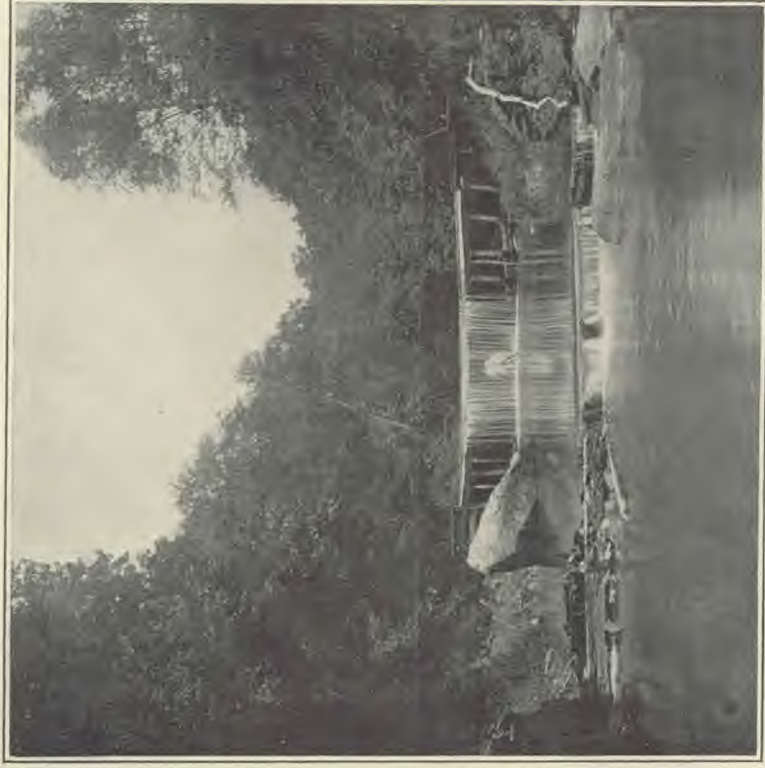


Extremes in Diet

LIFE
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Vol. XX

OCTOBER, 1905

NO. 10



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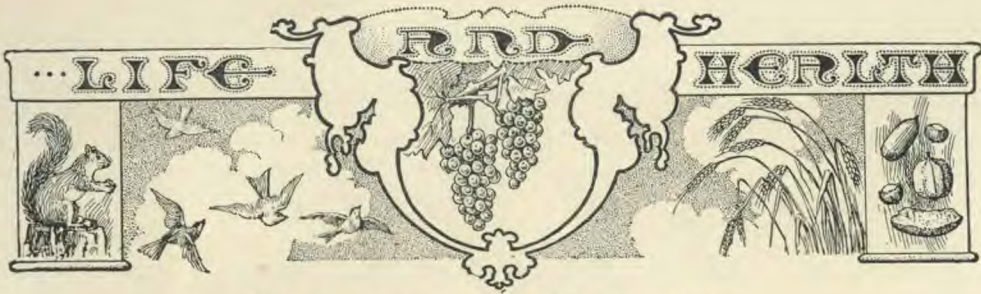
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SCENE IN JAPANESE HOSPITAL AT MATSUYAMA—Convalescent Russian Officers

(See "*A Visit to a Japanese Hospital*," page 280.)



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

Vol. XX

Washington, D. C., October, 1905

No. 10

Chronic Rheumatism of the Joints

GEORGE A. HARE, M. S., M. D.

THIS disease, which is common among men and women who work in damp localities, is now supposed to be due to micro-organisms. It often follows other infectious diseases, such as influenza, catarrh of the nose or of the stomach and intestines, tonsillitis, and typhoid fever, and also catarrhal diseases of women. Heredity has been thought to play some part in the causation of the disease, as certain families seem peculiarly susceptible to it; but this may be due to the environment, rather than to heredity. Women are more susceptible than men, and the disease is more prevalent between the ages of forty and fifty, though younger persons are not exempt, and it sometimes attacks even young children.

The disease differs from acute rheumatism in that there is less pain and fever. But there is always some pain, especially on motion of the joints; and there is usually a slight rise in temperature, especially at the beginning of the disease. The small joints, those of the fingers, are usually attacked first, the affection extending to the elbows, knees, and even to the hips. Any of the joints may be involved, including those of the jaw, the spine, and the ribs. The af-

ected joints are usually swollen and spindle shaped, the skin over the joint being warmer and redder than the surrounding skin. As the disease progresses, there is apt to be permanent enlargement, causing more or less deformity. The joints, at first favored because of the pain, later become stiff, so that motion is difficult or impossible. Occasionally the heart is affected, but not to the same extent as in acute rheumatism.

The disease has no particular effect on the duration of life, but it greatly impairs the efficiency and the comfort of the patient.

The treatment should include the avoidance of such occupations as favor the continuance of the disease. The diet should be both nutritious and digestible. In fact, the writer is not certain that in every case there is not more or less auto-intoxication, either as the result of overeating or as a result of wrong combination of food. At any rate, it is important that the digestion be improved by a proper diet. While it is often found in persons who do not use flesh foods, there is good reason to think that in some cases it may be due to an excessive use of carbohydrates or starchy foods.

These patients may be eating large quantities of food, and yet be ill-nourished because they are not digesting what they eat, but have in their intestines a fermenting, poisonous mass that is constantly passing into the blood current substances that vitiate the blood and destroy those properties in the blood by which it protects the body against the micro-organisms of disease. When chronic rheumatism once gets a foothold, it is not easily dislodged; for this reason the best time to cure the disease is in its incipient stage.

Those who are subject to chronic rheumatism should, if possible, secure change of residence to a dry climate, or at least such change of occupation as will take them out of damp, sunless rooms, into an abundance of dry, fresh air and sunlight. Such persons should wear woolen next to the skin, and sleep in woolen blankets. Moderate exercise should always be taken when it is possible to do so. When for any reason exercise can not be taken, its place must be supplied with mechanical or manual movements and massage. Some good may be accomplished by painting sore spots with iodine and applying a gauze compress saturated with oil of wintergreen.

The diet should consist of a good variety of nourishing foods, but should be taken in no larger quantities than needed to nourish the system. Thorough mastication will prevent overeating and will improve the digestion. Flesh foods, tea, and coffee should be excluded, salt used sparingly, and nut foods, especially those made from peanuts, used in small quantities.

Water treatment should be used both as an eliminative and as a tonic, and for this purpose the hot full bath, one hundred and one to one hundred and five degrees, may be used from eight to fifteen minutes on alternate days. On

other days hot and cold applications to the spine and to the stomach and liver may be used. A cool spray, or better, a hot and cold spray, should be used after either of those treatments, or in the place of these a wet hand rub, a wet sheet rub, or a cold mitten friction. When cold treatment is used, it should always be employed with vigorous friction.

A daily cold hand bath may be used with great benefit, provided in all these treatments good judgment is used in gradually accustoming the patient to them, and securing in every case a good reaction and the avoidance of all unpleasant results, such as headache, chilliness of the surface after the bath, or increase of pain. Cold full baths are to be avoided in all cases. The cool treatment outlined above, if skilfully given, is the best sort of tonic for these cases.

Massage is of the greatest benefit in the treatment of chronic rheumatism. It is surprising what can be done for stiff and painful joints by fomentations, massage, and passive movements in the hands of one who is well trained; but it requires much patience on the part of both patient and nurse.

For the relief of painful joints nothing is better than hot fomentations or a hot pack to the joints, covered by mackintosh, oil-silk, or even oiled paper, kept on for one or two hours night and morning, and a continuous moist compress kept around the joints during the interval between the hot treatments. The moist compress should always be covered with dry flannel and oil-silk, mackintosh, or oiled paper to prevent evaporation. Some sanitariums employ special ovens in which the painful joints are treated with hot air. This treatment has given good results in relieving both pain and swelling. A little ingenuity

will enable any one to use this treatment at home by such means as he can extemporize.

In chronic rheumatism it is particularly important that the bowels be made to act regularly and freely every day. This can be done by proper food, exercise of the abdominal muscles, and special massage of the bowels, and by es-

tablishing a regular hour for the daily action of the bowels. In obstinate cases it is far better to use enemas or some mild laxative than to permit the bowels to be inactive.

Added to the above treatment a hopeful, cheerful spirit should be maintained. The influence of a hopeful attitude can not be overestimated.



Extremes in Diet

MRS. E. G. WHITE

Not all who profess to believe in dietetic reform are really reformers. With many persons the reform consists merely in discarding certain unwholesome foods. They do not understand clearly the principles of health, and their tables, still loaded with harmful dainties, are far from being an example of Christian temperance and moderation.

Another class, in their desire to set a right example, go to the opposite extreme. Some are unable to obtain the most desirable foods, and instead of using such things as would best supply the lack, they adopt an impoverished diet. Their food does not supply the elements needed to make good blood. Their health suffers, their usefulness is impaired, and their example tells against, rather than in favor of, reform in diet.

Others think that since health requires a simple diet, there need be little care in the selection or the preparation of food. Some restrict themselves to a very meager diet, not having sufficient variety to supply the needs of the system, and they suffer in consequence.

Those who have but a partial understanding of the principles of reform are often the most rigid, not only in carrying out their views themselves, but in urging them on their families and their

neighbors. The effect of their mistaken practises, as seen in their own ill health, and their efforts to force their views upon others, give many a false idea of dietetic reform, and lead them to reject it altogether.

Those who understand the laws of health and are governed by principle will shun the extremes, both of indulgence and of restriction. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for highest service to God and man. The appetite is under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favor of right principles. These persons have a wide influence for good.

There is real common sense in dietetic reform. The subject should be studied broadly and deeply, and no one should criticize others because their practise is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate every one's habits, and no one should think himself a criterion for all. Not all can eat the same things. Foods that are palatable

and wholesome to one person, may be distasteful, and even harmful, to another. Some can not use milk, while others thrive on it. Some persons can not digest peas and beans, others find them wholesome. For some the coarser grain preparations are good food, while others can not use them.

Those who live in new countries or in poverty-stricken districts, where fruits and nuts are scarce, should not be urged to exclude milk and eggs from their dietary. It is true that persons in full flesh and in whom the animal passions are strong, need to avoid the use of stimulating foods. Especially in families of children who are given to sensual habits, eggs should not be used. But in the case of persons whose blood-making organs are feeble,—especially if other foods to supply the needed elements can not be obtained,—milk and eggs should not be wholly discarded. Great care should be taken, however, to obtain milk from healthy cows, and eggs from healthy fowls, which are well fed and well cared for; and the eggs should be so cooked as to be most easily digested.

The diet reform should be progressive. As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable.

The practise of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested. "Crackers"—the English biscuit—or zwieback, and fruit or cereal coffee, are best suited for the evening meal.

Some are continually anxious lest their food, however simple and healthful, shall hurt them. To these let me say, Do not think that your food will injure you; do not think about it at all. Eat according to your best judgment; and when you have asked the Lord to bless the food for the strengthening of your body, believe that he hears your prayer, and be at rest.

Because principle requires us to discard those things that irritate the stomach and impair health, we should not conclude that it is of little consequence what we eat. An impoverished diet produces poverty of the blood. Cases of disease most difficult to cure result from this cause. Day after day, meal after meal, the same articles of food are prepared without variation. The dishes served are not appetizing, and the food is sometimes so insipid as to be refused by the stomach. The system is not sufficiently nourished, and dyspepsia and general debility are the result. Those who use such a diet are not always compelled by poverty to do so, but they choose it through ignorance or negligence, or to carry out their erroneous ideas of reform.

God is not honored when the body is neglected or abused, and is thus unfitted for his service. To care for the body by providing for it food that is relishable and strengthening is one of the first duties of the householder. It is far better to have less expensive clothing and furniture than to stint the supply of food.

Some householders stint the family table in order to provide expensive entertainment for visitors. This is unwise. In the entertainment of guests there should be greater simplicity. Let the family needs have first attention.

Unwise economy and artificial customs often prevent the exercise of hos-

pitality where it is needed and would be a blessing. The regular supply of food for our tables should be such that the unexpected guest can be made welcome without burdening the housewife to make extra preparation.

All should learn what to eat and how to cook it. Men, as well as women, need to understand the simple, healthful preparation of food. Their business often calls them where they can not obtain wholesome food; then, if they have a knowledge of cookery, they can use it to good purpose.

Reader, consider your diet. Study from cause to effect. Cultivate self-control. Keep appetite under the control of reason. Never abuse the stomach by overeating, but do not deprive yourself of the wholesome, palatable food that health demands.

The narrow ideas of some would-be health reformers have been a great injury to the cause of hygiene. Hygienists should remember that dietetic reform will be judged, to a great degree, by the provision they make for their tables; and instead of taking a course that will bring discredit upon it, they should so exemplify its principles as to commend them to candid minds. There is a large class who will oppose any reform movement, however reasonable,

if it places a restriction on the appetite. They consult taste instead of reason or the laws of health. By this class all who leave the beaten track of custom, and advocate reform, will be accounted radical, no matter how consistent their course. That these persons may have no ground for opposition, hygienists should not try to see how different they can be from others, but should come as near to them as possible without the sacrifice of principle.

When those who advocate hygienic reform go to extremes, it is no wonder that many who regard these persons as representing health principles, reject the reform altogether. These extremes frequently do more harm in a short time than could be undone by a lifetime of consistent living.

Hygienic reform is based upon principles that are broad and far-reaching, and we should not belittle it by narrow views and practises. But no one should permit opposition or ridicule, or a desire to please or influence others, to turn him from true principles, or cause him lightly to regard them. Those who are governed by principle will be firm and decided in standing for the right; yet in all their associations they will manifest a generous, Christlike spirit and true moderation.



The Daughter in the Home

AUGUSTA C. BAINBRIDGE

The Little Tot

MANY a weary day and sleepless night has marked the pathway of both father and mother since the baby girl opened her eyes in the home. Many a quiet consultation and many an hour of prayer has brought peace to troubled

hearts when a serious question in child training came before them for an answer.

The regular habits formed in the beginning have been continued. The healthful diet adhered to so carefully during these few trying years, has car-

ried the baby into childhood, with a good set of teeth, and sound digestive organs. These habits, combined with proper bathing, and all the out-of-doors that daylight afford, have furnished a good pair of lungs, a rosy complexion, bright eyes, and a strong physique generally.

During these years the face has learned to express emotions, the tongue to frame words and even sentences, and behind these, the infant mind has been developing. Father and mother have watched these, each and all, with mingled feelings. They have seen some of their own characteristics in miniature, and knowing something of the cost of conflict, have tried to make the pathway smoother for the little one.

The feeling of revenge or retaliation on being hurt, was entirely avoided by awakening one of pity or compassion. The little one quickly responded. "Poor floor! Did I hurt 'oo wif my head? It hurt me hard, and I kiss 'oo, make 'oo well. Now, better, better." And the floor was caressed with one loving little pat after another, until the pain caused by the fall was completely removed. A few treatments like this toward inanimate objects, prepare the way for their transference to animals; and the lessons of kindness and tenderness are taught before cruelty is known, or even seen or heard of. The step to human kind is not a long one now, and she learns to help father, mother, and grandma in a spirit of self-forgetfulness that is akin to that which penned the words, "Love one another."

Little errands for grandma from room to room, little services for papa while waiting his home-coming, little ministrings with mama, under her eye, fill the day; and as time is passing, habits are forming in the growing mind.

"Let nothing be done through strife

or vainglory." Let no evil motive for any act of work or play be presented; and a loving nature is being formed. A heart in tune with all things lovely and lovable is learning life's lesson of Rom. 8:28.

She is old enough now to sit at table. The placing of her high-chair means a treat to all the family. She has learned to bow her head and clasp her hands during grace, and to say "Amen" with papa at its close. It means so much to man or woman, throughout their entire life, to know how to eat properly, hence close attention has been thought necessary to teach her table etiquette. She has been taught to take care of her napkin, her lips, her hands, and the space about her own little plate. She has learned to handle her spoon and fork quite neatly, and is looking forward to the day when she can use a knife. Her eyes are learning faster than her ears; for papa, mama, and even guests are watched rather than listened to. She has learned her little lessons in patient waiting, papa and mama tempering them with judgment.

She has learned to say "Please" and "Thank you." She can repeat:—

"There are two keys

Unlock all hearts;

And they are these:

'Thank you' and 'If you please.' "

She can apply these to people as she meets them— from the person who rings the front door-bell to the ash man who knocks at the back gate.

These lessons in courtesy are paving the way for lessons in reverence; and as she looks forward from one Sabbath to another, when she can be allowed the privileges of God's house, her mind rests in the quiet she finds there, and is blessed.

Did you notice her last Sabbath when, several entering the door at once, she

became separated from the rest of the family? She saw she must either stay outside or walk up the aisle alone. She decided on the latter, and fearing she had erred in some way, never having had such an experience before, she bowed her head in prayer just a moment, as she took her seat, then raised her face to the minister, calm with the assurance of forgiveness.

While father and mother are training her, God is training them through her. The little daughter is a power in the home. May they learn their lessons as faithfully as she tries to learn hers. May her sweet example of child faith and child love, work the transformation He means it shall in their lives.

612 Tenth Avenue, Sta. M, San Francisco, Cal.



A Twofold Conversion

MRS. M. A. STEWARD, A. M.

It was dinner at Harlan Page College. While meal-time was always a social period, severe mental application was avoided; as it was understood that the blood and nervous energy were not to be attracted to the brain while eating.

To-day the Graham system of diet was the subject of conversation at the table where Edith sat.

"I have no faith in it," said one student. "The idea of not eating meat! We need the most nourishing food we can get."

"It don't look at all reasonable that grains and vegetables and simple fruits can nourish any one like a good, appetizing piece of beef."

"Those who eat meat are stronger than those who do not. Graham himself showed what his system amounted to, just living along for years with one foot in the grave!"

"Bran bread!" exclaimed Edith. "The Germans have a proverb, 'As a man eateth, so is he.' If we eat like horses and cattle, shall we not be like them?"

All at the table agreed in condemning vegetarianism.

Not long after this, while Edith was

studying, she learned the chemical constituents of the human body. After a time she also learned the constituents of wheat. A scientist had found sulphur in the body and sulphur in wheat; phosphorus in us and also in wheat. Edith continued through the entire list, and to her great surprise found that the human body and wheat are composed of the very same substances. Her quick perception saw in a moment the adaptation of the entire wheat berry to the human body; but she recalled the table talk, and settled down on her former opinion, that "bran bread isn't fit to eat."

On further study Edith discovered that not only do the same elements exist in wheat and in the human body, but the proportion is very similar. Wheat grown in impoverished soil is deficient in lime, but this was not mentioned by the authorities she studied, nor the fact that the body requires more air and water than wheat, in order to sustain life.

The thought flashed upon our student, "How is it that man is so different from wheat?" At once the conviction came with power, "*There is a God!*" She

leaned her head on the table before her and remained motionless.

Edith's faith had been weakened, principally through the teachings of some of her text-books. Now her mind was strangely clear and deep. She seemed to herself to have stepped into an ocean of light. Something of a realization of the wisdom and greatness of God came upon her, as if she were just touching the edge of the infinity beyond her. With reverential awe she felt herself standing in the presence of a Being who was "terrible in his greatness and awful in his majesty!" She was not lost to her surroundings; but she believed an angel was by her side, guiding her mind from point to point, opening up to her comprehension, in a faint degree, eternal things.

Next she caught a gleam of the love of God. While she felt that she was "fearfully and wonderfully made," created by that Being of whose existence she had become thoroughly convinced, she could understand that he had made a perfect food for her body, adapting the wheat exactly to it, *because he loved her*. O the sweetness of the thought! It filled her whole soul. Now she realized that God's love most tender, reached and encircled everything he had made. Glorious beyond all conceiving was God, the wonderful fountain of all loves, the spring of all that is excellent!

For the first time in her life, Edith saw and admired, loved and worshiped her Creator, and it was with every power of her being. How indescribably precious! There was rich light and glory all around her, and she drank and drank till she was "filled with all the fulness of God."

But her mind reverted to herself, her sins, her ignorance of her Lord, her cruel ingratitude to him, her waywardness, her mean selfishness! For a few

moments she suffered most keenly. She abhorred herself, was in despair. Then came the tenderest regret and pity for her Saviour, whom she had so abused. But he did not permit her to dwell on this view long. The Lamb, slain, all bleeding, as in the act of dying, came between her and her sins. She knew they were *forgiven*. Blessed word! precious Saviour, who had made salvation possible! Must she go on sinning against him? Terrible thought!

Then she seemed to read this promise: "A new heart also will I give you. . . . I will put my Spirit within you, and cause you to walk in my statutes." She thought of the wheat. It is inanimate, can neither feel nor think; it is eaten, and becomes flesh, vitalized, living. It moves, feels,—the wonderful mystery! "He who so transforms the wheat can change my nature too," she reasoned. "I can not help believing *God*. Whatever he says *is so*. *I thank him*." Again "the peace of God which passeth all understanding" filled her entire being; hers was inexpressibly loving, trusting *rest*. Edith remembered that Jesus had said, "Come unto me, . . . and *I will* give you rest." Nothing now could have pleased her so much as any service for her Lord.

Edith had had a genuine conversion, first to some of the principles of correct living, and next to God.

When her companions were about to leave the table a few days later, she said, "My work in the laboratory has convinced me that I was wrong on the diet question. I now believe it is better to eat the whole of the wheat berry." She should have said, "except the thin scale of bran on the outside, which has no nutriment."

"I have found that the people who live almost entirely on meat and oil, like the Patagonians, are smaller,

weaker, and have less mental power than those who live mostly on grains. I can now understand the difference between the ferocity of wild beasts and the mild disposition of the lamb and the dove; between the cruelty of savages, who live largely by hunting, and nations who very rarely or seldom taste meat."

The students did not understand why Edith spoke so seriously. As one and another asked her what had convinced her, she explained that wheat has the same elements as the human body, and then she spoke feelingly to each of the wisdom and goodness of God in his works. Many were convinced, not alone about the grain, but they felt a certainty of divine things that they had never before realized. They began to have a sense of their sinfulness, and many were converted.

Before Edith left school, she took a thorough course in hygiene. After her return home she wrote largely on health topics for the public press. The following are some of the thoughts in her first article for her home paper:—

Health is the right use of all our organs. God created man with perfect health. . . . The object of the gospel is to restore all primal conditions; perfect holiness, perfect health and happiness.

God has a moral and also a physical law. Through the provisions of the gospel man is enabled to obey both. A violation of either is violating our obligations to him. The violation of the laws of health is a moral wrong to ourselves and others. Since the moral law requires equal love to our fellow men, it commands our highest physical conditions for their service. Not only can the public demand the best skill in him who offers himself as a teacher, a physician, but it has a right to require health as well; for professional knowledge is of little use without a clear judgment, and such judgment is often dependent on a healthy brain. . . .

HEALTH CODE.—The sanitary law of God may be stated as follows:—

1. Thou shalt breathe pure air.
2. Thou shalt have a healthful diet.
3. Thou shalt dress healthfully.
4. Thou shalt live in the sunshine.
5. Thou shalt have suitable exercise.
6. Thou shalt have proper rest.
7. Thou shalt be clean.
8. Thou shalt have control of all appetites and passions.
9. Thou shalt be cheerful.
10. Thou shalt be benevolent.

Graysville, Tenn.



Proper Diet for Pedestrians

WITH regard to diet, it is not necessary nor advisable to make any radical change, so long as you are careful to eat only good plain food. The ideal diet, to my mind, is one consisting of vegetables, fruits, and cereals. The old idea that half-cooked meat has any value as a training diet, is a fallacy long since exploded; the only question being whether the use of flesh foods is not

positively injurious. Meat extracts have nothing to recommend them, and they have the double disadvantage of being dear and still nasty.

The use of tobacco is fatal to the wind, and alcohol in any form is rank poison, and as such, should be left severely alone by the man who wishes to get into the "pink of condition."—*C. W. E. Ford, Pedestrian, in Physical Culture.*



A Visit to a Japanese Hospital

S. A. LOCKWOOD, M. D.

It was recently our privilege to make a visit to Matsuyama, on the island of Shikoku, where a large number of the wounded Russian prisoners are being cared for. The small steamer on which one must travel in order to reach this port is not ideal according to our Western standards, but the time required for the trip being only twenty hours, many inconveniences can be overlooked. There were no first-class accommodations, and the so-called second-class apartment consisted of one room about sixteen by eighteen feet, the ceiling being only a trifle over six feet from the floor. Rain was falling heavily, so there was no alternative to spending the night in this small room, where strips of matting were placed on the floor for beds, with about twenty fellow passengers. The air was blue with cigarette smoke. This was a trifle better than being down in the hold where the cargo and third-class passengers were stowed.

During the time of our stay at Matsuyama we were very pleasantly entertained at the home of a member of the American Board Mission. This lady has acted as a volunteer nurse of the Red Cross Society, and has been the means of bringing cheer and comfort to many of the prisoners.

Most of the officers are well-educated men, many of them being able to speak French and German, and a few of them English. The officer whose portrait is here given is a nobleman of high rank

whom we had the pleasure of meeting at dinner on the day of our arrival. By an unexpected act of clemency on the part of the authorities he was that day given permission to leave the barracks unattended by a Japanese guard and to call at a private house, the first time such a privilege had been granted during the nine months of his imprisonment. This permission was extended to a week or more, and the two following days he acted as guide and interpreter for us as we visited the temples and hospitals where his fellow prisoners were located. It was quite pathetic to see the almost boyish glee of this grave and dignified man on account of being granted this much freedom.

A part of the first day was spent in visiting the famous castle which overlooks the city, a relic of feudal times. The remainder of the day was spent at the various prison encampments located outside of the hospital compound. So overjoyed was Mr. — over his taste of freedom that day, and so anxious were his brother officers to hear every detail of his experiences, that he sat up until two o'clock on the following morning relating to them how fortune had smiled upon him.

At these camps the men were sheltered in the temple buildings, certain of their number were detailed to do the cooking, and hot meals were served three times a day. The rations consisted of black bread, tea, rice, and soup made with beef, carrots, onions, and potatoes. Of course the fare is not that of a first-

class boarding-house, nor even of a ten-cent lunch-counter, yet despite the fact that the men are quite discontented at times with it, they have the appearance of being well nourished.

In the hospital compound there are about thirty one-story wooden buildings, with thatched roofs and high broad windows. The beds are arranged on either side of a central aisle, and at intervals in this aisle are placed the charcoal heaters. The illustration shows one of the convalescent wards for officers. The sanitary arrangements are excellent, and the operating-rooms would do credit to many hospitals in America.

It was not until we visited the surgical wards and the operating-rooms that the real horrors of war were impressed upon us. It seems impossible that human beings could receive such ghastly wounds and live. As we passed from cot to cot at the time the wounds were being dressed, we saw many faces grow white and drawn from the pain, though no moan escaped their lips, while others would draw a sheet over the face to hide the agony which they could not otherwise conceal. It was pitiful to see young men scarcely out of their teens with one or two or three, or perhaps all four limbs gone, or if not gone, so maimed and distorted that they would be cripples

for the remainder of their lives. The satisfactory condition of the wounds reflects great credit upon the Japanese physicians and nurses, and if further proof of their skill is wanted, one has only to bear in mind that although thousands have been treated in this hospital, there are only about twenty-five graves to be found in the prison cemetery.

There are now in Japan over sixty thousand prisoners of war. Among the few thousands which we saw, men from

the Baltic provinces were touching elbows with those from the Crimea, and men from Warsaw were jostled by those from Moscow or western Siberia. No one can say how long the war will continue, but it seems to us that with these thousands of Russians here at our very



door, a splendid opportunity is offered of making known to them the gospel in its purity. They are temporarily removed to a large extent from influences which hinder them in Russia from hearing the gospel for these last days, and they have an abundance of time. The Japanese authorities are at present very liberal in granting privileges to distribute religious literature, and we hope in the near future to be able to place a great many German and Russian tracts and papers among these men who are now strangers in a strange land.

Kobe, Japan.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Making Bed Comforts

MRS. D. A. FITCH

IN most localities the month of October brings to the mind of the thrifty housewife the fact that it is time to investigate her stock of bedding, and compare it with the size of the prospective family and the season of zero weather. All bedding laid away in the spring should be clean,—blankets washed, and comforts thoroughly aired. Such comforts as need washing, should be ripped apart. The batting will be improved by splitting, as it will be more fluffy. It should not be wet if it can be avoided. When retacked and ready to be stored, the comforts should not be closely packed, but left lying loose, and well-protected from dust and dampness.

In making new comforts the kind of material to be used is something of a question. If it is to be of newly purchased material, probably there is nothing more desirable for softness and pliability than cheese-cloth. Being a yard wide, less in length is required than of narrower goods. If obtainable, the batting of full size is to be preferred, especially if the maker has no quilting-frames and must lay her work on the floor. Undo the batting and lay it lengthwise along the middle of the quilt lining, and then unfold it toward each side. The top should then be laid on

evenly, and can be fastened substantially by here and there pinning through to the lining. The whole can then be folded from each side toward the middle, and laid on a table or couch, where the tacking may be done.

There are many nice ways of making the covers from fragments of goods. They may be cut in squares, diamonds, or strips, and readily sewed together by machine. We would heartily discourage the practise of cutting cloth into pieces for the privilege of sewing them together. Worsted pieces may be utilized as comfort covers in the following way: From some old but good muslin cut enough one-foot squares to be sufficient for the whole comfort. Have the worsteds smooth, and assorted as to color. Arrange them on the muslin in a way which will call for the least waste of material. Allow plenty of seam room to turn under. When the blocks are thus basted, stitch down each seam on the machine. Sew the blocks in strips, and then sew the strips together, and you will be surprised to see so pretty a piece of work. Less batting is required than if the top were only of one thickness. The lining should be of correspondingly heavy material.

Now for a lesson in tacking, for the

best method will always be the same whatever the material may be. Thread some strong yarn into a large darning needle, and draw the two ends together so that you really have a double thread. Decide at what points you will tack (not very close, for that makes a stiff, unwieldy cover, and yet close enough to prevent the cotton from dividing), and put the needle down through and then up again to form the stitch, one that is rather long on the under side and short on the upper. A proper stitch can scarcely be taken at a single passage of the needle, for it will be too short on the one side to be durable and too long

on the other to be artistic. When the thread has been brought to the top, tie it tightly in a knot that will not slip, and cut the ends the same length. If tufts are desired, make them by tying under your knot several strands of yarn of any color wished. For convenience form quite a hank of tufting material, say two or three feet long. Tufts are added more for beauty than anything else, though doubtless they add strength to the knot. Turn in the edges of the comfort, and run them together. It is well to baste a light-weight strip of cloth across the head to prevent soiling from contact with the face and hands.



Orderly Home-Making

MRS. D. A. FITCH

WHATEVER OUR work may be, it demands our best efforts, and should be done with precision. We can not be too careful of our own part in life's labor, but by an imprudent egotism we may bring sadness to others who realize a lack of faithfulness and nicety in work. Good examples are the most telling lessons.

Some who are otherwise quite orderly and precise in their housekeeping retire at night with the house in greater or less confusion. It seems a good plan to seek nightly rest something after the manner of firemen. Their belongings must all be in place,—not even a newspaper being left where it might impede progress,—their clothing laid in order, and boots ready for occupancy, so that at the first intimation of a fire-alarm, only a moment shall elapse until they are down the pole and out upon the street, ready to do a work which would have been delayed had no orderly preparation been made beforehand. It

might be well to think of ourselves as being called upon to answer a fire-alarm at any moment; for the flames are likely to invade the home at any time. Think of how much more rapid progress can be made if we know where to find our clothing, and, too, the various articles which we are most desirous of saving. To leave clothing spread out to air is not necessarily disorderly.

If a confused and untidy condition of things lessened the work of the early morning, some excuse might avail, but it does not. Order brings its own reward as a labor-saving machine. Perhaps before the dawn of day the doctor or nurse must needs be called, and if so, not only the reputation and convenience of the housekeeper, but maybe the well-being of the patient will be endangered by the reign of disorder.

Angels from heaven visit our homes during the darkened hours to inspect our work, and will carry a report to the courts on high as to the condition of

things in even the tiniest room of the most insignificant and humble of God's children.

To secure an exalted state of order and neatness in the home is only a matter of desire and training on the part of the home maker,—such a desire to relate the household to God's plan, that she will consider it worth her while first to train herself and then her children to habits of economy, thrift, and order. The parent who leaves his children to gain these traits for themselves in future years is giving them a heritage for which no thanks will be rendered. Recreant to a God-given trust, he will sometime see the opportunity he has lost. That my parents failed in giving me right habits is no reason why that failure should be passed on to mar succeeding generations. Grace and wisdom are promised to help me so to do by my children that a well-ordered household shall tell on the side of truth and righteousness. Abraham commanded his household after him, and we have no reason to believe it was in spiritual things only that he instructed them. He was the friend of God because his ways pleased him, and this must mean that he instilled in his children right habits,—those which make life easier, and more happily lived. Order makes life so much easier that we must conclude it ministers to scientific laziness.



Miscellaneous Helps

If the butter is too hard to spread well, do not set it by the fire to warm, and perhaps melt, but cream it by working a little at a time under a knife. The time required may be more, but the results are much more satisfactory.

To fasten machine threads either at the beginning or ending of a hem or seam, turn the cloth and sew in the

opposite direction a few stitches. This is much more seemly than the knot so frequently tied. In hand sewing the same method may be advantageously used. Many seamstresses make a mistake in breaking instead of cutting thread when a seam is finished, since some of the fastening stitches are sure to be undone by the snapping of the thread.

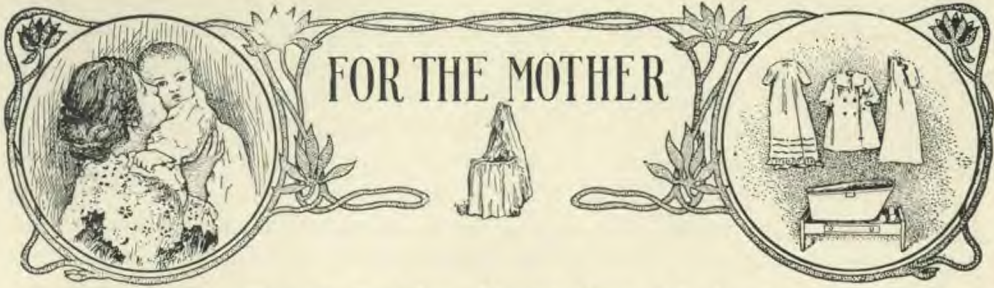
When sweeping and dusting, have a draft through the house if possible, and sweep *with* it, not *against* it. If you wish to clean the screens without removing them from the windows, put your efforts to-day upon those so situated that the dust will be carried away from the house. When the wind has changed, treat those on the other sides in a similar manner.

A servant girl thought to rectify an impure condition of the sink-pipe, and so sent down a quantity of lye to do the work of cleansing, but soon a plumber had to be called, and he discovered the pipe filled with hard soap. So much grease had collected in the drain-pipe, that its union with the lye formed soap. This is a valuable testimony to the difference between the ordinary and the vegetarian cooking.

Very comfortable, quiet, and durable shoes for housewear may be made from heavy cloth. They may be cut much the shape of a stocking foot, making a seam lengthwise from the instep over the toe, through the middle of the sole, and up the heel to the ankle. Baste and fit to the foot. A sole of cloth or thin leather may be fitted to the bottom, and cork soles may be worn inside. Try them.

A straight-edged dust-pan or sheet of tin may be held against woodwork while it is being cleaned, and thus the paper or other wall cover be protected.

Silver forks make good batter whips for small quantities of material.



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

The Power of Mother's Voice

A MOTHER sang to her child one day
 A song of the beautiful home above;
 Sang it as only a woman sings
 Whose heart is full of a mother's love.

And many a time in the years that came
 He heard the sound of that low, sweet song;
 It took him back to his childhood days;
 It kept his feet from the paths of wrong.

A mother spoke to her child one day
 In an angry voice, that made him start
 As if an arrow had sped that way
 And pierced his loving and tender heart.

And when he had grown to man's estate,
 And was tempted and tried, as all men are,
 He fell; for that mother's angry words
 Had left on his heart a lasting scar.

— Charles S. Carter.



The Home Life

MRS. E. G. WHITE

PARENTS, bring practical godliness into the home. Angels are not attracted to a home where discord reigns. Educate your children to speak words that will bring sunshine and joy. Begin the work of grace in the church in your own home, so conducting yourselves that your children shall see that you are co-operating with the heavenly angels. Be sure that you are converted every day. Train yourselves and your children for life in the kingdom of God. Angels will be your strong helpers. Satan will tempt you, but do not yield.

Do not speak one word of which the enemy can take advantage.

In his Word God has marked out a plan for the education of children, and this plan parents are to follow. They are to teach their children to overcome all indolence. Each child should be taught that he has a work to do in the world. Mothers, there is nothing more important than training your children for usefulness. It is in the home that a child gains fitness to wrestle with the problems of life.

The Holy One has spoken words to

parents and children: "Children, obey your parents in the Lord: for this is right. Honor thy father and mother; . . . that it may be well with thee, and thou mayest live long on the earth. And ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord."

Parents are to teach their children the need of obedience, and they are to live so that their children can honor and obey them. They are never to provoke their children to wrath, but are to deal with them as the younger members of the Lord's family. They are to require obedience, being sure at the same time that their own will is in subjection to the will of God. Parents who desire their children to be patterns of piety must be patterns of piety themselves.

It is impossible to depict the evil which results from leaving a child to its own will. Some who go astray because of neglect during childhood, will, through patient, painstaking effort, be brought to the light, and led to walk in the narrow way; but many are lost forever because in childhood they received only a one-sided culture.

To the parents who have received the truth of God, I am instructed to say, Be sure to give your children patient instruction and tender care. When the parents in our churches do the work the Lord has laid upon them, his work will advance with mighty power.

Let no parents betray their trust. Let them do their work with the fear of God ever before them. Let the determination of each member of the family be, "I will be a Christian; for in the school here below I must form a character which will give me entrance into the higher grade in heaven. I must do to others as I desire them to do to me; for only those who thus reveal

Christ can enter the heavenly courts."

Make the home life as nearly as possible like heaven. Let the members of the family forget not, as they gather round the family altar, to pray for those in positions of responsibility in God's work. The physicians in our sanitariums, the ministers of the gospel, the workers in our publishing houses and schools,—these need your prayers. They all have temptations. As you plead with God to bless them, your own hearts will be subdued and softened by his grace. The more we pray, the nearer will heaven be to us.

Christ reads the heart. He knows the motives that prompt to action. Let us watch ourselves. Let us weed our own gardens before we attempt to weed the gardens of others. Let not a day pass in known sin. God says, "Let not the sun go down upon your wrath." Before the setting of the sun, settle every difficulty. Thus will you gain a victory over self.

The commonness of sin does not make it less objectionable in God's sight, nor render its penalty less sure. You may think your transgression small, but its smallness does not make it any the less a sin. Adam's sin was seemingly small, but it opened the floodgates of woe upon our world.



Tact with Children

THE mother was sewing busily, and Josie, sitting on the carpet beside her, and provided with blunt, round-pointed scissors and some magazines, was just as busily cutting out pictures.

"It will litter the carpet." So said Aunt Martha, who had come for a cozy chat.

Mama knew this; but she knew that a few minutes' work would make it all right again, and Josie was happy.

All went well until the little boy found that he had cut off the leg of a horse he considered a marvel of beauty. It was a real disappointment and grief to the little one.

"Mama, see!" and, half crying, he held it up.

"Play he's holding up one foot," the mother said, quickly.

"Do real horses, mama?"

"Oh, yes, sometimes."

"I will;" and sunshine chased away the cloud that in another minute would have rained down.

It was a little thing, the mother's answer; but the quick sympathy, the ready tact, made all right. The boy's heart was comforted, and he went right on with no jar on nerves or temper, and auntie's call lost none of its pleasantness.

"I am tired of cutting pictures, mama," said Josie after a while.

"Well, get your horse and wagon, and play those bits of paper are wood, and you are going to bring me a load. Draw it over to that corner by the stove, and put them into the kindling box; play that's the woodhouse."

Pleased and proud, the little teamster

drew load after load till the paper was all picked up, without his ever thinking that he was doing anything but play.

"Well, I declare," said Aunt Martha. "Old as I am, I've learned one thing to-day, and I wish Emily would come in and take lessons as I do!"

Mrs. Waldo looked up in surprise.

"Why, what do you mean, my dear aunt?"

"Well, I spent yesterday afternoon over there,"—the old lady had a weakness for visiting, and was "auntie" to all people generally,—"and things were in a turmoil all the time, starting with less than Josie's given you a dozen times since I sat there. I've had a good talk with you, and you've given me pleasant thoughts for a week to come; over there we couldn't hear ourselves speak. It was, 'Don't do that,' and 'You naughty child,' spill and scratch and break and tumble, scold and slap half the time. Emily means well; she loves her children, and never spares herself sewing for them, or nursing them when they are sick. She has a world of patience with them in some ways, but she doesn't seem to have any faculty at all for managing them."—*Herald and Presbyterian.*



Why Single Blessedness is Preferred

MRS. M. C. WILCOX

In a recent discussion on the subject of matrimony a query arose why there were so few marriages now as compared with the past. A bright young minister who was himself a single man, explained that it was because of the independence of woman. It was suggested that woman was not all at fault in the matter. Young men prefer to remain single.

This was admitted to be true, because men feel that they can not afford to keep a wife, neither are they willing to drop out of the social circle in which they are moving, which they would necessarily have to do. They have not sufficient income to begin married life in a manner to meet the social standard. Should they drop out of that circle,

they could never be reinstated with their small income.

This seemed a sad comment on women. But there was truth and force in the words of the young man. In many instances woman is too expensive a luxury for a poor man, and her independence makes him fear that should he fail to meet her demands upon him, she would only need to apply for a divorce, and it would be granted. He therefore prefers to live in "single blessedness."

Mothers, look carefully to the matter of the training of your daughters in extravagance and love of display. While they may be admired and courted by many, when the serious subject of matrimony arises, there is cause for some foreboding and apprehension regarding domestic happiness.



Making Children "Show Off"

HERE is something with which few mothers will agree, and yet it is the opinion of one of the leading physicians of New York. Says this authority: "It is cruel for mothers to try to make their children be smart and show off before people when they are little. Above all things, let a child be stupid — not only stupid, but ugly. If it is allowed to be stupid and ugly when it is little and growing, it will have a much better chance of becoming bright and beautiful. Little minds are overtaxed by being made to memorize verses to say before people, by being taught this, that, and the other thing for showing off. Children should be left to grow up just what they are — little animals." — *Good Housekeeping*.

WE commend the following lines taken from the *Saturday Evening Post* to the careful reading of those parents who find it difficult to keep their boys at home.

G. A. H.



A Place for Boys

MA, she says, "S-s-h-h!" Pa, he says,
"Don't!"

Aunt Lou, she says, "Kee-ee-eep still!"
An' grampa says, "Oh, go outside
If you mus' wissle, Bill!"
An' even Jane, the hired girl,
Says, "Goodness, hush that noise!"
It's plain enough to me, at home
Ain't no fit place for boys.

'En pa says, "S-s-h-h!" an' ma says,
"Don't!"

An' grampa says, "Land sakes!"
An' 'en Aunt Lou says, "Gracious me!
What noise one youngster makes!"
An' Jack, the hired man, he says,
"My heavens! W'at a noise!"
So I 'ist have to go outside,
'Cuz home's no place for boys.

'En I go down to Uncle Jack's,
An' he says, "Gracious me!
Here is that nevvly boy of mine,
Come on, Aunt Moll, an' see!"
'En we 'ist go inside an' make
Such a big lot of noise,
It seems to me 'at Uncle Jack's
The only place for boys.

Nobody never says "S-s-h-h!" there,
Or "Don't!" an' Uncle Jack
'Ist cuts up capers like a boy
Till it's time to go back.
An' 'en, 'ist like it was before,
Aunt Lou says, "Tush, boy, tush!"
Pa says, "Now, Bill, don't slam the door!"
An' ma, she 'ist says, "Hush!"

Gee, but I'd like to live somew'eres
W'ere people don't say "Tush!"
Or "Goodness me!" or "Sakes alive!"
Or "Don't!" or "S-s-h-h!" or "Hush!"
W'enever I 'ist squeak a chair
Or make a little noise,
'Cuz such a place as that would be
A bully place for boys!

—J. W. Foley.

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. Write plainly, and don't use a lead pencil.]

120. Rheumatism.—A. F. F., Mass: "For years I have suffered with pains in my fingers and wrists; joints are enlarged. I am a seamstress, and must have the use of my hands. 1. Can you suggest relief for this condition? 2. Would you advise persistent use of joints when it gives pain? 3. Are physical culture exercises especially helpful for rheumatic conditions?"

Ans.—1. Yes. See article on Rheumatism on another page of this journal.

2. In case there is much acute inflammation of the joint, it should have rest; but if the inflammation is quite chronic, exercise, when guided by good judgment, is of much value. We advise care that the joint be not overworked.

3. Yes; by building up the general health. Good, enjoyable exercise, which any person may take at home, may be made of equal value.

121. Tumor of Eyelid.—Mrs. A. A. W., Mich.: "For two months I have had a bunch under my lower eyelid. It is sore at times. Please tell me what it is, and what I should do to cure it."

Ans.—It is probably a tumor caused by retained secretions of the glands of the lower eyelid, due to occlusion of the ducts. Your best plan is to have it removed. Its removal involves no danger whatever.

122. Corn-Starch.—Subscriber: "Is there much nourishment in corn-starch?"

Ans.—Yes; corn-starch, like all starches, contains a large amount of nutriment.

123. Inflammation of the Eyes—Can Catarrh Be Cured?—A. E. H., Wash.: "1. What will cure chronic inflammation of the eyes of long standing? 2. Can catarrh of the nose and throat be cured? 3. Could catarrh of the head extend to the stomach and cause trouble there? 4. What can be done to get rid of gas in the stomach?"

Ans.—1. Remove the cause of the inflammation, which is nearly always an error of

refraction. The only cure in such cases is to have glasses properly fitted. In other cases irritating dust or vapors may be the cause. After removing the cause, the inflammation will usually disappear if a few drops of a solution of nitrate of silver (two grains of silver nitrate to one ounce of water) are dropped in the eye twice a day for a week or two unless relieved sooner. If you have granulated sore eyes, they are difficult to cure, and should be treated only by a specialist.

2. Yes; many cases of catarrh are certainly curable.

3. In bad cases of catarrh the secretions of the nose and throat are swallowed during sleep, and always cause disturbance of the stomach.

4. First, have your catarrh cured (For home treatment, see Ques. No. 87 in June LIFE AND HEALTH); second, of good, wholesome foods select for each meal only one or two varieties, such as will agree with you best, and eat them cheerfully, masticating thoroughly. The food may be changed from meal to meal to give variety.

124. Are Peach Pits Harmful?—Mrs. H. E. B., Neb.: "Is there any harmful substance in peach or cherry seeds that will affect the juice when canned with the fruit?"

Ans.—In canning peaches some persons add one or more peach pits to each can of fruit for the purpose of improving the flavor of the fruit. There is such a difference of opinion regarding the danger from peach pits that we think a brief statement will be of interest.

The kernel of the peach pit contains two very peculiar substances, *amygdalin* and *emulsin*. Neither of these substances taken alone is injurious, but when they unite chemically, as they sometimes do, they form a volatile oil of pleasing odor, and a small amount of hydrocyanic acid, which is

poisonous. This will explain how children have been poisoned by eating peach pits. While it is true that the kernel of peach pits should never be eaten because of the possible danger of poisoning, the possible danger from canning a few pits with the fruit is so very slight as to offer no practical objection to the custom.

125. Catarrh and Cough — Bleeding Gums. — F. T. F., St. Louis: "1. My brother has catarrh of the nose, a large amount of mucus in the throat, and a catchy cough; takes cold easily in damp weather. What is the matter? and what should he do? 2. Also please tell me what to do for bleeding and sensitive gums."

Ans.— 1. Your brother is suffering from lowered vitality. He must stop coughing and stop taking cold. To do this he should improve his nutrition, increase his vital tone, and relieve his catarrh. Spray the nose and throat three times a day with an atomizer, using the solutions recommended in Ques. No. 87 of June LIFE AND HEALTH. Live outdoors. Sleep where he can have an abundance of outdoor air. Take a cold hand bath every morning, followed by an alcohol rub and an oil rub.

His nourishment is important. See that he has plenty of nourishing, wholesome food. Such articles as dry toast, thoroughly masticated, cream, eggs, potato, grains, fruits, and such nuts as pecans, English walnuts, or hickory nuts, together with fruits, will afford an excellent variety of good food. Thorough chewing will improve digestion and prevent overeating.

2. Rub the gums once a day with tincture of myrrh or a little alum water.

126. Mosquitoes the Cause of Malaria and Yellow Fever.— A. G. W., Wis.: "Is there any truth in the statement that the bite of a mosquito will cause malaria?"

Ans.— Yes; malaria is caused by the *plasmodium malariae*, an animal parasite which is often injected into the system by the bite of a mosquito. Malaria may also be contracted from bad drinking water, overripe melons, bad fruit, etc. Yellow fever, which for centuries has been supposed to be a very contagious disease, is now known to be not at all contagious. A well person may live in the same room with a yellow fever patient without any danger of catching the disease, provided no mosquito is allowed access to the patient. The variety of mosquito known as *stegomyia* is the only means known for conveying the poison of

yellow fever from a sick person to a well person, which it does by first biting a sick person and afterward biting a well person. The only means of protection against the spread of yellow fever is to exterminate the mosquitoes, or keep every case of fever in a room securely screened against mosquitoes. Yellow fever patients are now kept in the hospital wards with other patients. The only precaution taken is to have their beds carefully protected by a screen of wire netting.

127. Typhoid Fever — Are Bedbugs Infectious?— A. S. C., Colo.: "1. What is the best treatment for typhoid fever? 2. If mosquitoes carry disease and germs, will not bedbugs do the same thing?"

Ans.— 1. The best home treatment for typhoid fever is preventive treatment. Good food well prepared, and pure water, personal cleanliness, and sanitary surroundings, will insure you against this disease. Drinking water, unless known to be pure, should always be boiled. In typhoid fever feeding is of the first importance. Liquid food, such as gruels, milk, malted milk, or malted nuts, should be given every three or four hours. No solid food should be taken. Fruit juices are very grateful and valuable in cases of fever. In regard to the curative treatment, there are so many danger points in typhoid fever that we recommend the employment of a trained nurse and a reliable physician whenever possible. We would not attempt to outline the treatment of typhoid fever in this department.

2. Bedbugs and fleas both are known to be the means of infecting persons with bubonic plague. So far as we know, there is no other disease of which they are known to be the medium of infection. There are other ample reasons, however, why their association is not desirable.

128. Varicocele.— J. A. M., Ill.: "I have been troubled with varicocele for years; have tried a great many Eastern doctors and so-called specialists, and many of the doctors of St. Louis; have taken their medicine, paid their bills, and am no better; have used Owen's belt until it is worn out; have been treated with X-ray, but am not cured. Is there any home treatment, medicine, or diet that will cure me?"

Ans.— You have been an unfortunate victim of advertising quacks. When you need medical advice, don't waste your money on advertising charlatans. Go to an honest physician, who is

(Continued on third cover page)

EDITORIAL



Prepare for the Winter Diseases

Now that the heated season is over, there is a diminution in the number of deaths from diarrheal diseases, but we may expect a very large increase in the number of deaths from pneumonia, tuberculosis, and other lung diseases. Whooping-cough will also be more prevalent; and it is well to remember that whooping-cough is not the harmless disease that it is sometimes thought to be. While it may not be followed by so large a proportion of deaths as some other diseases, it invariably leaves the victim in a worse physical condition, and less able to fight off other diseases. Many parents have so little fear of this disease that they do not hesitate to expose other children to the disease. If there is suspicion that a child has whooping-cough, it should be isolated from other children, no matter what the inconvenience, until it is known that danger is past. That is the golden rule.

In case of whooping-cough, if it is at all severe, the patient should be kept in bed. Medicines will do no good. The child needs an abundance of fresh air, day and night,—thorough ventilation,—but should not be permitted to run around. It is worse for the young patient, and exposes other children.

Those who are subject to diseases of the air-passages should avoid exposure to sudden changes in the weather, or at least should be prepared for such changes by additional wraps. The habit

of taking a daily morning sponge bath will materially lessen the danger of catching colds. The practise should be begun while the weather is mild, and gradually it will become possible to take a sponge bath or a hand bath in quite cold weather without chilling.



Guard the Child Against a Crippled Heart

MANY cases of heart-disease which disable for life may be traced to some apparently insignificant childhood affection, not recognized at the time, or if recognized, not considered worth giving attention to.

Heart-disease sometimes accompanies or follows scarlet fever or chorea, and when one of these diseases is present, it is the duty of the physician to watch the heart carefully for valvular trouble. But usually the heart trouble in the little one may be traced to an unrecognized rheumatism; for the little ones are not apt to get rheumatism in such violent form that it lays them up.

The child may have what are often called "growing pains." Now it may be set down for a fact that growth does not cause pain. Pain in a child, unless caused by accident, means disease; and while the symptoms in the joints or muscles may give very little inconvenience, the heart at the same time may be undergoing irreparable damage.

These "growing pains" may last for

only a few days, may come and go, or may persist for months. Sometimes there is merely "a little sticking pain" once or twice a day. Again, there may be stiffness in the joints with little or no pain. The little fellow, usually lively, is now disposed to mope and lie around, though not apparently ill. Occasionally there is some swelling and redness of certain joints; and again pain may be located in muscle groups or in tendon sheaths, rather than in the joints.

As a rule, there will be a mild fever and a rapid pulse, out of all proportion to the slight rise in temperature.

A child having such symptoms should have the prompt and careful attention of a physician, for upon early and energetic treatment depends the future usefulness of the heart. It should not be forgotten that rheumatism in children is essentially a disease of the heart, with slight external symptoms. For this reason it is all the more dangerous.

One of the most important measures of treatment, in case the heart is involved, is *rest*. For while, with the most careful attention, it may be impossible to prevent some damage to the heart, the result will be far worse if the child is permitted to exercise freely while the valve is undergoing acute inflammation.



Growing Pains

A PAPER in the May number of the *Brooklyn Medical Journal*, recalls the danger there is of overlooking, under the belief that it is "only growing pains," certain symptoms, which, if they do not have early attention, may result disastrously to the child. These pains may be associated with tubercular or rheumatic trouble, which may end in a crippled joint or a disabled heart, and should have the attention of a skilful physician. One should not accept a di-

agnosis of "growing pains" even from a physician, but should insist on a proper diagnosis, and thorough treatment.

A case of tubercular joint trouble, if taken at the onset, may be cured. If allowed to continue for some time under the impression that it is only "growing pains," it will surely result in more or less deformity, to say nothing of more serious possibilities. If the pains are of a rheumatic nature, there is great danger that the heart will be affected, as heart complications are especially frequent in the rheumatism of young children. It is here that all the resources of a skilful physician will be required to save the child to a life of usefulness with a sound heart.



Food Frauds

ALVIN S. WHEELER, associate professor of chemistry, University of North Carolina, in a recent article in the *Outlook* makes some statements regarding the adulteration of food, which, if coming from a less authoritative source, would arouse a question as to their credibility. For instance, he says that there are in this country more than six companies which manufacture machinery for the production of artificial coffee berries. Just think what that statement means. If there were six companies for the manufacture of coffee berries, that would mean a vast amount of adulteration; but if there are six companies manufacturing machinery for this purpose, how many companies must there be in the business of manufacturing the artificial berries? Certainly we have fallen on the days of commercialism gone to seed, when the inventor of the once-famed wooden nutmegs has many worthy imitators.

Professor Wheeler says, in regard to

summer drinks, "Beneath the beautiful exterior of the soda-fountain, sit enthroned a host of frauds." He mentions the artificial strawberry and raspberry sirups, and other fruit juices, as being especially obnoxious, giving rise to indigestion.

In one case in Minnesota, where the cider "flowed direct from the press," it was found that there was an underground pipe supplying the press with its so-called "cider."

In Nebraska, an enterprising manufacturer made strawberry jam out of pumpkin, tinted with coal-tar dye, preserved with benzoic acid, with grass seed thrown in to make it look like the real article.

"Pure maple sirup" is nearly always adulterated. The reasons given are, that it is easy to adulterate, hard to detect, and profitable. Again, there is not enough maple sirup produced to anywhere nearly supply the demand. People want a sirup with maple taste, at a lower price than the real maple would cost. In order to compete in price with the manufacturers of artificial maple sirup, even the growers of the real article are compelled to adulterate.

In some cases, the adulterant is harmless, and the wrong consists in palming off a cheaper article as a more expensive one; but in many instances, the adulterant is actually harmful, and destined to have a lasting injurious effect on the health of those who use it.

The food laboratories are doing what they can to expose the different food frauds, and to bring dishonest manufacturers to justice; and as experience increases, they are becoming more efficient. At the same time the fraudulent concerns are acquiring greater skill and proficiency in the art of sophistication. Some one once said that half the chemists in the world are at work

detecting the frauds perpetrated by the other half. Fortunately, this is not strictly true, or we might better dispose of all of them.



Physiology, Fear and Faith

THE other day, at the Congressional Library, I ran across a little book in paper covers, which I thought was the best book on the influence of the mind on the bodily health that I had ever read. It was a book by Lyman Beecher Sperry, A. M., M. D., entitled "Physiology, Fear and Faith," published by Fleming H. Revell Company, Chicago, and sold for 25 cents. My impression on reading the book was that there should be a copy of it in every house in the land. I quote a few statements by Dr. Sperry:—

"The mental influences that flow from lofty purposes and from a clear conscience are also healthful to the body, just as surely as sunshine and flowers are healthful to vegetation. Not all the drug medicines in the world; whether 'potentized' and given homeopathically or concentrated and given allopathically, can antidote in one human body the depressing and undermining influence of a guilty conscience, or the unnerving power of anxiety and fear. There is nowhere in the world a drug or a combination of drugs that can overcome the physical damage one individual may do himself by the habit of fretting and worrying, of faultfinding and opposition to beneficent law.

"A clear conscience, a cheerful and confident hope, a rational, practical trust in God, a merry-hearted contentment, will dissipate more disease than can be cured by all the drugs in the universe.

"There are in this country to-day thousands of men and women who are frequenting doctors' offices, consulting

quacks, and pouring down patent nostrums who had better be consulting their pastor, an intelligent teacher, or a Christian friend for advice and direction concerning their mental habits and their moral character. Each one needs to settle his accounts with his conscience and his God, before his stomach will help him to make good blood, or his brain permit him to think clearly."

That Dr. Sperry has not swung so far over on the faith side of the question as to ignore the use of proper hygienic agencies, is shown by the next quotation:—

"On the other hand, many people are trying formal, superficial, conventional, superstitious 'piety,' 'faith cure,' 'divine healing,' 'Christian Science,' 'will-power,' etc., who better be learning of some competent teacher or physician how wisely to use the stomach, the lungs, the muscles, the brain, and the nerves."

"The word doctor means teacher; and teaching, advising, guiding into right habits, should be the chief function of the physician. Such will be his most valuable service when the public shall be sufficiently intelligent to make proper use of him."



The Cause of the Social Evil

DR. ALFRED DE ROULET, in the *Medical Brief* gives some of the causes of the downfall of women. He believes the causes are many, and that what might be a source of temptation to one girl might not to another. "These causes," he says, "vary widely with the subject's training, social condition, surroundings, and associates.

One cause in America, he believes to be the too free mingling of the young without proper safeguards.

"On the theory that it is impossible

for the American young woman to slip a moral cog, the young of both sexes are allowed to mingle freely at all times without supervision or restraint.

"We are accustomed to scoff at Continental chaperon systems, and pride ourselves in our own superiority. We brag that 'the American girls do not need watching.' The Continentals, however, realize that most young men do need watching, and knowing that propinquity is the mother of iniquity, they guard against temptation by eliminating the possibility of falling."

"In America many of our customs seem to facilitate temptation and opportunity. The American parlor, after dark, has probably been the scene of more mislaid virtue than the much condemned wine rooms of our cities."

"Mingling of young people promiscuously at an age when passions are easily aroused, physical impulse at its strongest, and moral and ethical restraints at their weakest, is certainly more dangerous than the mental effect of bad reading or immoral plays, with no opportunity for physical gratification."

This last statement is quite questionable. With "bad reading or immoral plays" to inflame the imagination, ways will be found for physical gratification.

"The entrance of woman into the industrial world has also added to the dangers which surround her," breaking down her former reserve and the chivalry and respect of men.

"The exploitation of licentiousness in the newspapers, the publication of every nauseating detail of the more notorious divorce cases, with alleged pictures of all concerned, lengthy accounts of the liaisons, real and imaginary, of famous personages, detailed accounts of sexual crimes, books idealizing adultery, plays dealing with the so-called 'sex prob-

lems,' a polite term for clandestine prostitution, all tend to excite the passions, and arouse the curiosity of those least able to withstand either."

When a daughter goes wrong, something is the matter with the parents. They have not trained her to self-respect. They have not guarded her against the wiles of young men, they have not kept out of their house the villainous newspaper reeking with all that is foul, or they have not kept her away from impure fiction and worse plays; somewhere, they have been remiss in their duty.

But where is there a newspaper that is not villainous? that is clean? that one can take into his family without a blush?

I know of *one*, the *National Daily Review*, of Chicago, published daily except Sunday at the ridiculously low price of one dollar a year. They publish clean news, and refuse to accept corrupting advertisements. This paper is the beginning of a move in the right direction, and should be patronized by all friends of purity and right.



Mental Influence in Sleeplessness

PROFESSOR BALDWIN, in "Mental Development," gives one or two suggestions (use the word with either meaning if you wish) which may be of benefit to those who have difficulty in going to sleep. Sleeplessness is largely a habit. Certain habits of thoughts conduce to sleep, others to wakefulness. A child goes to sleep as a result of certain acts on the part of the nurse. It may be gentle rocking, or patting, or a low song. Now there may be *nothing in the act itself* to induce sleep, but being associated with sleep a few times, the child forms a *habit* of going to sleep in connection with that act, or as a result of the mental conditions started by the act. Some

persons, no matter how wakeful they may be when sitting or standing, drop off to sleep almost immediately when their heads touch the pillow. The pillow suggests sleep, and they immediately yield to the suggestion. To many unfortunate people, the pillow has come to suggest, not sleep, but hours of anxious tossing, *and the suggestion comes true!* Physically there may be nothing the matter. Treatment does no good. These poor victims sometimes, after having become the victims of sleeping-powders, go to a sanitarium, and seem to get no relief. They have been used to a strong dose of some hypnotic powder, and the warm bath, the fomentation to the spine, or other treatment fails to give relief. In desperation they call for a sleeping-powder, get a little sugar of milk or chalk or equally effective powder, and go contentedly to sleep.

Suppose the next day the doctor were to say to the patient, "Now see here; your sleeplessness is all nonsense. You went to sleep last night on a bismuth powder, which is proof that you would go to sleep without anything if you only had confidence in yourself." The result would be the patient would be in a more hopeless condition than ever. It is not enough for a patient to make up his mind, "I am going to sleep as soon as I go to bed." Back of all the conscious mind there is somewhere lodged a dread of wakefulness which will manifest itself in destroying sleep unless this unconscious dread be overcome. But to return to Professor Baldwin's statements.

He found that he was strongly influenced to sleep by picturing to himself some one else asleep. By concentrating his mind strongly on this picture he would be lost to consciousness in from five to ten minutes.

"On the other hand," he continues,

“it is impossible to bring on a state of drowsiness by imagining myself asleep. The first effort at this, indeed, is promising, for it leads to a state of restfulness and ease akin to the mental composure which is the usual preliminary to sleep; but it goes no further. It is succeeded by a state of steady wakefulness, which effort of attention or effort not to attend only intensifies. If the victim of insomnia could only forget that he is thus afflicted, could forget himself altogether, his case would be more hopeful.”

I do not mean to convey the impression that sanitariums do not relieve insomnia. As a rule they do, but according to my observation, it is often quite largely as a result of changing the mental condition of the patient from distrust to confidence, by means of suggestion, either consciously or unconsciously applied.



Our Position

WE have had quite a number of criticisms of the position of LIFE AND HEALTH from friends to whom these principles seem to be new; and to them we would say that these principles are nowhere better stated than in the article by Mrs. E. G. White, in this number, on “Extremes in Diet.”

I will quote some of the most significant sentences. Health reform is not a set of arbitrary rules,—thou shalt not eat this, that, or the other. It is not a certain specific diet list. It is good common sense. But to quote:—

“THERE IS REAL COMMON SENSE IN DIETETIC REFORM. THE SUBJECT SHOULD BE STUDIED BROADLY AND DEEPLY, AND NO ONE SHOULD CRITICIZE OTHERS BECAUSE THEIR PRACTISE IS NOT, IN ALL THINGS, IN HARMONY WITH HIS OWN. IT IS IMPOSSIBLE TO MAKE AN UNVARYING RULE TO REGULATE EVERY ONE’S HABITS, AND NO ONE SHOULD THINK HIMSELF A CRITERION FOR ALL. NOT ALL CAN EAT THE SAME THINGS. FOODS THAT ARE PALATABLE AND WHOLESOME TO ONE PERSON, MAY BE DISTASTEFUL, AND EVEN HARMFUL, TO ANOTHER.”

If our reform friends could have these words framed in large illuminated letters, and hung in a conspicuous place in the dining-room; if they could carry them along in their mind’s eye when they go out to dine; if they had the words stamped indelibly upon their consciousness, it might help to do away with that spirit of criticism which is the greatest drawback to true reform. In connection with this, study the first few verses of the fourteenth chapter of Romans; they contain some excellent thoughts on the spirit of toleration:—

“Him that is weak in the faith receive ye, BUT NOT TO DOUBTFUL DISPUTATIONS. For one believeth that he may eat all things: another, who is weak, eateth herbs. LET NOT HIM THAT EATETH DESPISE HIM THAT EATETH NOT; AND LET NOT HIM WHICH EATETH NOT JUDGE HIM THAT EATETH; for God hath received him. WHO ART THOU THAT JUDGEST ANOTHER MAN’S SERVANT? to his own master he standeth or falleth.”



Pure Foods

IN Paterson, N. J., the selling of ice-cream sandwiches by street peddlers has been prohibited because examination showed the ice-cream to contain a dangerous quantity of bacteria.

A LIVERPOOL physician believes appendicitis to be due to antimony poisoning, the antimony being absorbed by mineral waters and other beverages from the rubber stoppers, which sometimes contain large quantities of antimony.

THE New York health officers have been saving the lives of many infants by throwing away thousands of gallons of poor milk. Whenever the temperature of the milk is found to be above fifty degrees, the milk is destroyed. The sanitary condition of shops and milk-vessels is improving.

THE Illinois Pure Food Commission is besieged by appeals from small towns for help to suppress the milk adulteration evil. The health officials of the smaller towns seem unable, perhaps through lack of sufficient authority, to cope with the evil. The principal complaint is regarding the use of formaldehyd as a preservative.

THE United States meat inspector at the Sioux City stock-yards is authority for the statement that consumption is spreading with great rapidity among the hogs of the United States. Under present conditions the authorities are powerless to stop the spread of the disease. The epidemic is not only a menace to the stock-raising industry, but also to the health of all who make use of pork as an article of food.

THROUGH his vigorous efforts in behalf of food reform, Secretary Wilson of the Department of Agriculture has become a target for the attacks of dealers in adulterated foods and

drinks, particularly certain distillers who have been making bogus liquors, and certain importers who have had cargoes of adulterated foods confiscated. These men are determined, if possible, to oust Secretary Wilson, in the hope that his place may be supplied by a man not so active in the pure food crusade.

Drugs and Narcotics

THE "New York Institute of Physicians," originators of the wonderful "Vitaopathic treatment" widely advertised in the papers, has come to grief, because of a fraud order issued by the postmaster-general — fraud, of course.

ANOTHER evidence of the passing of the "old school" of medicine is the fact that the bromides, once a sheet-anchor in the treatment of epilepsy, and used in very large quantities, have been nearly abolished in the management of this disease; at least they are used, if at all, in much smaller dosage than formerly.

Legislation

THE Kansas State Board of Health has passed an order requiring county health officers to have each house fumigated which has had a death from tuberculosis.

THE health officers of the State of Iowa have begun an active crusade against unsanitary cars. The railroad companies will be compelled to cleanse and disinfect the cars after each trip. The Iowa people are asking the officers of neighboring States to enter with them into this crusade.

THE Philadelphia Board of Health is making a vigorous effort to put an end to the transmission of infection by flies. They have ordered that stables shall be kept in such a condition that they will not be breeders of flies, and have required storekeepers having meat, candies, vegetables, and other foods to keep them screened.

THE city of Houston, Tex., has a local ordinance against distributing samples of medicine. Notwithstanding this, packages were being distributed, and a mother stepped out of her house just in time to prevent her child's eating some of the tablets from a package he had opened. The police being notified, immediately informed the local druggists that any further violation of the ordinance would be prosecuted.

"If you wish to know the present political strength of prohibition," says a writer in *Munsey's*, "take a map of the United States, puncture it with about forty-five hundred pinholes, spatter it with four hundred blots of ink, and decorate it with three blue ribbons. Then you may know that for every pinhole there is a prohibition town or city in which no liquor is sold, for every blot there is a prohibition county, and for every blue ribbon there is a prohibition State." All the States and Territories but ten have prohibition in some form.

Education

AT the Chautauqua assemblies at Rockford, Ill., and other places, lectures were given this season on the prevention of tuberculosis, and on other problems relating to public hygiene.

THE health department of Philadelphia has begun an educational crusade against typhoid fever by distributing from house to house a circular of information in regard to the disease and how to prevent it.

A LEAGUE for physical education and improvement has been organized in London for the purpose of arresting national physical deterioration. Branches are being established in different parts of the empire, which will encourage more thorough instruction in general hygiene, cooking, housekeeping, and the proper rearing of children. Provision will be made by the league for open-air games and physical exercise for boys and girls. The league includes many physicians.

A THREE hundred thousand dollar school for cooks near Chicago is proposed, half of the amount to be appropriated by Congress, the other half to be subscribed by the stewards' organization. It is intended that this national school for cookery shall furnish good, cleanly hygienic cooks for the general public, and also for the army and navy. A ways-and-means committee has been appointed to bring

the matter before Congress. This is certainly a move in the right direction, as there is, perhaps, no one thing that so influences the health of a nation as the character of its food.

Sanitary Progress

BY a judicious use of crude oil, and the weeding out of vegetation in marshy places around Long Island, and along the coast of New Jersey, the mosquito pest has been practically eliminated.

WASHINGTON, D. C., will soon have its entire filter plant in operation. It is unfortunate this could not have come sooner, as the mortality for typhoid fever is unusually heavy this year. There is every reason to hope that the use of filtered water will cause a marked reduction in the number of typhoid fever cases.

HEALTH OFFICER DARLINGTON has sent to the mayor of New York City a report urging the early establishment of a filtration plant for the city water-supply. He attributes a large proportion of the cases of typhoid and diarrheal diseases to the impurities of the water. Cases were cited in this country and in Europe, where, after the installation of a filter plant, typhoid fever was greatly lessened. This can well be understood when it is remembered that a well-made sand filter will remove more than ninety-nine per cent of the bacteria, and a large proportion of the organic matter. It is probable that New York will accomplish by means of an efficient filter plant, what Chicago did by means of the drainage canal — a marked diminution in the mortality rate.

Communicable Diseases

THE annual increase in the number of typhoid fever cases in New York began earlier than usual this year. The health officer has published a warning to users of oysters and milk, as sixty-two per cent of all typhoid cases last year were users of milk and oysters in large quantities. Milk inspection is being conducted with more than the usual thoroughness. Markets, dairies, restaurants, and ice-cream parlors are inspected daily. If found unclean, they are so published; and on a second offense, their licenses are revoked.

BOSTON has a day-camp for consumptives — the first in this country. It is located in an old apple orchard on the highest land near Boston, within two miles of the State-house. A small fee is charged patients who are able to pay. The camp consists of several tents, where

patients are received daily. They have the advantage of wholesome food, rest, and outdoor life. Games and amusements are provided, and the women bring their sewing. Lectures on the care of the health are given at intervals by leading Boston doctors.

SIR WALTER FOSTER, M. P., M. D., believes that there is a danger more threatening to civilized nations at the present time than the expected cholera invasion; namely, the extreme probability that there will be a general outbreak of the plague. The disease is constantly spreading in India, where more than three millions have perished from this cause since the beginning of this epidemic; and it is gradually gaining a foothold in other countries. The present epidemic is of an extremely virulent type, having a mortality of between seventy-five and eighty-five per cent.

PROFESSOR KOCH, who has been making observations on the effect of quinin in malarial fever, has concluded that the most efficient and the least objectionable way to administer it as a preventive is to give one gram (fifteen grains) two days in succession, and repeat every ten days, giving it at 5 P. M., or an hour before meal, in order that the stomach may be empty. He says that this method of administration gives the most effective protection against malarial fever, produces no injurious effects on otherwise sound organisms, and contributes greatly to the lessening of black water fever.

THE mayor and citizens of New Orleans, finding themselves in the clutches of a yellow fever epidemic, set about to combat the disease, on the basis that it is mosquito borne. Later they invited the United States Public Health and Marine Hospital Service to take charge of the situation. The city's health was thus placed under federal control. This will probably hasten the termination of the epidemic, as the federal officers are carefully trained for just such work; and they are more likely to be successful in enforcing rigid measures than would local officers. It is said that some of the districts which set up a "shotgun quarantine" are now suffering more or less from famine, because of their isolation. Through the vigilant efforts of the Marine Hospital corps, the epidemic in New Orleans has been brought under control. At one time it was thought the disease would be in full sway until killed by the frost. The ability to control the

situation during warm weather, has been another demonstration that the mosquito is the means of transmitting the disease.

Miscellaneous

THERE are two classes of people who, perhaps, should eat predigested food,—those without teeth, and those who are too lazy to use their teeth.

WORD comes from Manila that the light cure has proved successful in leprosy. Of twenty-five cases treated, all are improved, and six are apparently cured, there being no signs of return of the disease after six months.

DR. LOUIS KOLPINSKI recommends the use of sulphur dusted in the nose for chronic nasal catarrh. He says that nearly all cases of chronic catarrh are accompanied by anemia, and that one treatment with the sulphur is sufficient to improve the color in the patient's face.

AT the recent meeting of the American Medical Association, one day was devoted to the consideration of the stomach; and an important feature was the general recognition of the truth confirmed by Professor Chittenden's experiments, that we eat too much, especially of proteid food.

SOME French physicians who have been experimenting with injections of sea-water in the treatment of insanity have observed, as a result, marked improvement in the condition of the patients. There was an improvement in appetite and digestion, increase in weight, and improvement in other ways. The injections were given every five days, beginning with thirty centimeters (about an ounce), and increasing to one hundred centimeters.

THE *Brooklyn Medical Journal* calls attention to another source of infection. Mineral water bottles, after being taken into the rooms of patients, ill, possibly with some infectious disease, are returned to the bottling works, where they are refilled without being disinfected. In this way infection might readily be transmitted. A case is cited of death resulting because a photographer had used a ginger ale bottle for one of his solutions. It was returned to the bottling works and refilled without cleansing, causing one death. In this case the cause of death was easily traced because the tell-tale chemical was in the bottle. But infectious diseases might be transmitted in this way without ever arousing suspicion as to the cause.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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THE first edition of this number of LIFE AND HEALTH is twenty thousand copies. If our friends keep up their good work for this journal, a still larger edition will be required next month.



A SUBSCRIBER in the Empire State who is taking twenty copies a month, writes so enthusiastically about LIFE AND HEALTH that we can not forbear quoting a portion of his letter:—

"It is good to visit with friends who are not cranky, and one-sided, and stiff as a crowbar. . . . Such a friend is LIFE AND HEALTH. Such a kindly interest in human welfare this newcomer manifests that it is really refreshing to have it call and see one at least once a month."



THE November number of LIFE AND HEALTH will be an educational or "School Children's," number. Among the topics considered will be the following:—

"The Medical Inspection of Schools,"

what it is doing to increase the health and efficiency of the rising generation; "Spending Money for School Children," some of its results; "Our Little Miss at School," third paper in "The Daughter" series; "Diseases of School Children" from the standpoint of an office specialist; "Lunches," what they should include, and what should be avoided; "Recreation and Exercise;" the question of "Home Study" and music practise for children; hints on the "Hygiene of the Schoolroom;" "Questions and Answers" pertaining to the health of school children. Parents or teachers are invited to send to Dr. G. A. Hare, Iowa Circle, Washington, D. C., questions regarding the physical or mental health of school children. These will be answered as far as possible in the November number. Questions should reach Washington not later than September 20.



DISEASE is the warning voice of God. Let us be sensible and heed its warning.— *Miles.*



STRANGE as it may seem, the subject which every fair-minded person admits should be taught thoroughly — namely, how to keep healthy — has been largely neglected. With all the recent educational reform there remains, to a great degree, the same indifference to the proper teaching of the care of the body, regarding which Herbert Spencer lectured the pedagogic world over forty years ago.— *American Medicine.*

WANTED AT ONCE.— An assistant physician, graduate of A. M. M. C., who is up-to-date in all laboratory work and sanitarium methods of treatment, a Christian man of good, pleasant disposition; to such a one there is an excellent opening at the Garden City Sanitarium, San Jose, Cal.

(Continued from page 290)

skilled in the line of treatment you desire,—there are many such,—and you will come a great deal nearer getting your money's worth.

Varicocele is a relaxation of the veins of the scrotum, due to pressure of the column of blood in the veins above. Therefore, exhaustion, lowered vitality, overwork, standing on the feet for a long time, running up and down stairs, or mental depression will always aggravate the trouble.

For the treatment of varicocele, electric belts, X-ray, and medicines are worthless, and are never recommended by honorable physicians. For home treatment wear a suspensory bandage, which you can purchase for a few cents at any drug store. Take a cold hand bath every day, or cool spray, or cold plunge. Sleep eight hours. Lead an outdoor life, but do not overwork. Keep the system in good tone by good, wholesome food and by right habits of living, and above all else do not allow your mind to dwell on this trouble. Follow these suggestions and you will find relief.

The only satisfactory cure for varicocele is by a surgical operation, which is neither diffi-

cult nor dangerous, and the results are very satisfactory. Go to a good sanitarium, and have it cured.



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