, one-half cup stewed strained tomato, salt to taste. Set on stove, allow to come to boil; stir into this one level tablespoon arrowroot or corn-starch braided in a little water. Season with sage or onion, boil two or three minutes.

Mince Pie

In this recipe olives are used in place of meat and suet. One and one-half cups stewed evaporated apples (or two and one-half cups chopped green tart apples); one cup seeded raisins, stewed; one-half cup citron, chip very thin and fine; one tablespoon cinnamon; one and one-half cups granulated sugar; two tablespoons lemon juice. Cook the fruit in as little water as possible, simmer gently until done, then add sugar, cinnamon, and citron, and let stand over night. When ready to make pies, add to the fruit lemon juice and one and one-half cups olives chopped fine. Make crust of olive-oil or any desired shortening (more or less sugar may be used according to tartness of apples).

Sandwiches

One-half cup chopped olives; one banana mashed with silver fork; one teaspoon of sugar, or more if desired; flavor with three or four drops of vanilla. Slice either white, graham, or whole-wheat bread about one-fourth inch thick; pile slices together, trim away crust, leaving slices in a square; spread each slice first with banana, then one of each sandwich with the olives, lay these together (olive and banana side) until all are spread; lay all in a pile, press firmly, and cut down through into strips about one and one-half inches wide.

Sandwiches No. 2

Three hard-boiled eggs mashed with fork, two-thirds cup chopped olives, one teaspoon grated onion, one small center stalk of celery chopped fine, one tablespoon lemon juice. Mix well, and spread bread prepared as directed for banana sandwiches.

Olive Soup

Three cups boiling water poured over two level tablespoons rolled oats; add to this one heaping tablespoon finely broken macaroni, let boil twenty minutes; one cup potato water poured from fresh boiled potatoes; one heaping tablespoon mashed potato; just before serving add one-half cup olives chopped fine, salt to taste, and let boil up once.

Add more water if necessary, to make four large cups when ready to serve.

ELEANOR A. HIMEBAUGH.

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.]

22. Pimples and Blackheads.—R. A. L., Washington, D. C.: "When a boy, I had a fair complexion. For three years past I have been troubled with pimples on my face. At present my face is so covered with pimples and blackheads that I am ashamed to be seen. For the past three years I have lived on a careful diet, used no meats nor condiments, and but little pastry and rich foods. I believe the face should reveal what is on the inside, and if there is any remedy, either by ridding the inside of what should not be there or by treating the outside, I should like to know what it is. I know you do not conduct an 'Aid to Beauty' department, but I should like to see this question treated from a health standpoint; for I think every one should be as good looking as he can."

Ans.—We agree with you. We believe every human being should be good looking, and we will gladly help you to improve your appearance; but you may get some comfort from the thought that if most people were as good looking as they might be, it would be a bit lonesome for some of us.

The disease which disfigures your face is *acne vulgaris*, and is one of the most annoying that afflicts young people. It is a question of very general interest. The blackheads, pimples, and pustules are all forms of the same disease, due to closure of the ducts of the sebaceous glands. If closed near the surface, dust adheres, and forms blackheads. If the closure is deep in the skin, inflammation occurs, a hardened mass containing pus is formed, which often lasts for years, and leaves a permanent scar. The disease is seen only on the face, chest, and upper part of back. It is caused by rapid development of the sebaceous glands, aggravated by digestive disturbances and constipation.

Keep the skin in good condition. Take abundance of outdoor exercise. Get up a good

sweat every day, after which take a bath of soap and water, and finish with cold friction, which can be quickly given with cold water and a Turkish towel. Keep the bowels active. This can be done by proper diet. Such foods as figs, prunes, and buttermilk are often very helpful. Select a simple, but nourishing diet that will agree with the stomach, and eat it properly. (See question No. 18). All greasy fat and fried and rich foods, together with tea, coffee, and alcoholics, must be avoided.

Local treatment is also important. Steam the face half an hour,—a hot fomentation will do,—then remove some of the comedones, or blackheads, by gentle pressure with the finger nails, or use a watch key. Apply to the face every other night the following, using a flannel cloth and general friction:—

Soft soap,
Alcohol,
Cologne water, of each 2 oz.; mix.

Apply in the morning some soothing preparation, such as cold cream. On alternate nights use the following, rubbing it well into the skin:—

Pulv. sulphur 1 drachm
Vaseline, benzoinated 1 ounce
Ess. bitter almonds 5 drops
Mix, make into an ointment.

The hardened pimples can be gotten rid of only by having them opened with a sharp lance, the contents removed, and the cavity disinfected. This is one of the most essential points in the treatment of a bad case, but it must be done by a skilful operator, or a scar will be left. We have treated many cases of acne with the most gratifying results. You can be cured if you persist in the right treatment.

23. Bad Teeth Cause of Bad Stomach.—A. J. C., N. Y.: “1. Does a bad stomach cause the teeth to decay? I have had a bad stomach for ten years, and now my teeth are decaying rapidly. I am thirty-two years old. 2. What is the cause?”

Ans.—1. A bad stomach does not often cause bad teeth, but bad teeth often cause a bad stomach. Bad eating is the cause of both bad teeth and bad stomach.

2. In order to preserve the teeth in sound condition, they must be vigorously exercised by chewing such foods as require grinding. The nourishment of a tooth depends as really on its daily exercise as does the nourishment of a muscle. To exercise our teeth properly we must use food that requires chewing, such foods as dry bread, bread crusts, dry toast, zwieback, corn flakes, granose, and similar wholesome foods. Not only does this class of foods keep the teeth healthy, but the chewing, which is so good for the teeth, is also the most essential of all treatment for a bad stomach.

To have a good stomach the teeth should be kept scrupulously clean, as particles of food between the teeth and in decayed cavities undergo putrefaction, and are a constant source of infection to the stomach.

We recommend you to go to a good dentist and have all decayed teeth filled, and missing ones replaced. Devote threefold as much time and energy to chewing your food as you have been doing, and you will find a decided improvement in both stomach and teeth.

24. Dust and Consumption.—Mrs. N. L. M., Va.: “1. Does dust cause consumption? 2. I have weak lungs. How can I avoid taking cold?”

Ans.—1. That depends on whether or not the dust contains consumptive germs. Breathing ordinary dust, such as one encounters along country roads, will not cause consumption. Breathing such dust may weaken the lungs, so that consumption is more easily contracted. Breathing the dust from carpets and living-rooms where consumptives have expectorated is very injurious. Consumption is almost wholly contracted by inhaling the dust from dried sputum of persons suffering from the disease. This kind of dust is often encountered in the linen of consumptive patients, in cast-off clothing, in carpets and all upholstered goods and textile fabrics found in second-hand stores. Consumption is so

common a disease, and the source of all such goods so uncertain, that all dust from these and similar sources should be considered dangerous.

2. Take a morning hand bath of cold or tepid water, followed by a vigorous dry hand rub to secure good reaction. Finish with alcohol and oil rub. The whole treatment need not occupy more than four minutes. Clothe the feet warmly, but do not clothe the body too warm. Take daily exercise in the open air. Sleep with windows open, and *keep the body well nourished.*

25. Red Nose.—W. V. D., Ohio: “Please advise me how to get rid of a red nose. I have doctored for it, but without benefit. My general health is good. I am a student—a vegetarian. I have no catarrh.”

Ans.—A red nose is due to dilated capillaries of the nose. The disease is called *acne rosacea*. This dilatation of the capillaries is sometimes due to local causes, such as irritation from catarrh, or continued exposure to cold and damp winds. Hack drivers, motor-men, and others who are exposed to rough weather usually exhibit a red nose. It may also be caused by disturbance of the nervous system through the use of alcohol, disorders of the stomach, especially hyperchlorhydria, or acid stomach, and some forms of autointoxication.

Care of the general health, and systematic exercise to maintain a balanced circulation, are essential, but the care of the stomach and bowels is of the first importance in this disease. Select a wholesome diet of foods that will agree with you, and such as will keep the bowels free and regular. Chew the food thoroughly, and do not eat too much. Take abundant exercise in the open air. Take a cold hand bath every morning, and a salt glow three times a week. These will be helpful in establishing a good general circulation.

In addition, you can lessen the local blood supply of the nose by painting the nose at night three times a week with a light coating of contractile collodion, which you can purchase of any good druggist. If this application is made skilfully, so as not to cause irritation of the skin, it will contract the capillaries and lessen the redness of the nose, but its use requires some skill to insure good results. Where the blood-vessels are markedly dilated, it is sometimes necessary to have them obliterated by use of an electric needle.



THE railroad disasters of the United States for the year ending June 30, 1904, gave the appalling list of 9,840 killed and 76,553 injured. One employee in every 22 was injured, and one in every 364 killed. One passenger in every 84,424 was injured, and one in every 1,957,441 was killed.

We need rapid transit, and the people are willing to pay a good profit on the cost of securing it, but this is an unreasonable sacrifice of human life to which the public is compelled to submit. Nearly all of it is unnecessary, and therefore inexcusable.

The cause is found in the amazing lack of that mental and moral balance that gives a clear head and a keen conscience in the discharge of responsibility on the part of those who are entrusted with this traffic in human life. Physical and moral health are the factors which are being lost sight of at the present time.

G. A. H.



Death from Nicotin Poisoning

THE *Washington Times* of September 22 published the following:—

Albert Dover, a three-year-old negro boy, who lived at 353 Pomeroy Street, undertook several days ago to suck at a nicotin-stained clay pipe, which had in it the remains of some of the tobacco used by his father. He was given a match by some one, and smoked for a while.

Yesterday afternoon Coroner Nevitt, in ascribing a cause for the death of the

juvenile smoker, said, "Nicotin poisoning."

Within a few hours after he smoked the pipe, the little negro child was in convulsions, and was hurriedly removed to Freedman's Hospital, a short distance from the shanty where he lived.

Physicians at the hospital worked almost all Tuesday evening, but the boy grew worse until death ended his suffering yesterday afternoon.

Coroner Nevitt was informed of the death of the child, and gave a certificate of death from nicotin poisoning.

It is not often that the use of tobacco results in death, even when it has been swallowed; for one of the first effects of the poison is to make the victim deathly sick, and the vomiting that ensues removes most of the poison.

In this case, enough of the poison was probably absorbed from the mouth directly into the blood current to cause fatal poisoning. The fact that the physicians were unable to do anything to antidote the poison shows its extremely deadly tendency.

Why, then, are there so many who can use tobacco with seeming impunity?—For the same reason that others become accustomed to gradually increasing doses of morphin, cocain, strychnin, or other harmful drugs.

The system learns to react to the poison,—protect itself against it,—and soon establishes that abnormal condition in which it apparently does its best work when under the influence of the drug.

At the same time the effects of the

drug are becoming more apparent, larger doses become necessary to establish a condition approaching the normal, until finally the victim is a slave, soul and body, to the seductive habit.

Death is usually a lingering process, by the various drug habits. Only occasionally, as in the present instance, is the end sudden enough to cause comment.



Early Diagnosis and Treatment of Tuberculosis

SINCE the discovery of the tubercle bacillus it has become customary to base a diagnosis of tuberculosis on the presence of tubercle bacilli in the sputum. In fact, there is a general tendency to depend too largely on laboratory methods in making diagnoses.

In view of this, we are pleased to read such articles as the one by Dr. Abrams in *Medicine*, in which he says: "The physiognomy of tuberculosis is not a tendency to the disease, but the disease itself. If reliance were more often reposed on the Hippocratic physiognomy than on the presence in the sputum of tubercle bacilli, then phthisis would be recognized, treated, and cured, and the disease anticipated and prevented."

The writer is acquainted with a matron in a Western sanitarium, who, though she had no knowledge of medicine, invariably spotted the "lungers," and avoided the necessity of fumigating her best rooms. Doctors would do well to use their powers of observation more, and not depend too much on the microscope. The laboratory work is an excellent adjunct, but it should not altogether supersede the other.

Dr. Abrams proceeds: "In all suspected cases of phthisis (consumption) the patient is entitled to the benefits of

the doubt, and should be regarded as phthisical unless proved otherwise." He proceeds to show that when the tubercle bacillus can be demonstrated in the sputum, the disease is far advanced. If more care were taken to treat properly the incipient cases, there would be far fewer consumptives wasting their money on a forlorn hope.

Regarding the open-air method of treating consumption, he says: "The results achieved by this method of treatment have been most phenomenal. An extensive experience with consumptives, embracing a period of over eighteen years, convinces me that no method of treatment is so brilliant in its results. It is a mode of treatment requiring no special ability in its application beyond the determined, persistent, and critical supervision of the physician. Even the consumptive poor may avail themselves of this method, if not in its entirety, at least in part. I dare not report my results; for they are uniformly so good that you would be likely to accuse me of suffering from mental astigmatism or some pathologic condition of conscience." He proceeds to give his method of treatment in detail, in *Medicine*, October, 1904; E. G. Swift, publisher; Detroit. The journal is two dollars a year; so I suppose twenty cents will cover the cost of a copy.



What Shall I Eat?

HAVE the physiological chemists and other experts who have made a specialty of the study of foods been all wrong?

It would seem so.

It has been taught that on a vegetarian diet one must overload the stomach in order to obtain sufficient tissue-building food. Later developments make it appear that this may not be so.

It has been shown that with careful mastication one can easily secure sufficient nourishment to keep the body in prime condition on much smaller quantities of food than was formerly supposed necessary.

Eminent physiologists have been astounded at the results of certain experiments which are probably destined to revolutionize physiological theories.

A vegetarian diet has been found sufficient to maintain life and efficiency; but this does not mean a diet of turnips and cabbage, of lettuce and radishes.

A vegetarian diet does not consist entirely of such foods, and may exclude them entirely.

In order to get sufficient nourishment without too much bulk, it is necessary to dispense largely with coarse foods containing a large proportion of woody fiber.

The greatest nourishment in least bulk is secured in foods containing a comparatively small amount of woody fiber and of water.

The nourishment should be largely secured from grains (with, perhaps, legumes and nuts) not prepared with a large quantity of water. One of the best forms of cereal is zwieback, made by slicing good raised bread, and toasting it slowly in the oven until crisp and slightly brown.

Some of the health foods, such as granola, granose, and a number of others — some being malted, and others not malted — are excellent additions to the food, as they are cooked, sterile, contain a large amount of nourishment in small bulk, and favor mastication. It is a mistake to eat such foods with a large quantity of liquid, although, even in this condition, they are preferable to some of the hastily prepared morning mushes.

Fruit is an important addition to the

bill of fare, and with most persons should be served every day, but, as a rule, not every meal. If there is a tendency to digestive disorder, it is not well to eat vegetables and fruits at the same meal, or milk and fruit at the same meal. A good plan is to make grains and fruits the basis of one meal, and to use vegetables and legumes at another meal.

Some have thought that vegetables are best left off the bill of fare. There are those who do better with little or none of this class of food; but many thrive better when they have a judicious selection of vegetables at intervals. Some who seem to have more or less difficulty with fruits of all kinds, do well with a diet composed quite largely of vegetables.



The Use and Abuse of Athletics

ROBERT E. COUGHLAN, M. D., in the *Medical Record* of September 24, has a paper with the above title, containing some suggestions which those inclined to make a hobby of athletics might do well to consider.

To show that there are those engaged in athletics who understand its dangers, he quotes an experienced athlete as saying: "A man sacrifices a certain number of years of his life every time he enters a contest of any kind."

He calls attention to the fact that athletes are often sickly, and particularly susceptible to constipation and appendicitis, and that the muscles of old athletes tend to degenerate when muscular work is given up.

Heart trouble is so frequent among athletes who have overexerted themselves as to justify the use of the expression "athlete's heart."

He cites the case of two doctors who recently died — one of appendicitis, the

other "from an attack of pneumonia which his weak heart was unable to withstand, owing to former hard athletic work in college." Both men had been prominent athletes in their earlier days.

He questions the statement that large muscles means "superb manhood," stating that many athletes are sexual perverts, few marry, quite a proportion of these live unhappy married lives and are divorced, and very few raise families.

If these things are so, it means (what we have always believed) that athletics, — tests of endurance and speed, — instead of tending to a nobler and better manhood, are doing the opposite.

There is no question but that they teach the propensity — which is altogether too prevalent already — to "get there" at whatever cost. It prepares men for the feverish short life which is now only too prevalent.



Country Life Not Always Healthful

THE city of New York has been having an epidemic of what is appropriately called "vacation typhoid." Many who have been out of the city for pure air and pure water return to the city infected with typhoid fever, probably from contaminated wells. And there are other cities that can tell the same story.

Country life should be the most healthy life there is; but when farmers arrange the well so as to catch the seepings of the barnyard, privy, chicken yard, and cesspool, the conditions are immeasurably inferior to those present in ordinary city life, or even to good tenement-house life.

On some farms, even the air is polluted by festering piles of matter

in close proximity to dwelling-houses. Hence it is that summer boarding-houses are often breeders of disease. There is no reason why it should be so — except ignorance and indifference.

When such conditions exist in the cities, the health officers are apt to make a stir, and the constant agitation is an education of the masses in the right direction. Fear of the health officer is sometimes more potent than fear of ill health. But the farmer has no health officer to round him up.



THE editor of *Medical Brief*, in commenting on the "Slocum" disaster, made the statement that the attempt by the state to safeguard the public is often productive of more harm than good, because the public learn to trust too much in the supposed state protection, and so fail to take such precautions as they ordinarily would were there no state protection.

This tendency to depend on state sanitary inspection is illustrated in Chicago, where an effort is made, by frequent examination, to detect adulterated milk, and exclude it from entrance to the city. In order to make the plan more effective, any householder may bring a sample of milk to the health laboratory and have it analyzed, and get the result, free of charge.

Recently, out of one hundred and ten samples of milk submitted to the laboratory for analysis, only fifteen were from housekeepers, the rest being from dealers of various kinds, showing that the average housekeeper would rather take chances on the milk's being pure than go to the trouble of having it analyzed. The health officers regret this, as a greater interest on the part of housekeepers would the sooner rid the city of poor milk.

Books

[It is the aim of the Editor to notice in this department only such books as have a bearing on health, and which, as a whole, he can recommend. It is not to be understood, however, that he indorses everything in the books here noticed.]

An Important, but Sadly Neglected Subject

THERE is no study so important to youth and children, and yet so sadly neglected, as the study of physiology and hygiene.

An ignorance of Latin or Greek or algebra or history may not involve any serious inconvenience or loss to the student, valuable as these studies are; but ignorance of the laws of health is almost sure to result in habits and practices which do much to lessen one's usefulness.

Every child should early in life become familiar with the fundamental laws of health, and with the structure and functions of the body. Hence the necessity of text-books on physiology adapted to the capacity of the younger children.

The paper, the type, the cuts, and the general make-up of "Physiology and Hygiene for Children" contribute to make it the most attractive book on this subject for younger readers, that we have seen. Many of the illustrations are in colors, and all are distinct. The descriptions are in simple language, and the story of the body is so told as to keep the interest and attention of the child.

While the work seems to favor the use of tea, coffee, and cocoa in moderation, it is strong in its teaching regarding the harmfulness of alcohol and to-

bacco. The authors have not been content to rely on their own statements, but have cited such authorities as gymnasium directors, insurance medical directors, and railroad officials,—men who are eminently qualified to judge as to the effects of alcohol and tobacco.

A valuable feature of the work is the chapter on "What to Do Before the Doctor Comes."

Regarding the use of tea, coffee, and cocoa, the authors say: "When these drinks are prepared for children, more milk should be added than when they are prepared for grown people. If tea and coffee are made very strong, or if we drink much of them, they are likely to do us harm."



Studies in Household Economics

THE American School of Household Economics, of Chicago, for use in its correspondence course in economics, has issued a series of text-books which should prove of great value to housekeepers. The entire list of topics is covered by twenty-four text-books, or "papers," of about fifty pages each.

The lesson books on bacteriology begin with the subject of "Dust," and show why there is a wrong and a right way of dusting, and the importance of adopting the right way.

Directions are given for making so-called "dust gardens," and this is followed by descriptions of bacteria, molds,

"PHYSIOLOGY AND HYGIENE FOR CHILDREN."

By Robert Eadie, Principal of School 72, Borough of Queens, New York City, and Andrew Eadie, M. D., Professor of Physiology, Toronto. University Publishing Co., New York. Cloth, 200 pages, 45 cents.

"HOUSEHOLD BACTERIOLOGY:" parts I and II. Prepared by Maria Elliott, of Simmons College, Boston. Illustrated. American School of Household Economics, Chicago. Five by eight inches, paper-bound; 50 cents each.

and yeasts which may be found in such gardens. The relations of bacteria, yeasts, and molds to disease and sanitation, as well as their helpful work in nature and the arts, are given in a clear and interesting way. The booklets are well illustrated, photographs of "dust gardens" lending particular interest. The series of questions at the back of the pamphlets bring out the most important parts of the lesson.



The Blues

IN the July LIFE AND HEALTH, Dr. Abrams' book was mentioned incidentally in a quotation regarding the effect of alcohol, tea, coffee, and cocoa on neurasthenia.

The first part of the book is devoted to neurasthenia in general, and its manifestations and treatment. In this Dr. Abrams does not differ materially from other writers on nervous diseases.

The remainder of the book is devoted to the consideration of what the author calls "splanchnic neurasthenia," which he believes to be due to a plethoric or congested condition of the veins of the abdominal cavity, the result largely of laxness of the abdominal walls.

Others who have observed the evil effects resulting from relaxed abdominal walls, have supposed the trouble arose because the lax walls permitted prolapse of the abdominal organs, with stretching and consequent irritation of the abdominal nerves.

The fact, as stated by Dr. Abrams, that by using artificial pressure so as to increase intra-abdominal tension, he is able to give temporary relief to the

neurasthenic symptoms, would seem to indicate that his theory regarding the influence of the circulation in this type of neurasthenia, is the correct one.

His treatment consists partly in "auto-massage" (a special form of massage originated by himself and carefully described in the book, so that it can be applied by the patient at home), electricity, deep breathing, and applications of cold to the abdomen.

Though the book is intended especially for the use of physicians, any intelligent layman who is able to think rationally regarding his trouble ought to receive much benefit by following its teachings.

We do not believe, however, that it is an advantage to use flesh-meats as freely as he seems to think necessary; nor do we believe that hypnotism—while it may have been the means of curing many patients—is without harmful effects. Other methods are preferable.

The doctor has learned that there are agencies more useful than drugs in the cure of disease, as may be learned from the following quotation:—

"Reliance on the healing power of nature is an evidence of erudition. It affords the discerning physician an opportunity of knowing what not to do, a feat often more difficult than doing, and enables him to apply the highest principles of the therapeutic art."



A WEAK solution of alum or soda will revive the colors in a dusty carpet.



NAILS driven first into a bar of soap will not split furniture or delicate wood-work.



EBONIZE old or unpainted furniture, especially chairs or tables, by rubbing in a mixture of lampblack and turpentine.

"THE BLUES" (Splanchnic Neurasthenia). Cause and Cure. By Albert Abrams, A. M., M. D. Illustrated. E. B. Treat & Co., New York. Cloth, 240 pages, \$1.50.

News Notes

Pure Foods

THE Chicago Board of Health refuses to allow milk to enter the city when the cows have been fed "wet malt." Dealers who return cans which have not been properly cleaned and dried are fined.

A TWO-YEAR-OLD child living near Iowa City died as the result of drinking a quantity of butter coloring left within its reach. The *Iowa Health Bulletin* suggests that a substance so fatal to a child would be injurious when used in smaller quantities as a coloring for food. The *Bulletin* continues: "It would be far better to use pure butter, uncolored, than, for the sake of improving its appearance, to use butter, though enriched in color, adulterated with a fatal poison."

THE United Master Bakers at their convention at St. Louis have wisely decided to abandon the use of pasted labels on their bread.

THE city of Buffalo has begun a crusade against unsanitary bakeries. Hereafter every baker must secure a permit from the health department in order to get a license. This gives the department direct oversight over the bakeries, and they will be thoroughly inspected at intervals.

Patent Medicines

THE *Journal of the American Medical Association* points out that heroin, which has been widely used and highly praised as a harmless substitute for morphin in the relief of cough, has all the dangers of morphin, and some additional dangers of its own. A quantity as small as one twelfth of a grain has brought on alarming symptoms. It is said to be one of the most poisonous of the morphin group.

It should be remembered that a number of the newer cough remedies contain heroin as a basis, and are unsafe for use. The fact is, any attempt to relieve irritation of the throat by means of drugs should be done under the care of a conscientious and competent physician. For most cases there are much safer and better means of relieving the irritation.

THE Canadian Medical Association has petitioned the government to restrict the sale of patent medicines, because many of them con-

tain alcohol, and their use is becoming a menace to the country.

It is reported that South Carolina has prohibited the sale of peruna, Hostetter's bitters, DeWitt's bitters, and others, because of the large quantity of alcohol they contain.

THE Post-office Department has taken in hand the suppression of another fraudulent concern, operating under the name Thomas A. Edison, Jr., Chemical Company. This company, it would appear from the evidence, was using the name of the younger Edison in order to palm off their worthless "magneto-electric vitalizer" on the unsuspecting public.

A mining president was president of the company, and other prominent men were directors — men presumably accustomed to a more honorable method of earning a livelihood; and it is to be hoped, for their sakes, that when they consented to act as directors, they were ignorant of the true nature of the company's workings.

Communicable Diseases

THE Committee on the Prevention of Consumption in the District of Columbia, not finding a suitable location for establishing a sanatorium, has decided for the present to conduct a dispensary at which any one who believes or suspects that he may have tuberculosis will be examined and treated free of charge. Those who are able may pay if they wish; but it is the purpose to so arrange it that no money consideration can prevent any one from having proper treatment for tuberculosis.

The committee expects to extend its work of public education by means of lectures in churches, or wherever an audience can be obtained.

INVESTIGATIONS to determine the identity or non-identity of human and bovine (cattle) tuberculosis have been carried on under the auspices of Dr. Koch, and the doctor is satisfied from their findings that his former announcement (that human and bovine tuberculosis are not identical) is correct.

W. Hesse, of Dresden, has been making some investigations on the alkalinity of the secretions in man and in cattle. He finds that human tubercle bacilli, cultivated on media of ever increasing alkalinity, after a while have a virulence equal to the bovine variety. The

bronchial secretions of cattle are more alkaline than these secretions are in man, and this, it seems, is the reason they are more resistant than in man, succumbing only to the most virulent bacilli.

Hesse believes that the susceptibility of man to tuberculosis is merely a difference in the alkalinity of the bronchial secretions.

This theory, if verified, is destined to work some important changes in the manner of treating tuberculosis; besides, it will establish to the satisfaction of all, the identity of human and bovine tuberculosis, and will mean that milk or meat from a tuberculous cow may convey tuberculosis to a human being.

WHILE other infectious diseases are yielding to modern methods, pneumonia is still steadily on the increase. It now causes one sixth of all deaths in Chicago, one half more than all the other contagious and infectious diseases combined. "Pneumonia," so says the *Chicago Health Bulletin*, "has indeed become the 'captain of the Men of Death.' . . . Since medical skill and sanitary effort are steadily reducing the ranks of the consumptives, neither the one nor the other has as yet availed to check the growing numbers of pneumonia victims."

OWING to heavy rains on the Isthmus, mosquitoes (*anopheles*) are abundant, notwithstanding all efforts to exterminate them. Consequently malaria is quite common among the laborers.

ONE of the health department officials at Panama is authority for the prediction that yellow fever, which is being well controlled, will be unknown there in two years. An active crusade is being made against the mosquitoes. It has been learned that the mosquito which carries yellow fever never travels more than one hundred yards.

TEXAS has this year been successful in keeping yellow fever out. Not a case has so far developed within the State. A vigorous war of termination has been carried on against the mosquitoes along the border.

THE Chicago Board of Health is making a creditable effort to stamp out diphtheria. Culture outfits are furnished free to all physicians who apply, and they are requested to make cultures in all cases of "sore throat," whether diphtheria is suspected or not. These cultures are examined free of charge at the city laboratories.

It is practically impossible to diagnose diphtheria in all cases from appearances and symptoms alone, and, as the circular states, "If a child dies of diphtheria, one of two parties is directly responsible,— either the parents for not calling in a physician soon enough or the physician for not making the correct diagnosis and giving antitoxin early enough in the disease."

AN epidemic of scarlet fever in Buffalo has been traced to the milk supply coming from a dairy where the daughter of the milker and a son of the proprietor had scarlet fever. The health officer of Elma, where the dairy is located, is being censured because he did not stop the supply of milk from the dairy where the scarlet fever had gained foothold. Another epidemic of scarlet fever has been traced to another dairy, and the milk supply promptly stopped.

CHICAGO has had, the last six years, 1,241 cases of smallpox; 1,114 had never been vaccinated. The other 127 had scars, said to have been the result of vaccination early in life, but evidently they had none of them been recently vaccinated. It is said that ninety per cent of Chicago's people are vaccinated. From these came 127 cases of smallpox, while from the ten per cent of unvaccinated people came 1,114 cases of smallpox. This may answer to some people the question, "Does vaccination protect against smallpox?" It is said that the disease has lately become more virulent in Chicago.

BALTIMORE has been having a severe epidemic of typhoid fever, with a high death-rate. The bacteriologists declare that the water-supply is uncontaminated, and caution people regarding the use of milk and oysters.

THE board of health inspectors of New York are examining children for the presence of trachoma,— a contagious disease of the eyelid, — and are excluding all cases from the schools until they can be properly treated. A hospital has been opened where operations for trachoma are performed free of charge.

Sanitation

THE Minneapolis Health Commissioner is determined to abate the spitting nuisance. Having been successful in controlling the spitting on sidewalks, he has now placarded the theater galleries with huge signs, "Don't spit on the floor. Fine, \$5."

THE secretary of the California State Board of Health complains that the laws do not clothe the Board with power adequate to the performance of its duties. Local boards are not obliged to reply to questions from the State Board. There is not sufficient power vested with the Board to enforce desirable measures for the protection of health and prevention of epidemics, and sufficient means are not furnished to provide for the issuing of educational health literature.

It is to be hoped that our State legislatures, in their lucid intervals, will devote more time and thought to providing health boards with sufficient authority to enable them to do efficient work.

PLUSH-COVERED seats have been tabooed by one of the street-car companies of Philadelphia. Plush on four hundred cars will be changed to rattan in the interest of public health.

Miscellaneous

It is said that one third of Chicago's school children suffer from some nervous disturbance, due, it is claimed, to strenuous city life, impure air, crowding, insufficient exercise and light, constant noise, late hours, and lack of sufficient sleep and nutrition.

The Journal of the American Medical Association, commenting, says: "The urban tendencies of population at the present time are not favorable to the production of a robust race.

"It may be that a special type of mankind will be evolved — we fear a more or less defective and degenerate one. In the meantime we shall have to go on enlarging and multiplying our asylums for the defective and the insane, and recruit as heretofore the best blood from the country."

THE State law of Michigan requires each public-school teacher to give, every year, oral instruction concerning dangerous communicable diseases, how spread, how restricted and prevented. A pamphlet is furnished, giving the necessary information. In addition a *Teacher's Sanitary Bulletin* is issued monthly, giving additional information. Recent issues have been: Communicable Diseases in Public Schools, Things the People Should Know about Tuberculosis, The Causation and Restriction of Typhoid Fever, The Restriction of Diphtheria, Summer Diarrheas of Infancy and Their Prevention.

These are timely topics, and deserve a more extended consideration than they have yet had in most of our schools.

THE Board of Education of the District of Columbia has awakened to the fact that there have been too many studies crammed into the public-school course, and is now working toward a reform by the elimination of unnecessary studies.

THE Pennsylvania Pure Food Commissioner found ninety-five per cent of the samples of cheap grade whisky, secured in different parts of the State and analyzed by him, to contain the deadly wood-alcohol and red pepper. Some samples contained arsenic, turpentine, and prussic acid. The straight alcohol is bad enough. This may be appropriately called "fire water." Wood-alcohol is a much more violent poison than ordinary alcohol, and quite often causes sudden death or blindness, even from one drink.

"SOFT drinks" are not necessarily safe drinks. Soda fountains dispense a drink known as "The Bracer," which is becoming very popular. This drink is said to be a vile **compound**, rapidly forming a drug habit. Healthy people need no "bracers," and others would do well to avoid them. There is always a reaction after the "bracing" process, which will require a constant repetition of the bracing.

BECAUSE of the frequent deaths and severe injuries caused by carbolic acid (taken, as a rule, with suicidal intent) the New York health authorities have issued a regulation intended to control the sale of carbolic acid of more than five per cent strength. This has caused a protest from the pharmacists, who realize that if the board can discriminate in regard to carbolic acid, it may also restrict the sale of other poisons, as morphin, cocain, etc.

The statement is made that the restriction of the sale of carbolic acid will not deter intending suicides from carrying out their purpose; that they can destroy themselves by use of the five per cent solution as well as by the pure acid if they so desire.

THE special investigation commission appointed by the government of England, on account of the cry that has been made that the race is degenerating, has reported that it was unable to find reliable evidence of any general physical degeneration.

A CIRCULAR has been sent out to the high schools of Germany, warning students against taking up the study of medicine, on account of the overcrowded condition of medical practise in that country. A similar circular would not be amiss in this country.

PENNSYLVANIA nurses are asking to be licensed, and to be allowed, on graduating, to use after their names the letters "R. N." (registered nurse).

THE women of Kalamazoo, Mich., recently became so tired of their filthy streets and of the inefficiency of the men whose duty it was to enforce the city ordinance for cleanliness that they requested, and were granted, permission to have charge of cleaning one street.

They enforced the neglected ordinance with vigor, and demonstrated that it is wiser and cheaper to have clean streets than filthy ones, and gave the citizens of Kalamazoo an object-lesson in practical hygiene which other cities would do well to heed.

MISS PENI DURHAM, aged thirty-five, of Essex County, Virginia, so says the *Washington Post*, had been bedridden for fifteen years, when William Harper offered to marry her if she would get up and walk. It cured her. It may cure him of making any such rash offers. Who knows?

A SCIENTIST recently stated that in less than seven hundred years all human beings will have gone crazy. Anxiety, worry, overwork — especially overwork of women — drugs, and whisky are given as the causes.

Isn't it about time people learned to live simple, natural lives, to depend on right living rather than drug taking to protect them against disease?

THE Pennsylvania State Dairy and Food Commissioner, in his annual report, says that the Pennsylvania pure food law of 1895 is recognized as the most effective in the United States; but he believes it can be improved so as to be much more effective. He finds need of much closer inspection of the milk supply. He believes that the excessive use of preservatives in milk is directly responsible for the increased child mortality in western Pennsylvania.

A WRITER in the *New York Medical Journal* of August 13 has collected statistics which, according to him, prove that milk is not an important factor in the spread of tuberculosis.

He finds that in the islands of Guernsey and Jersey the cattle have no tuberculosis, yet the people are affected as elsewhere. The Alaskan Indians use no milk, and yet tuberculosis is rapidly increasing among them. In China and Japan, and in India where the religion prevents the use of milk, the spread of tuberculosis does not seem to be hindered in the least.

He calls attention to the fact that the spread of tuberculosis is most rapid among the very poor who use very little milk. Among sailors who had tuberculosis, the majority had never used milk.

He believes that tuberculosis is pre-eminently a filth disease, and that it is transmitted largely because people are uncleanly.

THE New York Association for Improving the Condition of the Poor has given more than thirty-one hundred mothers and children excursions for ten days, and has given nearly seventeen thousand one-day excursions, during this summer. It is said that these outings have had a noticeable influence in helping to keep down the death-rate among the poor.

BEFORE the Louisiana State Legislature is a bill requiring that nurses shall take examination under State supervision. It is thought that the bill will become law. It is only a question of time when all the States will have laws regulating the nursing profession, similar to the laws regulating the practise of medicine.



CHEER is to the digestion what the breeze is to the fire.—*Dewey*.



MOST cases of disease that fall to the care of the physician are trivial, self-limited, and rapidly recover even under the most crucifying dosages; nature really winning the victories, the physician carrying off the honors.—*Dewey*.



HASTY eating is not entirely a voluntary act. With anxious thoughts, and a general feeling of hurry and worry, hasty eating will come as a matter of course. Nor is it easy to get out of the habit of hasty eating.—*Miles*.

Health Suggestions

IN every case of obscure illness, take the temperature. If fever is present, *disinfect all discharges* until your physician tells you there is no need of doing so. It is far better to disinfect when unnecessary than to permit one vessel of discharge from a typhoid patient to go without disinfection. A little care or forethought in this line may save one or more lives in your own or a neighbor's family.

To disinfect discharges, add an equal quantity of milk of lime (prepared by adding eight parts of water to one part of *freshly slaked* lime and mixing thoroughly). The disinfectant should be well mixed with the discharge, and the whole allowed to stand at least one hour before emptying.

THE best preventive of a cold is sound health. Your health must be run down in order for you to be subject to colds.

COMMON conditions among those most susceptible to colds are too much food and too little exercise; too much artificial heat and too little fresh air; too much bundling up and too little bathing. Reverse the process. Eat less. Leave off meats, sweets, heavy mixtures. Eat less frequently. Never eat except when hungry. Let what you eat be nourishing. If a cold seems to be coming on, you will find it an excellent plan—if you have courage to try it—to miss one or more meals.

Do not be so afraid of "drafts" that you shut off your supply of oxygen. The American Indians began to die of tuberculosis when they became civilized enough to live in houses. White people get cured of tuberculosis when they live

outdoors. The air-passages must have pure air to be healthy.

SOME wear such heavy clothing that evaporation is prevented, and the perspiration remains to cause a chilly, clammy feeling, which seems to call for additional clothing, when, in fact, the best thing to do is to lessen the clothing. It is dangerous to become accustomed to too heavy garments. The resistance of the body is greatly lessened.

LUNG protectors, scarfs, and other extra pieces, especially if made of impervious material, are apt to do more harm than good. If the house is kept at a hothouse temperature, it becomes necessary to bundle up on going out into the air, to avoid too great a change. It is much better to get used to a comparatively low temperature than to maintain an artificial summer temperature.

If the skin seems susceptible to drafts, harden it by a daily cool bath, using a basin of water and the hands in a moderately warm room, exposing only a part of the body at a time, and following by vigorous friction and exercise. Such a bath must, in all cases, be followed by a good reaction; else it is better omitted. Gradually the temperature of the water and of the room may be lowered as the body becomes accustomed to it.

If your child is attending school, and an epidemic of "cold" breaks out there, you will be wise to take her out for a while. You may thus avoid a case of scarlet fever, or measles, or diphtheria, or influenza, or some other serious malady. Health and life are worth more than education.

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

G. H. HEALD, M. D. - - *Editor*

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WE regret the necessity of laying over for the December issue, the article "What a Doctor Learns From His Patients."



ON another page of this journal will be found the announcement of the Philadelphia Sanitarium.

In medical thought and educational advantages, Philadelphia has been called the "Athens" of America. Philadelphia has its full quota of physicians, and from them has come a call for the establishment of an institution fully equipped to give attention to physiological therapeutics.

Three years have now elapsed since the Battle Creek Sanitarium sent its representative to the "city of brotherly love," and the success of the enterprise from the beginning speaks volumes for the character of the work.

The medical staff consists of three physicians,—one lady and two gentlemen,—who are assisted by twelve trained nurses.

The therapeutic agencies consist in the scientific use of hot and cold, water being used largely as a medium for its

application, electricity in its various forms, massage and various forms of medical gymnastics, together with the well-known electric-light bath.

The sanitarium proper comprises a double house of eighteen rooms, four-stories high, and is most happily situated within easy reach of the railroad stations and wharves. Fairmont Park, the largest city park in the world, is within ten minutes' walk, with its ample verdure and forest trees, and abundant room for tennis and various outdoor games.

Separate treatment rooms for ladies and gentlemen are on the second floor, each being equipped with the electric-light bath. A well-appointed operating room, and surgical wards for both men and women, enable the institution to properly care for surgical as well as medical cases.

A clinical laboratory, well equipped with scientific apparatus, provides the means by which research is made into the various body secretions for the purpose of diagnosis and treatment.

Recently, an eye and ear and a nose and throat department have been equipped with the latest instruments for examination and treatment, so, altogether, the Philadelphia institution offers the best of facilities for the care of the sick.



LIVE out of doors as much as possible. Where it can be done, sleep outside when the weather permits. What cures lung troubles is an excellent preventive.



KEEP out of the way of people who have a cough, especially in time of an epidemic of cough (commonly called the *grip*). Whether it is true grip or simply an epidemic cold, an ounce of prevention is worth pounds of cure.

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