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

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## *Flesh as Food*

*Mrs. E. G. White*

THOSE who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use.

Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living, and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.

The tissues of the swine swarm with parasites. Swine are scavengers, and this is the only use they were intended to serve. Never under any circumstances was their flesh to be eaten by human beings. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element,

and when it feeds upon every detestable thing.

Often animals are taken to market, and sold for food, when they are so diseased that their owners fear to keep them longer. The very process of fattening them for market produces disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter.

Animals are often transported long distances and subjected to great suffering in reaching market. Taken from the green pastures, and traveling for weary miles over the hot, dusty roads, crowded into filthy cars, often for days deprived of food or water, feverish and exhausted, the poor creatures are driven to their death, that human beings may feast on the carcasses.

When brought to the place of slaughter, some animals seem to realize what is to take place. They become maddened and furious. In this state they are killed, and their flesh is prepared for market. Such flesh is poisonous.

In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is



especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food, they bring disease and death on those who do not suspect the danger.

The effects of a flesh diet may not be immediately realized; but this is no evidence that it is not harmful. Few can be made to believe that it is the meat they have eaten which has poisoned their blood and caused their suffering. Many die of diseases wholly due to meat eating, while the real cause is not suspected by themselves or by others.

The moral evils of a flesh diet are not less marked than the physical ills. Flesh food is injurious to health, and whatever affects the body has a corresponding effect on the mind and the soul.

Think of the cruelty to animals that meat eating involves, and its effect on those who inflict and those who behold it—how it destroys the tenderness with which we should regard these creatures of God.

The intelligence displayed by many dumb animals approaches so closely to human intelligence that it is a mystery. The animals see and hear and love and fear and suffer. They use their organs far more faithfully than many human beings use theirs. They manifest sympathy and tenderness toward their companions in suffering. Many animals show an affection for those who have charge of them, far superior to the affection shown by some of the human race. They form attachments for man which are not broken without great suffering to them.

What man with a human heart, who has ever cared for domestic animals, could look into their eyes, so full of

confidence and affection, and willingly give them over to the butcher's knife? How could he devour their flesh as a sweet morsel?

#### *Changing the Diet*

It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.

Yet it might not be best to discard flesh food under all circumstances. In certain cases of illness and exhaustion—as when persons are dying of tuberculosis, or when incurable tumors are wasting the life forces—it may be thought best to use flesh food in small quantities. But great care should be taken to secure the flesh of healthy animals. The danger of contracting disease by eating flesh is increasing. It is a very serious question whether there is safety in using animal food at all. It would be better to discard it under all circumstances than to use that which is diseased.

When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change.

When flesh food is discarded, its



place should be supplied with a variety of grains, nuts, vegetables, and fruits, that will be both nourishing and appetizing. This is especially necessary in the case of those who are weak, or who are taxed with continuous labor. In some countries, where poverty abounds, flesh is the cheapest food. Under these circumstances the change will be made with greater difficulty; but it can be effected. We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly. None should be urged to make the change abruptly. The place of meat should be supplied with wholesome foods that are inexpensive. In this matter very much depends on the cook. With care and skill, dishes may be prepared that will be both nutritious and appetizing, and will to a great degree, take the place of flesh food. But if the

cooking is done by one whose main dependence is meat, she can encourage its use to an almost unlimited extent.

Educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease.

Is it not time that all should aim to dispense with flesh foods? How can those who are seeking to become pure, refined, and holy, that they may have the companionship of heavenly angels, continue to use as food anything that has so harmful an effect on soul and body? How can they take the life of God's creatures that they may consume the flesh as a luxury? Let them, rather, return to the wholesome and delicious food given to man in the beginning, and practise themselves, and teach children to practise, mercy toward the dumb creatures that God has placed under our dominion.



## *The Daughter in the Home*

*Augusta C. Bainbridge*

### *I—The Baby Girl*

PERHAPS at no time in her future life will she make such a stir, or create such an interest, or be the center of such an attraction, as when the word is passed from the quiet room by doctor or nurse to those who are waiting without—"It's a girl." Grandma receives it with a groan, "Another woman to suffer and sigh." The mother smiles, and forgets all her pain in the thought of the little life that had so long lain close to her heart, and is now before her eyes and in her arms. She sees in the future, just a little way and she will get smile for smile, then the answer will come in words, and ere long the little feet and hands will join hers in life's activities.

Already she is planning the child's wardrobe—the dainty gowns, the jaunty hats, the tiny shoes. Then the thought of a healthy body brings reason and good sense to the front, and she sees the necessity of studying to obtain the best results. She knows how much of all that makes life worth living depends on beginning right; and directions for healthful dress, allowing perfect freedom of action, combined with warmth of limbs and trunk alike, are faithfully carried out. The regular habits of feeding, sleeping, light and darkness, all so needful to the growth of the baby girl, are insisted upon; and the idea of a beautiful body governed by a normal mind soon takes shape in

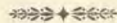


action. The mother-heart rings true, and she knows there is a spiritual life that will be begun, perhaps ere she is aware, and before the eyes are closed in that first baby sleep, she folds the tiny hands in prayer. Only a mother who knows God, knows how to pray then; and only the God who gave the mother-love, and to whose love it is so close in kind, can interpret that prayer. Thus a habit of daily prayer is begun, and if as faithfully carried on through all the childhood years, it will erect a barrier that Satan with all his craft can not overthrow.

What does the message, "It's a girl," mean to the father? While his sense of pride, the honor of his name, his house, would be touched more keenly had the message been, "It's a boy," yet the tender side, the gentle side, the manly side, of his nature rises in all its strength to meet the tiny form lying so closely covered in its mother's arms. All the chivalry in his nature wakes to new life, and the love for that baby girl makes a new man of him from that hour. The sense of another life, a part of his own, that is his to protect, to shelter, to shield, puts new interest in even the common things of every day. He sees her growing stronger, and know-

ing him, calling him "papa," coming to him from others' arms. He finds himself enjoying the care of her, loves to note the points of similarity between his darling and himself, but most of all between her and the dear woman whom he hopes she will more closely resemble. His mind spans at a bound the space between now and the day when some man will ask her hand in marriage, as he asked for her mother's in the sunny June not so very long ago. He vows to the dear Father of all, to do his part as a human father may, to help her to be the woman that another man will need, even as her mother has filled all his need. He thinks of the great need this poor world has of good women, brave women, pure women; and the great desire for guidance from a wiser Heart than his own, rolls over him as a billow. His prayer can hardly be put in words, but the great All-Father understands and answers.

The "peace that passeth all understanding," with gladness fills these two souls as they, by faith, rest the future to him who worketh all things after the counsel of his own will, even him whose will is good, and only good, to all his creatures.



## *Ned's Reformation—A Story*

*Mrs. M. E. Steward, A. M.*

"WHAT makes you use tobacco, Ned?"

"What makes you think it, Miss Harris?"

"Do you suppose you can use it and people not know it? Why, Ned, you are thoroughly perfumed, like the old American savages. When Columbus discovered America, some Indians were

found on the island of Cuba, puffing smoke from their mouths and noses. The sailors supposed this was the way they perfumed themselves. Allow me to ask you again, What makes you use tobacco? Why did you begin using it?"

"Well, to tell you the truth, I saw men use it that folks look up to, so



thinks I to myself, maybe they'd look up to me if I used it."

"Do people look up to you more than they did before you began using it?"

"Can't say's they do."

"Ned, there's deadly poison in it."

"I've heard say there's poison in everything."

"That is not true. Tobacco contains a poison so deadly that a man will die in a few minutes after taking a few drops of it."

"Now don't you believe it, Miss Harris. Ain't I alive? and I've took it every day for two years!"

"Arsenic is a poison, is it not?"

"Oh, yes, a terrible poison."

"Yet some persons use enough at a time to kill several men."

"Don't understand it."

"How did you feel the first time you tried to smoke?"

"Awful."

"That was your whole being saying as loud as it could, 'Don't take that dirty stuff in here! We don't want it! We won't have it!' Your body tried hard to save you, but you went right on fighting against yourself till you have become so filled with tobacco that there is nothing in you to cry out against it. Now, let me tell you what kind of work tobacco does. It makes people nervous."

"Not me, 'cause when I get uneasy, I take some, and I'm all right again."

"It makes you feel right because it deadens your nerves so you can not know when you are wrong. Tobacco brings on dyspepsia, and thus robs the body of nourishment, brings on disease of the lungs, affects the voice, poisons the heart, making it beat feebly, so the blood is not sent through the body as it should be, and thus the whole body is injured. Tobacco, by affecting the optic nerves, sometimes causes blindness. It causes paralysis and cancer."

"Yes, I know about General Grant."

"You began to use tobacco because great men used it. Do you wish to suffer long and then die of a loathsome disease, because a great man did?"

"Don't know's I do."

"Is white cloth made any whiter by hanging in the smoke-house?"

"Course not."

"Your skin, your heart, the whole of you is in a smoke-house every day, because the tobacco fumes unite with all the blood there is in your body as it flows through your lungs, and then it is carried to every part of you. Besides, you are throwing off tobacco poison all the time; it is in every breath you breathe. You carry a body of air everywhere you go that is filled with it. It is not enough for the tobacco user to perfume himself with the vile stuff; but while he is walking the streets, and in many public places, he puffs a stream of the noxious vapor into the faces of those he meets! Do you not think this is unkind?"

"Everybody does it."

"A real gentleman never does it after his attention has been called to it, because a true gentleman regards the comfort of others. And yet people are being annoyed in this way every day. On the street-cars and other places where they must travel, they are made deathly sick by the smoke produced by those who feel it their privilege to enjoy themselves regardless of the comfort of others."

A few days later Edith overheard Ned in conversation with Johnnie in the garden.

"What makes you keep smelling that homely flower?" asked Ned.

"Because mignonette smells pretty; see if it doesn't."

Ned took some and smelled. "I can't smell anything at all."



"See if you can smell this pink."

"Not a bit."

"Why, Ned Stirling! You can't smell like other folks!"

Edith came up and handed Ned a pear and a sweet apple, saying, "Please eat them, and tell me which you like best."

For some time Ned tasted first one then the other. At last he said, quite seriously, "I suppose that's the best," holding up the pear, "but I can't see much difference."

Edith told Ned afterward that tobacco deprived him of enjoyment; he looked incredulous.

"Why, I enjoy it!"

"But it benumbs your whole being; that is the reason you could not smell the flowers that so delighted Johnnie,

and why you could see no difference between the apple and the pear. There are many things which have delicate perfumes and flavors which you can never taste nor smell. Is this not losing pleasure?"

Ned finally gave up the use of tobacco, though it was with a hard struggle. When asked what he would do to convince some one else that tobacco is bad to use, he thought for a few moments, and then replied: "I'd say it makes 'em dirty all through, so they can't enjoy clean folks, nor clean folks them; 'nd decent folks don't want 'em on the street. I'd tell 'em they're gettin' poisoned, an' the sickness it makes,—consumption, heart weakness, weak nerves, and cancers. I'd tell 'em God made flowers 'nd put sweet smells in 'em, but not for them."



## *Medical Progress of the Nineteenth Century*

"THE Progress of the Nineteenth Century" is a book containing articles by representative men in the different sciences, arts, religions, etc. The article on the progress of medicine was written by Dr. Osler. A few of Dr. Osler's statements are given below. Sanitarium physicians who, thirty years ago, advocated these same things were counted "irregular," and considered little better than quacks. Now sanitarium methods are recognized as of great value by all progressive physicians. That the foremost physician of this age should, speaking as a representative of the medical profession, give utterance to these principles, and give them as evidence of advancement, is indeed proof that the mind of the medical profession is changing for the better.

### *The New Dispensation in Treatment*

"The old schools—regular and homœopathic—put their trust in drugs, to give which was the alpha and omega of their practise. . . . Imperative drugging—the ordering of medicine in any and every malady—is no longer regarded as the chief function of the doctor. . . . During the last quarter [of the century] sensible doctors have reached the conclusion that typhoid fever is not a disease to be treated with medicines, but that in a large proportion of cases, diet, nursing, and bathing meet the indications. . . . One of the most striking characteristics of the modern treatment of disease is the return to what used to be called the natural methods,—diet, exercise, bathing, and massage. There probably has



never been a period in the history of the profession when the value of *diet* in the prevention and cure of disease was more fully recognized. Dyspepsia, the besetting malady of this country, is largely due to improper diet, imperfectly prepared and too hastily eaten. One of the great lessons to be learned is that the preservation of health depends in a great part upon food well cooked and carefully eaten. A common cause of ruined digestion, particularly in young girls, is the eating of sweets between meals and the drinking of abominations dispensed in the chemist's shops in the form of ice-cream soda, etc. Another frequent cause of ruined digestion in business men is the hurried meal at the lunch-counter. And a third factor, most important of all, illustrates the old maxim that more people are killed by overeating and drinking than by the sword. Sensible people have begun to realize that alcoholic excesses lead inevitably to impaired health. . . . While temperance in the matter of alcoholic drinks is becoming a characteristic feature of Americans, intemperance in the quantity of food taken is almost the

rule. Adults eat far too much, and physicians are beginning to recognize that the early degenerations, particularly of the arteries and of the kidneys, leading to Bright's disease, which was formerly attributed to alcohol, is due in large part to too much food. . . . The prophylactic [preventive] benefit of systematic exercise taken in moderation by persons of middle age is very great. Golf and bicycle have in the past few years materially lowered the average incomes of the doctors in this country as derived from persons under forty. . . .

"After all, faith is the great lever of life. . . . Faith in us, faith in our medicines, drugs, and methods, is the great stock in trade of the profession. In one pan of the balance, put all the pharmacopœias of the world, . . . in the other put the simple faith with which, from the days of the Pharaohs until now, the children of men have swallowed the mixtures these works describe, and the bulky tomes kick the beam. . . . Confidence and hope do more good than physic. . . . 'He cures most in whom most are confident.'"



## Cheer Up!

Benjamin Keech

CHEER up! It might be worse. Of course, it's rather trying to have an ailment. But, whereas you have only one, you might have two. And, even though you are suffering severely, you might feel twice as bad. Has it ever done any good to cheerlessly regard your afflictions? Then why not turn over some new leaves and think yourself well? You can probably cheer yourself into a state of health.

Try to get on good terms with your

trouble. Or, if you can't accept it cheerfully, ignore it. That sounds easy, but it is possible, nevertheless. If you yet enjoy the blessing of work, plunge right into labor, and get so interested that your sickness will have to take a back seat.

Even though your body is full of aches and pains, don't let little, achy, troublesome pains get into your mind. Keep that part of yourself sweet and pure, whatever you do. Your mind con-



tains the thoughts that in the future are going to help make you either well or sick.

Maybe you won't always be sick. Perhaps in a few years you'll be a new, different person. It largely depends on yourself. When, at last, you are able to skip round with the best of well folks, you'll be extremely thankful that you didn't lower your vitality, when sick, by being blue and pessimistic.

If I were you, I'd laugh my ailment right in the face. I'd poke fun at it and deride it for using me so. Clearly inform it, by your actions and attitude, that you don't propose to be "downed" by any miserable, old malady.

When, in the future, your bad spells pass away "for good," you'll forget that you ever had such times as you are having now. And if the latter years of your life are peaceful and free from disease, you'll probably grow unconscious of the fact that you ever had such spells of sickness. So you might as well make the best of them now, thus carrying a clear conscience to the end.

And even if your case is hopeless, I'd also like to have you try my remedies. My leading prescription is this: Become so busy in doing nice things for

others and thinking nice thoughts about everything in general that the days will pass pleasantly instead of pessimistically.

I suppose you have read about the helpless invalid in Illinois, who, although unable to raise her head from her pillow, has, by making bookmarks, raised nine thousand dollars in fourteen years for foreign missions. Pray, what have *you* been doing, during your recent illness?

Cheer up, dear sufferer! There's room in this eccentric world for the worst of us to be among the best workers for good. Unless you have one already, I'd advise you to cultivate a happy disposition. If you're inclined to look on the blue side of your troubles, you should endeavor to change your nature, that you may see how nice and bright the other side is.

I believe a happy disposition is about the greatest earthly blessing that any one can have. It enables one to extract humor out of a toothache, and smooths big mountainous ills into peaceful, well-behaved mole-hills. And, although seemingly hopeless at first, a happy disposition can be cultivated by the person who would like one. So, cheer up.



## *The Cause of Physical Deterioration*

OWING to the fact that a much smaller proportion of the applicants for entrance into the British army come up to the required physical standard than formerly, there has been quite a stir in England over the question of the physical deterioration of the British people. The cause has been sought in the improper care of school children.

In the *North American Review* for July, the Rt. Hon. Sir John E. Gorst, M. P., in an article on "Physical De-

terioration in Great Britain," shows the importance of school boards caring for the physical as well as the mental development of children. A commission appointed to examine the children in a number of typical schools, with a view to determine whether there is such a deterioration as has been reported, found in one London school ninety per cent of the pupils incapable, and in schools in the north of England, from fifty to seventy per cent of the children



were found in a like condition,—due, chiefly, to insufficient and inadequate food. "These investigations," according to Mr. Gorst, "leave no doubt that in the poorer districts of Great Britain and Ireland a large proportion of the children . . . is growing up so deteriorated by starvation and from insufficient and improper food that they can never become normal citizens, that they will be the seed-bed of disease and crime, and that as long as they live, they must be a burden on society."

The government has in some instances sought to mitigate the evil by providing food for children of indigent parents; but according to Mr. Gorst, the remedy has thus far been totally inadequate. Mr. Gorst believes it is not a matter that concerns only the poor; "for the neglect of the physical condition of the poor and their children, the rich indeed pay a terrible penalty. The scourge of consumption causes in the United Kingdom one death in eight, and half the deaths that take place between the ages of twenty and thirty-five. This disease, we are informed by medical authority, need not exist. It is bred among the ill-nourished children of the poor. That is the nursery of its evil growth. In all the schools of our slum districts, young children could be found if there were medical inspection, in numbers that would astonish the contented optimist, already infected with the malady; unsuspected by parents and teachers, they are spreading among their comrades a disease which is curable even in their own bodies if early detected and early treated. Contagion spreads, seizes the children and youth of the rich, and takes its toll of life as above stated. Detection by inspection, and cure, at small expense, of incipient consumption among destitute children

would save many a young and promising life among the rich."

In *The National Review* for June, the same writer has an article on similar lines, entitled "Children's Rights."

The other side of the question is championed by the Rev. Clement F. Rogers in *The Empire Review*, in a paper entitled "The Free Feeding of Children." In this he maintains that there is no definition of underfeeding. It sometimes may mean a boy with a healthy appetite who could eat more than he gets at home. He believes the inquiry, "Have you had anything to eat to-day?" teaches the children to lie. At the Tower Street school six years ago one half the children were said to be underfed. Careful inquiry during the last three years showed that there were actually less than twenty underfed. The number actually fed in London the last three years, shows that the tendency of the poor to depend on outside support is on the increase. Lack of food, according to Mr. Rogers, is not the important factor in the physical degeneration of the children, but only one cause in many. One investigator, with a list of forty alleged underfed children, struck off three fourths of the names at once. "Not that I did not find much amiss in these homes. Cleanliness, decency, and ventilation were often lacking, but not usually food. It was frequently improper food, sometimes extravagant food, often badly prepared and served anyhow. But I was struck with the amount of it, and more struck with the waste. The number of children we felt justified in feeding at other people's expense was very small."

Mr. Rogers believes that inasmuch as the evil does not arise from mere lack of food, it can not be met by free dinners. A little soup two or three times

(Continued on third cover page)





# THE MEDICAL MISSIONARY AT WORK

## *Experiences in Honan, China*

THE medical missionary work has been a great help to us in opening up this station. When we first came here, last fall, the people were very bitter against us, and we found that other missionary efforts had been tried in this place, and given up because of the difficulties.

While we were repairing our station, there was no time to look after the sick; and when we had completed the repairing, the people did not come. They seemed to have entered into a contract to leave us alone. Finally a few of the sick began calling on us. But just as we were beginning to have a fair attendance, a fierce persecution came upon us. It was instigated and kept up by a very wealthy and influential man, who makes his headquarters near this city. He has under his protection and influence a large band of thieves, robbers, and rascals. He declared that they wanted no missionaries in this place. But the Lord led us here, and opened the way for us to get this station, and in this time of need he was near, and protected us, and we are ever grateful for his keeping power. Since then we have been having an ever-increasing number of sick coming to us, and we have as many cases to care for now as we can do justice to with our present facilities.

The cases are almost all of such a nature that we can help them with very simple treatment; they have been so grossly ill-treated by the native doctors and sorcerers that the disease has been aggravated in most cases. Some are

helped in what seems to us a remarkable way when we consider the slight treatment given. We know that this is the Lord's blessing on the work, and it all helps to prepare hearts to hear and receive the gospel. The people come from the surrounding cities and country, some coming a distance of twenty-five miles. If we had more workers, we could easily increase the number of patients to double the number that are coming at present. We are doing all we can for the present, and are constantly beseeching the Lord of the harvest to send forth more laborers.

A. C. SELMON, M. D.

*Hsiang Cheng Hsien, Via Hankow, China.*



DR. LAW KEEM and his wife and Dr. Holt departed for China, Sunday evening, June 18, 1905. Drs. Keem and Holt are going to their native land to carry the everlasting gospel to their people. The former is under appointment of the Mission Board, while the latter is going as a self-supporting worker. Both of these brethren received their medical training in San Francisco, and were graduated with honors. This is now to be used in carrying present truth to our neighbors in darkness across the sea. Dr. Holt carried with him papers from the Chinese ambassador at Washington, which will give him a standing professionally in China. We are certain all our readers on the Pacific Coast will follow with much interest these brethren in their labors, and we ask that they be remembered often at the throne of grace. We are glad that the Pacific



Union Conference can contribute three workers, two of whom are physicians, to the work in China. We trust that others now preparing will soon be ready to follow these brethren.—*Pacific Union Recorder*.



THE building at Plumstead, Cape Colony, South Africa, formerly used as an orphanage, has been converted into a sanitarium. It is small, and contains but sixteen rooms, still it has served us well thus far. Two years ago we opened work at this place, but did not accomplish very much until Dr. Thomason arrived last June. Since that time the work has progressed very favorably. The doctor has a large outside practise. Reports from the sanitarium show that the receipts are several hundred dollars in excess of the expenditures. The prospects are that we shall have to build cottages, or provide some other means for accommodating the patronage, but we lack funds with which to build up this work.

W. S. HYATT.



PASTOR PAUL, of Strehla (Saxony) publishes in his fortnightly missionary news bulletin a summary of medical mission statistics. It seems there are now in the service of evangelical missionary societies throughout the world 701 men and 238 women physicians, chiefly British and American. The missions maintain 395 hospitals, 770 dispensaries, 57 asylums for opium victims, and 78 leper asylums. In hospitals, dispensaries, and private practise, missionary physicians treat every year about two and one-half millions of patients. We knew before, that to the poor the gospel is preached through the missions; but one feels a thrill on seeing the healing of the sick — that other characteristic work of Jesus Christ — taking on such proportions.

Is the useful individual only that strenuous object who is constantly perspiring? Such a one does not, after all, accomplish much that is worth while. It is not so much what work is done in the world, as what influence is wrought, that is worthy of estimation. The infant binding together more closely the parents; the schoolgirl sweetening the home; the adolescent boy and girl, opposing their beautiful inexperienced idealism to the sordidness of life and its ghastly compromises; the husband maintaining his family; the wife rearing her offspring; the mature man (usually after forty) accomplishing the world's business; the venerable counselor,— who shall aver that any period of life, indeed, is without fruition?—*Medical Times*.



LATE reports from Uganda state that there have been 49,081 deaths within that kingdom, from the sleeping sickness. The lake districts are the most seriously affected. Comparatively few have suffered in the regions at a distance from Lake Victoria. Of late the disease has appeared in northern Umyoro. There seems to be some reason for believing that it is connected with the presence of the tsetse fly, which hitherto has not been supposed to be harmful to man, while fatal to cattle and horses.



A MISSIONARY hospital in China has just had a case of opium suicide by a little girl of twelve. She had been sold to men as a slave twice before, and on being sold the third time she was tired of it, and took opium.



IN the middle of the sixteenth century the Protestant church sent her first missionary to the heathen.





# HEALTHFUL COOKERY

AND HOUSEHOLD SUGGESTIONS

## *Adapting Recipes*

*Mrs. D. A. Fitch*

It is not difficult to find recipes which would be quite hygienic if something good were substituted for the injurious ingredients. Especially is this true of those which direct us to the second-hand market,—the butcher's shop,—for in the place of flesh may be used nuts or some of the specially prepared nut foods. One third their quantity is equal to the flesh mentioned, for the reason that they are three times as nutritious. Condi-

ments may be omitted with no detriment except from the standpoint of taste, and possibly that may be a perverted one. Baking-powder, soda, and cream of tartar are not easily substituted; so if they are incorporated in the recipe you are studying, do not waste more time over it. They are altogether unnecessary in a truly hygienic dietary, in fact, their presence renders the food more or less unhealthy.



## *Some Healthful Recipes*

### *Pearl Barley Soup*

Cook until tender enough pearl barley to make a rather thin soup. Reserve some of the water. In this cook some symmetrically cut turnip, carrot, onion, and cabbage. Meantime soak some evaporated okra, or slice and cook the fresh if it be in season. (It can be obtained in cans in northern latitudes, and makes a valuable addition to many soups.) Add these and a portion of fresh or canned tomatoes to the barley. When the right consistency is attained, add salt and other seasoning to taste. Water in which rice or potatoes have been boiled is better than clear water as a diluent.

### *Carrots with Peas*

Diced carrots served with green peas make a pleasing combination. If one or the other be dressed with a white sauce,

the appearance and palatability are much enhanced. Whatever the style of service, attention should be paid to arrangement on the dish, so that the eye may be pleased.

### *Asparagus and Eggs*

Wash two bunches of asparagus and boil until tender. Lay in a buttered baking dish, and season with salt and a little butter. Beat three or four eggs just enough to break the yolks, and pour over the asparagus. Bake ten minutes in a hot oven, and serve with broiled nuttolene or protose.—*Adapted from San Francisco Evening Post.*

### *Tomato Pie*

SLICE an onion, cook in an oiled pan till lightly browned. Skin and slice some ripe tomatoes,—or canned ones will do,—place a little of the onion in a pie dish, salt to season, then a layer



of tomatoes, sprinkle with granola, granose flakes, or bread crumbs, add a few pieces of protose or nuttose,—if procurable,—then another layer of onion, and so on until the dish is nearly full. Then pour in half a cup of water, or the gravy from the onions. Have some nicely mashed potato, and spread over to form a crust, Bake until the tomatoes are cooked, and the potato crust nicely browned. This is a very delicious dinner dish.

#### *Potatoes a la Creme*

Heat a cupful of milk, stir in just a little butter, a heaping tablespoonful of flour, which has been well mixed with a little cold milk. Stir until smooth and thick. Add two cups of cold boiled potatoes, sliced, and a very little finely chopped parsley, salt to taste. Shake over the fire until the potatoes are heated through, but do not stir after the sauce is finished.

#### *Marbled Beans*

Cook equal quantities of Lima and scarlet runner beans—any other dark bean will do—until tender and the moisture is almost evaporated. Rub each dish separately through a soup colander, and season with salt and a little milk or nut cream. Arrange by putting one layer of the white bean at the bottom of a round baking dish, about an inch in thickness, then a layer of equal thickness of the dark bean, and so on until the dish is full. Bake until nicely browned on top, and until dry and mealy throughout. When cooked, invert the baking dish over a plate, and the beans should come out perfectly marbled in appearance. Garnish with rings of cut lemon, placed at regular distances around the dish, and insert walnuts or almonds into the bean mass all over its surface.

MRS. D. A. FITCH.

### *Unfermented Grape Juice*

WASH grapes; heat, the same as for jelly, to each ten pounds of grapes adding a pint of water to keep them from burning and to help extract the juice. Put into jelly bags, and allow to drip as for jelly. Heat the juice, and add one dessertspoonful of sugar to every pint of juice [for Eastern grapes; the Western grapes require less, and California grapes require no sugar]. Let boil two minutes, take off and bottle while hot, and seal tightly. Bottles should be scalded, and should stand in hot water while being filled. Scald the corks. There is as much satisfaction sipping a small wine-glassful of grape juice prepared in this way as there is in drinking a tumblerful of the ordinary grape juice.

MRS. DAVID S. MORSE.



### *Cleansing and Renovating the Kitchen*

LIME-WATER is a very convenient thing to have in the kitchen. It may be made at very small expense. Put, say, a pound of lime in a fruit-jar, fill with water, cover tightly, and allow to stand for a day or two. Pour off the upper part of the water without disturbing the sediment, and strain it through several thicknesses of cheese-cloth. Keep it tightly corked, otherwise it will deteriorate. The same lime can be used over and over again. When lime-water is taken from the fruit-jar, replace it with fresh water, and it will be ready the next time it is needed. Keep the fruit-jar well stoppered.

Lime-water will sweeten vessels which soap and water fail to cleanse. It is of especial value in cleansing milk vessels. A third of a cup of lime-water will often enable a baby to drink milk when otherwise it disagrees.

To cleanse a porcelain sink, scrub



with hot soda water, and if there are refractory stains, rub them with sand or rotten stone. If the sink is greasy, first use kerosene on a flannel, and then hot suds, and finally cold water.

KEEP silver spoons and forks bright by leaving them in strong borax water for several hours once a week. A tablespoonful of ammonia, added to the water each time the silver is washed, will accomplish the same purpose.

To clean saucepans or any enameled ware so they will look like new, fill the vessel with water, add say two table-spoons chlorid of lime, and boil for about two hours. Rinse and wash with soda water to remove the smell.

To remove peach stains from napkins, pour on boiling water, rub hard, let stand a few hours, and then, if necessary, rub with spirits of turpentine.

To clean windows, add a little ammonia to the pail of water. The result will be much better than if soap is used.

To clean brass and copper utensils, try half a lemon dipped in salt.



### Household Hints

REMOVE old putty without injuring sash or glass, by passing a hot iron over it. A hot poker or a hot flat-iron will answer.

To prevent breakage of lamp-chimneys from heat or cold, immerse them in cold water; place the water on the stove to heat; keep hot all day; leave the chimneys in the water until the next morning, to allow them to cool slowly. The chimneys will last much longer (unless broken by violence) than chimneys not so prepared.

If you are troubled with flies, scatter a few drops of sassafras oil about the house. The flies do not like the odor of this oil.

### Had You Thought of It?

*Benjamin Keech*

MANY persons are fighting big evils out in the world when there are smaller ones right at home that demand serious attention. For instance, there is the dish-cloth. Its owner would probably object forcibly if some one should wash the family clothing in germ-laden water. Yet she daily washes the dishes from which the family eat, with a cloth that is not only germ-laden, but sometimes quite filthy. This is a serious matter. Thoroughly scald and air the dish-cloth every time you use it.



THE choicest olive oil is of a pale-green color. This appearance is said to be due to the presence of tiny particles of chlorophyl, or the green coloring matter associated with the oil in the tissue of the fruit. Many of the pure olive oils range in color from deep golden yellow to almost colorless. An intense brown yellow or a deep green oil should be regarded with suspicion.—*Good Housekeeping.*



NEVER give all your pleasant words and smiles to strangers. The kindest words and sweetest smiles should be reserved for home. Home should be our heaven.



“WITHIN the routine of home life dwells eternal beauties if we only took the time to peep at them through the veil of laughter. It in itself is a tonic of supreme importance.”



WRONG eating and drinking, and the breathing of vitiated air, form the triple fountainhead of nearly all our diseases and our misery.—*Dr. Radcliff.*





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

## *How Shall We Preserve Our Children Pure?*

*Mrs. Harriet S. Maxson, M. D.*

THE promise, "Blessed are the pure in heart: for they shall see God," attests the high value placed by God on purity of heart. No wicked act is entirely the impulse of a moment, but is preceded by a long train of evil thought. For this reason, it is important that children be taught from earliest infancy to see the beautiful and the pure. By beholding, we become changed. If parents observe the rule, "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, . . . think on these things," the same spirit will be imbibed by the sensitive natures of their children.

Perhaps the greatest safeguard against impurity is the proper instruction of the child concerning the mystery of life. This is a question which perplexes mothers more than any other, and the reason for this often is, she herself has not a very exalted idea of the reproductive function. She feels that the subject is surrounded with an atmosphere of indelicacy, and with such an impression, the mother can never give the child an exalted idea of that function.

Let every mother study the reproductive function in plants and animals, and

it will help her to divest herself of this unhappy condition. And by teaching her little ones the beautiful truths herein revealed, she can early prepare them to receive the facts concerning the mystery of their own existence.

To every mother will come the question, How shall I treat the bodies of my children as regards exposure?—Teach them to be modest. Do not discourage the natural tendency to delight in their bodies, and never for a moment teach them that they have any part of which they should be ashamed. Teach them that certain parts are sacred, rather than vulgar,—too sacred to be exposed like the hands and face.

Certain avenues through which wickedness enters the heart must be carefully guarded. Among these are conversation on impure subjects, dark allusions to the latest scandals, discussing the downfall of some former associate, repeating stories which have a taint of vileness. Sad it is that such conversation sometimes finds place at the firesides of parents who hope to preserve the purity of their children. Let parents guard their lips with diligence, and spare their little ones the contamination of such deadly poison. Avoid



novels and story books, especially those in which vice becomes so familiar that it ceases to be repulsive. I do not refer to literature only that is ordinarily considered to be obscene, but also to many of the books which supply the Sunday-school libraries,—books in which evil may be mixed with much good. It is like sprinkling a white garment with ink and water; the ink stains, and the water does not take it out.

A source of danger to older children is the practise of attending parlor dances, kissing parties, etc. A New York chief of police says that three fourths of all the fallen women in that city attribute their downfall to dancing. A word to the wise is sufficient. The mother who has the privilege of rearing her child under the free open canopy of heaven near to nature's heart, in the country or in the mountains, may think herself blessed; yet even she is not free from danger. A few hours' association with farm-hands with depraved minds may poison your boy's mind forever.

The greatest danger to those living in towns or cities is the street education. How shall the city mother give her child outdoor exercise and spare him the danger of street contamination? Such mothers are to be pitied, for they have a difficult task; yet much can be done by choosing associates for your children, and whatever you do or do not do, even to the sacrifice of your husband's dinner, guard your boy, and know where he is and what he is doing when he is on the street.

Let the parent know what, where, and with whom the child is playing. Better limit the hour of playing with associates to an hour or two a day, and lay aside all things else, and know what your child is doing, and what he is saying. It costs much, it is true, to rear a child for usefulness here, and for

heaven hereafter; but think of the results at stake.

Above all things, diet has much to do with purity in the child, as in the adult. All science recognizes this truth, and every physician of experience will tell you that the unnatural stimulating diet of to-day is largely to blame for the prevalence of social impurity. The delicate organism of the child responds even more quickly to the influence of these stimulants than that of the adult.

But under the best influences, one thing is necessary in order to exclude evil, and that is that the mind and hands of the child shall be employed with right things. Keep the child constantly employed, even in its earlier years, preferably to remain with the parent. Such a course will yield results a thousand times worth the trouble it will cost you, not only in what you will reap after months and years of training them, but in the pleasure you will experience in the task. Even little three-year-old Mary can bring in kindling-wood, a stick at a time, and can wipe the spoons and the knives and forks, even if they have to be re-wiped, and she will find great delight in helping mama. It will not be work, but play to her. True, young children can be overworked and have their health impaired, but there is far greater danger of having their health injured by too little work.

Do you say, dear mother, that you have no time for all this? Watch your spare moments, and use them for one month to gain instruction to impart to your children, and you will be astonished at what you will find yourself the possessor of at the end of that time.

The question is not whether you shall impart knowledge to your child, or leave him in ignorance. If not from you in a pure way, then from evil companions in an impure way, will your



child learn these truths. Learn them he will. How much more blessed that child who gets his first knowledge of the mystery of life in a pure way! It lies within the power of every mother to have it so; and if she fails, how great the responsibility!

*Oakland, Cal.*



### *Parents' Work at the Camp-meeting*

At a recent California camp-meeting the time between nine and eleven in the morning each Thursday was devoted to the consideration of parents' work. Though this seemed a brief time for an adequate study of the important problems pertaining to the family, we tried to make the most of every opportunity, studying the truths that have come to us regarding the great responsibilities resting on parents, and the best ways to meet this trust. A live and growing interest was manifested on the part of all, and many excellent thoughts were presented, though no previous arrangements had been made for this line of work.

A committee was appointed by the conference to inaugurate a general campaign in the interest of parents' work, presenting it at each camp-meeting, and, as far as possible, in every church in the conference.

#### *Some Thoughts from the Parents' Meetings*

Elder W. T. Knox: Though both are needed, example is stronger than precept. Children are close observers; they see many things that we do not wish them to see. A little boy once asked his mother if he could tear his shirt when he got big, as his father did. His father often manifested anger in dressing when a button came off or something went wrong, and the child wanted the same privilege. A heavier

burden rests upon the mother in training the child when the father's example is contrary to her teaching. Nevertheless, she can often fortify the child by careful instruction against falling into these evil ways, explaining that perhaps papa did not have a kind mama to tell him how wrong such things are, when he was a little boy forming his habits. Never in any way lessen the influence of the father for good over the child.

Mrs. D. T. Fitch: Let us not be afraid to ask our children to forgive us when we sin and set a bad example. When I was cross with my children, my boy used to say, "You know you will have to come and say you are sorry."

Elder Clarence Santee: If parents could remember, in the correction of their children, that they themselves are in a measure largely responsible for the sins of the children, it would soften their hearts, and help them to correct in love and tenderness.

Mrs. D. T. Fero: It is not new truths that we need, but attention to the old truths, and more careful reading of the spirit of prophecy. We are told to follow the methods of the gardener in the training of our children.

Prof. E. A. Sutherland: First teach children orally. Educate them to believe. It will guide them later in their reading.

Mrs. Papworth: We worry so much that we drive our children from us and from God. Rest rebellious children with God, and lovingly wait for the blessing in prayer.

Elder Hodge: The most important reading for children is the Word of God. It will help them to choose good literature.

Dr. Hattie Maxson: We want our children to be established in the Scriptures, particularly that which leads to instruction in righteousness. (Psalms



23, 15, 103, 1, 91; Ephesians 5; Philip-  
pians 4, and other scriptures were es-  
pecially recommended.)

Elder D. T. Fero: Be what you want  
your children to be. Exact obedience  
from them. God chose Abraham because  
he commanded his children and his  
household after him. Even Jesus  
obeyed his parents. Give your children  
the highest standard of ethics.

Mrs. J. D. Rice: The lives of Chris-  
tians are read more than books. (Sister  
Rice spoke especially of the need of  
courtesy in the home, and of reverence  
in the house of God.)

Elder J. O. Corliss: (Emphasizing  
the fact that children do follow after  
the ways of their parents.) A certain  
minister had a very observing son. A  
guest at the house, bidding the boy good-  
by, said, "Be a good boy." "Then you  
must be good," replied the boy. "Yes,"  
said the visitor, "I must practise what  
I preach." "But I don't have to," said  
the boy. "My father preaches, but he  
don't practise, and I don't have to."  
There is great need of harmony in the  
government of the house. A mother  
corrected her son, and the immediate  
reply, "Papa does that," closed the  
mother's mouth. There is need of sym-  
pathy with our children. A busy  
minister was writing his sermon when  
his little boy came with a cut finger to  
get sympathy, but was met with the  
reply, "Go away, son, I am busy now."  
The grieved little boy walked away with  
the remark, "He might have said,  
'O!'"



### *Hard Food for Children*

THE great importance of giving chil-  
dren their starchy food in a form com-  
pelling adequate mastication was set  
forth in a paper read before the British

Royal Institute of Public Health. Not  
only are digestive disturbances occa-  
sioned by soft food, but the maxillary  
apparatus, not being exercised ade-  
quately, does not develop properly,  
neither do the nasal passages nor the  
nasopharynx. The teeth are apt to be  
irregular and to decay early, and the  
child become the victim of adenoids.  
That the latter is a dietetic disease the  
writer of the paper had no doubt. He  
advised that hard, solid foods be given  
at the age of seven months. In this way  
the child learns to masticate by instinct,  
and not till then should a limited quan-  
tity of the softer farinaceous foods be  
permitted. Throughout childhood, the  
bulk of the starchy foods should be in  
a form which would compel mastication.—*Good Housekeeping*.



"THE gospel of happiness is one that  
every woman should lay to heart. What  
it means to a man to come home at night  
to a cheerful wife no one but he who  
has had to fight the hard battle of life  
knows. If he is prosperous, it is an  
added joy, but it is in misfortune that  
it shines like a star in the darkness. A  
complaining wife can kill the last bit  
of hope and courage in a sorely troubled  
heart, while a cheerful one gives new  
courage to begin the fight over again."  
—*Selected*.



It is strange but true that babies are  
frequently run down through over-en-  
tertainment. It is a well-known fact  
that babies of the very poor are less  
nervous than those of the wealthy, and  
this is largely due to the fact that their  
mothers are too busy to constantly en-  
tertain them. The children are left  
more alone. They are not worried by  
overattention.—*Selected*.



# 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.]

**113. Dizziness.**—Mrs. H. B., Cal.: "I suffer with dizziness, and sour taste in my mouth. My stomach does not seem to bother me, and I can not account for my dizziness."

*Ans.*—Your dizziness may come from weakness of the heart or from some pelvic trouble. It may come from uric acid or from calcium oxalate in the blood—the result of errors of diet and imperfect oxidation of food. It may come from overeating or from imperfect digestion. It is altogether likely that the cause will be found in the stomach, as is usually the case in this disorder.

Select a simple diet of cereals and fruits. Take but a small amount, chew it thoroughly, and exercise in the open air freely. If there is no decided improvement in ten days, write us more fully.

**114. Is It Consumption?**—Mrs. M. P., Ore.: "I am afraid I have consumption. I have had pains in my lungs for twenty-one months. They hurt me constantly, and give me great distress. I have a tickling in my throat, but no cough, and do not raise anything; am twenty-five years old; have gained twenty-six pounds during the past year, but am growing nervous from the constant pain in my lungs; can not lie on my right side because of pain. I have a great dread of consumption. What should I do? I am using Ozomulsion, a preparation of cod-liver oil."

*Ans.*—Dismiss your fear of consumption at once; for you haven't got it. Stop the use of Ozomulsion and all other forms of cod-liver oil. Your letter is not explicit enough to make a complete diagnosis, but we advise you to cut down the amount of food you are taking one half. Keep the bowels active by the use of fruits, enemas, or an occasional laxative dose of ordinary salts.

If you do not find decided improvement in two weeks, go to the best physician in your place, and have your case carefully examined.

Above all else dismiss your morbid fears of lung trouble.

**115. Fruit Diet Disagrees.**—A Subscriber: "1. What is the cause of gas in the bowels every time I eat apples? I have suffered every winter for eleven years. 2. Why have I had more trouble since I quit the use of meat? I have counseled with several doctors, and each advises a fruit diet; but I can not use a fruit diet. What shall I do? 3. Now I want to know why apples cause pain and gas with me and not with other people."

*Ans.*—1. Fermentation of your food.

2. If digestion is slow, sugar and all starch foods undergo fermentation and give rise to gas. Flesh foods do not ferment, but undergo putrefaction. They do not give rise to so much gas, but do form more or less dangerous poisons. You have probably impaired your stomach by hasty eating and imperfect mastication, and when you discarded flesh foods, you did not change your method of eating. Remember that starch foods require more thorough mastication than flesh foods. We recommend you to use crisp toast that requires thorough mastication.

3. Apples are an excellent fruit, and agree with almost every one, but there are persons with whose stomachs raw apples seem to disagree. Such persons can nearly always use baked apples freely.

**116. Urticaria — Hives.**—E. H., Tex.: "For eighteen months I have suffered with skin affection, from which I can not get relief. Small welts come all over my body, and itch intensely. 1. What is the trouble? 2. What can I do?"

*Ans.*—1. Urticaria, or hives.

2. The causes are almost innumerable. Often some simple article of food will cause an attack of hives. Take a very simple diet, carefully omitting such articles of food as



you find do not agree with you, and do not overeat. See that the bowels move freely and at a regular hour each day. Flush the bowels with a full enema three times a week for several weeks, and take a cold hand-bath every morning.

To lessen the irritation of the skin take an occasional oil rub, using cocoanut oil, white vaseline, or cold cream.

**117. Rheumatism.**—Mrs. M. M., Wash.: "Please advise in LIFE AND HEALTH how to cure rheumatism; if it can not be cured, how to relieve the pain."

*Ans.*—Rheumatism is always associated with an impaired nutrition, and in many instances is most difficult to cure. A thorough course of treatment at a good sanitarium gives the best results; in many cases a complete cure is effected. An article will appear in the next number on the cause and treatment of rheumatism.

The pain may be relieved by such simple methods as wrapping the painful parts with either dry or moist flannel, and applying hot water bottles. When relief is obtained, pack the joint in a thick layer of absorbent cotton. In all cases the bowels must be kept very active. It is often well to use free doses of common salts for a short time.

**118. Hiccough, Blotches, Hives.**—R. A. C., W. Va.: "1. What causes hiccough? 2. What causes blotches? Can anything be done to cure them on the face? 3. What causes bald-hives? Will anything cure them?"

*Ans.*—Hiccough, blotches, pimples on the face, and hives often result from some disorders of the stomach. Correcting the diet and habits of living will cure these troubles at home in many instances, but some cases require a course of thorough treatment to correct the trouble.

Hiccough is a reflex disturbance, and can be temporarily arrested by holding the breath, swallowing water several times in rapid succession, or suddenly arresting the attention until the rhythmic movement is broken up. See question 116, for hives.

**119. Sweating under Armpits.**—Mrs. E. N. McCook, Neb.: "I sweat so much under my arms that I can not keep a waist looking good. It annoys me a great deal. Please advise me what to do; or is there nothing I can do?"

*Ans.*—This is a most annoying condition, and we have had many inquiries for a cure. Wash the armpits at least twice a day in cold water. Dry and dust with a powder composed of equal parts of boric acid and stearate of zinc.



## The Tuberculosis Borderland

PAUL PAQUIN, in the *Boston Medical and Surgical Journal*, gives the following symptoms of what he calls the "tuberculosis borderland." "In children there may be habitual headaches, nosebleed, early and excessive brightness of the intellect, tonsillitis, occasional unaccountable fever, lassitude without undue exercise, seeming indifference to duties when at heart desirous of performing them, overactivity of hair growth. At all ages, chronic stomacic and intestinal dyspepsias, occasional flushing of the face, unaccountable afternoon fevers, unaccountable subnormal temperature (more common in the morning), pleurisy (almost always purely tubercular), occasional aching in

one or more spots in the chest or under the shoulder-blades, hypertrophied tonsils, adenoids and lymphoid growths in the throat, hacking cough with or without expectorations, grayish glassy sputum, even when in small specks, spitting of blood, even in minute quantities, habitual scraping of the throat, chronic respiratory catarrh, sweats without natural causes (night or day, general or localized), clammy or sweating hands and feet, susceptibility to colds on slight provocation, and certain chest conformations.

Any of these symptoms suggest a thorough examination and long observation if necessary, to discover better-known signs of tuberculosis."



## EDITORIAL



### *Sanitarium Treatment for Epilepsy*

IN a paper in *American Medicine*, on "The Management of Epilepsy," Dr. Thomas P. Prout, of New York, strongly recommends "vigorous exercise, a thorough bathing regime, and regulation of the diet" as means to prevent the formation or to increase the elimination of the poisons which are believed to be the cause of epilepsy. For exercise, he recommends employment, preferably in the open, for an hour or two a day. Where physical work is not practicable, he recommends such games as golf and tennis, and other exercises, as walking and horseback riding. For baths he recommends a daily pack at seventy degrees, followed by a short cold shower and vigorous rub. He recommends also the Scotch douche where that can be given, and advises that patients, when possible, take treatment in "bathing establishments." "The diet," according to Dr. Prout, "should be simple, one easily digested, and should exclude all coarse, highly seasoned and rich foods, coarse fruits or fried meats, and coarse or fried vegetables. As a beginning, if the case is a severe one, I think it well to keep the patient on milk and eggs and their various preparations, with perhaps some vegetables, and gradually enlarge the range as the conditions seem to warrant. Our diet list should be accompanied by directions regarding eating." "In carrying out such a regime,"

says the doctor, "the services of an intelligent nurse are most desirable, and in many cases absolutely essential." "In regard to the diet, the nurse should be held personally responsible, since its proper regulation is most essential. All epileptics, almost without exception, are given to excesses in diet, and many patients have an intense craving for things which they can not digest properly. If unrestricted, they almost invariably eat to excess."

There is no place where such patients can be so well cared for as in a well-conducted sanitarium; though as a rule, sanitariums, unless they are especially fitted for the care of nervous diseases, do not desire the presence of such patients, as the occurrence of an attack, if in public, will of necessity have a depressing effect on other patients.



### *Fresh Air for Surgical Tuberculosis*

ON Coney Island, New York, is a colony called "Sea Breeze," where children afflicted with tuberculosis of the joints or bones are taken. It is, as yet, only in the experimental stage, but so far it has proved remarkably successful, according to Dr. Wallace. Cases regarded hopeless by the best city surgeons have improved in a short time beyond all expectations. "Sinuses of long standing have healed, acute pain has rapidly subsided, and all but one of the



patients have gained in weight in amount varying from thirteen ounces to twenty-four pounds and eleven ounces." "We feel that we have proved beyond all question," comments Dr. Wallace, "that outdoor treatment in surroundings normally adapted to child life is more effective than the best possible treatment in wards. Fresh air is as essential in surgical tuberculosis as it is in pulmonary tuberculosis."

One remarkable result of the recent tuberculosis convention in Washington was the emphasis of the thought that fresh air does not cure tuberculosis; it cures the patient. It is not a specific which enters the lungs and destroys the tubercle bacilli. Fresh air and abundance of well-selected food build up the patient, and he throws off the tubercle bacilli. Such treatment is in order whether one has tuberculosis or not. This building-up process — living as nature intended we should live (if I may be allowed the expression)—not only cures tuberculosis of the lungs, but other forms of tuberculosis; it prevents tuberculosis in those who may be susceptible, and hinders the onset of other diseases.

Animals and savage men become more susceptible to tuberculosis when they come in contact with civilized man, and live deprived of a portion of their accustomed fresh air. Civilized man, turning from the cities to the seashore and the mountains, throws off tuberculosis.



### *"Hydrotherapy, Massage, and Electrotherapy May Be Used"*

So said a physician recently, after having given minute directions as to drugs and dosage. "May be used!" Won't do any particular harm! Now why did he not, instead of going into careful

specifications, say, "Drugs may be used"? — Because he had some convictions, born of experience, that certain drugs, used in certain dosage, would have the desired effect.

Now what does he mean by saying "hydrotherapy may be used"? Does he want the water applied on the outside or on the inside? What temperature does he want it? Does he want the temperature to be constant or alternating? How often should they be given, and for how long? These are only a few of the questions that would arise regarding the application of hydrotherapy. The same with massage and electricity. Why did he not give definite directions regarding the use of these measures? Is it not that he had no definite ideas as to what should be given, but felt the necessity of recommending them because of their increasing popularity? Is it not a pity that medical colleges do not realize the importance of giving more practical courses in these important therapeutic procedures? Men are graduated from excellent schools knowing a little theoretically in regard to rational therapeutic methods, and understanding their importance, but with so little actual practise that they naturally drift into the habit of depending almost entirely on drugs.



### *Why?*

WHY is it that while there are wholesome laws forbidding the practise of medicine and pharmacy without thorough preparation, manufacturing concerns can with impunity make and ship all over the country "perfectly harmless" headache powders and other dangerous compounds,—compounds which not infrequently cause death? Why is it that agents of some of these drug companies can without molestation pass along the street and throw into door-



yards samples of tablets which may be picked up by children and eaten as candy, with disastrous results? Why do not our legislatures pass laws against such abuses?—THEY CAN NOT! The patent medicine interests are too strong for them. A law calculated to regulate the sale of patent medicines so as to protect the public is sure to be defeated, or else amended so that it is of little force. Why do not the newspapers take up a warning cry against the patent medicine evil? You can read the answer in their advertising columns. They dare not attack the patent medicine industry.



### *Medical Inspection of Schools*

At a recent meeting of the medical inspectors of schools, the chief of the medical inspection work gave some facts regarding this work that may be of interest to the general reader. Among other things, he said: "Adenoid growths and large tonsils are not only dangerous to the child's health, but also retard his mental development. By notifying the parents of the existence of any of these conditions, the department hopes to place every child, so far as possible, in the best physical condition to pursue his studies. Perhaps the greatest good accomplished by this work is the detection and correction of defects of vision in school children. The inspectors found, within the past few months, that about one third of all children in the schools have defects of vision which interfere with their studies. Of these a large number have already procured glasses. This has resulted in a noticeable improvement in their work at school, as shown by the teachers' reports. The reason so many children have been found backward in their studies as related to their age is that

there are so many with physical defects, such as deficient vision or hearing, who are unable to keep up with normal children, and retard the progress of the class."

It is not likely that the condition in New York is much worse than in many places where there is no medical inspector. The lesson to be learned is that the amount expended for the proper medical supervision of schools is one of the best investments that can be made.



### *"Health Foods"*

THE following letter may throw some light on the methods of men who commercialize the manufacture of health foods for the rapid accumulation of wealth. The energetic and extensive exploitation of cheap so-called "health foods" by skilful and persistent advertising, and the reduction of the cost of manufacture by the cheapest and poorest kind of raw materials, has enabled some men to accumulate snug fortunes in a few years.

The manufacturer mentioned in this letter, whom we will call "Mr. Rail," makes a coffee substitute which we will call "Railum cereal," and a cereal food which we will call "peach stones." These names we have substituted for those used by the writer in the letter. Otherwise, we quote the letter just as it is written:—

*"Life and Health,*

"DEAR EDITORS: Perhaps you already know that of which my letter will treat, but it will bear repetition, for I repeat it frequently, not to injure any one, but to save the people.

"When in New Orleans engaged in vegetarian restaurant work, a stenographer from a certain sugar house took meals with us. She told the waiters that Mr. Rail of peach-stone fame bought



from their house by the car-load, at eight cents per gallon, the refuse to use in his *Railum cereal* and *peach stones*. She also stated that it was so strong of chemicals that a drop of it would eat a hole in your apron.

"It seems strange that a man can do such unprincipled things for so many years, and find so great a number of people who will daily consume his productions, and call them good. The idea that they are sanitarium foods so largely prevails that another unprincipled feature is added."

Not at all strange, when we remember that there are millions of dollars spent yearly for the most absolutely worthless patent medicines, and other almost countless millions for vile tobacco and viler liquors. The amount spent for that which is not only not good, but absolutely harmful is almost beyond belief. It is not at all strange, in view of these facts, that Mr. Rail should "find so great a number of people who will daily consume his productions, and call them good."

We have always doubted the statement printed on the *peach-stones* carton, that the food has ten times the strength of meat, wheat, oats, and other similar foods, but we can readily believe that it is "powerful strong" (as our Southern friends would say) when one drop of one of the constituents is strong enough to eat a hole in the apron.

If one does not need health foods, it is not wise to pay a fancy price for some of these highly advertised articles when some cheaper staple article will answer as well; and if one does need health foods, it is certainly the part of wisdom to purchase articles made by those who are manufacturing health foods primarily from a health standpoint, and not primarily from a money standpoint.

The health-food business was started

with the honest purpose to benefit mankind. It afterward became the field of such rank commercialism that the very name "health food" became almost disreputable.



### *How Much Water Should We Drink?*

THE prevalent opinion among physicians regarding this question, is well summed up in the "Reference Handbook of the Medical Sciences:"—

"The adult of average size requires about two liters of water each twenty-four hours to make good the loss by excretion and evaporation. About one half of this is supplied by the average diet, leaving one liter (four glasses) to be taken as a beverage. Many adults take much less than this quantity, but many adults take too small an amount of water. Few take too much. There is a growing belief in the medical practise that water is a most valuable agent for flushing out accumulated excretory material from the tissues."

Occasionally we meet advice in medical or health publications, reading something like the following, taken from a popular London health weekly:—

"Many people suffer from ill health and neuresthenic symptoms continually from drinking too little water. It is especially needed for sluicing the emunctory canals—especially the kidneys, skin, and bowels—also for proper dilution of the blood, which is necessary to good circulation."

But there seems to be a growing suspicion that the matter of water drinking may easily be overdone. The "System of Physiological Therapeutics" says:—

"Too free use of water, as may be practised in summer by laborers, may be followed with indigestion, with loss



of appetite, distress in the stomach, and a sense of fulness, with, perhaps, sour stomach, flatulence, vomiting, and purging."

Physicians have, of late, been raising a warning voice against the free use of water in certain diseased conditions, notably in diseases of the kidneys, liver, heart, and stomach.

E. B. Treat & Co. have recently published a translation of Prof. Dr. Carl von Noorden's book on the subject of drink restriction or thirst cures, particularly in obesity. This little work, after reviewing the history of thirst cures, and of the physiological investigations made in the past on the effect of drink restriction on the organism, gives an account of the work done in this line by the authors, who conclude that the restriction of liquids is inevitably followed by these consequences:—

1. Diminution of the work of the stomach.
2. Relieving the heart of part of its work.
3. Greater concentration of the body fluids.
4. Decrease in body weight by diminishing fluids of the body.
5. Reduction of appetite.
6. Destruction of albumin, when drink restriction is carried too far.

Then follows the author's experience regarding the restriction of liquids in the treatment of obesity, chlorosis, cirrhosis of the liver, and in hemorrhages.

The translator in a prefatory note says: "Unfortunately, not all physicians realize that not only does every mouthful of surplus food add to the burdens of all the digestive and secretory organs instead of strengthening the body, but that every superfluous ounce of liquid ingested adds labor to the heart and kidneys, besides having to be for the most part forcibly extruded by

the stomach into the small intestine before it can be absorbed. It is sad to think how many victims of Bright's disease have been encouraged to drink themselves to death, and how many patients afflicted with obesity have shortened their lives by continuing excessively fat, with all its discomforts and dangers, to the end of the chapter, water-logged because of unrestricted drinking."

The writer has seen evidence to convince him that there is great danger in summer of drinking too rapidly, and in too great quantity, of fluid at a temperature which can but be a detriment to the stomach. Extremely cold water seems rather to increase thirst, and cause excessive water drinking. Many summer dyspeptics are probably water dyspeptics rather than food dyspeptics. That is, the first step in their cure should be to restrict the amount of water they drink.



### *The Goat as a Source of Milk*

IN response to an inquiry regarding the use of goat's milk as food, the Department of Agriculture has issued a bulletin giving information regarding the various breeds of milch goats, directions for their care, the value of goat's milk as compared with cow's milk, the comparative cost of goat's milk and cow's milk, etc. From this, it appears that a good milch goat yields from ten to sixteen times her weight in milk in a year, a cow rarely exceeding five times her weight in milk. A given amount of food, fed to a goat, will produce a much larger amount of milk than when fed to a cow. Goat's milk is richer in fat and sugar, and so is more like human milk. The goat is less subject to tuberculosis than the cow, and hence goat's milk is thought to be safer for the use



of tuberculosis patients, and for infant feeding. The fat being in smaller globules, the cream rises more slowly, so the milk is not adapted to butter making, but is a better table milk than cow's milk. The rank flavor attributed to goat's milk is due to the fact that goats are allowed to pick up their food everywhere, and eat substances which cause a rank taste in the milk. Proper attention to the food of the goat will insure milk of a fine flavor.

It would seem that goats might be used to advantage to furnish milk for bottle-fed infants, tubercular patients, and others requiring a nourishing diet. Every family in moderate circumstances, not feeling able to care for a cow, might have two or three goats. At least two goats are required to furnish a constant supply of milk through the year. The difficulty in this country is that the common goats are rarely good milkers; and imported goats are as yet very scarce.

This bulletin (Bulletin No. 68, Bureau of Animal Industry) may be obtained by sending fifteen cents in coin or money order (stamps are not accepted) to the Superintendent of Documents, Washington, D. C.



### *A Lung Specialist's Indictment of Alcohol*

IN an address given in St. Louis, Mo.,—not on temperance, but on the prevention and cure of tuberculosis,—Dr. Knopf made the following incidental but significant statements regarding alcoholism:—

“Alcohol must be considered as the

most active co-operator of the deadly tubercle bacillus, aside from being the greatest enemy to the welfare of a nation, the most frequent destroyer of family happiness, and the cause of the ruin of mind, body, and soul. To combat alcoholism, education, above all things, is required. From early childhood, the dangers of intemperance and its fearful consequences should be taught, and alcohol should never be given to children, even in the smallest quantities.”

These are not the vaporings of a theorist, but the earnest words of one, who, by long familiarity with the tenement districts through his efforts to control tuberculosis, has earned the right to speak with authority regarding the effect of alcohol in the poorer districts, and especially in its relation to the spread of tuberculosis.



THE following story from *Good Housekeeping* is an excellent illustration of the fact that the physical condition is largely dependent on the state of the mind:—

“An old minister lost his false teeth, and thought he had swallowed them. He was sure he could feel them in his stomach, and he became so ill and suffered such intense pain that his life was despaired of. One day a little girl playing in the yard found his false teeth in the grass, and took them to him. He immediately became better, his pain disappeared, and he was soon well. He was so grateful to the little girl for finding his teeth that he made her a gift of money, with which she bought a beautiful Bible.”



# NEWS NOTES

## Pure Foods

THE National Food Manufacturers' Association has been organized in Chicago for the purpose of protecting the legitimate manufacturers of food and food products against adulterated, fraudulent, and unwholesome food.

HEALTH OFFICER RAGAN, of San Francisco, because of the general tendency of the butchers of that city to save ice bills by making use of preservatives has started a vigorous campaign against the offending butchers, both by legal procedure (as they are offenders of the pure food laws) and by publishing the names of all dealers detected selling the "embalmed meat."

DR. WILEY has gone to Europe to make careful examination of the methods of preparing foods for export to America. He will visit all the important cities which prepare food products for export to this country. When he returns, food laboratories will be established in Boston, Philadelphia, New Orleans, and Chicago, in addition to those already established in New York, San Francisco, and Washington.

THE Los Angeles Board of Health, as a result of an unexpected tour of inspection among the surrounding dairies, made some astounding discoveries. A dead cow was found in one milking corral. "The stench was something intolerable. I do not understand how the milkers and helpers stood it to work there. The other cows were tramping all over the carcass. At another place we found cows standing in filth and manure almost knee deep. Stanchions were in a filthy condition; milk rooms were even worse. There were no screens to keep out flies. At two places we found helpers straining the milk through dirty cloths, cloths in which there were handfuls of flies. That sounds almost incredible, doesn't it? But any member of our party will testify that what I am telling you is not at all exaggerated. Fortunately, not all the dairies were in this filthy condition. Some were models of cleanliness." The board is determined to make the dirty dairymen clean up or get out of business. In the worst cases,

licenses were revoked until the dairies are put into condition that is satisfactory to the board. Others were reprimanded, and allowed to continue on probation, with the warning that matters must mend immediately. A motion was passed that no milk shall be offered for sale which contains more than five hundred thousand bacteria per cubic centimeter, dairy test. This number, though large, and nearly equivalent to the bacterial content of ordinary sewage, is said to be only one tenth of the counts for milk actually tested in the Los Angeles bacteriological laboratory. This crusade, if continued with the vigor with which it has begun, will mean cleaner milk for Los Angeles; but how about hundreds of other cities and towns whose inspectors have not yet begun an active crusade against bad milk?

## Drugs and Narcotics

THE Wisconsin anti-cigarette law went into force July 1.

PHILADELPHIA has had another victim of headache powders, who relieved a headache with two of a certain popular coal-tar powder. The headache will not return.

*American Medicine* for July 8 gives a number of cases, taken from the London *Lancet*, in which death and a coroner's inquest followed the use of liqozone by children.

THROUGH the Chicago juvenile court, it has been learned that cocain is being secretly sold to boys and girls, and that many of the young people are rapidly becoming victims of the cocain habit.

THE patent medicine manufacturers have determined to put an end to the practise of cutting prices on patent medicines. They will refuse to sell to druggists who sell under price. If they would only put the prices so high that no one could afford to use them!

FROM a brewery opened March 4, the day of the President's inauguration, was sent to the President a present consisting of a cask containing the first bottles of beer brewed by the company. The President, through his secretary, acknowledged the receipt of the present. Every newspaper, of course, has to record the



circumstance. Such news is reported when often more important news is suppressed. The brewery company certainly hit on a cunning scheme to get a lot of free advertising.

In the *Economic Review* (London) for April, W. C. Sullivan in an article entitled "Industrial Alcoholism," maintains that "the graver evils that are wrought by alcohol, which indeed give to the drink question the importance of a social problem, do not depend on drunkenness, but on chronic intoxication; and their connection is not with the convivial abuse of alcohol, but with what in the conditions of modern life is of vastly greater importance, with its *role* as a social and industrial anesthetic — an agent, that is to say, which relieves the sense of ill-being and inefficiency generated by bad industrial conditions, by excessive or repugnant work, by insufficient or unattractive food, etc. It is this industrial drinking — and hardly ever mere convivial excess — which is the real source of chronic alcoholism, and through it, of alcoholic crime, suicide, insanity, and racial degeneration." He shows that drunkenness is most prevalent in the mining districts, "but in these same districts the frequency of the specially alcoholic offenses are relatively few, that of the most characteristic of them — attempts at suicide — being even lower than in the agricultural counties where drunkenness is rarest." He shows that in the mining towns the steady work and comparative prosperity, while they favor occasional drinking, do not favor industrial drinking, which is prevalent in manufacturing and seaboard towns. What he means by industrial drinking is the practise of drinking at intervals during the day while at work, so that the victim is constantly under the partial influence of liquor, but perhaps never actually drunk.

#### Public Health

ACCORDING to the author of the book "New Yorkitis," the inhabitants of the American metropolis "work like dynamos all day, and play like idiots all night." As a consequence sudden deaths are increasing out of all proportion to the population.

It has recently been discovered that Chicago has a system of child slavery, children under fourteen being "farmed out" to be trained up as household servants. These little ones are kept at drudgery without being granted

the privilege of attending school. An effort is being made to prosecute in cases where children have been forced to work beyond their strength.

THE cupidity of landlords is shown in Washington by the fact that apartment houses for the well-to-do are now being erected with about as little light and air as tenement-houses. A committee has been selected, consisting of prominent lawyers, bankers, architects, and investors to frame a law regulating the erection of dwellings. The proposed law provides "that every apartment and tenement-house, and every house intended for human habitation in the District of Columbia, shall have such open and reserved spaces within the limits of the lot on which it is built as shall give to it sufficient light and air independently of any lawful use that any other property owner may make of adjoining or neighboring lots, and independently of any structure that any adjoining or neighboring owner may lawfully put on his own property." No apartment or tenement-house is to be permitted to occupy more than sixty-five per cent of the area if an inside lot, or ninety per cent of the area if a corner lot.

In the report of the Committee on Applied Christianity to the annual meeting of the Congregational Association of New York State, there is a vigorous protest against the rapid increase in child labor in this country. The report states that "in our country nearly two million children under sixteen years of age are compelled to join the ranks of bread winners; that while the population of our country in the twenty years preceding 1900 increased fifty per cent, the number of boys between ten and fifteen years old engaged in mechanical and manufacturing pursuits increased one hundred per cent, and the number of girls of the same age and in the same class of occupations increased one hundred and fifty per cent; that thousands of children but ten or twelve years old are fastened to machinery for the manufacture of goods through long days, and frequently at night; that in some sections of the country, children of six and eight years of age are wage-earners; that only fifteen per cent of the children of our country ever pass the grammar grades in school, and that the eleventh year is the average at which the American child leaves school permanently to enter the ranks of toilers."



### Communicable Diseases

IN Chicago mothers were recently detected secreting infants afflicted with smallpox in order to prevent their being taken to the isolation hospital.

THE Anti-Tuberculosis Society of Kensington, Pa., will maintain a dispensary for the free treatment of mill operatives who have contracted tuberculosis.

A TOWN in eastern Pennsylvania has been visited with an epidemic disease which begins with a violent headache, followed by fever lasting four days, a rash sometimes accompanying. No deaths have occurred thus far.

THE epidemic of cerebro-spinal meningitis is practically at an end in New York City, there being only about one tenth the number of cases that there were in April. The extreme virulence of the disease is shown in the fact that those who escape immediate death usually have a chronic form of the disease in which one organ after another is attacked until death mercifully ends the scene. The profession has thus far found no remedy which can check the course of the disease.

AFTER a number of years' freedom from the disease, and after experiences that led to the hope that it would hereafter be an easy matter to keep it under control, yellow fever has broken out in New Orleans in rather an alarming manner, and neighboring States have established a quarantine against the infected city. The disease seems to be working in the same old-fashioned way that it used to before the agency of the mosquito as a carrier of the infection was discovered. There are those who now firmly believe that the mosquito is not the only means by which the disease is transmitted.

THE health officer of San Francisco gives some recent instances of diphtheria germs being found in the throats of persons exposed to diphtheria, and slightly ill, but not having the usual symptoms of diphtheria. He says: "Many cases of mild 'sore throat' are

probably mixed infection, the diphtheria infection being masked, or unrecognized by the attending physician." He regards these unsuspected cases, as one of the chief causes of the spread of diphtheria, and urges the medical profession to take throat swabs in all cases of sore throat, and advises that all school children having sore throat be sent home.

THE Entomological Department of the University of California has been endeavoring to control the growth of mosquitoes around the towns of San Rafael and Burlingame, Cal., and has been making studies in other places with a view to mitigating the mosquito plague. The monthly report of the California State Board of Health gives some hints as to mosquito control, which should prove valuable to citizens of that State. Roughly, the mosquitoes of California are divided into the salt-water and the fresh-water varieties. The former fly for considerable distances in the direction of the wind, the latter remain within a few hundred feet of their breeding places. In dealing with the salt-water varieties, it is necessary to treat all salt marshes which breed mosquitoes to the windward of towns. As the larger part of the State has only the fresh-water mosquitoes, it lies within the province of every farmer to protect his own home, by filling or treating any breeding places that may be in the neighborhood of his dwelling.

### Miscellaneous

THE Woman's National Sabbath Alliance has appealed to the medical profession for a leaflet of not more than 2,500 words, demonstrating the need of a weekly rest day, and offers a prize of twenty-five dollars for the best manuscript furnished.

EGG membrane has been used in Paris, as a dressing over deep burns, with excellent results. The membrane is placed over the wound, covered with tin foil, and held in place with antiseptic bandages. It is said that the wounds heal remarkably well, leaving very little scar.



# 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.

GEO. H. HEALD, M. D. - - - Editor  
G. A. HARE, M. S., M. D. Associate Editor

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Entered as second-class matter June 24, 1904, at the post-office at Washington, D. C., under the Act of Congress of March 3, 1879.

WITH this number we begin a series of articles by Mrs. Augusta C. Bainbridge, well known to readers of the *Pacific Health Journal*, entitled—

## THE DAUGHTER IN THE HOME.

The series, which will comprise the following articles, will be much appreciated by parents and daughters:—

1. The Baby Girl.
2. The Little Tot.
3. A Little Miss at School.
4. Our Daughter Graduates.
5. Her Postgraduate Course.
6. Daughters Grown: Married and Single.

THE mission of LIFE AND HEALTH is to clear the rubbish from the pathway to life and health and true happiness, through teaching the fundamental principles governing the life and health of the delicately constructed human organism, which are not deep, hidden mysteries, possible to be understood and applied only by scientific experts, but the natural heritage of every man and woman, and as accessible and applicable as any commodity essential to life.

EVERY number of LIFE AND HEALTH is a practical *manual of health*, for it contains information applicable for home use in the treatment and prevention of diseases prevalent at various seasons of the year. It is written in simple language, avoiding the use of medical and Latin terms not usually understood by the majority of people. Its object is to reveal the plain, practical, fundamental principles governing the life and health of the delicately constructed human organism, and to demonstrate these principles to be the natural heritage of every man and woman, and as accessible and applicable as any commodity essential to life.



THE circulation of LIFE AND HEALTH is practically administering to the needs of suffering humanity. All who have a knowledge of the principles and laws of health and the great need of their adoption in the thousands of homes everywhere, should seriously consider their duty to their fellow men in causing them to investigate the great principles of true health reform.



THE August number of LIFE AND HEALTH, of which 2,500 more copies were printed than of the July number, was practically exhausted August 1.

## A PURE VEGETABLE COOKING OIL



A normal food product. Made from corn. Nothing purer. Economical. Clean. A sample in mailing case for 10 cents.

Sanitarium Supply Co., Nashville, Tenn.



(Continued from page 249)

a week to starved children would be useless, and is a prevention of real remedies. Moreover, it has actually led many who were once self-dependent to rely on public support.



### *Restful People*

“VERY pleasant, but slow!” how often we hear simple-minded people called this. And we frequently smile at these quiet, steady-going people. But while we agree that they are pleasant, are they not also restful—restful to others who are bustling about, so occupied as to seem to have no time for repose?

There is something refreshing about their manner, their tranquil talk. They know something of what is going on, of course, but there are so many things

into which they have entered only slightly. And when you talk of those things of which they know so little, their remarks cause you to think and to ask yourself whether there is so much in the hurly-burly as you had imagined. Is it worth while?

You must go through it, perhaps; your living depends on it; but you go away with the feeling that you would like to pass an hour or two with them more frequently. That afternoon visit has been very restful, and has given you fresh energy, and has helped you to take a more rational view of life.

They enjoy life, those simple, “slow,” out-of-date people. They have their troubles, which they bear bravely. They have a mission, if we can only see it. To come in contact with them is like the pouring of oil on troubled waters.—*Selected.*

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