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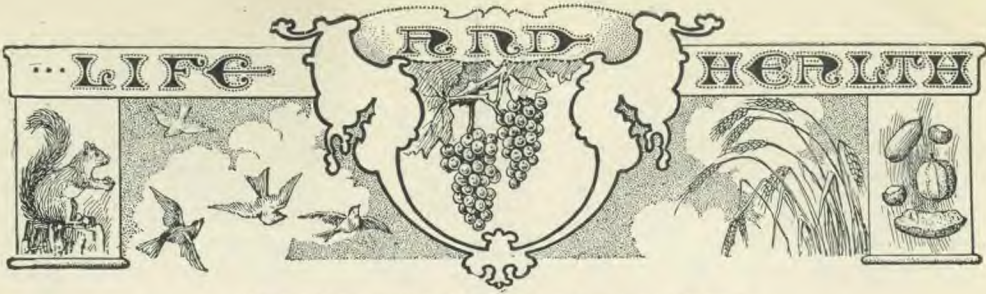
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"Something better is the law of all true living."

Vol. XXI

Washington, D. C., March, 1906

No. 3

Prolonging Life

D. H. KRESS, M. D.



R. OSLER has been severely criticized for making the statement that "men are useless at the age of sixty, and very little good after they have reached the age of forty." That this is not a

natural state is evident both from science and from history. Bible history furnishes conclusive proof that in ages past men lived to two or three times that period with little evidence of decline. Medical sciences also recognize that men should live and retain useful mental and physical vigor to a much longer period.

Dr. Wiley, chief of the Bureau of Chemistry of the United States government, says, "Science has done much for the human race in the way of increasing the average length of life. Progress in science," he declares, "will soon put the limits of activity up to ninety years."

Dr. Haig, one of England's most noted physicians and medical authorities, says: "Those who consider that poor blood, mental and bodily lethargy, and a life of almost constant pain and disease, terminating in the forties or fifties, represent the sum total of human existence, can, no doubt, get the little they ask for; but it will soon be no longer possible for them to say that nothing better was known or obtainable.

A stronger, more active, and more noble life lived for a hundred, rather than fifty, years, and ending in a natural death, which will be painless and unconscious as birth, is what knowledge of the truth promises to-day to all who dare to follow it."

Pasteur's successor, Professor Elie Metchnikoff, who is recognized as the world's greatest medical scientist, goes still further and declares: "Man should be in his prime at the age of eighty, still vigorous at one hundred and twenty, and live to the age of one hundred and forty." He says, "Man attained a much greater age in Biblical times than he does now, and the efforts of science should be directed to bringing about a similar state of things nowadays."

How may a similar state be brought about? Metchnikoff says, "By the suppression of alcoholism," then adds, "but much more than this can be done. The human system is poisoned in other ways, and in no way so frequently as by the innumerable microbes, which swarm in the large intestine." Other scientists have also called attention to the fact that the human system is frequently poisoned as a result of food decay in the alimentary canal.

Bouchard, the famous French scien-

tist, and doctor, in his book on "Auto-intoxication," has clearly shown that most of the diseases afflicting mankind are the result of self-poisoning, and have their origin in the stomach, intestines, or colon. Through errors in diet many are in a constant state of intoxication. Poisons formed by decay or fermentation of food in these organs are sometimes so extremely deadly that they have been known to cause almost instant death.

Several years ago, one of America's authorities on physiological chemistry, dean of one of the leading medical universities, made the statement before a class of students that the stomach was becoming a dangerous, and, in fact, useless organ, and that it could easily be dispensed with, in many instances with real benefit, since it was responsible for so much food decay and fermentation. Other medical authorities have pronounced the appendix a superfluous and dangerous organ, and in harmony with this belief they have in recent years taken apparent delight in its removal whenever opportunity afforded, thinking that by so doing they were bestowing a blessing on mankind.

Professor Metchnikoff says life is shortened by the deadly poisons formed in the large colon by the action of an "innumerable host of microbes," then adds, "this organ is not only useless in man's present state, but positively harmful," and predicts that in the distant future, like the appendix, it may be successfully removed, with advantage to the individual.

The question arises, Is man so imperfectly constructed that modern surgery must be employed in trimming him up? These assertions remind us of the little farmer boy, who, having intently watched his father amputate the tails of the little lambs, remarked, "Father,

God don't know how to make lambs, does he?" In fact, Professor Metchnikoff says, "Man is very, very far from being perfectly constructed."

The Creator certainly knew how to construct man, and we believe he made him perfect, with no useless organ. The organs are perfectly adapted to do the work they were assigned. But "man has sought out many inventions." The difficulty lies not in man's construction, but in man's inventions. It exists in forcing these organs to do what they were never intended to do—in bolting the food without proper mastication, and in crowding upon them substances that should never enter them. The stomach, when in a normal condition, instead of forming a culture bed for germs, is a perfect disinfecting chamber, capable of destroying the most deadly germs. The reason why this portion of the alimentary canal is enlarged is that foods might be retained there sufficiently long to undergo thorough disinfection. In health, therefore, the stomach protects the body from germs of disease.

By constant abuse this organ wears out, the glands fail to secrete the normal amount of acid, and then the stomach loses its power of disinfection, and the natural moisture and warmth of the stomach favors the development and growth of microbes. As a result, poisons of a most deadly nature are often formed which bring about disease of the appendix and colon; and when these poisons are absorbed, they bring about general diseases, and shorten life. Especially do foods which readily undergo decay, such as cheese, veal, oysters, fish, and other flesh foods, become a source of great danger. In warm weather these foods have to be kept on ice, or preservatives must be added to them. The same poisons which are formed in these substances when they

decay outside of the body are formed in the stomach and colon in the absence of ice or the gastric juice. Flesh-eating animals are provided with a very highly acid gastric juice, and also short and smooth alimentary canals, the colon either being smooth or entirely absent, thus the flesh they eat is rapidly moved along and expelled. But even then, the odor of the expelled residue of these creatures is extremely offensive when compared with the herb-eating animals, showing that, in spite of this short canal, putrefaction occurs. The poisons formed are absorbed.

For this reason flesh-eating animals age early, and become stiff and rheumatic, and as a rule do not live so long as do the herb-eating animals. Dog trainers, hunters, and owners of valuable dogs, find it wise to withhold meat even from their dogs, recognizing that they do best on well-baked cereal foods. The alimentary canal of the dog is only about three times the length of his body.

Man, instead of having a smooth alimentary canal, has an alimentary canal about ten to twelve times the length of his body, and a capacious colon. The food designed for man is evidently intended to remain sufficiently long for complete absorption to take place. The alimentary canal, not being short and smooth, is not nearly so well adapted for the handling of foods which readily decay. The necessary prolonged retention of such foods in the capacious colon favors putrefaction, and, according to Professor Metchnikoff, shortens life.

Certainly "man is very far from being perfectly constructed" to subsist on such food. In fact, he is not at all constructed to subsist on flesh, and Professor Metchnikoff is right. "This organ is not only useless in man's present state [living as he does], but positively harmful," and the removal

of the appendix, stomach, or colon, may yet be regarded a benediction. Shortening the alimentary canal, bringing it nearer to that of some of these flesh-eating creatures, might possibly result in the prolongation of the life of flesh eaters. But by far the better plan would be to cease putting animal flesh, cheese, and other partially putrid or readily decomposable foods into these organs, and to masticate thoroughly the clean, aseptic foods provided in the vegetable kingdom.

Meat or the beef juices favor the growth of these deadly germs, while fruit contains acids and ferments which act as antiseptics and prevent putrefaction. The juice of half a lemon or an orange squeezed into a glass of water containing cholera germs will destroy them in less than twenty minutes. Ordinary grape juice, so small a quantity as three per cent, added to water containing typhoid fever germs, will prove fatal to the germs in two minutes.

Hufeland, an eminent German physiologist, many years ago made the statement in his work, "The art of Prolonging Life," that in order to prolong life, "we should use vegetable rather than flesh foods, as animal foods are more apt to undergo putrefaction, while substances of the vegetable kingdom contain acid principles that retard our mortal enemy — putrefaction."

Professor Metchnikoff agrees with Hufeland that a flesh diet must necessarily contribute to the shortening of life because of this accumulation of highly putrefactive material in the capacious colon, which because of its prolonged retention gives rise to deadly poisons.

Dr. Van Someren and Mr. Horace Fletcher have repeatedly within the past few years demonstrated before leading physiologists of the world that if simple

aseptic foods are eaten and masticated until reduced to a creamy consistency, it is possible not only to live on one half the amount heretofore considered necessary by physiologists, but to prevent entirely all fermentation, and putrefactive changes in the alimentary canal. The residue, or excreta, from such foods instead of being highly offensive, as is ordinarily the case, is found to be odorless and perfectly aseptic, containing no germs whatever. All this is possible without the removal

of any organ. It is evident, therefore, that the fault lies not in man's construction, but in man's inventions.

A return to simpler and more primitive habits—a return to the original foods given to man, the grains, fruits, and nuts—will ALONE ensure freedom from self-poisoning, and prevent hardening of the arteries, enabling man to retain mental and physical vigor and usefulness to advanced age.

Sydney Sanitarium, Wahroonga, N. S. W., Australia.



Divine Healing

AUGUSTA C. BAINBRIDGE

1—The Creator the Only Healer



IN all the wonderful things we see in nature, we can easily recognize the existence of a Creator. Earth, air, and sky are full of marvels that can be accounted for only in the thought of a God,—a personal, loving, intelligent Being, whose Spirit is everywhere, who can say to us, "I am the Lord, there is none else." "He is the Fountain of life," or, in the words of another, "He is the life of everything that lives." "In him we live, and move, and have our being."

In the every-day affairs of life we also recognize that the maker of any machine is its best repairer and regulator. If a watch loses time, or is injured by accident, we take it at once to a watchmaker. If our shoes are wearing out, a shoemaker, without discussion, or even question, is called upon. Furniture needing repair is sent quickly to the upholsterer. Any machine or device that is not working satisfactorily is referred to the maker of it for explanation and

adjustment. A tuner is called upon if the piano does not respond harmoniously to the touch of the musician. Why a tuner?—Because a tuner is really the maker of the instrument. Every part of it is under his hand. Every reputable piano house has its own tuner, who has been through the factory step by step, until every piano made there is like an own child to him. From the time the first string is stretched, the tone of that piano is under his direction. Over and over, again and again, hundreds of times that piano is tuned before it passes into the salesman's hands. Every change of temperature or light, every new position, every jar, anything that can influence its tone, is noted by him, and the keys are adjusted accordingly. No two pianos were ever alike; and when, even after years have passed, and all the various circumstances that affect these delicate instruments have done their work, the piano again comes into his hands, he recollects its peculiar tone, and labors to restore it to its normal condition. The tuner may be the manager

or assistant manager, the proprietor, or one of the firm owning the factory.

All this is reasonable, and we see the necessity of going to the right source for help in these material things.

Our bodies, having been planned by God and held in his thought until the time came for their creation, or for the expression of his thought in substance, are better known to him than to any one else in the universe. Their symmetry, their adaptability to the home he planned for us to live in, their agreement with their physical surroundings, — air, water, and food, — show a loving Father's care for the needs of his offspring. The agreement of each organ with every other, the growth from infancy to manhood, the means provided for the care of each organ, — as the rest of the heart between beats, the lachrymal fluid for the eye, synovia for the joints, and many other things too numerous to mention, — prove the intention of the Creator to have been beneficent.

Health is the normal condition of the body. Health is the result of God's plan. It was in his mind for humanity. It was his design that man should be well. Just as he designed that man should be holy, obedient to his moral law, so he planned that man should be whole, healthy, obedient to the laws that govern his physical being. All his laws are the expression of his love, and while love is the fulfilling of the law, law is also the loveliest and most loving expression of his will toward us.

As transgression of the moral law brought discord and disturbed the Creator's plan for man, and continued transgression makes wider the breach between man and God, so the breaking of a physical law disturbs the harmony it was his intention should reign in the body, and continued disobedience brings about a physical condition so at variance with his will that his work is hardly recognized. A person in the former condition we call a sinner. Why not give the same name to the one who breaks physical commandments? We tell the first man that he must repent and confess, and that God will forgive him, and give him power to keep from sinning. Why not tell the second man the same? Is there not one God? Are not his laws one? Does he not desire his children to be whole and holy? Are not these one? Is not the Creator of the mind the Creator of the body also? When we are out of tune physically, should we not go to the Heavenly Tuner, who from our conception has known and adjusted every atom that entered our frame, as well as every thought that entered our mind? He alone knows the delicate balancing of these two, and he alone can say, "If thou wilt diligently harken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for *I am the Lord that healeth thee.*"

Sunshine and Shadow or a Lesson in Painting*

A. E. PLACE



THE artist's brush has been used to paint life in all its phases, from the scenes of deepest gloom and sorrow to those of light and joy sublime, but not one, even of the brightest, can be found in all the galleries of earth without traces of shadow in the background. As we give the matter thought, we become almost certain that it would be impossible to paint a picture without shadows. He who studies nature in its brightest moods finds this law plainly written upon every leaf and flower. Even the brightest sunlight can not obliterate the shadows cast by the mountain, or even by the single tree upon the plain.

Watch the artist preparing for his work. He first lays upon his canvas the dark colors that are to form the groundwork, or, in other words, the foundation upon which he is to build. Then with stroke after stroke of his brush, the lighter colors are applied and blended in; and day after day his struggle with light and shade goes on till the work is finished. As we look upon the completed work, and give our exclamations of delight, how few ever see or think of that dark background upon which so beautiful a view of life has been laid! How little we know about the artist's struggles with the laws of light and shade! How little we appreciate the value of the shadows to the finished painting! We must study long and carefully ere we can see how the shadows help to give a tinge and glow to the light,—a tinge and glow which

mortal eye could never appreciate without them. The artist who is most sensitive to this fact, whose soul is most keenly touched and thrilled by nature's forms and moods, is most likely to win the coveted prize—perfection. That touch comes only to the extent that the artist really knows what life is.

Painting is but portraying on the canvas that which the eye and heart has taken from nature and revelation. The painting is sometimes bright, and brings joy to the beholder. Others cause us to weep. What lessons can we learn from these facts that may be of present and eternal good to us?

Whether we ever handle the artist's brush or not, each soul in this world is dealing with the light and shadow of life. We are in a great amateur art room, and we are each here to paint the picture of life. Each day we are handling colors which will determine the value or the worthlessness of our painting. Each day's work is having its effect, not only upon the picture we are making, but also upon the work of other artists, who from time to time pass our way. Unlike the brush artists, in beginning our work we do not need to lay any dark colors to form a background, or foundation; for sin, that awful black-paint artist, has made this world, which is our real background, dark enough to meet the demands of any picture that can be painted. Thus, our work, yea, our privilege, is to use only such colors as tend to obliterate at least some of the darkness, and cause our work to glow with life and beauty. It is our privilege, too, to blend into the dark scenes of life so much of the clear steady light of truth that beholders will lose

* Parlor talk in New England Sanitarium, Melrose, Mass.

sight of the darkness, and be fascinated with the great beauties and possibilities of life.

It becomes, then, of infinite importance, not only to me, but to the world, to know what colors I am using, and how I am using them. Depend upon it, the colors we use will harmonize closely with the picture of life that we have photographed in the mind and soul. Does life seem dark and without possibilities? If so, let us be assured that our painting is not lessening the darkness, and our picture, when finished, will be but a sad, dark failure. There is a way out of the darkness. Faith, which pierces the darkest recesses of sin and sorrow, will lead the way out into the grand, beautiful sunshine, if we will but follow its leading.

“Come out in the sunshine! O gather its wealth!
There’s joy in the sunshine, and beauty and health.
Why stay in the shadow? why weep in the gloom?
Come out in the sunshine, and let your soul bloom.”

Though we live in a humble cottage or a hovel, the Creator causes as beautiful sunshine to light and kiss our roof, and peep into our windows, as that which falls upon the most costly palace. The bird sings as sweet a song at our door as if he were singing in that magnificent park over yonder. The gentle showers refresh and make glad our parched garden on the same day that they do it for the Honorable Mr. —. If a shadow passes over, or rests upon your home, you should realize that it rested upon some one else before it reached you; and when it leaves you, it will pass to another dwelling. Then, before you say that life is dark and is a failure, make search for the sunshine that God made for *you*. Listen to the songsters that the Creator made for *you*. Take a deep breath of God’s free, pure

air, made for you, and with the power of the inspiration, and glad with the thought that the mighty Creator still lives, just shout with voice, and paint with hand and with life, the blessed motto, “The Lord is good, and his mercy endureth forever.” Breathe deep once more, and “sing them over again to me, beautiful words, wonderful words, wonderful words of life.”

I repeat that it means much what colors we are using, and how we are using them. O, how sad it must seem to the divine Artist and Teacher, to see his pupils dipping the brush so often into the dark paint, and even into the black, upon the palette, when the instructions are to use the rich, pure white!

Upon the dark canvas of sin, and before every face of sadness and despair in this world, this divine Teacher is giving daily lesson studies. Each study constitutes a part of his most choice painting, whose groundwork is laid in the land of Judah. As the lessons proceed, we behold the Babe of Bethlehem. Then, on the mountain and plain, on the sunlit and storm-tossed Galilee, we see a sweet, patient, beautiful life! How it inspires us to noble action!

Again the Artist presents the face, now “more marred than the sons of men,” being kissed by the foul betrayer. Again we look, and the head is crowned with thorns, and men bend the knee in mock worship. Still the painting is continued till in the distance we behold Golgotha’s rock summit, and on a rough cross of wood hangs the world’s Redeemer. The sun has veiled itself in sorrow; the very earth seems to quiver at the consciousness of the dreadful scene. The outstretched arms and hands, the quivering lips, the smile of forgiveness,—all are saying to a lost world, “Look unto me, and be ye saved, all the

ends of the earth." In the light of that smile, in the light of that glorious victory, I lose sight of the darkness of the background; I forget the weeping sun, I forget all the sorrow and sadness of my own life, and cry out, "My Lord and my God!" This is the first, last, and only model for life's artist. So long as that scene stands out in grand relief upon the darkest mountain that earth ever knew, and against the darkest storm-tossed sky that sin can make, it is a pledge of divine help for all tried and fainting souls, that they may be brought from darkness into the beautiful light of God. It must ever stand as a demonstration to the world of the infinite possibilities before any artist who seeks perfection. It also constitutes the most wonderful contrast between light and shade that ever has been, or ever will be, seen in this world. He who does not weave the spirit of this model into his life's painting, need not expect his work to stand the criticism of the Judge.

So, in a word, all the disappointments and sorrows of life, great or small, should be considered and treated only as background, and we should hasten to paint upon them, by the help of the divine hand, the colors which develop the beauties of divine faith.

To us poor mortals in this world,

where shadow has been the constant companion of light since sin entered man's happy home, it seems impossible to conceive of a time or place where shadows shall be removed; but it will one day be realized. That hand which has been so long tutoring his pupils in the use of the elementary colors, encouraging them in their struggles with the shadows, will soon lay aside the brush, fold up the easel, and the old canvas "shall be rolled back as a scroll." Then He who is *light*, and in whom there is "no darkness at all," will introduce his pupils to a land where the sun will shine with the light of seven days, and where the moon will shine as the sun; so will the darkness flee away, and "*there shall be light*"—the beautiful light of God—forever. Then all the faithful artists of earth, whose work with light and shade has been accepted by the Judge, will be permitted, with vision immortal, to look upon pictures of divinity,—living scenes of never-ending delight that have no dark background, except the forgotten history of a fallen world.

"My child, choose well the colors
Which thou wilt use to-day
In adding to the painting of thy life.
And ere thy brush shall trace a single line,
Be sure that in thy soul there reigns supreme
The image of that which thou dost long to be."

CURRENT COMMENT

Hygienic Methods of Eating

APPARENTLY more provision is made to prevent our domestic animals from eating too hastily than is provided in the case of human beings. The horse frequently suffers from his unbecoming and unnecessary haste in eating; confronted by a generous supply of oats in the feed box, he can not resist the inclination to bolt one mouthful so that he may take another, at the expense of his health. According to *Scientific American* a feed box has been invented in which only a mouthful is in sight at the bottom, and the horse has to eat this before more enters the feed box. The horse is thus compelled to eat his meal in a more wholesome manner. It would be a wise provision to have some such arrangement in connection with the "quick-lunch" counters of the cities for men who feel the necessity or the inclination to bolt their food. It is certainly wise to safeguard the health of horses, but why allow human beings to go their own sweet way in unhygienic habits? We shall look for an adaptation of the horse feed-box scheme, at least for the quick-lunch counter.—*Journal of the American Medical Association*.



AN aggregate of upward of 3,935,000 pounds of food "unfit for human consumption," and having a retail value of more than \$337,600, was condemned by the department inspectors and destroyed under their supervision during the year. Of this amount 3,487,000 pounds, or 85.5 per cent of the total, was condemned and destroyed during the last five months. Eighty per cent of

the meats was condemned on account of tuberculosis.—*State of Chicago's Health*.



Vegetarianism in a Nutshell

WE confess to little sympathy with those who advocate vegetarianism upon purely ethical and humanitarian grounds, because the history of mankind in all ages shows that animal foods are the natural and universal foods adapted to man's use, but within the past few years an absolutely scientific demonstration has been made of the reason why, in our present day, animal foods in some of their most used forms are injurious to human health.

The demonstration, in brief, is this: In meat, in tea, and coffee, and many other substances there exists a considerable quantity of similar chemical substances, which, when taken into the human system as food, are changed to uric acid. . . .

Therefore we have at last a scientific argument, every step of which has been thoroughly proved by countless experiments and chemical examinations, showing why a vegetable diet with the omission of strong tea or coffee is beneficial to so many people.—*The Family Doctor*.



I AM convinced, from long observation, that hurried eating, imperfect mastication, soft food, and the taking of fluid while eatables are in the mouth are fertile sources of trouble. This is a matter concerning which physicians and dentists should educate their patients.—*L. Duncan Buckley, A. M., M. D.*

Football Demoralizing

THE demoralizing effects of the present methods of playing football are not the only reason for revising the rules and practises of these teams. As a result of the slugging and crushing, promising young men — the sons and brothers of our homes who have gone out to prepare themselves for the active duties of life — are murdered or maimed for life. Quite recently there are reports of students killed and others irreparably injured, and yet nobody is punished. The killing of a boy in a football contest, however inexcusable it may be, is seldom regarded as a homicide. It is a sad comment, and yet a hopeful indication, when the chief executive of the nation finds it necessary to summon the presidents of some of our greatest universities for consultation as to the methods of eliminating this great evil that has fastened itself upon what was once, and should be yet, the grandest and best of our field sports. — *Iowa Health Bulletin.*



As a nation we are practically safe from the barbarians of so-called uncivilized countries, but we are not safe from the barbarians which our colleges are producing. The war that is upon us now is the war against college barbarism. — *Medical Home Talk.*



Fatalities of Football

WE have called attention several times to the number of deaths that take place every year from football, and have emphasized the fact that in the season just passed more than a score of fatalities were reported as having occurred. This, of course, is too large a number of fatal accidents for any mere sport. There must be something in it

besides sport, an appeal to the brutal instincts of human nature, or some less worthy incitement even than this, to make young men continue to indulge a game which is the cause of so many deaths. — *American Medicine.*



Football Injuries

THE number, severity, and permanence of the injuries which are received in playing football are very much greater than generally is credited or believed. The game does not develop the best type of men physically. — *Boston Medical and Surgical Journal.*



THE total number of deaths from football for the season, as officially reported, is twenty, with some others regarded as fatally injured, and still others who are more or less disabled for life. It depends largely upon whose boys are killed whether the game or its methods are to be commended! — *Iowa Health Bulletin.*



Proprietary Drug Legislation

SEVERAL American States are warring through their legislatures on patent or proprietary medicines, the enormous use of which is fast becoming a serious menace to the public health, and an alarming factor in intemperance. . . .

It is not well known that most patent medicines contain large amounts of alcohol, with which often drugs of a dangerous character are combined, such as should only be given on the prescription of a physician. Pennsylvania is asking that the dealers in such drugs shall pay the State license tax for the sale of alcohol, while other States are

demanding the publication of the contents of every proprietary medicine on every package. It has been stated that Peruna, for instance, which sells at a dollar a bottle, can be made at home for eight cents, being practically nothing but alcohol and water with a little flavoring.—*American Journal of Nursing.*



Frauds Suppressed

A CAMPAIGN has been conducted for the Post-office Department by the Bureau of Chemistry against "manhood restorers," those which are in the form of medicines, but there have sprung up a number of firms which exploit mechanical contrivances—"developers." These affairs are not only means of swindling the ignorant and deluded out of their money, but they are positively harmful, and with them it is absolutely impossible to accomplish any good. . . . It is certainly encouraging that there is one branch of the government attempting to check the vultures who are preying on the fears of our youth.—*Journal of the American Medical Association.*



WE are heartily in sympathy with the *Ladies' Home Journal*, *Collier's Weekly*, *Leslie's Monthly Magazine*, *The Journal of the American Medical Association*, the *California State Journal of Medicine*, and the *Druggists' Circular* in their vigorous and fearless efforts to inform the people as to the character, danger, and fraud of many nostrums and proprietary medicines that are so shamelessly advertised and so recklessly consumed. It would seem as if many otherwise respectable medical journals, to say nothing of many newspapers of all

grades, are the hired servants of these nostrum makers.—*Iowa Health Bulletin.*



Excessive Home Work

THE dangers of excessive home work have been so long known, and the system has been so widely abandoned by the best American schools, that it is somewhat of a surprise to find the matter under discussion in English journals. A parent complains in a London daily paper that his child is given on Friday evening enough work to occupy all of Saturday, and some of Sunday, too. The journal replied that hard work was necessary in a competitive world, and seemed utterly oblivious of the fact that such early strains are the best means of injuring a child so that it can not take up its future struggle for existence.—*American Medicine.*



Environments and Crime

WE must repeat that every community has its housing problem, and that it is always closely allied with the problems of poverty, disease, and crime.

Here are these children in cellars and basements. Here are these children in rear tenements. Here are these children in the slums. Apparently, every man's hand is against them. What can be their attitude toward society?

We are tampering with the fundamental principles of the nation when we deny the child the privilege of a home—not a shelter, if you please, but a home. The home is the character builder.—*Art.*, "Chicago Housing Conditions," in *Charities.*



Bridgetown, Barbados, W. I.

FOR several years I have had a burden for the foreign medical missionary work, but not until last October were my desires realized.

My brother, Elder G. F. Enoch, who has been in the West Indies for several years, returned to our home in Portland, Ore., for a short vacation. And although I was comfortably situated and running successfully a small sanitarium, I disposed of it, and my wife and myself returned with him as self-supporting missionaries.

We are, I believe, the first self-supporting medical missionaries to enter the West Indies. The history of the medical branch of our work to the present time in the West Indies is very brief. Sister Stella Colvin came to this part of the field some ten years ago, but did not give all her time to nursing. She was buried in Trinidad last spring. Brother and Sister Giddings are the only other nurses in this conference, and they are connected with the evangelical branch of the work.

We found it impossible to open treatment rooms at once, as we did not have the means for such an enterprise, so we are beginning by giving the treatments at the people's homes. Although we have been advertised here but one week, we are now busy, and shall soon have our hands full.

We find that there is need for nurses in all the islands. Stopping at Bermuda on our way here, the brethren were very anxious for us to remain with them; and

though things looked favorable, our burden carried us farther south.

Arriving at Barbados, we landed once more, and began at once to get our methods of treatment before the people. The doctors tried to discourage us, telling us we would starve to death, etc., but our faith in God encouraged us to remain, and now we are entering some of the best families in the island. The first case I had was a little boy badly crippled with rheumatism. The people are prejudiced against the use of water, and when I suggested hot packs, they did not know what to say, but finally gave me permission to use my own judgment, and in a short time there was a marked improvement.

What we need is a sanitarium. Our work will be the opening wedge. The people are ready and willing to accept the principles that underlie this message. We find things strange and unfamiliar here, but we feel that we are where the Lord wants us, and are willing to stay here until he sees fit to send us elsewhere.

Since writing the preceding paragraphs the work has taken on a different phase, and I would like to add that things are more encouraging. I have now a room fitted up at my house for giving the treatments, and we both are kept quite busy.

As far as we can learn, the doctors are not fighting us, yet they do not seem to help us much. The Lord has blessed the treatments given, and nearly every

one who has taken them is either cured or benefited, and is glad to recommend us. We believe that the work will be self-supporting from the start, and hope the way will soon open for one of our doctors to come to the West Indies.

The people, although poor, believe in spending what little they have in anything that they are sure will restore

words she had had with her husband about some trivial affair. The picture shows only a small portion of the crowd. We always have a good audience at these stomach-pumping exhibitions. The man who is helping me, and is holding the funnel end of the tube, is my native evangelist. He is my right-hand man in the gospel work. He is a young man,



their health. I think the way will soon open for a sanitarium, or at least a fully equipped treatment room, and may the Lord direct to that end.

C. W. ENOCH.



Siang-cheng, China

THE accompanying picture will give you a little idea of our "rough and ready" medical work. The woman was carried to the station on a door, a distance of a little over a mile. She had drunk enough of the raw opium to kill several people, the cause being a few

but has a very good education, and is a good Bible student.

We have had many suicide cases. The greater number use opium, but a few use other means. Our stomach-pump has gained quite a reputation.

DR. A. C. SELMON.



Progress at Karmatar, India

AT Karmatar I am kept very busy. My recreation is taking rides on ox carts, to visit those who are too ill to come to me. A woman in Koro was given up by her doctor, and I was

called. She had been given all the stimulants the man possessed. I gave no stimulants, but rational treatment, with some quinine to break the fever. The Lord blessed, and after a few visits, she got well. News of this spread, and many others came. One day I was called to a village which was ten miles distant. They said they thought the patient had fever. She wanted water. I told them to give her water. They said they were afraid to. I told them that if I went, the first thing I would do would be to give her water. They said if I gave it, it was all right, but they were afraid to do it. Ten miles, and the weather so hot that few of the natives were to be seen at that time of day! We wet cloths, and put them on our heads, under our *topys*, then took umbrellas. The Lord protected us, and fulfilled his promise, "The sun shall not smite thee."

When I arrived, I was told that the woman had asked them to take off her jewels, as she was going to die. The friends had been rolling on the floor, and crying. I asked her what she wanted. She replied, "Water." I said, "Very well; what else?" "Water." "Yes; what else?" "Water," was again her reply. I gave her water, and water treatment, and the Lord speedily restored her. I might mention other cases. You can imagine the effect on the people. And so they come with all manner of diseases, and have much faith that I shall be able to heal them. My knowledge is very limited, but our God is a great Physician, and he often wonderfully restores.

We have been offered land at Koro for a mission, and we are anxious to go. It is a very desirable site, but at present there is some dispute as to who is the rightful owner, so we are waiting for it to be settled. S. E. WHITEIS.

Lau District, Fiji

IN our home life we are busy daily. Miss Reed has given much needed help in caring for the sick, and in other lines. A number come to the house for treatment. We average two daily. At times there are from five to seven coming daily for weeks. We request them to come in the early morning, while we have hot water, and before our day's work begins. Many of the cases are bad, filthy sores; some are results of accidents. There is a government branch hospital on the island, and a good native physician.

One young man from another island is stopping with us for treatment. He had been at the hospital for several years. His foot was a mass of sores to the ankle, and his toes were out of shape. Under hot-water treatment his foot has been reduced to its normal size, and is doing well.

It is not so easy a task to treat the natives in their homes as you may imagine. We never urge our services upon them. They wish to try their own medicine folk first, and nearly every other man or woman has some herb or leaves that they think may reach the case. When all else fails, they send for us.

MRS. C. H. PARKER.



A Gospel in a Chinese Inn

SEVERAL instances of fruit reaped from colportage have come under my notice of late. An itinerant doctor, visiting fairs in order to dispose of his medicines, found himself one day weather-bound in an inn. While looking around the place, his eye fell on a copy of St. Luke's Gospel, and picking it up, he asked the innkeeper whence it came.

"From the foreign devil," was the reply of the man, who tried to dissuade

the doctor from reading the book, though this only made him the more eager to peruse it. The wonderful cures effected instantaneously and without medicine, by the Great Physician, had a fascination for him, and he studied with interest the whole of Christ's teachings. His first feeling was surprise that so few believed on him, but this was followed by indignation that a disciple should betray such a Master. And then, to quote his own words, "I was angry to think of this good Man being nailed to the cross, and I was disgusted at the wicked crucifiers.

"At the very earliest opportunity I visited a missionary, and remonstrated, only to learn that it was for the sins of men like myself that the Saviour suffered." From that day he abandoned idolatry, and became a consistent Christian. He has been instrumental in leading a number to accept Christ.—*Rev. W. J. Doherty, in the Bible in the World.*



Buried Alive

AMONG the nations of the southern Pacific islands, cutting is the universal remedy for every ailment. Amputations in the most savage manner are common, to prevent the spread of any disease; and in case of delirium the patient is buried alive. It is related of a man in the Friendly Islands, who was thus buried, that in the frenzy of his delirium he twice burst open his grave, and was at length lashed to a tree, and allowed to die of starvation. It has been said that a common method of treating the insane in Siam is to bury them

alive, and in all China there is not one hospital for this afflicted class.—*Selected.*



Mission Notes

THE Presbyterian West Persia mission has suffered a heavy loss in the death, August 18, of Dr. Joseph P. Cochran, a great man and physician of rare ability, beloved of all classes of the Persian people, whose life was full of good works. A powerful Kurdish chief, who controlled nearly a million of wild tribesmen, once said of Dr. Cochran, to the writer of this paragraph: "Our religious books teach us to call that man an infidel and a blasphemer. But I say that in the eyes of God that kind of man is better than most Mohammedans." The power of a Christian physician who is devoted to Jesus Christ, to win the affectionate regard of hostile bigots, is seldom more vividly illustrated than in Dr. Cochran's life.—*Selected.*



ONE medical mission in India during five years treated 44,000 patients, giving out an aggregate of over 125,000 prescriptions; 1,076 operations were performed, over sixty of these being on the eye, resulting in the restoration of sight to the blind. During eight months after the opening of a new hospital there were 256 in-patients, besides 125 in the children's department. The amount of physical relief represented in these figures is in itself worthy of the spirit of the Great Physician, but more valuable and lasting in its blessings has been the preaching of the gospel to these afflicted ones.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, 755 Market Street, San Francisco, Cal.

Home Food Studies—3

MRS. D. A. FITCH

MRS. RANE did not deem it wise to encourage frequent lessons, and so tire the family, or to allow so much time to elapse between them that the interest might wane to some extent. She did not have to suggest the giving of the third one in the series; for at table, one evening, Mr. Rane said, "I have been thinking of the necessity of using proper food ever since our lesson the other evening. My lunches in the city are very different indeed from what I get at home, and I am so ignorant of food values that I am at a loss to know what to eat that I may have strength for my work, and that I may live long to enjoy my home and family. At home I depend upon my two cooks to prepare me just the right articles of food, but at restaurants very little attention is paid to anything but to please the patrons, and thus get their money. It seems to me it would be an excellent plan to establish restaurants which could properly be called vegetarian, where people could ask questions of intelligent waiters, and so learn the many important things which all need to know."

The well-informed wife was glad to tell her husband that in many of the large cities there are already vegetarian restaurants where hundreds of men and

women are finding relief from physical ailments. As she had listened attentively to her husband's remarks, she saw a text for a long lesson in dietetics, so proceeded to enlarge upon what he had said, in the following manner: "I am glad you have been thinking intelligently over the matter, for it is a true proverb that 'as a man eateth so is he.' Hattie will join me in thanks for the confidence you repose in us for our culinary ability. We are happy in our work, and there is none to which we make it second. We are feeding two men who are to assist in doing the world's work and make it in some degree the better for their having lived in it.

"The food question is one which might be termed many-sided because there are so many and varied points connected with it. The cook may properly and intelligently prepare the best of food, it may be served with a nicety which in itself is highly commendable and appetizing, and yet the eaters partake of it in a way which will produce dyspepsia and bring on a long list of diseases. Yes, I imagine, Hal, that you are ready to ask how such results can possibly follow. Perhaps this is as good time as any to speak of the dietetic errors almost universally prac-

tised. Very few people eat too little, but most of us eat too much, thus distending the various portions of the alimentary canal, and especially the stomach. This excess of food clogs the whole system, causing laziness and stupidity, if not actual pain and distress. Thus we are unfitted for our daily toil, but the most serious consequence is that the interests of the soul are jeopardized. I have just been reading an article by Dr. Haig, a celebrated authority on foods, in which he teaches that errors in eating create desire for alcoholic drinks. Temperance in the dining-room helps to make us sober citizens and faithful Christians. We can see how this may be true.

"Hasty eating is another evil practice. Too great quantity of food is likely to be taken when we do not sufficiently masticate it. Many scientists are making investigations as to the value of thorough mastication. A leader among these is Mr. Horace Fletcher, whose experiments along this line have given rise to the new term, 'Fletcherizing' food. Some think that to reduce the food to that degree of fineness which will permit its passage down the throat is sufficient, but this is not enough. One of the principal food elements is largely dependent upon the saliva for its digestion; so if there is a lack of mastication, and hence insufficient insalivation, there will be a very poor quality of work done by the digestive juices of the stomach, and other organs farther on. We will explain these things more fully in future lessons. Mr. Fletcher was an invalid, but has been restored to health by the simple act of chewing his food thoroughly. Incidentally he finds that when it is properly masticated, much less food is required to nourish the system, so from the financial standpoint it is good economy to spend time in

chewing, rather than to eat hurriedly that time may be gained to earn material which is worse than wasted if put into the system. Mr. Gladstone, the English statesman, required his sons to follow his example of chewing each mouthful of food thirty-two times, once for each tooth. No doubt this was the secret of their good health and sound teeth."

Just here Hal interrupted by saying, "Mama, I do not know what is meant by insalivation. Please may I try to tell what I think it is?"

"Certainly, my son, and I will correct any mistake you may make."

The boy proceeded to say, "The saliva is the water that gathers in the mouth when we move our jaws, so it seems insalivation must mean mixing the food and saliva together. Am I right, mama?"

Mr. Rane was pleased with Hal's definition, and said, "It seems to me we might spend the whole evening talking about the saliva and other digestive juices, but we want to hear mama tell about other mistakes we are likely to make. I have heard it said that it is not a good plan to drink with meals. Will you please tell your three pupils the reasons why?"

"There are many reasons, but the most important may be that if much liquid is used at meals, the food is washed down without thorough insalivation. Too, the drinks dilute, or weaken, the digestive juices to a degree which lessens their action."

Hattie had been paying excellent attention, and now ventured to add her contribution to the table conversation. "I think it is not well to use much sugar, butter, or other sweets and fats with our food, but I could not tell any one why."

"You are right in your idea about the use of such articles. Fats are not

digested in the mouth, nor yet in the stomach, but meanwhile they so thoroughly envelop each particle of our food that it must remain undigested on account of the company it has been keeping. I will explain later why concentrated sweets hinder digestion. There are many more mistakes made at almost every meal because people do not know the right thing to do. Hattie, will you open your Bible at Hosea and read the sixth verse of chapter four?"

Bibles were always at hand in the Rane household, so it was but a moment before the daughter was reading: "My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee."

"See," said Hattie, "we must learn just as fast as we can, so the Lord will not reject us. Do you think, though, that the knowledge in this verse means knowledge about our food, papa?"

"It must be included, for it is very important that these bodies be kept in the very best condition possible, since troublous times are coming upon all the world, when it will be necessary to withstand diseases and plagues of many kinds."

Mrs. Rane was gratified with the digression from the subject properly under consideration, for she knew that the spiritual application of these principles is the test of their true value. She continued the instruction by saying, "There are many other dietetic errors we might discuss, such as the practise of irregular meals, eating too frequently, nibbling between meals, eating when tired or excited, using condiments and spices, fried foods, etc., but we will allude to these points occasionally as opportunity offers."

The word "condiments" was not a familiar one in Hal's vocabulary, so Mrs. Rane told him that it is a class

name for the various seasonings used with food, but that they have no food value whatever. Included in the list, she mentioned pepper, mustard, sage, vinegar, salt, and Worcestershire sauce.

So very interesting had the conversation been, that no one realized the evening was far spent, but all believed more fully than ever before that it is a Christian duty to properly care for their bodies; and at bedtime worship they read 1 Cor. 6:19, 20: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."



Browned Flour

AMONG the things essential for a good cook to keep on hand may be mentioned browned flour. This is not prepared by frying in grease, but by the dry heat of the oven. Put two inches of white flour in a dripping-pan, and stir occasionally to insure evenness of browning. It will become somewhat lumpy, but when it is a golden brown, pass it through a sieve. More of this flour is required to thicken a gravy, and it may be wise to use some unbrowned flour to assist in proper preparation. The taste thus given is spoken of by some as being "mealy;" more appropriately it is "nutty."

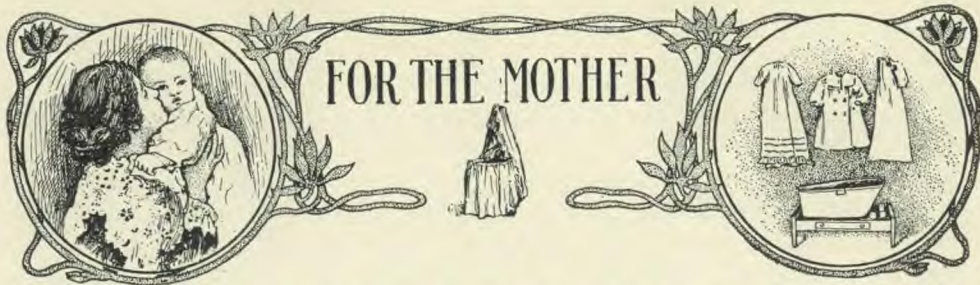
D. A. F.



IMPROVE the flavor of apple sauce by adding a pinch of salt.

"GOOD-WILL is better than pepsin tablets to aid digestion."

Avoid the unpleasant odor from boiling vegetables by placing a piece of charcoal in the pot.



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

At Close of Day

ONE of the sweet old chapters,
 After a day like this;
 The day brought tears and troubles,
 The evening brings no kiss,
 No rest in the arms I long for,—
 Rest and refuge and home,—
 But weary and heavy laden,
 Unto the Book I come.

One of the sweet old chapters,—
 The loving that blossoms through
 His care of the birds and lilies,
 Out in the meadow dew.
 His evening lies soft around them,
 Their mission is only to be;
 Ah! hushed by the tender lesson,
 My God, let me rest in thee.

— Selected.



The Children at Family Worship*

MRS. CORA E. PALMER

“O STRONG upwelling prayers of faith,
 From inmost founts of life ye start!
 The Spirit’s pulse, the vital breath
 Of soul and heart.”



HE corner-stones of the family altar are love, order, mutual confidence, and personal responsibility. How many family altars are broken and falling down for lack of these strong corners!

Love for God, for one another, and for prayer are strangely missing. The children are allowed to whisper, play, sit on the floor, lie on the couch, or loll about as they please, and older ones come before God in this sacred family-gathering place in any kind of slouchy, dirty dress, and with a restless air of nervous haste. But little faith or confidence in God is manifested. Father and mother each doubt the piety of the

other, and the children doubt the piety of both; and because of this strained feeling, and a desire to be through with worship as soon as possible, the father takes upon himself all the burden of the family devotion by reading a “short psalm” and “making” a prayer. Is it strange that children, reared in such an atmosphere, learn to treat religion lightly from seeing daily this rude interpretation of it?

A Binding Cord

But conducted as it should be, the family altar is a mighty factor in the making of a home,—a spiritual table where the bread of life is daily eaten, without haste, and all the members grow into strength, nearer to God and nearer to one another.

This is the one place of all others

* Paper read in the Woman’s Circle, Mountain View, Cal.

where the family circle is complete. Here the members can look into one another's faces, speak tender words of comfort and encouragement, sing the good old songs, and read together the words of God. Here hearts touch each other, and beat in unison and love. When family ties are woven, closer and closer, with a binding strength like this, such cords will hold in the far-off years, even though its members may be scattered in many lands.

An Object-Lesson

Around the altar of prayer the children get their first impressions of the importance of prayer, and the value and genuineness of the religion of Jesus Christ. How much, then, is involved in the faithfulness, promptness, and regularity of parents in the observance of this daily privilege. If the hour of prayer is hurried through with unseemly haste, or lightly set aside for pressing secular duties, their estimate of prayer and religion will be formed accordingly.

Order and Deportment

If worship is held morning and evening at a regular time, the children will soon learn to expect it. They should be taught to be in their places at the proper time, with clean hands and faces, without being "rounded up" and admonished twice every day. The secret of success in this effort rests in beginning to teach the child the right way when he is very young, so that he may never know that any other way is ever admissible.

Each child, particularly when young, should have his own proper place and chair, except as rearrangements may be made from time to time in tender recognition of the children's wishes.

This is not the time for children to be held on anybody's knee, nor should they be allowed to crowd together on the

couch or elsewhere. There is too much temptation to play and lounge about under such arrangements. Playthings should be put away, all should give attention, with hands and feet in the proper place, and, while showing perfect ease and comfort and joy, yet each should recognize that order and respect are due to sacred things.

Love, Tact, Confidence

This is the time to throw off all stiffness and cold restraint; or, rather, it is not the proper time and place to put them on. All hearts should blend in perfect love and confidence, which cast out fear. Special temptations may be mentioned, verses from the Bible may be read to meet these temptations, or a song may be sung that will give the help needed by some tired or tempted one. Talk freely with the children, and help them to see that the family altar is a place for finding comfort, help, and forgiveness of sins, as also joy and freedom from their little cares and troubles. To do this the nicest tact and wisdom are needed.

Let All Take Part

Pass around the song-books and Bibles, and help the younger ones to find their places. Teach all to sing, and be sure that they do the best they can. As soon as they are able to read, let them join in the reading around; and those who can not read, can soon learn to follow the others, and thus their attention will be secured, and they will feel that they are taking part in the worship, as indeed they are.

The A B C of Prayer

The children may be taught to pray at the family altar, and to find in it a privilege and joy long before they have been really converted to God. Prayer is much easier if learned from the A B C

at the time in life when the A B C of everything is being learned.

Frequently at morning worship it may be proper for only one adult to pray while all the others join. Such prayers may be closed with the Lord's prayer, in which all can join. The one praying may introduce it with some such fitting words as these, "Let thy blessing rest upon us all while we join in praying as thou hast taught us, 'Our Father who art in heaven;'" etc.

In the evening, when there is more time, all the members of the family should have an opportunity offered them to pray. The children who are too young to express their wants independently in prayer should be encouraged to repeat the little prayers they have been taught to say at their bedsides. Little by little they will be able to add to these in a natural way by praying for some new friend, or to be kept from the temptation to which they are most liable to fall. Parents who have never tried this A B C method will be surprised and delighted to find how the children enjoy it, and develop the ability to construct their own prayers intelligently. By thus hearing their own voices in prayer, fear is soon cast out, and they will grow in the knowledge and gifts of prayer as the years go by.

Sabbath Worship

Sabbath should bring special privileges to the children in the worship hours. By such means they learn to love the coming of the Sabbath day, and feel a delight, just as we all should do, when the sacred hours arrive. A special Sabbath song, a children's song, verses repeated all round, a psalm repeated in concert,—such extra features will give an added joy, and help to make the Sabbath a pleasure, where it is often,

and with the best intentions, made a burden.

"The Pivot of Piety"

"The pivot of piety is prayer." So also it is the pivot of home and all its endearing ties. As the years of time revolve through this sin-burdened space, the centrifugal forces of evil would naturally hurl the lambs of the fold off into the sins and darkness of this cold world of ours. Prayer is the only pivot that will hold against these powers of evil. The verses most often recited, the psalms committed to memory, and the familiar hymns will become more and more precious as the years go by; and even the wayward, wandering boy, in the hour of temptation, will remember snatches from a favorite psalm or song, and recall the sound of his own "name in mother's prayer," and these ever-binding cords will, perchance, draw his careless, wandering feet back from the treacherous, slippery paths of sin.

A Beautiful Illustration

I know a family, who, from the time their altar was erected, have never failed to sing one special, dedicated hymn at the opening of the Sabbath hours; and now, although they are scattered in two continents, and all but one of the children are married and have homes of their own, still, wherever they are, on land or sea, as the Sabbath twilight approaches, each member sings the old, familiar hymn, and numbers, in heart thoughts and words of prayer, the members of the family circle. Thus in spirit, however widely scattered, they have a common meeting place.

Parents, make the pivot strong by daily faithfulness at family worship. Rear up the four corners of the altar with intelligent workmanship, and your reward in your children will be great.

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.]

170. Injury to Kneecap.—E. F. C., Mass.: "I have a small sore on the kneecap which I can not wholly heal up. It was caused by falling upon a stone, and being hit repeatedly by the pedal of a bicycle. It gathered and run several months after the accident. What is the trouble? and what should I do for it?"

Ans.—You are suffering from an injury of the deep tissues, probably involving the bony tissue of the kneecap. We advise you to keep the knee in a condition of absolute rest as nearly as you can. Apply vigorous hot fomentations over the knee an hour at a time several times a day, and paint the knee every day with iodine for several weeks, omitting a day occasionally if the iodine burns too severely. The area painted should be as large as the hand. If this home treatment does not relieve it in three or four weeks, have it examined by a good surgeon.

171. Removal of Hairs.—E. H., Ohio: "Will you please advise me how to get rid of black hairs growing on my face? If removed, will they ever return?"

Ans.—This question has been answered before, but has been asked so often of late that we answer again briefly. The best and only satisfactory way to remove superfluous hairs is by the use of an electric needle. In the hands of a skilful person this can be done without leaving any scars, and when properly removed, they will not return; but in bad cases there are many almost invisible hairs, which will grow, and which must in turn be removed before the face will be perfectly free from them.

172. Meat Substitute.—L. J. F., Mont.: "Please tell me a complete substitute for lean meat."

Ans.—The principal food element in lean meat is proteid, which is furnished very abundantly in eggs, milk, the various nuts (except chestnuts), peas, beans, and lentils. Of

the nuts, the peanut contains the largest proportion of proteid, though this nut is quite difficult of digestion for many persons. Peanut butter is relished by many, though it often causes some digestive disturbance. Protose, a food made at Battle Creek, is an excellent substitute for meat. In the use of peanut preparations, including protose, it is necessary to be careful not to use too large quantities, as it is quite easy to cause digestive disturbances by these foods.

H.

173. Sirup of Figs—Food for Weaning Babies.—S. R., Ind.: "1. Is Sirup of Figs harmless to use for babies? and does it contain drugs? 2. What is best for a baby to eat when being weaned?"

Ans.—1. We can not say certainly what the so-called Sirup of Figs does contain. We are, however, reliably informed that it contains no figs. Its action is due entirely to drugs, and not to any fruit.

2. As a rule, a baby does best on some grain preparation. Granose biscuit or shredded wheat biscuit or zwieback will answer very well for this purpose, and with this, cow's milk, if that of a good quality can be obtained. Fruits should be added cautiously, being careful to have them mellow and not too acid. They should not be eaten at the same time that milk is taken. Potatoes can be added quite early, especially mashed potato, and later other vegetables. When the child has a fair set of teeth, it should be taught to use all ordinary healthful foods, and not be brought up on a one-sided diet.

H.

174. Cocain.—H. G. F., Chicago: "Is cocain an advisable anesthetic? Is it not better to endure the pain of surgical operations rather than to use any pain killer?"

Ans.—Cocain is advisable when properly used. It may be used on mucous membranes without much danger. When injected hypo-

dermically there is always more or less danger from its use. Still the skilful surgeon very rarely has any difficulty in using it. It is generally believed that the nervous shock incident to severe pain is more harmful than is the effect of an anesthetic when properly given. H.

175. Pimples, Blackheads, etc.—M. H., Neb.: "Please tell me what will cure pimples, blackheads, coarse, muddy complexion, and what will take hair from my face."

Ans.— Before much good can be accomplished for this condition of the skin it will be necessary to be certain that there is not some underlying cause in the digestion or in the sexual organs. Any difficulty here must be eradicated before local treatment will be effective. The diet must be attended to, constipation relieved, and other difficulties of this nature cured. For local treatment perhaps nothing is better than hot fomentations applied to the parts. A good way to apply the fomentations is to make a compress of cheese-cloth, and dip it in water as hot as can be borne. Apply it to the face with frequent changes, for about ten minutes at a time, and repeat this two or three times a day, following the application with spirits of camphor. The spirits of camphor will smart at first, but will be borne better later. The only satisfactory way of removing hair from

the face is by means of the electric needle, and should be done by a physician. H.

176. Round Shoulders.—Mrs. R. H., Ohio: "My daughter, thirteen years of age, is growing round shouldered. She takes music lessons in the summer, is large of her age. Would you advise shoulder-braces?"

Ans.— The cause of round shoulders is insufficient development of the muscles which should hold the shoulders back in place, and also to some extent a thinning of the spinal cartilages on the front side. This is caused by an habitual wrong position, and can be corrected only by developing the muscles of the back by proper exercise. The use of shoulder-braces will not only fail to develop these muscles, but will leave them less work than they now have, so that they will be entirely undeveloped, and the trouble will be worse than now. Your girl should be encouraged to sit straight and stand straight. She can obtain a correct standing position by placing the tips of her fingers at the back of her head, throwing her shoulders back, and rising on the balls of the feet. By maintaining this position of the hands, and rising twenty or thirty times on her toes, and repeating this several times a day with similar exercises, and by being careful in the meantime to maintain an erect position, she can gradually overcome the stooped-shoulder position. H.



A MEDICAL journal, we are told, gives the following news item: "Goats to Furnish Malted Milk.— It is reported that the Department of Agriculture is to experiment with typhoid fever with the milk of goats recently imported from Malta." We did not know before that malted milk was obtained in this way. Who next?

SOME of the railroads of the country aid the Y. M. C. A. branches in their efforts to keep the employees away from evil influences. Usually these disbursements are charged up to "Betterment of Equipment." One railroad official at the head of one of the largest lines in the country, says that his road gets better returns from money invested in the Y. M. C. A. work than from any other expenses charged to "betterment."

DR. TYSON, in the London *Lancet*, maintains that the most prominent and active cause of appendicitis is constipation. It is the experience of many patients, he says, that when the bowels have not been opened, an attack of appendicitis is likely to occur. In days gone by, according to the doctor, the regular dosage with salts and black-draft probably had much to do with the prevention of intestinal toxemia.

ONE out of every five hundred railroad employees is killed every year, and one out of every twenty-four is injured. The steam railroads pay out annually as damages to injured persons, about fourteen million dollars, and in addition, seven million dollars for lawyers' fees. It seems as though this money might profitably be spent in diminishing the opportunities for accident.



The Evil of Impurity

WE are told that sixty per cent of all American young men, as a result of impure lives, contract loathsome disease before they reach the age of thirty. Many of these marry before they are cured, with the result that innocent wives suffer, never realizing, perhaps, what is the cause of their trouble. It is said that four fifths of all deaths from female troubles, and four fifths of blindness in infants, is due to this cause alone—the disease of the husband and father because of impurity.

These figures, if true, show a frightful condition of affairs in this supposedly civilized nation. The editor of *American Medicine*, who is a firm believer in the final perfection of the race through the processes of evolution, says: "Nature is fully competent to put an end to this sad state of affairs in her own way and at her leisure. She simply destroys the most susceptible, so that in time either the disease will become mild through partial immunity, or there will be no men left who will consort with prostitutes." Nature is very evidently doing the job "at her leisure," and the end is not in sight by any means.

There is a society formed in New York—the Society of Sanitary and Moral Prophylaxis—the purpose of which is to take more effective measures for the restriction of the evils of impurity than the leisurely method of nature. They realize that the young

men of this generation are going down to ruin,—a wretched existence followed by a horrible death,—and are taking their wives and children with them.

The aim of this society is to instruct the young so that they will avoid this great danger.



American Medicine calls attention to the exaggerations that have characterized previous attempts to warn youth against the dangers of indulgence. These dangers may have been overdrawn, but the truth is bad enough. Thousands, yes, hundreds of thousands, are to-day eking out a most miserable existence because their blood has been poisoned. Infected, they go on infecting others.

The following incident recently reported from France is an example of the way bad disease may be transmitted from the guilty to the innocent: A married man suffering from a mild attack of syphilis infects his wife, who has the disease in a severe form. The sister of the wife comes to visit the married couple. The toothbrushes of the two sisters are placed in the same glass. The visiting sister has some teeth extracted, contracts the disease, and transmits it to her sucking child. In this case, at least three innocent persons suffer for the misdeeds of one.

A very general belief, even among physicians, is that impurity of life is almost a necessity of youth; and doubt-

less it is when the diet consists of meats, rich pastries, and spices, and when the mind is fevered by the perusal of fiction which creeps as near the boarder line of impurity as it dares, or is inflamed by the very questionable productions of many modern theaters. Purity is not compatible with stimulant feeding, impure reading, and voluptuous scenes.

It is true that the animal instinct is powerful in the young—too powerful to be overcome, in fact, when fed by the many incentives to impurity which are the accompaniment of modern city life.

It is also true that the young man or the young woman who eats simply, who reads only that which is elevating, who never allows himself or herself to witness anything which has a suggestion of the lower life, can, even in this age, remain pure.

Paul says: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think on these things.*"

The young person who avoids stimulating foods and drinks, and guards the mind in accordance with Paul's admonition, will find no difficulty in remaining pure.



ON December 18 a meeting was held in Detroit under the auspices of the Wayne County Medical Society, the purpose of which was "to bring to the attention of laymen and physicians the dangers arising from venereal disease and the social evil. There were about four hundred and fifty present. The following representative statements from different speakers, indicate the scope of the meeting:—

"No more dangerous aphorism ever gained foothold in the English language than that every young man must sow his wild oats."

"We don't begin to realize the danger to the community. It is about time that we woke up to this danger."

"It is a terrible evil that should arouse all citizens."

"So grave is this danger, that our physical, social, moral, and educational forces must be mustered to combat it."



The Injuries of Football

THE *Boston Medical and Surgical Journal* of January 4, in an editorial article, commenting on the report of Drs. Nichols and Smith, published in the same number, says:—

"The conclusions reached are perfectly definite, and may well provide food for reflection. It is shown that the number and severity of injuries is much greater than ordinarily believed; that the injuries are inherent in the game itself; that many of the injuries are unavoidable; that the percentage of injuries is very much greater in football than in any other major sport; that the game does not develop the best physical type of man; and that medical supervision is not a luxury, but a necessity. . . . It remains for the authorities to determine whether the advantages of the game as now played compensate for the situation as outlined by Drs. Nichols and Smith."

It is time medical men and medical papers were raising an outcry regarding football. It is no worse than prize-fighting and bull-fighting, except that in football a larger number are injured. It is probably no more brutalizing than these relics of a barbarous age.

In football the slugging is *ostensibly* a by-product, and not the chief end of

the game. But the by-product comes, sometimes, to outrank in importance the original product. Whether the cracked heads and broken backs are a part of the game or are thrown in *gratis*, the result is the same — some killed, some injured for life, many brutalized — how many benefited? Does it pay? But is not this one straw showing the tendency of our “modern civilization”?



Self-Cure

THE ability of a man to attain to a condition of sound health depends largely on his brain power and character; on his ability to choose, from among a large number of possible measures, those best adapted to his own case; on his willingness to forego present pleasure for future efficiency; on his determination to persevere in a specified course until he has accomplished his end.

Many of the men who have recovered from invalidism to sound health have done so, not because the doctors have helped them, but because they did some hard thinking on health lines, and followed that thinking by rational acting.

Perhaps the physician who said, “Experience has taught me the danger of amateur efforts at self-cure,” referred to his own personal experience; for there are hundreds of physicians daily receiving fees to cure others, when they themselves have troubles which they are unable to cure, though they may be constantly trying one or another remedy for that purpose.

The quotation is true to this extent: many people without considerable help from the outside are unable to maintain an intelligent struggle for health. But in such cases the outside help, rendered by the physician, is not likely to prove of lasting benefit.

I am not saying there is no legitimate work for physicians. There are acute conditions, emergencies,—many places where the services of the physician are demanded. In this work of education and in the prevention of communicable diseases, and in protecting the community from frauds in the matter of adulterated or diseased foods, the services of the physician are invaluable.

There are those who lack the requisite knowledge or the intelligence or the thoughtfulness to keep themselves free from disease. These need a physician. The great majority of civilized families ought rarely to require a professional call from a physician.



Absurd Advertisements

AMONG the advertisements with which newspapers are insulting the intelligence of their readers is one giving the testimony of a man said to be one hundred and seventeen years old, who attributes his great age to the use of Peruna! It matters little to the ad. writer that this man was much past the age of ordinary old men before Peruna came into existence. There are plenty of people who will nibble at the bait. Write your ad. as absurdly as possible, make it altogether preposterous, and yet the people will bite. They will often take the bare hook without any bait.

Why? — Because of the prevalent but absurd idea that sickness is an entity that can be dislodged by swallowing something, if only we can discover the right thing to swallow; because the intelligence which enables a man to seek out the cause and the prevention of smutty wheat, wormy apples, and foundered horses is not applied to the care of the body; because, forsooth, people will not reason back from effect to cause.

IN a popular lay medical journal published, it is said, by the Peruna people, in an article, "Dare We Use Patent Medicines?" the attempt is made to parry the force of the thrusts made at the "patent" medicine interests by some of the popular magazines.

This article says, "If you have taken a patent medicine, and it has done you good, stick to it."

But that IF is the important word.

I am reminded of the testimonial which reads, "I have used Blank's Bitters for the past ten years, and I could not get along without it." No doubt. Such a testimonial many an old toper could write regarding whisky; so could the morphine or cocaine fiend attest concerning his dope, and the cigarette fiend regarding his favorite luxury. That is one great trouble with many of these patent medicines. They come to be an apparent necessity, because of their temporary stimulant action. There are altogether too many people "sticking to" patent medicines, which "do them good" for the time being, but which eventually rob them of health and wealth.



DR. A. JACOBI, in a recent medical journal, gives this warning, which is confirmed by many physicians: "Use no acetanilid. I have almost despaired of the effect of my frequently repeated warning against acetanilid, the so-called anti-febrin. Of all the preparations on the market, this cruel aniline poison is the worst." And yet people continue using "perfectly harmless" anti-this and anti-that headache powders or tablets, or fever powders, made in nearly

every instance from acetanilid. An occasional funeral does not seem to lessen the consumption of these drugs, nor to open the eyes of those who try to get rid of pain without removing the cause.



I SAW a statement the other night that caused me to open my eyes in astonishment. I read it over to be sure I was not mistaken. The statement appears in a book which is a recognized authority on hygiene. It is to the effect that disease-producing germs live longer in garments hung up in a wardrobe than when the garments are actually worn; and they live longer in garments which are taken off to air at intervals than in those worn constantly. This, it seems, is the result arrived at by some investigators. But however that may be, we feel quite certain that most people who are accustomed to being clean will prefer the satisfaction and the self-respect which accompany cleanliness, even if it involves additional danger from disease germs. And then, the person who is clean is not likely to have many disease germs in his clothing.



IT is well now, as suggested by Counsel Hughes, that we do not try to learn about those who began as poor boys and amassed great fortunes, but that we should know more "about the men who, however they started, lived unsullied lives and died poor." Too much honor has been accorded, in the past, to men in possession of wealth, irrespective of the way they obtained it. The man who has acquired millions owes it to society to show that he came by it honestly.



Pure Foods

It is estimated that by the use of Pasteurized milk, in the city of New York alone, the lives of more than four thousand children were saved last year.

IN eleven months of last year the New York Health Department poured into the gutters thirty-eight thousand gallons of milk, as not fit to use — an average of more than one hundred gallons a day. Undoubtedly there was much more not poured out that should have been.

THE club women of Los Angeles, Cal., propose to inspect personally the dairies furnishing them milk, and to insist that they be kept up to the standard. If they do this faithfully, refusing to accept milk from any but first-class dairies, they will soon raise the standard.

THE health officer of San Francisco says that city has less to fear from its milk supply than any city of the United States. Milk reaches customers within fifteen hours after leaving the dairy milk room, having in no case to travel more than fifty miles; while the supply of New York, Chicago, Boston, and Philadelphia is more than five hundred miles distant, and "to get milk less than thirty-six hours old is considered a triumph of health department skill." San Francisco now has an efficient law giving the health officers control over the condition of the dairies.

Medical Frauds

THE cocain habit is making alarming headway, it is said, in northern India.

A PROMINENT Minneapolis druggist puts this paster on every package sent out from his store: "It is always wise to consult your family physician. Avoid patent medicines and fakirs. Forty years' experience."

THE use, by a mother, of "Kop's Baby's Friend," a "patent" medicine, has resulted

in a coroner's inquest. The evidence showed that the only thing to account for the death of the child was the ten drops of medicine given by the mother. The State attorney has published an account of the matter in the newspapers, urging that a law be passed prohibiting the sale of any patent or proprietary medicine containing a deadly drug, unless it be labeled poison.

Liquor and Drug Habit

A BILL has been introduced into Congress to repeal the anti-canteen law. There are many officers in the army who believe that drunkenness and other evil habits have been greatly increased in the soldier by the abolition of the canteen.

IN Prussia, as a prevention of liquor drinking by railway employees, the officials provide, at accessible places, good drinking water, and boiling water for the making of coffee; and where the men congregate non-alcoholic drinks are to be served at low price.

THE Association of Military Surgeons has adopted a resolution favoring the repeal of the anti-canteen law on the ground that the abolition of the canteen has increased the use of bad liquors by soldiers, has greatly multiplied the number of low-liquor places just across the government lines, and has demoralized the soldiers. There is an association of women being formed to combat the work of the W. C. T. U., and to work for the restoration of the canteen.

School Hygiene

THE Chicago School Board has determined to have every pupil examined who is suspected of having tuberculosis, and to exclude from the school all such as are found to have the disease.

MR. EDGAR T. DAVIS, the Illinois State factory inspector, who evidently thinks laws were made to be enforced, is making a strong fight against the unlawful employment of children in factories, theaters, etc.

A NEUROLOGIST of Frankfort, Germany, has proclaimed against afternoon school sessions, saying, as a result of the investigation of sixteen thousand children, that sickness was three times as prevalent among those who attend school forenoon and afternoon as it was among those who attend only during the forenoon. He states that afternoon sessions exhaust the children, disturb their digestion, and tire their brains.

Communicable Diseases

THE second annual session of the National Association for the Study and Prevention of Tuberculosis will convene in Washington, D. C., May 17-19.

ON account of the danger of contracting typhoid fever from the use of oysters, a medical exchange advocates the use of the abalone, a large snail quite abundant on the Pacific coast. The reasons given are that the abalone thrives in locations distant from large cities, and that it does not require to be "fattened" in creeks, as does the oyster.

THE Paris Congress of Tuberculosis, after carefully considering the evidence on both sides of the question, have declared that it is necessary to protect against bovine, or cattle, tuberculosis, as well as against human tuberculosis; that tuberculosis is transmitted largely through the air, and that hygiene and cleanliness are the principal preventive measures.

THE Santa Fe Railway Company has offered to the National Fraternal Sanitarium Association, a property at Los Vegas, N. M., consisting of valuable buildings and about a thousand acres of land, on the condition that the association will use it as a colony for its tubercular members. The association, which represents over one hundred beneficiary orders and about four million members, has practically accepted the offer, and will probably start a sanatorium and tent colony on the property.

Miscellaneous

A PHYSICIAN of Chattanooga, Tenn., has started a crusade against the noises of his city. He believes the steam whistles to be the worst offenders.

THE doctors of a town in New Jersey have made war on the druggists for counter-prescribing, which is against the law. The druggists have secured counsel, and will test the validity of the law.

CREMATION seems to be growing in favor in Germany.

IN France, by a recent decree, children under eighteen are excluded from laundry workrooms when clothing has not been disinfected. This is to prevent infection from flying dust.

RECENT investigations as to the weight of brains, favor the opinion that largeness of brain is no indication of intellectual power. "It is not weight of brain that counts, but quality."

PROFESSOR TERRIANI says that eighty per cent of Italy's child criminals are such because of bad environment, and consequently that proper supervision would reduce this criminal class to a minimum.

BOSTON has a hospital for animals,— horses, dogs, cats, etc.,— which has operating room, kitchen, baths, outdoor paddock, and private wards. There will be free clinics for the animals of the poor at certain hours.

AN International Congress of Alimentary Hygiene is to be called in France, February 26 to March 6. The purpose is to make a scientific study of alimentation, with a view to instructing the people as to how to get the most nourishment for a given outlay.

ONE of the steamers plying between Dover, England, and Calais, France, has been fitted up with self-leveling bunks for the prevention of seasickness. The experiment has proved so successful that all the boats of this line will be similarly furnished.

A LONDON press dispatch states that vegetarianism is immensely on the increase among the aristocracy. Lord and Lady Charles Beresford have both adopted vegetarianism, and live principally on nuts. The Earl of Buchan and the Hon. Neville Lyttleton are also among the recruits, and the head master of Eton has long been a convinced non-meat eater.

THE secretary of the Prison Association of New York City, in a recent report discusses the plan of confining a criminal, not for a definite term, but until it is moderately certain that he will not offend again. If he is incurable, he will remain in prison,— where he belongs. The plan has some decided advantages over the one now in vogue.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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WE have a list of 350 LIFE AND HEALTH agents who have averaged 20 copies an hour for all the time they have solicited for the sale of single copies.



As a sample of individual appreciation of LIFE AND HEALTH by those who have profited by its teaching, we quote the following from a recent letter sent to the publishers:—

"We have received the January number of LIFE AND HEALTH, and have been enjoying the feast of good things contained in the first issue of the new year. We can hardly see how it can be made much better; and if the January number is a sample of the year, there certainly is a feast of good things in store for the people. We assure you of our hearty appreciation and our unqualified indorsement of the journal. We shall certainly make more earnest and stronger efforts to place it in the homes of the people. We can speak with authority with regard to its quality, as we know from personal experience of the value of the health principles set forth. The excellent health we are enjoying at the present is the result of the study of the underlying principles set forth in this journal, and our earnest endeavors to carry out these principles in our daily life.

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Gratuitous Advice

No kind of counsel is more frequently tendered in common conversation by one stranger with another than that which concerns the choice of food and drink. The adviser feels himself warranted by the experience that some particular combination of nourishment suits his own stomach to infer without hesitation that this dish will be therefore acceptable to the stomachs of all his neighbors. Surely the intelligence of such a man is as slender as his audacity and presumption are large. It would not be more preposterous if, having with infinite pains obtained a last representing precisely the size and peculiarities in form of his own foot, he forthwith solemnly adjured all persons to adopt boots made upon that model, and on no other! Only it may be confidently assumed that there is much more difference between stom-

achs and their needs among different individuals, than among the inferior extremities referred to for the purpose of illustration.—*Sir Henry Thompson.*



It is the patients who die, not the quacks.—*Hall.*



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Then one is more than poor. Indeed,
He's very, very much in need.
But when a man's in perfect health,
He then can win large shares of wealth
(Not only earth's, but heaven's, too);
In short, few things one can not do
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