

How You Can Keep Cool on Hot Days

**LIFE**  
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**HEALTH**  
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Vol. XX

JULY, 1905

NO. 7

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

Vol. XX

Washington, D. C., July, 1905

No. 7

## *How You Can Keep Cool on Hot Days*

*Frederick M. Rossiter, M. D.*

ONE of the first essentials to keeping cool physically is to be calm. A calm, tranquil mind equalizes the physiological forces of the body, and evenly distributes the blood. It is surprising how wonderfully uncomfortable a little anger on a hot day will make one feel.

There is a rush of blood to the head, and one physiologically becomes "hot under the collar," which makes it easy to say hot things. Anger, worry, excitement, are all incompatible with a hot day. "Let your sweetness of disposition be known unto all men" is a beautiful motto to practise when you are sweltering in a hot department store or listening to a Fourth-of-July oration.

If you would be cool, avoid hurry. Avoid rushing for the train, the street-car, the cab. Such exertion excites a copious flow of perspiration; then you sit in a window to get cool. Sitting in a draught while perspiring, and with garments moist with perspiration, is a prolific cause of colds, bronchitis, pneumonia, and rheumatism.

Violent exercise on a hot day is exceedingly dangerous. Eighty per cent of the heat of the body is produced in the muscles, hence immoderate exercise may cause the temperature to rise several degrees. Such use of the muscles

produces free perspiration; the fatigue calls for rest and relaxation, and, this being usually taken while sitting on the ground or in a draught, sickness often follows.

### *Avoid Physical Exertion*

The fact that such a large portion of body heat is produced in the muscles is a physiological reason why great physical exertion should be avoided during the heat of the day. The best and most natural time for physical outdoor work on a hot day is during the early morning hours and in the evening. In order to be cool it is highly important that particular attention be given to the diet, inasmuch as eighty per cent of the energy of food is converted into heat. The oxidation and burning of food gives rise to heat. In cold weather there is an immense radiation of heat from the seventeen square feet of skin of the average individual, hence the importance of abundance of food material of heat-producing quality. But in summer, with the surrounding temperature approaching that of the body, less fuel is required, and the food should be of a quality intended not so much for heat in maintaining the vital fires as to produce energy. The quality of the food should be regulated from day to day

according to the temperature indications. In a recognition of this principle lies to a large extent the secret of being comfortable on hot days.

The man who sits down to breakfast on a hot morning, and eats freely of ham and eggs, fried potatoes, hot biscuit, or, perchance, griddle-cakes, and washes all down with one or more cups of strong coffee, alternating with ice water, is not beginning the day with the prospect of being cool. Long before the noon hour he is a veritable conflagration. With electric fans operating all around him, he is neither cool, comfortable, nor amiable. Such a breakfast produces an insatiable thirst that is not assuaged by ice water, beer, or iced teas. These even seem to be converted into combustible materials, and intensify the heat.

A flesh diet is incompatible with a hot day. Flesh foods are not only heat producing, but the poisonous wastes retained in their tissues are exciting and irritating to heart and nerve-centers. Meats, especially when highly seasoned, create an intense thirst, and the excessive drinking of any fluid is not the means of keeping cool.

#### *Diet Should Be Light*

When the day is hot, the diet should be light. Fruits, cereals, and nuts, the latter eaten sparingly, constitute by far the best diet for hot weather. The fact that fruits are so abundant during the hot season is an indication that they were intended to form a part of man's diet during the dog-star period. The popular notion that fruits are unwholesome during hot weather is absolutely unscientific, and due to false ideas. Overripe fruit should not be eaten at any time, and fruit that is picked green for the early market is unfit for food. Only the sun in the process of ripening

fruit can bring out its flavor and quality. If care is exercised in selecting ripe fruit, always remembering that fruit is perishable, and if it is properly combined with other foods, there is no occasion for its causing the least digestive disturbance.

Strawberries are the first of the fresh fruits to appear in the market and to greet the eye at the table. There is a saying, "Doubtless God could have made a better berry than the strawberry, but he never did." An English writer has said, "The strawberry is an unalloyed and unimpaired mouthful of deliciousness; it has neither rind nor stem to mar the perfect pleasure of the palate, and it is so healthful that you can eat it till you are tired." An ideal hot weather breakfast would be a dish of strawberries, a dish of one of the numerous cereal flaked foods, together with toast or bread and butter. Strawberries are richer than most fruits in potash and lime salts, and especially soda salts, together with some iron, and so are recommended for gout and rheumatism.

The acid of the strawberry and the acid of other fruits are cooling and refrigerant, and have a most wholesome action upon all the eliminative organs. Unless the taste is seriously perverted, there is, during the hot weather, a natural craving of the system for the acids and mineral salts of fruits.

The value to be derived from fruits is often counteracted by the quantity of sugar and cream used with them. If any harm comes from eating ripe fruit, it is due to this combination, and not to the fruit.

A light breakfast on a hot day, as suggested above, gives one a wonderfully comfortable feeling, unknown to the gastronomic epicure, who for a time makes a sepulcher of his stomach.

For dinner it is necessary to partake of more substantial food. However, it is safe to say that one would not starve to death before the next morning if little but fruit were eaten, and the majority of mankind would be far better off for the occasional self-denial. On a hot day fats, fried foods, and condiments should be avoided, for all increase the susceptibility to heat.

#### *Eat Juicy Fruits*

Following the strawberry in May and June we have a rapid succession of the most delicious and delicately flavored fruits of sufficient variety to satisfy the most fastidious taste. In fever, when the body is being consumed by vital fires, there is a natural craving for acid, juicy fruits, and in most cases nothing is better. The same principle applies to the sultry days of summer.

While the diet sustains a closer relation to the comfort or discomfort of an individual in hot weather than any other one thing, yet there are other matters to which it is necessary to give attention in order to enjoy the maximum of physical happiness. It is a delusion and a snare to think that drinking ice water, iced tea, and other cold drinks will cool the body when it is ninety or more in the shade. In fact, it is dangerous to drink several glasses of cold fluids when one is very hot and in a state of perspiration. It is far better to drink moderately cool water in small quantities and frequently than to deluge the body with a quart or more within a few minutes. Fluids are quickly passed from the stomach into the intestines, where they are absorbed; and if the quantity is large, the volume of the blood is greatly increased. As a self-protection the blood-vessels under the skin enlarge; the sweat-glands are stimulated to increased activity, 2,500,-

000 sweat pores become busy, and copious perspiration will continue until the equilibrium in the blood is again established. A leaky skin on a hot day does not furnish one with a maximum amount of happiness. Drink moderately, and only of cool water, fruit juice without sugar, or oatmeal water, and a hot day can be shorn of its discomfort. Children especially should not be given iced drinks in hot weather.

The free use of beer and other alcoholic drinks on a hot day, with the idea of keeping cool, has brought unexpected disaster to many, and discomfort to thousands. These drinks relax the blood-vessels of the head, causing a large amount of blood to remain in the brain, hence increase the susceptibility to sunstroke and heat exhaustion. To keep the feet warm and the head cool is a physical maxim applicable to all seasons of the year.

An excellent way to begin every day, and especially a hot day, is to take a cool sponge, plunge, or shower spray, and to follow it with a vigorous rub, using a coarse towel in order to secure a good reaction. It gives a new zest to life, it brightens the mental horizon, it gives a feeling of freshness and vigor, so that what seemed an insurmountable morning task is now easily accomplished.

If you awaken in the morning unrefreshed after a night of tossing and sweltering in a hot room, be sure to take a cold bath of some sort. It has virtue.

The morning cold bath is incompatible with a sluggish circulation, a torpid liver, a depressed nervous system. This cutaneous gymnastic is most beneficent in its influence. The cold bath is to a man what starch is to a linen collar.

For fatigue, and as an aid to keeping cool on a hot night, take a warm bath, a tepid sponge bath, or, if that is not convenient, even a cold sponge.

# Diet and Health

Mrs. E. G. White

OUR bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

## *Selection of Food*

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health, and causes weakness instead of strength. We can not be safely guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

In order to know what are the best foods, we must study God's original plan for man's diet. He who created us, and who understands our needs, appointed Adam his food. "Behold," he said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Gen. 1:29, A. R. V.

Upon leaving Eden, to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." Gen. 3:18.

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

But not all foods, wholesome in themselves, are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons who follow sedentary pursuits. God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities.

Care should be taken to have all food in as good condition as possible. In the end, good food is the cheapest. Vegetables that are stale or of poor quality are likely to be unpalatable and unwholesome. So with fruits. Ripe and fresh, they are as wholesome as they are delicious; but green, partly decayed, or overripe fruit should never be eaten raw. When cooked, unripe fruit is less objectionable. So far as possible, however, we should use fruit in its natural state. The more we accustom ourselves to use it fresh from the tree, the greater will be our enjoyment of fruit, and the



more benefit we shall receive from its use.

For use in winter a liberal supply should be prepared by canning or drying. For canning, glass rather than tin cans should be used whenever possible. It is especially necessary that the fruit

into use to take the place of flesh-meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

When properly prepared, olives, like nuts, supply the place of butter and flesh-meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.

Persons who have accustomed themselves to a rich, highly stimulating diet, have an unnatural taste, and they can not at once relish food that is plain and simple. It will take time for the taste to become natural, and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome food will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and it will be eaten with greater enjoyment than can be derived from unwholesome dainties. And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task.

#### *Variety*

In order to maintain health, a sufficient supply of good nourishing food is needed. But there should not be a great variety at any one meal; for this encourages overeating, and causes indigestion.

It is not well to eat fruit and vege-



*"I have given you every herb yielding seed"*

for canning should be in good condition. Use little sugar, and cook the fruit only long enough to insure its preservation. Thus prepared, it is an excellent substitute for fresh fruit.

Nuts and nut foods are coming largely

tables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the vegetables at another.

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

#### *Preparation of Food*

It is wrong to eat merely to gratify the appetite, but no indifference should be manifested regarding the quality of the food, or the manner of its preparation. If the food eaten is not relished, the body will not be so well nourished. The food should be carefully chosen, and prepared with intelligence and skill.

For use in bread-making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.

The use of soda or baking-powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. Many housewives think that they can not make good bread without soda, but this is an error. If they would take the trouble to learn better methods, their bread would be more wholesome, and, to a natural taste, more palatable.

In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome. Milk bread does not keep sweet so long after baking as does that made with water, and it ferments more readily in the stomach.

Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and



*“Nut foods are coming largely into use to take the place of flesh-meats”*

so thoroughly baked that, so far as possible, the yeast germs shall be destroyed. When hot or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread. Fresh rolls made of wheaten meal without yeast or leaven, and baked in a well-heated oven, are both wholesome and palatable.

Grains used for porridge or “mush” should have several hours’ cooking. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. Zwieback, or twice-baked

bread, is one of the most easily digested and most palatable of foods. Let ordinary raised bread be cut in slices, and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and if reheated before using, it will be as fresh as when new.

Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients.

The free use of milk and sugar taken together should be avoided. If milk is used, it should be thoroughly sterilized; with this precaution there is less danger of contracting disease from its use.

Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable; it is wholly unfit for food.

Scanty, ill-cooked food depraves the blood by weakening the blood-making organs. It deranges the system, and brings on disease, with its accompaniment of irritable nerves and bad tempers. The victims of poor cookery are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking." "Died of an abused stomach."

It is a religious duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think.

There are few really good cooks. Young women think that it is menial to

cook and do other kinds of housework; and for this reason, many girls who marry and have the care of families have little idea of the duties devolving upon a wife and mother. They can read novels and play the piano, but they can not cook.

Cooking is no mean science, and it is one of the most essential in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the poorer classes. To make food appetizing and at the same time simple and nourishing, requires skill; but it can be done. Cooks should know how to prepare food in a simple and healthful manner, and so that it will be found more palatable, as well as more wholesome, because of its simplicity.

Every woman who is at the head of a family, and yet does not understand the art of healthful cookery, should determine to learn that which is so essential to the well-being of her household. In many places hygienic cooking schools afford opportunity for instruction in this line. She who has not the help of such facilities should put herself under the instruction of some good cook, and persevere in her efforts for improvement until she is mistress of the culinary art.



I HAVE done my best to disabuse the public of the erroneous and harmful view that a man may with safety constantly violate the laws of health, and subsequently go to the doctor and "be fixed up" so that he shall escape the consequences. He may, it is true, receive temporary relief from ill feeling; but he should be made to realize that persistent evil-doing will lead to ultimate pathologic results, from which there is no relief except by death.—  
*Uhlrich.*

## *The Campaign Against Consumption*

THE first annual meeting of the National Association for the Study and Prevention of Tuberculosis was held in the assembly halls of the New Willard Hotel, Washington, D. C., May 18 and 19. Here were gathered the men most eminent in the warfare against the disease, which, on account of its high death-rate, has been aptly called "the great white plague,"—men who are devoting their lives to the study of the best means of combating this almost universal scourge.

One section was devoted to the consideration of the sociological phase of the tuberculosis problem; another, to the clinical and climatological phase, and a third to the pathology and bacteriology of tuberculosis. Much attention was given to the open-air treatment of the disease, to the advantages of sanatorium treatment over home treatment, to the advantage of special climate as against an unfavorable home climate, and to the importance of making an early diagnosis.

The presidential address was delivered by Dr. E. L. Trudeau, of the Saranac Lake Sanatorium for Tuberculosis. He gave a brief history of the disease, saying that it was formerly looked upon in the light of a fate, resistance to which was useless. Later it was shown to be communicable, and hence preventable, and with preventive measures came a marked reduction in the death-rate all over the world. Even ten years ago, the present progress would have seemed impossible.

He suggested as the most important measures, the education of the people and the education of the State. If all knew how much had been done in the diminution of the death-rate, and how much more can be accomplished by an

extension of the same measure, there would be a resistless demand for legislation, resulting in better sanitary conditions for the poor; for it is in the congested poorer districts that the disease makes its greatest headway.

Dr. Osler directed attention to the importance of educating the medical profession especially on the point of early diagnosis. Diagnosis in the early stage is a very difficult matter, and especially to the young physician, because in the clinics the usual practise is to bring before the class well-marked cases, instead of incipient cases. He believed that there should be large tuberculosis dispensaries in connection with every hospital, and that medical students should be familiarized with incipient cases.

Another important measure is the education of the patient. The friends of the patient desire to have the truth kept from the patient lest it have a depressing effect on him. There can be no greater mistake; co-operation will be more spontaneous, and discipline more effective, if the patient understands the nature of his trouble.

Dr. Klebs, of Chicago, spoke on the importance of recognizing the early signs of the disease. It is not safe to infer that the patient has no tuberculosis because no tubercle bacilli are found in the sputum. One of the significant signs in the earliest stages is persistent hoarseness with no cause in the larynx, and with no noticeable disturbance of the general health, but with symptoms similar to neurasthenia. Bleeding from the lungs is often an early sign, and may precede for several weeks any physical signs. Insufficient weight, as compared with the height; diminished chest expansion; disturbance

of pulse and temperature (temperature should be taken every two hours for several days), are some of the signs which should point toward the presence of tuberculosis.

Dr. Janeway spoke of the danger of making a negative diagnosis on one examination. The welfare of the patient demands that in case there is any suspicion, the diagnosis should not be pronounced negative until after repeated examinations. Many advanced cases come to the specialist from their family physician with the diagnosis of "incipient tuberculosis,"—cases, which, had they received a correct diagnosis in the first place, might have been restored to health. "It is better," says Dr. Janeway, "to go on the suspicion that it is tuberculosis, than to wait too long."

Holmer Folks, of New York, spoke of "Tuberculosis from a Layman's Point of View." To a layman, the question suggests itself, "If tuberculosis is preventable, why is it not prevented?" We do not sufficiently appreciate the value of public health as an investment, and are not willing to devote sufficient means to the saving of human life to make it really effective. Too little money is placed at the disposal of health boards to render them efficient. At each political campaign each voter is reached several times by mail with important documents. The postage on a single one of these documents may reach as high as sixty thousand dollars. If the health campaign could be carried on with such an expenditure of means, it might be far more effective. A vigorous campaign in New York City, with an appropriation of a million dollars a year for ten years, would lessen the need in the future for so vigorous a campaign.

Dr. E. T. Devine, of New York, presented a working program for a tuber-

culosis association including ten lines of work:—

1. A maximum of fresh air and sunlight for all mankind, at work, at leisure, and at sleep.

2. Abundance of simple, varied, nourishing food, especially pure milk and fresh eggs.

3. Early diagnosis by family physician, and hearty co-operation by the patient.

4. Registration of all cases, not for interference, but for knowledge of the situation by the health board.

5. The erection of hospitals and institutions for the care of advanced cases, for their comfort, and to lessen the danger of infecting others.

6. The erection of more hospitals and sanatoriums for incipient cases.

7. Public instruction in elementary hygiene through every known channel,—newspapers, schools, lectures, leaflets, visits from physicians and nurses.

8. Conferences between workers.

9. Relief for the poor, especially in the matter of furnishing nourishing food.

10. Research.



### *Hints on Bathing*

THERE is always a tendency, when one is in swimming, to remain in the water too long. One should never continue the bath until he is chilled, the skin blue, and the teeth chattering. Ten or twenty minutes is far better than a longer time, especially if the water or the air is cold.

Bathers should not go into the water just before or within two hours after a hearty meal, nor when overheated or exhausted.

## *Cooking Without Fire*

STOVES which burn gas, oil, and gasoline have done much to diminish the unpleasantness of the summer kitchen. Now there comes from Germany an invention which, by lessening the time that a fire is necessary, results in a lowering of the fuel expense and the kitchen temperature. This simple contrivance, which, as soon as we read of it, we wonder why it was not thought of years ago, costs practically nothing, can be made by any one who knows enough to cook, takes up very little room, cooks the food better with less expenditure of labor and care, keeps foods hot for hours when desired, and obviates many of the kitchen odors.

The reader may think we are advertising some newly patented kitchen utensil, but we are not. We shall tell you how to make one of these savers of fuel, labor, and time, and then you can yourself verify what has been said regarding the merits of the "hay box."

In the ordinary method of cooking, the food must be constantly supplied with heat. A vessel taken off the stove soon cools down, and the food fails to cook. This is because the heat is being rapidly carried off from the vessel by conduction, radiation, and evaporation. If this loss of heat can be prevented, it is then only necessary to keep the vessel on the stove until the food is raised to the cooking temperature. The food will then continue to cook without the aid of any more heat from the outside. It is impracticable to prevent entirely the dissipation of heat, but this new invention so reduces the loss of heat that a dish of food, brought to the boiling temperature, will retain, for several hours, sufficient heat to finish the cooking. During this time, the food need not be stirred, and there need be no fear that it will be burned. If the members

eat at different hours, the food will be kept warm for each one, and the last one will not find his meal all dried up and burned. For a picnic dinner, or for a gang of laborers who are working at some distance from the kitchen, the food can be carried warm to the place of serving, and served warm, several hours after it has left the stove. These are some of the advantages of the hay box. There are others. It is not necessary to hurry up a meal. The dinner can be prepared right after breakfast, while the kitchen is comparatively cool, and will remain warm until dinner time, without warming up the kitchen. The fire need not be lighted at all during the hot part of the day. Other advantages will suggest themselves to the intelligent cook.

To make a hay box, secure a box without cracks and knot holes; fill it loosely with hay or shavings, which should be renewed occasionally for the sake of cleanliness, and in order to avoid dampness; for the drier the hay, the better it will retain the heat. A nest should be made for each vessel, and the hay should be packed in well around it.

At first, it will be necessary to experiment as to the length of time the food should be on the stove before it is transferred to the hay box. For many articles, three minutes' actual boiling is all that is necessary. Dried fruits, legumes, and rice should be first soaked for a few hours in cold water. The food, as a rule, should remain for two or three hours in the hay box, but may, if desired, remain for ten or twelve hours. Cereals may be thus cooked for breakfast the night before.

Each vessel should have a tightly fitting cover, and the cover of the box should fit snugly. Each vessel should be surrounded on all sides, and above if practicable, with hay.

# Hot Weather Hints

## *Clothing*

ONE reason why clothing is a good retainer of heat, is that it contains a large amount of air, which is a poor conductor of heat. Even the open-meshed fascinator is a warm garment, because it imprisons a considerable quantity of air. When one garment is worn, there is a layer of non-conducting air between it and the skin. If two garments are worn, there is an additional layer of air between them. In summer, men often wear an undershirt, a shirt, a vest, and a coat,—four garments over the trunk, with four layers of air. Even if these garments are of the lightest material, the dissipation of heat from the skin will be greatly hindered. If these four could be reduced to one,—the shirt-waist, of moderately light material,—it would insure comfort.

## *The Thermometer*

Do not pay too much attention to the thermometer during hot weather, if you desire to pass through the season with the least discomfort. The man who is constantly looking at the thermometer suffers the most from the heat. Our sensations all become the more keen as we direct the attention to them. It is always more painful to be lanced by a surgeon without an anesthetic than it is to be cut accidentally, for the reason that the attention is directed to the operation. Often the first intimation a soldier has that he has been wounded is the trickling of the blood. His attention being directed strongly in another direction, he does not feel the pain. You may escape much of the discomfort incident to hot weather by being so busy that you have no time to think of the weather.

## *Drinking*

It is a mistake to drink iced drinks or very cold drinks in hot weather. The colder the drink, the more irritation to the mucous membrane, and consequently the greater thirst. Ice and iced drinks do not quench thirst, but at best satisfy for only a brief period, after which the thirst is intensified.

In moist or sultry weather, the less water one can get along with, the better. Water drinking increases the tendency to perspire, and when the large proportion of water already in the air prevents evaporation from the skin, every drink adds to one's discomfort by increasing the clammy condition of the clothing.

When the weather is hot and dry, it is an advantage to drink quite large quantities of water, but it should not be taken too rapidly. It is better to drink a small quantity at a time and at rather frequent intervals.

It is a part of the writer's health decalogue to drink no Potomac water, and consequently, during the hottest days of summer, he may go all day without water, drinking only when he reaches home at night. He does not perspire much, and, as a result, he is more comfortable than many of those around him.

## *Ice-Cream*

Inasmuch as the ice-cream season has come, it is well to remember that ice-cream may be a means of conveying typhoid fever. A serious epidemic of this disease which occurred in Govan, Scotland, last September was traced to the eating of ice-cream. Those who must use this article should bear in mind that the men who make it and sell it on the streets are not especially versed in sanitary science, and are not apt to be over-particular as to the source of the water and the milk supply.



# THE MEDICAL MISSIONARY AT WORK

## *Medical Missionary Work in Japan*

THE year 1902 witnessed the opening of the medical missionary work in our field. In October of that year, Dr. S. A. Lockwood, and his wife, Dr. Myrtle S. Lockwood, arrived to engage in this line of work. They spent the first few months of their time in language study, and in careful search for a favorable opening for the work. No such opening presenting itself either in Tokyo or Yokohama, our attention was directed to Kobe, an important port about three hundred and seventy-five miles to the southwest of Tokyo. Here we found several persons who were already acquainted with our sanitarium work in America, and who encouraged us in every way to begin the work there. After some delay, a suitable house was rented, and the place was opened to receive patients, June 1, 1903.

At this time the force of workers was small, and the equipment decidedly meager. But from the first, patients began to come, and without exception received benefit from the treatments given. From this small beginning the work has steadily grown. In October of the same year, the force was increased by the arrival of Mr. and Mrs. B. E. Rees, trained nurses from the Portland (Ore.) Sanitarium. Needed equipment has also been added, as funds have permitted. The number of patients increased till it was found necessary to call for another nurse from the home field, and Miss Maude Harvey arrived last November, in response to this call.

Toward the close of last year it became evident that the sanitarium quar-

ters would soon become inadequate to accommodate the increasing number of patients; so, after careful deliberation, it was decided to build an addition, to contain four patients' rooms and two rooms for nurses and other helpers, with basement for storerooms and laundry. This addition is now practically finished, and most of the rooms have been occupied.

The prospects for this branch of our work seem very promising. A good practise is being built up among the foreign residents of Kobe, and an increasing number of outside patients are receiving treatments. The house patients have included the late United States consul and other well-known people in Kobe, besides missionaries from different parts of the country. The Kobe Sanitarium is regularly advertised in the Japan *Evangelist*, a magazine read by practically all missionaries in Japan; and those who have been its patients recommend the place to their friends. By these means the work is becoming well known, and the patronage is steadily increasing.

In the management of this institution, we have planned carefully, so as not to get beyond our depth financially. The equipment has been increased only as we had funds to pay for it. It is expected that the institution will be wholly self-supporting this year.

A few months after the opening of the Kobe Sanitarium, a similar work was begun in another part of the city, by our native physicians, M. Kawasaki and K. Kumashiro. Later, Mr. Kawano, a graduate from the St. Helena Sanitarium Training-school, having re-



turned to his native country, united with the doctors in this work. These laborers have put their own means into the enterprise, and have struggled along under many difficulties. But the work is growing, and good results have already appeared. Five of their patients and six helpers have accepted the truth, and united with the church. Recently the number of house patients has increased very materially, so that the prospects are truly encouraging.

F. W. FIELD.



### *Training Medical Missionaries*

At present we have under training at the Wahroonga Sanitarium, for medical missionary work, about twenty-seven persons. Thirteen of this number will soon complete their studies, and be ready to respond to the many calls that are coming in from all parts of the vast field now under the supervision of the Australasian Union Conference. Already we have been able to send three nurses to help in the sanitarium work at Christchurch, New Zealand; two have been sent to Samoa to assist in the sanitarium there, and another has just left with Pastor Fulton to engage in island work. Other calls have been made which we have not been able to fill.

The question is frequently asked, Do you expect these workers to confine themselves to nursing? We reply, *No*. Our aim is not to educate nurses, but to educate missionaries. After they have completed their course, they are entirely free to devote their talents as God may indicate. Some may be called to the work of Christian Education; others may take up the Bible work; and still others may enter the canvassing work or the ministry.

"Well," says one, "of what use is it then to spend two years at the sanita-

rium gaining medical knowledge?" We believe that the minister who has this knowledge will be a more successful worker, other things being equal, than his brother laborer who does not possess such knowledge. The Bible worker who is able to teach mothers how to give simple treatments to their children, who can enter the kitchen and give practical instruction in the preparation of healthful food, who can give the needed instruction in proper food combinations, and how to prepare foods for invalids and infants, or how to dress with reference to health, will be able to accomplish much more than one, no matter how sincere, who lacks these qualifications.

How much the churches need such help! What a blessing a school-teacher could be who has, in addition to her other qualifications, a practical knowledge in the lines of work that are taught in the sanitariums. What we need in the churches and in new fields that we may enter in the future is practical workers who will elevate the moral standard by correcting the physical habits of the people. When the Saviour sent out his disciples anciently, it was with the commission, "*Heal the sick, and say unto them, 'The kingdom of God is nigh at hand.'*" Each worker was to go forth prepared for this double ministry, and do as occasion might serve. Why should not the workers in these days be sent out with such a commission? Can we improve upon the Saviour's method?

D. H. KRESS, M. D.



"I SHOULD like to be silent when my words would offend; and though the proverb says, 'Faithful are the wounds of a friend,' I want to be mighty sure my friend needs wounding, and also that I am qualified to administer it."

*Shang-tsai Hsien, Honan, China\**

THE past week has been a very busy one. We have opened our dispensary for the sick, and I think that nearly all the sick in the city are coming. The confidence the people place in us is simply remarkable. And they all pay for their medicines. It is not much, but it is as much in proportion to the salary as those in the States pay. The effects of the antiseptics for ulcers and sores, seems remarkable; and the medicine that cures "pchan," or malaria, is talked all over town. The bandage is a curiosity to them; and as they leave with a white bandage around their neck or head, they are laughed at quite a little by their fellow associates; but they feel like taking care of the crippled member, in spite of some ridicule.

We can now see as never before what an advantage the missionary has if he is also a doctor. It brings him in touch with the people, and he is able to become acquainted with them as in no other way. We see the Chinese love for their children, both boys and girls. Like Americans, and all other nationalities, the Chinese dread death. They have a very vague idea of anything in the future. My wife and I spend three hours in the afternoon seeing patients, and during this time we examine and treat from thirty to forty persons. Every day more have come than we were able to treat before the time of closing the dispensary, so we have told the remainder to wait until the next day. These are the brightest days of our medical practise, for we are where we can help people who have no other source of help. Besides the four doctors of our missions, there are but two or three other doctors in this province, with

twenty-two million people. The cases with sore eyes and ulcers are most numerous.

We are also holding meetings every evening with the Chinese, besides the services held on Sabbath. With our language studies, we are kept quite busy. But we are living in a time of this world's history when every man, woman, and child should be about the Master's business, proclaiming the message for this time.

H. W. MILLER, M. D.



FORTY years ago some kind Christian gave a New Testament to a wounded soldier in a hospital at Vicksburg, Miss. That soldier has just written to the American Bible Society that he found the New Testament precious when he was in the hospital. Therefore he sends three hundred dollars to be used as speedily as possible for putting the gospel into the hands of wounded soldiers in Japanese hospitals. The gift of one New Testament long ago has reached to the other end of the world, and multiplied ten thousandfold.



THE patients who came to one of the medical missions in South China during one year represented from three hundred and fifty to four hundred villages, towns, and cities. From one town alone six cases of double cataract were received; four of these persons decided for Christ, and were baptized.



THE Japanese army hospital at Osaka has ten thousand beds, generally all full. It is entirely open to Christian missionary work among the patients; and what an opportunity this offers for planting seeds of a new life!

\* Written before the death of Dr. Maude Miller.



# HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

## *The Meal in the Open*

"I WILL get another chair, Phillis!" and Harry bounded into the house and out again with astonishing alacrity. "There!" he exclaimed briskly, as he sat down and tucked his napkin under his chin; "now I'll take my plate. Thanks! Sis, hurry with those sandwiches; I'm starving. Isn't this jolly, though?" he added, as he took a big bite. "Let's do it every night!"

"It is rather nice!" Father smiled as he leaned back in his favorite rocker. "Just feel that breeze, will you? I was thinking, as I came up on the trolley, that I could not eat a thing if I had to, in that stuffy dining-room. The office was insufferable this afternoon; but this — yes, I will take another, dear, and a glass of lemonade, too."

The Beatties had moved into a new house early that spring, and as the hot weather came on, they were discovering that the dainty dining-room, which had been one of the most attractive features in April, was little short of a furnace in July. It was Helen's fertile brain which saved the day, and to-night the family were having their first picnic-supper on their small vine-covered porch; nor was it the last.

They were regular picnics, too, as Harry said. There was no room for the table, which mother at first thought necessary; so they held their plates in their laps. There were plenty of sandwiches, lemonade, and grape juice, fruit and pies,— little else; for that

would necessitate more dishes than could easily be managed. Sometimes the menus were varied by Phillis, who was an adept at dainties.

Before July, even, was fairly over, the fame of these jolly little "lap lunches" had spread beyond the family circle, and friends found it convenient to drop in "just for a moment." Of course they were urged to remain and share in the repast. The dishes were spirited into the kitchen, and stacked in the sink to await the cool morning hours and working gowns; for there was no maid in this home.

Sometimes Mr. Beattie would come home to find a packed lunch basket, and the whole family would go to a quiet park near by; but they enjoyed the porch suppers better than any picnic. And when October winds drove them in, and they took inventory, they found that father and son had stood the confinement of the office better than during any previous summer; and as for the rest of the family, they voted with one accord that never had they had such a restful, homelike vacation.

Open-air meals are practical for a family with even the most limited means, and for those who have a sheltered porch, secluded lawn nook or arbor, the situation is alluring; for only the most artificial people fail to enjoy a meal out of doors. Indeed, such meals, a very little experiment will prove, are money-as well as labor-saving.

As for the preparations, they can for the most part be made when one is doing up the morning work. The nut and lettuce sandwiches, after they are cut and filled, are wrapped in a piece of damp cheesecloth, and put away in a cool place with the extracted lemon juice, the hulled fruit, and stuffed eggs. When the male members of the family appear, it will take only a few minutes to prepare the meal.

One great advantage of these home picnics is that the easy chair is at hand, in which the man, weary from the office or store, can rest, as he can not do at an "into-the-woods picnic."

Families with large wire-covered porches at the back or sides of the house are especially fortunate, for these make delightful summer dining-rooms, and the ravenous appetites of her flock will amply repay any housewife for the extra steps involved. One family who lives in a mosquito-ridden district, constructed a light, house-like frame, which they roofed with canvas and enclosed with netting. Their lawn was very much exposed to the street, so they fitted canvas curtains to that side of this "mosquito house." Rollers completed the convenience, in order that it might follow the shade around the yard. Here the family met, read, shelled peas, sewed, lunched, and even slept in seclusion, catching the stray breezes of the sultriest day, completely screened from mosquitoes, flies, and the curious pedestrian.

Much is written and urged in these days on the subject of outdoor life as a preventive and cure of nervous and organic disorders. Even though awake to the privilege and necessity of living in the fresh air and the sunshine, most people feel too rushed to take more than an occasional outing. Many of them even begrudge the walk to and from business or shopping. Yet after a day

in the open, even the busiest housewife, or the woman most closely bound to an office chair, grows impatient of the four walls, which hedge in most of life.

If only this fine scorn might grow into a systematic and persevering effort to keep out of doors as much as possible, these house-bound people would find that their walls were falling apart, and that opportunities lay on every hand for them to enter into their heritage in God's great out of doors.—*Good House-keeping.*



## Some Summer Dishes

### *Vegetable Galantine*

Grate or finely slice two carrots, one small turnip, one medium-sized onion, and stew in just sufficient water until tender. Then add half a pint of cooked green peas, and two cups of fine bread crumbs, and salt to flavor. Mix three ounces of semolina, and when cooked, add this to the above. Mix well, and press on to a dish, leaving a hole in the center. Allow to cool, and then improve the shape. Garnish with the yolk of a hard boiled egg rubbed through a sieve, the white being chopped with some parsley. This is a good cold dinner or luncheon dish, and is much appreciated, if served with lettuce and salad dressing.

### *Tomato Galantine*

Make in same manner as "vegetable galantine;" but add four large tomatoes, sliced, cooked, and strained. This dish is especially recommended.

### *Potted Haricot Savory*

Stew some brown beans for several hours, and have very little of the liquid left when cooked. Pass them through a sieve, mix them with some brown bread crumbs, a finely chopped raw onion, parsley, thyme, and a little butter; salt to flavor. Heat together in a saucepan

for ten minutes; pour into hot jars. This is a tasty dish for breakfast, tea, or when traveling, and it makes delicious sandwiches.

#### *Apple Amber Pudding*

Peel nine apples; core, and slice them into a saucepan with just a little water at the bottom; add the rind and juice of one lemon, an ounce of butter, and sugar to taste. Cook them until quite soft, and then rub through a sieve; beat in the yolks of three eggs. Pour into a mold, and bake for three-quarters of an hour, or until firm. Whip the whites of the eggs to a stiff froth with a little sugar. Spread smoothly over the apple, sprinkle with sugar, garnish with a few strips of citron peel. Put back into the oven till of a pale brown color. Serve cold.

MRS. M. H. TUXFORD.



#### *Fruit-Canning Hints*

FRUIT will keep better if a liberal amount of sugar is added in canning. The cane-sugar is, in the process of cooking, turned, partly at least, into grape-sugar and fruit-sugar. Cane-sugar can be handled within reasonable limits by normal stomachs, and when eaten within those limits, it is one of the cheapest of foods.

When canning peaches, leave a pit in each jar to improve the flavor.

Add salt to corn and tomatoes when canning them, to improve their keeping qualities.

When it is necessary to use covers that do not fit closely, a little putty may be put between the cover and the rubber; and after the cover is screwed on, the putty may be well pressed in. This will insure an air-tight joint.

Put a knife into a fruit-jar before pouring in hot fruit, to prevent breaking.

To clean a refractory fruit-jar, half fill with hot suds, add a handful of tacks, cover, and shake vigorously.

To remove sand from small fruit, pile loosely in a basket, and dip the basket into clean water.



#### *Suggestions*

THE cook who can not have meals ready on time unless the kitchen clock tells her a lie by being too fast has an important lesson to learn. If one knows the timepiece is in error, why would it not be just as well to set it right, and thus feel a degree of self-respect in keeping pace with it?

A galvanized iron washtub of appropriate size makes an excellent wash-boiler, especially if gas is the fuel used. The one large burner of an ordinary gas range will readily boil a larger quantity than can be boiled in a regular boiler. Its circular shape seems to utilize all the heat. Then the tub costs less to start with. A cover can be made by a tin-smith, or a board cover will answer good purpose. Even thick paper supported by the clothes-stick does well.

Most sale bed comforts would be more comfortable if a few inches longer. Baste a piece of cloth on the foot so there will be plenty for tucking under the mattress, and much of the unpleasantness will be obviated.

If you have not learned to keep the head of the bed cover protected by the sheet, baste a strip of suitable material over it. To remove and wash it is a short job, and one is amply repaid in the sense of cleanliness experienced.

When making paste, mix a little sugar with the flour before braiding it. Thus no lumps are formed, and the paste sticks better.

MRS. D. A. FITCH.



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

A FEW pages in *LIFE AND HEALTH* have been kindly given us in which to discuss some of the important questions relating to motherhood. It is hoped that these pages will be filled with matter that is both interesting and practical,—matter that will help to magnify the purity and dignity of motherhood, and help mothers to feel that in the performance of their heaven-entrusted tasks there is ample opportunity for the employment of the noblest powers of the mind and soul, and that in thus fulfilling a mission so lofty and so sacred she will need a thorough preparation physically, mentally, and spiritually by most carefully conforming to all the laws of life and health.



Truly, life is a most sacred, a most solemn, and a most glorious thing; sacred because it is of God, and given to us on trust; solemn because, if we do not appreciate its sacredness and use the trust aright, it means loss of life to ourselves, and perhaps many others through our influence; glorious because of its wonderful possibilities for usefulness in this life, and, because through unselfish labor for our fellow men, it brings to us the highest joy here and hereafter.

Unquestionably the dominating passion in the heart of every true woman is the motherly instinct. To crush out

this instinct is demoralizing in the extreme. It was planted in the heart by God, and intended to be a blessing to woman throughout all ages. The hallowed influence of this most sacred instinct in a true woman will surely inspire her to long to place herself in such a physical and moral condition as to enable her to transmit to her offspring every possible advantage for a life of happiness. So then, as we study along the lines of health, let us think seriously of what it means to ourselves, to our children, and to our race.



*What qualities shall we look for in a husband?*—There are two qualities that seem to take precedence in this great and far-reaching question; namely, health and morality. The question of pedigree receives far too little attention with the great majority of people. If a man is to spend a large sum of money for a horse, he makes a most solicitous inquiry into its ancestry. It must come from pure stock. All stock-raisers appreciate the value of "blood." But in matters relating to their own welfare and that of their offspring, how indifferent they appear! Too often young women, even Christian young women, take no account whatever of the question of heredity. The health and morality of the young man whom they fancy does not enter into their reckoning. It is simply an emo-

tion, a present pleasing fancy, which concerns themselves alone. In many such cases, however, the mother is herself at fault. She should know by study and experience that these things are of the greatest importance, not only to ourselves and our offspring, but to all mankind, and she should teach them diligently to her children all through their early years, thus fortifying them against the foolish infatuation that comes to the ignorant in later life.

So then, mothers, let us study to become enlightened regarding our sacred

duty to our children. Let us fill up these few pages with discussions on these vital questions which will aid us in our grand and lofty work as mothers. We are building for time and for eternity. Moment by moment and day by day we need to study and plan, and throw open our souls to the great divine Teacher for wisdom and power to perform our work. He is watching us with the yearning tenderness of the fondest mother, which inspires me to believe that we need not fail in our heaven-appointed mission.



## Mother Heart

M. Elizabeth Burns-Howell

Is't so, my precious, tender, little lamb,

That I must thrust thee from my nursing breast?

That I no more may feel the holy calm

And peace supernal of thy perfect rest,  
As dreaming, fair thou liest there,  
A vision of enchanted bliss?

'Tis true that thou art now a twelvemonth past,  
And thou dost patter o'er the house at will;  
Thy merry prattle tokens childhood dawneth fast,

But thou to me art but a baby still;  
All far too soon burns life's full noon,  
Why hasten from the morning white?

They tell me I should wean thee; that to spend  
Myself is vain; thou'lt "sap my blood at length:"

They do not know the courage love doth lend,  
And that sweet inspiration yieldeth strength;  
O angel face! O seraph grace!  
I count it more than sinewed might,

To feel that thou dost draw thy life from mine,  
That I the current of thy veins sustain:  
As branches feed upon the parent vine,  
And yield not loss, but only greater gain;  
Thy strong new birth bears higher worth,  
And youth and truth spring up once more.

I dreamed the other night that thou wert gone,  
And, waking, found my pillow drenched with tears;

In grief I wandered desolate and lone,  
And time stretched on in weary, endless years:

Bleak winds blew cold, the world seemed old,  
And all my days were bitter pain.

O joy! to find that thou wert with me still!  
I caught thee in my arms, I pressed thy darling form;

I stroked thy silken head, I drank my fill  
Of kisses, on thy dimpled neck and arm;  
On rosebud lips, on finger tips,  
I rained my soul in rapturement!

So, baby dear, stay on a little while,  
Thou dost not rob when thou dost take thine own;

Thou givest more in one sweet, happy smile  
Than all the gold in yonder frigid zone;  
Sleep on and rest on mother's breast,  
My little, tender, suckling lamb!

### *Selected Thoughts for Mothers*

THERE are many women who slide into the "stay at home" habit (a most difficult habit to overcome), and fuss around the house with the mistaken idea that they are taking the right kind of exercise. You will seldom see cheerfulness and good humor depicted on the faces of these stay-at-homes, and they are much given to morbid and self-centered interests.

Nothing can take the place of outdoor exercise. It is entirely different from working around the house, as each breath one draws in the pure air, gives one fresh strength and courage, and getting outside of one's own little home world will act as a wholesome tonic.

Women have control of their own health much more than they dream of, and much of their suffering might be laid at their own doors.

Not only will all work and no play make Jack a dull boy, but it goes still further, and makes Jack's mother a sick woman.

Statistics tell us that our insane asylums draw a large supply of their inmates from the wives of farmers, who literally lose their minds from the want of exercising them.

Many mothers consider their play hours are over when they reach the shady side of forty, but they were never more mistaken. The woman who is capable of sharing, and who takes time to share, the pleasures as well as the cares and duties of her husband and children will never lose the place of queen of the household.—*Evelyn Harrison, in American Journal of Nursing.*



### *Seek the Beautiful at Home*

A MAN once resolved to seek and find the beautiful. He thought of the mountains of Switzerland and the beautiful

plains of Italy and the forests of America and other wonders of the world; but, before his plans were settled, a voice seemed to say to him, "Begin at home." Yes, the beautiful is always with us. You can make the place where God has put you beautiful. If it is but an attic in a poor-house, or a fireside, or a bench in a workshop, or a seat in school, or a place in your mother's heart—make it beautiful. And, the sadder and the darker the place, be the more eager to make it beautiful. Love which loves others unselfishly is the great beautifier.

—*Ram's Horn.*



### *Constipation in Children*

INSTEAD of turning a case of constipation in a child into a life-long means of torture by the injudicious use of purgatives, try the following plan, which has given signal relief when tried. If baby's bowels fail to move at the proper time, remove the child from the chair or the vessel, and pour some boiling water into the bottom of the vessel. If the child is again placed over the vessel, the warmth will probably stimulate the bowels to action. Do not allow the child to go beyond the usual time without a movement.



THE Bible is the best book of health and code of hygiene under heaven. There is no other such thorough therapeutic upon earth as the Scriptures of eternal truth. There are almost countless numbers of cadaverous-looking people in physical collapse who would speedily recuperate if they would dispense with drugs, and apply the divine precepts to their own souls.—*The Vanguard.*



Questions and contributions are earnestly solicited for this department.



# QUESTIONS AND ANSWERS

Conducted by George A. Hare, M. S., M. D., Iowa Circle, Washington, D. C.

[From among the many questions received, it is necessary to select, for answer in these columns, such as are likely to be of general interest. Questions sent to Dr. Hare, and accompanied by return postage, will receive prompt reply by mail. Be sure to give your name and full address, and remember that questions for this department, sent in business letters to the office, may be delayed or overlooked.]

**95. Treatment for Nail Punctures.**—Mrs. M. E. C., O. T.: "1. Please tell us in LIFE AND HEALTH what is the proper treatment of wounds made by puncture of nails. 2. What is the nature of pus from punctured wounds?"

*Ans.*—1. The best treatment is to open such wounds quickly and freely with a lance. Free bleeding from the wound will help remove any infection. After opening, wash the wound with carbolic acid solution,—ten drops of acid to an ounce of water,—and cover with sterilized lint or absorbent cotton. If the wound can not be opened quickly, it is a good plan to suck such a wound vigorously, drawing considerable blood from it, and then treat it with hot fomentations often enough to control any soreness. The greatest danger from punctured wounds is that the bacillus of tetanus may be carried into such wounds, and cause lockjaw. This bacillus is often found in common garden soil, and may be found wherever there is dirt. This bacillus grows best in wounds that close up and exclude the air. Punctured wounds, such as those made by nails, are more dangerous than open wounds.

2. Same as any other pus. It is largely made up of dead white blood corpuscles. In case of lockjaw it contains the bacillus of tetanus.

**96. Sweating Feet.**—Mrs. L. E. O., Neb.: "1. What is the cause of sweating of the feet? 2. What causes the odor? 3. What can I do to prevent it? In the winter, if overshoes are worn, the shoes become wet, the skin peels off around the toes, and the odor is very disagreeable."

*Ans.*—1. The cause is due to errors in clothing the feet and caring for them. Shoes that are worn constantly exclude the air, retain the secretions, and lessen the vital tone of the skin. This causes the feet to sweat more readily.

2. The odor is caused by the action of bacteria, which decompose the secretions.

3. The cure is simple and very satisfactory, and is summed up in the one word, cleanliness. In severe cases it requires patience and persistence to secure a complete recovery from the bad habit of sweating. Wash the feet at least twice a day, finishing the foot-bath with cold water, and dry very thoroughly. Dust the feet with a powder composed of equal parts of boric acid and stearate of zinc. Change the stockings every day. If possible, wear slippers part of the day. Follow this program, and the trouble will disappear.

**97. Catarrh — Asthma — Tuberculosis.**—Mrs. J. P. M., Mich.: "What will cure catarrh of the chest? I have hoarseness nearly all the time, and have very hard coughing spells when I exercise or take a deep breath."

*Ans.*—Your case is not one of catarrh. You are probably suffering from either asthma or tuberculosis, and should have your lungs examined by a competent physician.

We would advise any of our readers who have a cough, however slight, to have their throat and lungs examined, and to take such treatment as the case requires — and to *do it now*. Tuberculosis is a curable disease. It is easily cured in the beginning, but if neglected it becomes formidable.

**98. Chemistry of Foods.**—H. A. B., Canada: "I am told that fats, starches, and sugars are all made up chemically of carbon, hydrogen, and oxygen, and are so near alike that they can be used interchangeably. Is the statement correct?"

*Ans.*—Partly correct. The foods mentioned are all made of the chemical elements named. We might add that glycerin, wood fiber, alcohol, and cotton cloth are also made of carbon, hydrogen, and oxygen, and nothing else, yet

they are not good foods. Each is made up of different proportions of these chemical elements, and are not at all alike. The fact is that the chemistry of foods, while it is a very important matter, is not a sufficient guide in the selection of articles of diet.

Alcohol burns splendidly in an alcohol lamp; wood burns well in a stove, and baked potatoes burn equally well in the human body, and burn by exactly the same process of oxidation. Baked potato would not burn well in an alcohol lamp, neither would many substances made of carbon, hydrogen, and oxygen burn well in the human body.

It is important to know the chemistry of foods, but it is more important to know that the food selected is presented to the stomach in a form that suits its needs. Good food must be nutritious, digestible, free from injurious substances, must look well, and have an agreeable flavor. It must also be used in proper quantity. Fats, an essential article of food, and found in nearly all food substances in small amounts, can not be made to take the place of starches.

**99. Increasing Deafness.**—Mrs. A. S., Cal.: "I am fifty-five years old, and for five months have been gradually losing my hearing; have sense of fulness in my ears, with roaring in the head and ears. What should I do?"

*Ans.*—Your loss of hearing is probably due to catarrh. Use treatment given in LIFE AND HEALTH for June, question No. 87. If there is any itching in the ears, it may be relieved by applying a little vaseline. Wrap a bit of cotton on a toothpick, and apply the vaseline carefully. If treated skilfully, your hearing will probably be saved. You should consult a good specialist.

**100. Floating Kidney — Goiter — Rheumatism.**—W. L. B., New York: "When I stoop over, a hard lump comes in my right side under the lower end of the short ribs. It causes so much pain that it brings tears, and makes me sweat till I work it back with my fingers. 1. What is it? Can I do anything for it? 2. I have goiter on both sides of my neck, and so has my son. Could we get a battery and use home treatment successfully? 3. I am a strict vegetarian, but suffer from rheumatism in right hip and arm. It interferes with my work of painting. What can I do?"

*Ans.*—1. You have a prolapsed kidney, commonly called a floating kidney. The only complete cure is to have the kidney fastened in place by a surgical operation, but we would not advise you to have that done. You can get relief by wearing a snug-fitting bandage

around the body, with sufficient pressure over the kidney to keep it in place.

2. No; you would not succeed.

3. Quite contrary to the common idea, rheumatism does not always come from using flesh foods. It sometimes comes from an excessive starch diet. These cases require an individual study. We would recommend you to spend time enough at a good sanitarium to have your case carefully studied, and a home prescription for diet and treatment outlined.

**101. Lydia A. Pinkham.**—Mrs. G. W. S., Ontario: "I write to ask your opinion of Lydia Pinkham's Vegetable Compound so highly recommended. Can you recommend it? If not, why not?"

*Ans.*—No. A secret remedy, pushed as a commercial enterprise by an adventurer, advertised by extravagant claims (to draw it very mildly), and palmed off in the name of sympathy for the afflicted, are characteristics that should condemn any "compound."

**102. Curvature of Spine — Erysipelas.**—Mrs. C. H. S., Wash.: "1. What is the cause and best treatment for curvature of the spine? 2. What is the cause of erysipelas? 3. Is sponging with cold water good? 4. Is bread, milk, and potatoes a suitable diet for a person seventy-five years old, and suffering from erysipelas?"

*Ans.*—1. Curvature of the spine is due to unbalanced development, usually caused by improper sitting or standing. The best cure is thorough physical training scientifically given. This can only be done properly under a competent instructor, and it sometimes requires special apparatus. I could not outline such a course for physical development without a thorough examination of the case. In a general way, free exercise with frequent changes of position is essential in every case.

2. The cause of erysipelas is a specific germ called streptococcus erysipelatis.

3. Yes, and the bowels should be washed out every day during the progress of this disease.

4. During the acute stage of all acute inflammatory diseases, the diet for a few days should be restricted to nourishing liquids, such as gruels and malted milk. As soon as the acute stage is passed, the foods which you mention, bread, milk, and potatoes, are admissible, but are not sufficient to feed a person seventy-five years old, as they do not furnish satisfactory variety for a nourishing diet. You should add cream, eggs, rice, and other similar good foods to afford a variety so as to keep up good nourishment.

# EDITORIAL



## *Registration of Nurses*

THE movement for the State registration of nurses is not having smooth sailing in all places. There is much opposition because of the differences between nurses trained in special institutions, such as hospitals for the insane, and those trained in general hospitals. A standard prepared with reference to the training of one class, must necessarily be unjust to the other. No school, in the required time, can give an all-round training. Nurses from certain institutions will naturally be especially efficient in certain lines, while lacking in others. The graduate of the general hospital may know little or nothing regarding the management of mental cases, and the graduate of the hospital for the insane, will probably have a very meager knowledge of the management of an obstetric case. The sanitarium nurse has little ward work, and sees, perhaps, fewer cases than the hospital nurse; but the very nature of her work brings her in closer personal contact with her patients, and gives her a better fitting for private nursing. In addition, she has such a training in physiological therapeutics—hydrotherapy, massage, electrotherapy, etc.—as probably the hospital nurse never dreams of. A standard made to conform to the curriculum of any one of these classes of training-schools must necessarily cut out valuable and efficient

nurses. For this reason, the movement for state registration is meeting with much opposition from the nurses themselves.

In New York, when the registration bill was drafted, it was promised that "all graduate nurses in good standing who could give evidence of two years' training would be eligible to registration without examination." But in its transit through the legislature, the bill was so manipulated by interested parties that it now stands a law leaving out in the cold a large percentage of graduate nurses, because the schools which granted the diplomas are not now up to the standard. An English hospital journal, commenting on this, warns the people of England against hastily pushing a registration act.



The *Trained Nurse* makes a well-merited criticism on what it calls "The Arrogance of Ethics," commenting on the tendency to rush through our legislatures hasty and ill-considered laws for the regulation of the practise of nursing. There is no doubt as to the need of a higher standard; but what medical men have obtained by years of patient work, making changes gradually and conservatively, the Nurses' Associations are attempting to obtain at a jump; and, as the *Trained Nurse* suggests, the provisions of these laws may later be found to be unconstitutional. "In one

State, unless registered, a nurse can not even *call* herself a trained nurse, whether practising or not. Other States have been content to create the title of 'registered nurse,' and any graduate can continue to call herself a trained nurse, even if not registered. But in one State, even if the nurse has been graduated from any number of recognized hospitals, she can not call herself a trained nurse unless registered in that State."

A trained nurse is a trained nurse, whether recognized by a State law or not, and it is very questionable whether a law can forbid a person who has received a proper nurse's training to call herself a trained nurse, simply because she is not registered. We believe with the *Trained Nurse* that it is impossible by such legislation to change a fact, and that it is in order for the nursing profession to raise the standard of excellence in the actual care of the sick, giving less attention to organization and legislation.



After all, much of the legislation that is clamored for "for the purpose of raising the standard" is simply a pretext for diminishing the number of available persons, and thus insuring more work and better pay to the favored ones. The writer is not prepared to say that some such laws are not needed. He believes they are. But often the history of the movements to secure the legislation points strongly to motives that are anything but unselfish.



### *The Health Campaign*

LIFE AND HEALTH does not regard physical health as the end of all human effort. Health brings happiness, efficiency, long life. It makes life worth living. Without it, this life is but a

shadow, a farce. And yet, if this were all there were to health, this magazine might well go out of business, for there are many journals occupying this field in an excellent manner. LIFE AND HEALTH has another mission. There is something that is better even than a fine physique, and that is a sound mental condition, and a well-developed moral and spiritual nature. Good physical health is not necessarily accompanied by these, but on the other hand, it is much more difficult to cultivate the higher nature when the physical condition is unsound.

We would not deny that Christ may convert a drunkard, or that he may convert a man when he is intoxicated. But that man's conversion will not amount to much if he persists in his old habits. Sound health does not make a man a Christian, but it gives a clear mind that is capable of appreciating Christianity. Peter spoke advisedly when he said, "Add to your temperance patience." An intemperate person, one suffering from the results of wrong habits, will find it extremely difficult to be patient. Some one said he never saw a triumphant Christian death where the trouble was below the diaphragm. Dyspepsia means pessimism and gloom. It is responsible for much of the doubt and discouragement incident to the Christian experience.

This is why LIFE AND HEALTH has a mission. Its work is to teach people so to live that they will be able to appreciate spiritual truths. But does not this do away with the power of Christ to overcome sin?—We think not. "As many as received him, to them gave he power." Christ works only in the individual who receives him. If one gets where he is no longer capable of receiving or appreciating Christ, he has placed himself beyond the power of salvation.

On the other hand, this "power" can not come through dietetics, menticulture, etc. Man is powerless to save himself. The only saving power is the power of Christ in the heart. Health culture can not give a Christian experience. It can remove physical and mental conditions that would otherwise be an obstruction to a right Christian experience.

Among the allies that LIFE AND HEALTH has in this work of uplifting humanity, are the allied sanitariums, a partial list of which is given in the Directory of Sanitariums, in another part of this journal. These institutions are constantly restoring the sick to health. But this is not the greatest part of their work by any means. To restore a person to health, and send him home to continue the same health-destroying habits, would be of little avail. The greatest benefit of the sanitariums is, perhaps, the knowledge patients get of right living, so that when they return to their homes, they will maintain health by conforming to the laws of hygiene, and will become a center for the dissemination of health truths among their neighbors. The sanitariums are educators. We have in them a mighty object-lesson, demonstrating the importance and the value of healthful living. But there are many who can not avail themselves of the advantages of the sanitarium, and to such LIFE AND HEALTH comes with helpful suggestions.



### *Health in Outdoor Life*

CAMPING in the woods, by the stream, or on the seashore,—what a wealth of joy, what a series of unalloyed pleasures, await every one who is so fortunate as to be able to steal away for a few days, leaving street-cars, electric lights, city noises, brick walls, dust, and confusion

behind! "The love of nature" may, by years of contact with that which is artificial and unnatural, be partly stifled, but it can not be entirely destroyed. The street urchin, brought up in the slums, where, from one day's end to another, he may not see so much as a spear of grass or a green leaf, has a love for the beautiful forms of nature. Brought up, though one may be, amid conventional surroundings, a camping trip will demonstrate that the things of nature have a strong hold on the affections.

At home one enjoys, to a certain extent, his meals, his work, his social relations, and his studies; but on the camping trip, the mind seems to be more appreciative, more alert, more in harmony with the surroundings. Pictures will there be photographed on memory's camera to remain long after later impressions have been effaced.

Nothing so stores the mind with pleasant recollections as a bit of wild time, a period of freedom from all that is conventional, when one can be himself and nestle close to nature's bosom. Every breath is a pleasure. Keen hunger adds a zest to the meal that nothing in the culinary art can imitate. Sleep is sweeter, sounder, and more restful.

Is it because of the novelty of camp life that it has so many pleasant associations, and is followed by so beneficial results?—Possibly to a limited extent; but will a country boy, spending a few weeks in the city, experience a similar improvement in appetite, digestion, and sleep? Does the mountaineer or the frontiersman lose his appetite after the novelty wears off? Is it not rather true that nature rewards most lavishly those who live nearest to her, breathing her pure air, feasting on her varied beauties, and partaking of her products in response to natural hunger?

### *Warfare Against the Cigarette*

WHATEVER foundation there may be for the belief that man in his later years becomes more or less immune to the effects of tobacco, there can be no question that its effect on youth is pernicious. The testimony of officers of reformatories for the young, and of others who have much to do with youthful delinquents, is emphatically that cigarette smoking is closely connected with a decline in morality and a tendency to criminality among young men. Educators declare that the cigarette dims the intellectuality of the young, and gymnasium directors give conclusive proof that tobacco hinders the physical development of the young.

Dr. W. V. Coffin, the medical officer of the Whittier Reform School, says that of the seventeen hundred boys who have been inmates of that institution, ninety-five per cent were cigarette fiends. It is the aim to keep all tobacco out of the institution, but a supply gets in occasionally notwithstanding their most vigilant efforts. "We can generally tell," says Dr. Coffin, "when there is a supply of tobacco in the school, by the conduct of the boys themselves, and particularly by their poor work in the schoolroom. I should say decidedly that the use of tobacco has a very appreciable demoralizing effect upon young men."

Mr. E. E. York, superintendent of the Indiana Boys' School, says that of the more than six hundred boys committed to that institution during the last three years, sixty per cent were absolutely known to have been cigarette fiends. Restless, listless, bleary-eyed, emaciated—a broken life followed by an agonizing death,—such is the picture he paints of the frequent result of the cigarette habit.

Hon. Geo. W. Stubbs, judge of the Juvenile Court of Indianapolis, recently

read a paper before the Teachers' Association of Indiana, in which he says that more than six hundred boys have been brought before him, most of whom were cigarette fiends, mastered by the habit. He charges most of the trouble of these boys to the use of the cigarette.

Those who are interested in the crusade against the cigarette may assist by contributing to the circulation of the journal *Save the Boys*. Thirty cents a year, or in clubs of five or more to one address, 25 cents. *Save the Boys* is published at 118 West Minnehaha Boul., Minneapolis, Minn.



It may be some encouragement to the man who, looking about, and measuring himself by the world's standards, comes to the conclusion that he is a failure, to consider that *he is here for a purpose*—some purpose none else can fulfil so well as he. He may have made mistakes innumerable; he may have wasted countless opportunities; he may see little ahead of him but an unhonored grave.

In his darkest hour he may be the means of bringing light to some other darkened soul. It is not too late yet to be kind, not too late to manifest loving sympathy for some fellow unfortunate. The little service which seems so tame, so fruitless, may kindle a spark in another heart, and save it from eternal gloom.

The pastor sometimes leaves his pulpit, crushed with the thought that his sermon has been a failure, little realizing that some one sentence of that sermon has been to some hungry soul a savor of life unto life.

Some tired mother, discouraged at the apparent fruitlessness of her efforts, and almost heart-broken, yet hoping against hope, may, unconsciously to herself, plant seeds which will spring up unto life.

# News Notes

## Pure Foods

IT is now unlawful in Pennsylvania to use more than one per cent of boric acid in compounds for the preservation of food.

THEY do punish a man occasionally for selling bad milk. Recently a man in New York City was imprisoned ten days because he could not pay his fine. He was caught with forty quarts of something which had evidently been used in washing out milk cans. It was not even good water, as proved by the analysis.

THE milk dealers of New York and Brooklyn have formed an Association for the Improvement of the Milk Supply in New York, to cooperate with the board of health. Milk will be periodically examined at the stations and creameries. Farmers furnishing milk below standard will be notified, and told how to improve in richness and cleanliness.

THE New York Board of Health recently made some shocking discoveries regarding the extremely filthy condition of some of the dairies supplying milk to that city. These, we are assured, will either be improved or shut up in short order. The railroad companies which transport most of the milk into New York, are assisting the board in the crusade against bad milk.

MEMBERS of the Massachusetts State Board of Health, making an eight weeks' tour among the dairy farms of the State, found more than sixty per cent of the farms in such an unsanitary condition as to necessitate an order that they must be improved immediately, or forfeit the right of selling milk. On the tour, thirty tuberculous cows were discovered among the herds.

## Tuberculosis

A BILL passed by the Illinois Legislature providing for the erection of a twenty-five-thousand-dollar sanatorium for poor consumptives was vetoed by the governor.

THE Hamburg-American Line has fitted out a floating sanatorium, a twin-screw steamer of 8,600 tons, which will start from Hamburg on July 8 for its first cruise around Scotland, and along the coast of Norway.

A COMMITTEE has been organized in Brooklyn for the prevention of tuberculosis. Its first work will be to secure a dispensary for the treatment of incipient cases. Plans are being laid for an active campaign of education.

AT Davos, Switzerland, the famous health resort, the laws against spitting have been revised recently. Patients are requested to carry pocket cuspidors, and are forbidden to spit on the floor, streets, snow, etc. Public cuspidors must be made of glass, enameled ware, or porcelain, must be cleaned daily, and must contain some disinfectant solution.

ONE fourth of the laundry employees in France have tuberculosis, indicating that there must be grave danger in the handling of soiled linen. For this reason, it is required that all soiled clothes for the laundry shall be carried in bags, and that they shall be disinfected before being sorted. Those who handle the clothes must be protected with overalls or aprons, and there must be no lurching in the sorting rooms.

A RECENT number of the *Lancet* describes a consumptive sanatorium on wheels. The writer recommends a South African bullock cart, and a trip across the veldt. He says that such a trip has all the advantages of a sanatorium, with a minimum of expense and a maximum of enjoyment. He recommends a rig that can be made rain proof, that can travel at the rate of two miles an hour, and gives a list of the baggage needed for such a trip. Such a life, in a camp wagon, can be carried out very pleasantly, healthfully, and profitably in such a climate as California possesses.

AT the Lakeside Hospital, Cleveland, Ohio, an institution for the treatment of acute diseases, which does not admit cases of pulmonary tuberculosis, the last one hundred autopsies show tuberculosis present in ninety per cent of the cases. This was not tuberculosis in a visible form, and was only revealed by the post mortem knife. If nine tenths of those who die of other diseases have some tubercular trouble, it would look as if the men who claim that every one has tuberculosis to some extent are not so far out of the way. But no such generalization can be safely drawn from the results of a few autopsies in

a single hospital. The evidence seems to be gaining ground, however, that tuberculosis is more prevalent than was formerly supposed.

THE Cleveland Anti-Tuberculosis League has begun an active campaign against tuberculosis. They plan to arouse public interest and increase public knowledge, so that the health ordinances may be enforced without opposition. To this end, lectures will be given, pamphlets and circulars distributed, and articles furnished to the press. Factories and unsanitary houses will be visited by a special committee, with a view to diminishing their efficacy as spreaders of this disease. Dispensaries will be increased for the treatment of the consumptive poor. One committee will have the problem of protecting sound children in tuberculous homes, and the care of unsound children in institutions. Unsanitary houses with a bad tubercular history may be destroyed, as is now done in Buffalo.

### Plague

INDIA is now pretty thoroughly infested with plague. The government at first did all it could to enforce health regulations, with a view to preventing the spread of the plague; but all efforts in this direction were met by such violent opposition by the natives that it appeared necessary to discontinue sanitary measures in order to prevent a general mutiny on the part of the natives. The government finally decided to teach the natives a lesson, and let them see for themselves the result of a lack of control. So in many places the natives are coming to their senses, and are asking the government to pass new health laws, which they promise to obey.

BUBONIC plague reached Chile in 1903, and has had a foothold there ever since; but recently it has broken out in an alarming manner. April 25 there were one hundred and three cases in the town of Pisagua, with from ten to thirty deaths a day. The health department was unable to secure their burial, and bodies were thrown out into the street to decompose and spread the disease. The town is well-nigh deserted, for as many fled as could get away. Others, attempting to escape, were shot down by the soldiers who surrounded the town to preserve enforced quarantine. Notwithstanding all efforts to prevent it, the disease is spreading to other cities.

### Malaria and Yellow Fever

THE report for the Canal Zone for March gives the number of employees as nine thousand; number of hospital patients for the month, 153; number of deaths for the month, 11, making an annual mortality of fourteen per thousand, which would be a good showing anywhere.

THERE has been such thorough work done in ditching the marshes around Newark, N. J., that the State entomologist is free to predict that this year the city will be practically free from mosquitoes. There is one little spot that is so thoroughly rotten that ditching would be ineffectual. Elizabeth City will follow the example of Newark.

DR. MALCOLM WATSON reports a remarkable result of the sanitary improvement of two cities in the Malay Straits. In 1900 both cities were hotbeds of fever. A thorough system of drainage was inaugurated, filling swamps, clearing of underbrush, etc. As a result, the statistics from these two towns show a steady decrease in sickness. In 1901, 236 sick certificates were issued. In 1902, the number was 40; in 1903, 23; in 1904, 14. In 1901 there were 1,026 days of sick leave; in 1902, 198; in 1903, 73; in 1904, 71. What is most significant, Dr. Watson reports that his private fees for treating malaria, which were formerly considerable, have fallen to zero.

### Other Communicable Diseases

GERMAN physicians begin to believe that there is some connection between influenza and cerebro-spinal meningitis.

THE meningitis commission has reported that the best treatment for meningitis is fresh air and sunlight. Thus far, no positive results have been obtained from the use of serum or antitoxin, but further experiments will be made in this line.

THE health officer of Cambridge, England, traced seventy-eight cases of scarlet fever to milk from a certain dairy. The dairy itself was found to be in good condition, but it was obtaining part of its milk from a farm where a man milker had the appearance of having recently had scarlet fever. His daughter presented a similar appearance. Both father and daughter had recently visited relatives in a village where scarlet fever was present.



THE legislature of Pennsylvania passed a bill providing that no warrant for appropriation should be made out in favor of public institutions until they present certificate showing that every employee, attendant, and patient has been protected from smallpox, either by a previous attack or by vaccination. The bill was vetoed by the governor, who did not deny the good to be accomplished by vaccination, but criticized this indirect method of enforcing it.

IN New York City there have been, in the first four months of this year, more than one thousand deaths from cerebro-spinal meningitis. During April the death-rate averaged more than one hundred a week. Though the disease has not been proved to be contagious, that is, communicable directly from one person to another, it has been thought the part of wisdom to be on the safe side, so in each case the individual is isolated as in contagious diseases, and the premises are disinfected after the death of the patient.

THERE is trouble in an Iowa town between the State Board of Health and the local school board. An outbreak in the school was diagnosed scarlet fever by the health authorities, and the two physicians responsible for this diagnosis found that it would be best for their health to leave the town by night. A local physician who coincided with the health officials was hanged in effigy, and another who placed quarantine signs was threatened with violence. The signs were torn down in a few minutes after they were put up.

#### Poison Habits

SIR FREDERICK TREVES, most eminent among British surgeons, as a result of his experience in operating on abstainers, moderate drinkers, and heavy drinkers, stoutly opposes the use of alcohol even in moderate quantities.

NEW YORK CITY is to have a combined jail and hospital for drunkards, to be in charge of three physicians. Commitment may be made for periods up to one year on the complaint of some member of the family.

AN anti-cigarette movement is to be inaugurated in Holyoke, Mass. All the clergy, Protestant and Catholic, are asked to join, giving talks on the cigarette evil from physiological grounds. There is already a law against furnishing cigarettes to youth under

sixteen. It is probable that a more stringent law will be enacted. Leading tobacco dealers have promised to co-operate with the movement so far as it deals with the use of cigarettes by boys.

A VIGGROUS anti-cigarette crusade is in progress in the Middle West. Indiana, Nebraska, and Wisconsin have passed laws against the use of the cigarette. In Indiana the law, which took effect in April, forbids selling, giving away, or having cigarettes. The penalty is to be doubled with each conviction. The laws in Nebraska and Wisconsin go into effect in July. In Nebraska the fine may be from five dollars to five hundred dollars, or six months' imprisonment. In order to stimulate conviction, one half of the fine is to be paid to the informant. Bills against the use of the cigarette are pending in Illinois and Michigan.

To show that the Indiana law works, it may be stated that recently a manager of a show was arrested, and fined for exhibiting a performing monkey smoking a cigarette. Too bad to cut off the evolution of the monkey into a human being in this summary manner!

#### Education in Hygiene

THE course of teaching in physiology and hygiene to be adopted for English elementary schools will be based on the course now in general use in America. On account of the inability of many of the teachers to teach these studies properly, it has been suggested that the services of the medical adviser of the school or the health officer be utilized at stated intervals in teaching these subjects.

A GERMAN public health society offers prizes for an article to be printed in pamphlet form for distribution among young mothers. It must be brief, easily understood, and simple in its methods. Such a pamphlet, distributed among those who have never had the opportunity of receiving a hygienic training, will undoubtedly be the means of saving many lives which otherwise would be lost, and of improving the health of the family.

THE settlement workers have adopted a new method of approaching the wealthy of New York in regard to the urgent need of better sanitary conditions in the housing of the poor. This time it is an appeal to self-interest. At a recent fashionable gathering the speaker

*(Continued on third cover page)*

# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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THOUGH seventeen thousand copies of the June number of LIFE AND HEALTH were at first printed, another edition of this issue was required to supply the demand.



THE people call LIFE AND HEALTH "The Good Samaritan" because it delivers them from practises that rob them of their health, and demands no large remuneration for its services.



AS an evidence of the growing popularity of LIFE AND HEALTH among all classes, we mention the fact that its circulation has, with but little effort, been increased over twelve thousand copies during the past year.



ONE agent ordered one thousand copies of the June number of LIFE AND HEALTH, which she expected to sell for five cents a copy in less than two weeks. This agent usually sells five hundred copies a week, and takes a number of annual subscriptions besides.

## Hot Weather Colds



SOME people have their worst experience with colds in summer, and hot-weather colds, too, are often difficult of cure.

All who have the unpleasant experience of a summer cold will find real help for it in Dr. Heald's new book on "Colds: Their Prevention and Cure."

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## NEWS NOTES

drew a vivid picture of the horrible condition of many of the tenement-houses where clothing is being made, and said that probably every one in her audience had on some article of clothing made under such circumstances.

### Miscellaneous

THE St. Louis Medical Society is planning to co-operate with the Civic Improvement League in the establishment of public comfort houses, such as are found in European cities.

INASMUCH as there is overwhelming evidence that insanity is frequently transmissible to offspring, there is a growing tendency to secure legislation calculated to prevent the procreation of offspring by the insane.

A NUMBER of recent deaths from heart failure as a result of skipping rope recalls the fact that this form of exercise is not without danger. Deaths from this cause are not so rare as may be supposed. There is a tendency, in competitive games of this kind, that young girls, without proper muscular preparation, may, in their desire to excel, be tempted to indulge in violent overexertion.

IN his farewell address at Baltimore, Dr. Osler favored the fusion of medical schools, the recognizing of the licenses of one State by other States, and fraternizing with the homeopaths. He says a difference in drugs should no longer separate men of the same hope.

IN England, on the ground that every one is entitled to a Christian burial, which cremation is held not to be, it has been decided judicially that unless express instructions have been left to that effect by the deceased, it is unlawful to practise cremation. For this reason, cremation is making slow progress in England.

THE United Improvement Association of Boston is working to secure the abatement of the spitting nuisance. There is a law in Boston against spitting in public places. But the penalty—a fine of one hundred dollars—is so severe that it is impossible to have it carried out. The association is endeavoring to have the fine reduced to three or five dollars, so that there may be a prospect of better enforcement.

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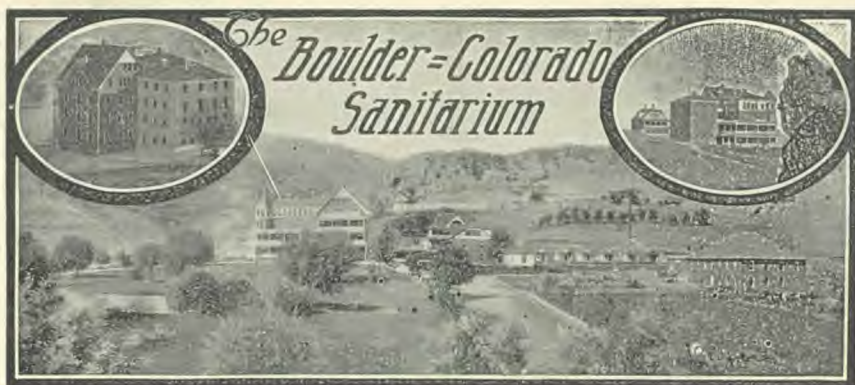
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