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Contents for April

GENERAL ARTICLES

Divine Healing, <i>Augusta C. Bainbridge</i>	91
Try a Change of Seein', <i>Benjamin Keech</i>	92
Minnie's Lesson in Dressmaking, <i>Mrs. M. E. Steward</i>	94
What Is Suggestion? <i>G. H. Heald, M. D.</i>	97

CURRENT COMMENT 99-101

Fresh Air as a Cure for Colds—The Plague—Imagination as a Remedy—Of Interest to Patent Medicine Users—Health Ordeals—The Curative Value of Work—Protect the Milk—Infant Feeding—Filthy Restaurants—Dispensary System.

THE MEDICAL MISSIONARY AT WORK

Openings in Portugal, <i>C. E. Rentfro</i>	102
San Luis Potosi, Mexico—Australia—Kobe, Japan—Siang-cheng, China	103

HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS

Home Food Studies—4, <i>Mrs. D. A. Fitch</i>	104
Pastry Flour—Pointers	106

FOR THE MOTHER

Lowliness (Poem), <i>Selected</i>	107
Simplicity of Life, <i>Mrs. M. C. Wilcox</i> ,	107
Dirt Pies—Wanted, a Girl	108, 109

QUESTIONS AND ANSWERS 110

EDITORIAL 112

"Ministry of Healing"—Are There Reliable Patent Medicines?—"As Ithers See Us"—Book Notices.

Extracts from "Ministry of Healing"	117
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NEWS NOTES 118

PUBLISHERS' PAGE 120

TERMS: 50 cents a year; 5 cents a copy. Special rates by the 100 or 1,000 copies.

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

Divine Healing

AUGUSTA C. BAINBRIDGE

2—The Creator the Only Healer



THE Lord our God is one Lord. There is but one God, the Creator. All great things and all small things have one Maker. From the tiniest grain of sand to the grandest sun that rolls, from the least atom of air to the immensity of space, one infinite mind conceived all. One, the same, executed all, and since upholds all; yes, even from everlasting to everlasting the one Father is the I AM.

This seems too far away, too intense, for our understanding; and here infinite love was manifested, for it was by his dear Son, the first-born of every creature, that all things were created. This dear Son, the image of the invisible God, came in our flesh, and interpreted to our feeble understanding the will of the Father.

The creation of the greater things that tell of his might are too hard for us to realize, and we have now the microscope, which, as the wonders revealed by the telescope to Kepler, causes us to exclaim with him, in reverence and awe, "My God, I am thinking thy thoughts after thee."

This has taught us of cell life; and since here is where we see his handi-

work, revealing himself as the fountain of life, here also is where we can study his laws, and learn how to obey them, and so realize in our bodies the health and strength his love designed. As we study, we find David's words in our mouth, "I am fearfully and wonderfully made."

We may consider any one organ of the body, say, the lungs. The wonderful air, all surrounding and all penetrating as it is, acts only on the cell life of that organ. Study the air-cells, and examine that wonderful membrane where the oxygen is drawn through into the blood, and the carbonic acid and other poisons are thrown off. Every air-cell, and their number is legion, acting in perfect harmony not only with every other air-cell, but with the very air itself, seems possessed of a power we can not explain; but in full harmony with the will of its Creator, it does the work he gave it to do. So every little blood-cell, following its companions through the veins and capillaries, marches in perfect order to the place prepared for it, deposits its wastes, gathers up its treasure, and returns by the arteries to feed some other hungry cell in some other needy organ.

The Lord our God, in whom we live

and move and have our being, knows that this is just the way he meant for us to breathe, and hence to live, to keep living; and when we breathe as he designed we should, he can have his way in us. In this way he can purify our blood, and use it for the building of this body, this earthen vessel that he has called to his service. When we hinder his work, and these air-cells and blood-cells are not allowed to obey the law he gave for their control, disease naturally follows. If poisons are not thrown off, they are retained; and the blood, instead of being a medium of life, becomes a messenger of death. If oxygen is not absorbed, the blood is robbed of its natural right, and hence has no food for the other cells of the body that are calling for it.

"He knoweth our frame; he remembereth that we are dust," and so he told us of One "who forgiveth all thine iniquities; who healeth all thy diseases." We have committed sin in breaking a law of our being. "If we confess our sins, he is faithful and just to forgive us our sins." Confession considers a law broken, and the love of the Creator slighted, and the same Saviour who pardons the sin of the mind, pardons the sin of the body; for there is but one God, and beside him there is no Saviour. He

does more, the promise continues, "and to cleanse us from all unrighteousness." He teaches us how to live in harmony with his law, how to stop this physical sinning. We will look to the cause. We will examine ourselves. We will remove every hindrance, and so let him have his way.

We will, in the case of our lungs, loosen every garment, all over our body, being most careful of the trunk and chest, where these mighty deeds are wrought; and we will see to it that every air-cell and every blood-cell is allowed to obey its Creator. We will proclaim *Liberty!* We will say to these, "Ye shall be free to obey the voice that called you into being, that set you in your place, that gave you your work, and upholds you in accomplishing it." With grateful hearts we will accept the forgiveness offered, the salvation provided. We will now delight in this law of our being, we will rejoice in the air we breathe, and praise the Lord for the life it brings to our bodies. We will not insult him by living in impure air, and asking him to serve with our sins. We will ventilate our dwellings, and with thankfulness express our gratitude for the truth we have received.

612 Tenth Ave., San Francisco, Cal.



Try a Change of Seein'

BENJAMIN KEECH



If you've been viewing the blue, cheerless, pessimistic side of your afflictions, and have beheld only increased troubles, why not turn square 'round and gaze at the bright, cheerful side for a few years? If you've seen so many unpleasant things on this foolish earth that your eyesight and mental health have be-

come impaired, why not try a change of seein'? If you are morally sick, and desire relief, just take my advice, pack your grip and bid farewell "for good" to your Bleak House, on Sad Street, Hopelessville. Then take the first train for Sunnyheights Sanitarium, Niceplace, State o' Hope. Here the air is pure, the company congenial, and the seein' all that could be desired. And here, if

you stay long enough, you will surely receive a complete cure.

Niceplace, State o' Hope, is in the Land o' Peace; and the special Christian doctors in the outdoor sanitarium there will wisely encourage you to take a long ramble every day. After you've tried this very beneficial treatment for a year or two, and have persistently viewed all the nice, good, beautiful things along the route, instead of the bad, nasty, ugly ones, you'll be joyfully astonished at the change that will gradually have come over you. You'll be happy instead of heart-achy. You'll be optimistic and helpful, instead of pessimistic and hinderful. And you'll see that a change of seein' pays so highly that you'll decide to keep right on viewing the new, healthful scenery.

And after you've taken up your permanent abode in Niceplace, Land o' Peace, you'll be so joyfully thankful over the change that you'll desire to spread the news of your salvation and extol the virtues of your new habitation. So you'll fearlessly go in search for stumbling, distressed souls. And when you've found one, you'll assist him up to a better view-point, and suggest that here is something more profitable to gaze at than his old, peace-destroying troubles. You will show him the many charming points of interest at every turn, and intimate that if he will only take a full course of treatment, he can yet experience the delights of always seein' beautiful things instead of ugly ones.

"Isn't it foolish," you will remark, "to needlessly give attention to a repulsive old reptile, when right on the other side of Mr. Snake there's a beautiful flower growing? Isn't it more than foolish to gaze with unnecessary gloom at the bad, weak part of yourself, when there's the good, strong part to cheer-

fully regard and cultivate?" If he fails to grasp your meaning, you will say, plainly, "Further than trying, energetically, to change it into good, why have anything to do with evil?" Then hint that whatever a man persists in looking at, like unto that is he apt to become. You will also expound the truth that in spite of some things that can not be helped, it is still possible, by a right attitude, to be happy in affliction.

And the soul to whom you have been talking will, no doubt, decide to try a change of seein'. He will pack his suit case, leaving out all his bad things "for good," and follow you to the Land o' Peace.

In the Sunnyheights Sanitarium, even though it may be your stomach that is causing you to "see things" twisted, they begin doctoring you by treating your head — or, I should have said, your mind. When needed, they will give you a nice little lecture like this: "If the scenes upon which you daily gaze are dull and melancholy, there is something wrong with you some place, probably with your eyesight. At any rate, it isn't the landscape that's out of order. And if your eyes are weary of seein' a scene that makes you morbid and miserable, when you have everything in the big, wide world to make you happy, there are serious defects to correct.

"If your general health is good, but, because of a nervous temperament or an unhappy disposition, everything appears blue and deranged to you, the trouble may be laid to the fact that you have been wearing smoked, blue goggles. Before you can get any relief, you must change those specs for some rose-colored glasses." Then the jolly old eye doctor will take you in hand and explain how to attract some rose-colored specs, which

will make you see things in a different light.

"You must first energetically drop everything that prevents you from being good and seeing good," he will suggest. "Then you must enthusiastically endeavor to get in harmony with God and his beautiful, simple laws. You must also cultivate a right moral attitude toward the trying things you see, hear, and feel in this world. When you have done this, and have worn your rose-colored specs long enough, the stomach doctor, and the lung doctor, and the nerve doctor can take you in hand with some hope for success."

Live cheerfully, every day of your life—every minute of your life. Let unbounded moral common sense, with love and its various, charming by-products (count them over), spring up in your heart and stay there. With these great, healing forces at your command, you can not be very unhappy or see things in a misconstrued light, when

they are only in a misunderstood plight. In spite of possible setbacks and disappointments in looking for good, be not permanently discouraged. Press onward, and in time you will see the many beautiful things that you have always desired to see; for you have been promised that if you seek, you shall find.

Think It Over

When you feel blue and ugly without any plain cause, why not lay your bad feelings to the fact that you have been eating improper food, or doing something else improper, and not accuse the Lord of making mistakes in managing his universe? Few other evils can make one so sad and melancholy as a stomach working overtime at a maliciously mischievous mixture. We all know that the quantity of food we eat has a great deal to do with our feelings. And why the quality of food should not play an equally important part, is a question for the doubter to consider.



Minnie's Lesson in Dressmaking

MRS. M. E. STEWARD



MINNIE, I've been thinking this will be a good time, while our folks are away, to do some sewing. I would like to see my sister dressed healthfully. I like the combination suits very much.

They extend to the wrists and ankles and well up around the neck for winter; the top of the lungs should be well protected. There must be no compression anywhere; the very first principle in dress is perfect freedom."

The new suit was finished that day, and Minnie was well pleased with it.

"It is necessary to make light waists

of silesia, and sew buttons on them, from which to suspend all your skirts, for everything must hang from the shoulders. When a band is used, the wearer often supposes it is all right, because it is loose; but the skirt is sure to slip down till it is tight. For corpulent people waists may be made of heavier material, with corded seams, which will be yielding, and still fit the form in such a way as to dispense with the corset."

"Now for your corset——" Edith saw at once she had stepped on forbidden ground.

"I can't get along without that!

there's no use talking! I left it off the other day, and it seemed as if I should fall all to pieces."

Edith had not seen her sister so defiant before, but she replied, gently: "Let me tell you, my dear sister, what the corset does. It forces the stomach, liver, and kidneys downward. Our internal organs are placed where they can do their work most easily and best. But the corset crowds them down so that the ligaments which hold them are stretched out of place. There are a great many blood-vessels about these organs, for the purpose of absorption. How cruel it is to compress them so that it is with the greatest difficulty they can do their work.

"The organs of the greatest weight and importance are at or above the waist; yet here is where the most pressure comes. The lungs and heart are crowded upward. The unnatural position of the organs causes many painful diseases. It sometimes leads to consumption. This is your danger. You are quite narrow across the chest. It is impossible for you to take in the amount of air you need; a corset makes it much worse.

"A large quantity of blood is always sent to the lungs, more in the case of one who wears a corset than can be properly oxygenized.

"When one gets out of breath while making any unusual exertion, he may know he is not getting air enough."

The troubled girl remembered how often she had to stop to get her breath while running.

"The injury done by a corset does not stop with the lungs. It compresses the muscles of the back so they can not be used, till they become weak; then the person loses her fine form and graceful carriage. The form of a healthy woman has been compared to that of a spirited

horse, with head up, neck and back strong and beautifully curved. The corset breaks down the natural curve of the back, straightens the spine, causes drooping shoulders and a flat chest; then one can not sit, stand, or walk gracefully. In countries where the women have never compressed their waists, as in Africa and Mexico, they carry heavier loads and work hard much longer than men can.

"Woman's waist, as shown in ancient Grecian sculpture and in all modern art, is large. What would a lady think of a wasp-like figure in a painting? A small waist is an actual deformity to one whose taste has not been perverted."

Minnie was overwhelmed. Yet "a man convinced against his will is of the same opinion still."

"But if you can't, you can't!" she said, quite excitedly. "Besides, I don't wear mine tight; see here;" and she drew in her breath, and put two fingers under her corset.

"Just as long as a finger can be crowded under, everybody thinks it is not tight," replied Edith. "If it is tight enough to crowd out of place the movable internal organs, it is tight enough to do mischief. You may feel lost without it at first, but if you persist in not wearing it, by degrees the muscles of the back will gain strength, and after a time you will be surprised to find you need no support from corset, stays, or bands. You will not then have to hold your back after running. Your body will grow self-sustaining and vigorous, when left to bear its own weight, without any kind of corset or shoulder-brace. One physician said if all women would at once adopt a healthful dress, probably half his profession would be obliged to seek some other calling."

A day or two later Edith noticed that Minnie had left off her corset, but she

said nothing. She saw her poor sister often leaning against something, and again putting her hands to her back or sides. She knew a battle was being fought, and she watched it with intense interest; but as long as Minnie appeared resolute, Edith did not in any way interfere, knowing a victory won without help is better in every way.

At length the tried one was more erect. The day came when Edith put her arm around her sister and said: "Ah, Minnie, you are a precious girl! You have had a hard time, but you have conquered! Now there's a new life before you, and a better one. I know you will never regret it."

After Minnie had left off her corsets, she found her frock waists must all be enlarged. With Edith's assistance she cheerfully went to work. This done, they made a new gown.

"Before I can fit you, you must get the right poise of body. Rise onto the balls of your feet and balance yourself there. Try to keep this poise. It is graceful. You now have the arch in the back; the front line of your body is a semicircle.

"The poise has much to do with the health. In a wrong poise there is nervous tension. Sitting and standing erect raises a prolapsed stomach, and so helps digestion. The poise affects the character also: chest up, character up.

"When you carry your head forward, your shoulders are rounded. Should I fit your gown while you are in that position, the back would wrinkle when you straighten up."

"Must I always go about stiff like this?"

"That poise seems awkward to you now, but it will not after you get used to it.

"Your gown is to be at least two

inches looser than your waist measure, so you can move freely in all directions. You smile; it will not wrinkle; it needs no stays either. This is on account of the arrangement of the seams, and the length of the waist, which terminates at the lower ribs. You see there are only five pieces in the waist-lining. The seam between the back piece and the side gore comes between the shoulder-blade and the large muscle under the arm. The seam which comes directly under the arm, falls over the ribs, and the one dart in front does the same.

"Should we have two darts in front, one would have to come over the soft parts of the body; having no ribs to support it, it would need a stay. There is no drawing over the sensitive stomach, when the seams are in these places. Feel of my clothes; you see my waist is as soft as my skirts. Notice when I lift my arms, my clothing all comes up too. I am not so large at the waist-line, that is, at the bottom of the short ribs, as I am under my arms; there should be four inches difference."

"I wish folks had always worn Mother Hubbard dresses; then it would not make any difference if we did have large waists."

"Before the fourteenth century, ladies' skirts fell in one length from head to foot. In 1360 Jeanne, wife of the French king Charles the Wise, wore a waist. The Puritan dress was simple and consistent. Any one would not know a gown made from the pattern I have described, from one gotten up by the highest-priced dressmakers. The lining is the important thing; the outside can be arranged upon it in many pretty ways.

"This is lovely cloth, delicate in color. A refined lady shrinks from observation; so she discards flaunting colors. One thing our consistent woman is very

particular about; she never allows her skirts to sweep the streets, gathering up filth to switch around her sensitive ankles and to soil everything they touch.

"It has been said, 'Those who follow fashion closely are slaves,' but they never know it till they attempt to go

contrary to her. The character is reflected in the style of the dress. Reason governs in the entire outfit of our model lady, and everything else being equal, she is respected much more by an enlightened public than one who is overdressed."



What Is Suggestion?

G. H. HEALD, M. D.



WHAT is suggestion? Can it be legitimately used in the treatment of disease? Suggestion may be defined as anything which changes the character of the mental processes of an individual.

"But," says one, "almost any circumstance may do that." Certainly; and almost any circumstance may act as a suggestion.

Certain mental conditions, such as fear, grief, disappointment, anger, jealousy, discouragement, despair, and similar emotions tend to produce disease; whereas, courage, joy, happiness, contentment, and like states tend to produce health. Circumstances which bring on the first class of emotions favor disease, and those which induce the second class of emotions are conducive of health.

A young woman has met some disappointment, and instead of looking at it philosophically, she broods over it, bemoaning her misfortune, until a molehill has become a mountain in her estimation. A friend comes along singing a joyous song which is a favorite with her. She joins in the words, and soon forgets her troubles. A song has served as a suggestion to cause the exchange of the disease-producing condition for a health-giving one.

A man has a slight indisposition, fears some serious sickness, thinks of the unpaid rent bill and the probability that his family will be turned out into the street, gives way to discouragement, and is soon in bed, with a cloth on his forehead. The doctor is sent for, but can not come for some hours. Meantime the poor man grows steadily worse. Every added symptom is one more evidence that his family is going to suffer want, and so, like a rock that starts down the mountainside, he goes down with increasing momentum. Finally the doctor comes, cheery, hopeful, full of smiles and kind assurances. The patient is told that nothing serious is the matter with him, and that he will soon be up again. A little colored water is left with minute directions as to how it is to be taken. Not one word or action of the doctor has escaped the anxious patient. The least anxiety or hesitation on the part of the doctor might have had a depressing effect upon him; but he is fully assured that he is going to get well, and he is at work the next day.

Certain mental states tend to become habitual. A person gets in the way of worrying over trifles, and soon the habit becomes fixed, so that he is worrying whether there is anything to worry about or not. In such a case, the sug-

gestion will have only a transitory effect, and will have to be frequently repeated. Many suicides are people who have firmly fixed on themselves the worry habit, and the causes they give for the rash act are often the most trivial.

"In the treatment of the sick," says "Ministry of Healing," "the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease."

Every physician and every nurse who is successful in the treatment of disease, is so because he makes skilful use of suggestion in the treatment of the patient. It may be true that he does not know anything about suggestion, or why his treatment is more successful than that of others; but he has the essential gift,—the ability to inspire hope and other healthful mental states.

There is something about the hopefulness, the cheer, the optimism, and the love of a Christian attendant that makes him preferred even by unbelievers; and even though the patients do not accept by faith the healing power of Christ, the effect of the cheer they have imbibed from the devoted attendant is manifest in their changed physical condition.

That this power of suggestion may be used with evil as well as good effect is quite evident. Either intentionally or unintentionally, an undesirable mental condition may be produced. The "unconscious influence that surrounds one like an invisible atmosphere" will make itself felt by the patient. The nurse who is habitually gloomy or morbid may attempt to hide it, but the influence will

be manifest on the patient. The impolitic attendant who is always introducing some unpleasant theme of conversation; the heedless nurse who peddles out such news as, "A patient died last night; had the same disease you have;" the one who has a grievance and tries to elicit the sympathy of the patient,—these are some of the ones who should be in some other calling. They have no business around a patient.

Again: there are those who are successful in the use of suggestion so far as the immediate relief of diseased conditions is concerned, but whose influence on the patient in other ways may be anything but good. It is this wonderful power of suggestion that has enabled one woman to gather around her a large following of self-called scientists, and to build up a strong cult supposedly Christian. It has enabled a man—a self-styled prophet—to establish a large colony of adherents and to accumulate a fortune. The early apostles were not in the healing business for the money there was in it.

There are some, also, who practise suggestion by means of hypnotism. Of this form of suggestion, we have nothing to say, except that it is often most potent for evil, and many physicians regard it with grave suspicion.

There are those who attempt to treat all diseases by suggestion, making a specialty of this form of treatment to the exclusion of others. This is undoubtedly an abuse of this method. Disease has physical as well as mental causes, and this should be recognized in the treatment.

CURRENT COMMENT

Opinions here quoted are not necessarily all approved by the publisher of LIFE AND HEALTH.

Fresh Air as a Cure for Colds

A WRITER in the *British Medical Journal* declares that there is a great deal of mystery in connection with the "common cold," and makes the following observations which he says are based on a study of the subject extending over three or four years:—

1. "Colds" are always infectious. The source of infection can be discovered in more than ninety per cent of cases.

2. The period of incubation is usually less than twenty-four hours, and almost always less than forty-eight hours. Only very rarely is it as much as four or five days. Possibly these differences in the period of incubation may be caused by a variation of micro-organisms in different cases.

3. The infection must be fairly concentrated, as in a badly ventilated room, church, or railway carriage, and must be continued for some time (twenty minutes or half an hour).

4. Whether a person be hot or cold, wet or dry, does not at all influence his liability of becoming infected. The important point is the dose of the infection.

As for treatment, the best that can be done for a patient is to place him in the open air or in a room with a good through draft. The reason, apart from the obvious improvement in general health resulting from such a force is that a "cold" is a disease in which a patient reinfects himself again and again if shut in the confined space of an ordinary living-room.

The best means of prevention follow as a corollary to these facts. Never sit

in a room that is not thoroughly ventilated, and avoid especially any room occupied by a patient suffering from a "cold."—*Journal of the Outdoor Life.*



The Plague

THERE is no longer any question about it, the civilized world represented by the nations of Europe and America to-day stand *vis a vis* with the most perilous situation which it has been their fortune to face since the latter part of the seventeenth century.

There is no longer any time for academic discussion, and action must not be forced upon us unprepared. It has been well said that no republic has ever been ready for war, pestilence, or famine, and even such a military nation as the Romans, was in time of war, on occasions too many to list here, forced to lay aside its boast that it was ruled by laws, and not by men, and to submit for the time being to practical autocracy, the autocrat, however, restrained by the certainty that his actions would undergo a review, and no perfunctory one, when the circumstances which had made autocracy needful had ceased to be.

The Constitution of these United States has made no provision for a peril so extreme as a dictatorship, because its authors were quite unable to imagine the greater peril which might by chance make it needful as a last refuge. Nor do we imagine the peril so extreme, but most surely it is now great enough, and we are more than a little of the opinion that before long the people of this

hitherto "happy land" will be made to understand the truthfulness of the warning to which as yet no attention has been paid.

Some few men have appreciated the danger, and have raised their voices in warning, only to meet a storm of ridicule so fierce, and a torrent of abuse so ruthless, as to force to silence a group not readily dismayed.—*Medical Examiner and Practitioner.*



Imagination as a Remedy

FAITH in one's physician and his reputed skill is often the determining factor in the alleviation of one's ills. The personal equation of the doctor is important. Many physicians are more successful than others, not so much by reason of superior knowledge, but mainly because they grasp the patient's mentality and appease his psychic needs. Many wonderful cures (?) in the past, as well as in the present time, have been performed through the agency of the mind. Many of these have been accomplished through the sufferer's subjective faith without the alleged healer's intervention or knowledge. A patient of the writer's cured himself of the tobacco habit, thinking some medicine I had given him was for that purpose. He had stated that nothing tasted natural only tobacco. As I handed him a box of calomel tablets, I flippantly remarked, "Perhaps these will take away your taste for the weed." He quit tobacco for good, and heralded the fact of his great "cure" to his friends. Great is imagination!—*N. Y. Medical Times.*



Of Interest to Patent Medicine Users

A KNOWLEDGE of when a remedy is indicated is one of the most important

facts of therapeutics. As Hare truly says, a physician may know that ammonium chlorid is a remedy in bronchitis, but he must know the exact stage at which it is to be employed; he must not only know that digitalis does good in cases of cardiac disease, but must recognize the fact that it is only when compensation is lacking that the drug is needed.

The relative effects of drugs in different doses is one of the most important practical studies the therapist can make. He ought also to bear in mind that drugs are equal to harm as well as good. It is to be regretted that no work, so far as we know, differentiates the effects of varying dosage. The more modern works come very near doing so, but do not quite reach the point.—*Medical Times.*



Health Ordeals

THE legislators of the Middle Ages used to ordain public tests for the detection of witches. Our government is conducting experiments for the discovery of microbes, and the "Poison Brigade" has just been put on a diet of "pedigreed food," that is, comestibles that are suspected of having developed disease germs by being kept in storage for a considerable length of time. It is a step in the right direction; but why limit those tests to dietetic problems? One month, one winter's week, would suffice to settle the life-and-death question about the origin of lung diseases. Cold air or impure air? Seven days of intelligent experiments ought to convince all unprejudiced investigators and a few others that it is impossible to contract a catarrh by exposure to currents of pure cold air, and very easy to "catch cold" in the foul reek of a well-warmed tenement.—*Health-Culture.*

The Curative Value of Work

HERBERT SPENCER says somewhere, "We have heard enough of the benefits of work. We need now to be told of the benefits of relaxation." And in this statement there is much truth. The majority of people work too hard, too long, too intensely. The majority of people suffer from lack of relaxation. The great need of the world to-day is to be taught the religion of rest.

And yet there is another side to this subject, and one the importance of which can not be overestimated so far as it applies to certain people. While many people suffer from overwork, a large number suffer also from lack of work; and for such as these latter, work, if at all appropriate in kind and amount is a tonic, a remedy, a panacea.—*Health-Culture*.



Protect the Milk

THE board of health of Fresno is taking a step in advance in urging the passage of an ordinance requiring that all milk sold in that city in quantities of less than one gallon shall be in sealed bottles. We often see the milkman take from the seat beside him the measure, where it has been exposed since his last customer was served, and in the face of a strong wind which has filled the air with all conceivable filth, pour out the milk that is to be used perhaps by a sickly baby. Few of us fully appreciate the dangers of dust, but the light is breaking in, and some time we shall refuse to drink milk or eat food that has been unnecessarily exposed to it.—*Bulletin, California State Board of Health*.



Infant Feeding

IN those cases in which the supply of mother's milk is not sufficient to meet the demands of the child, the deficiency

should be made up by properly modified cow's milk, but under no circumstances should the child be deprived of what the mother has. The little one is much less liable to attacks of indigestion followed by diarrhea when it has the small amount the mother furnishes than when it has not. This part of its nourishment should be reserved for the night hours, to conserve, as far as possible, the mother's rest and strength.—*Pediatrics*.



Filthy Restaurants

WHILE it is a popular impression that every man must, during his lifetime, eat a peck of dirt, unconsciously we are all habitual dirt eaters, and if the real amount was known, perhaps many of us would be found to have eaten much more than the allotted peck. This is particularly true of those who have to depend upon public eating-houses. I doubt very much if we could bring our appetites to meet the occasion if we could but inspect the places where our food is prepared. There are no doubt many clean restaurant kitchens, but there are also a great many which have no suggestion of cleanliness or sanitation, and this is especially true in a large city like Chicago.—*State of Chicago's Health*.



Dispensary System

THE liquor dispensary system in South Carolina [providing that the sale of liquor shall be limited to a few places or dispensaries, in the hands of the State] seems to have proved a failure. . . . In the first place, the best sentiment of the State from the start revolted against a system which put the State of South Carolina into the liquor business. Naturally it did not receive cordial support, and first evasion and then corruption and demoralization followed.—*Public Opinion*.



Openings in Portugal

WITH our limited resources we are doing what we can. Not long ago Mrs. Rentfro gave treatment to the children of our washerwoman, and she spread the good news that the *Senora Americana* knew much about treating the sick. They can not have a doctor, because his charges mean almost a week's hard work. An epidemic of whooping-cough set in, and my wife's opportunity began. So for nearly three weeks she went from one home to the other. She found that children of one year and younger had been eating carrots and many coarse vegetables. These being the diet of the parents, the babies are fed the same. As a result, misery follows.

Five different homes were entered by sickness, and the doctress followed. Five children are on the road to recovery, but yesterday we witnessed the burial of the sixth. This case was cared for by Mrs. Rentfro for over two weeks. A few days ago the child seemed to be gaining; but a cold, rainy season came on, and it died. The parents were so grateful to us for the assistance we gave them, for the tears we shed for them and the child, for the interest shown in them, that they say their home is open to us always. Their priests failed to come to give the child the final blessing, so a party left the house for the cemetery, a distance of two miles. The coffin was carried by four girls, and followed by a noisy band of children. The mother, by custom, must remain at home, so she, with the daughter of fifteen or sixteen

years, stayed behind. As we looked back, we could see the poor souls wringing their hands and screaming. By special request, we went with the company. On the way the bearers changed several times. When we arrived, the cemetery was locked, the keeper being away on a drunk. So the coffin was placed on some rocks, and we waited half an hour, while a boy ran to find the man. When he came, the father gave him a Portuguese scolding, and in half an hour more the body was two feet underground, and we returned home. How our hearts did ache! Do not this people need the gospel?

One evening while my wife was in this home, two women came in, and taking hold of her arms, said, "*Venha, venha!*"—"Come, come!" Pulling and guiding her, they entered a lowly home, where a mother, quite young, was carrying a baby which had been in a stupor all day. Seeing the situation, my wife sent for her things, ordered hot water, and soon had the child revived. Once, when giving the treatment, eight women and an old man surrounded her, and she gave a health talk, in broken Portuguese, probably half English, on the care of babies, the diet, clothing, ventilation, etc. Did it pay?—Yes; the relatives understood, and immediately put her instruction into practise, and the child was saved. This is a happy home.

Another child of almost three, having some trouble, was slowly starving. It was given treatment, but my wife, on her return, said, "I can do nothing for

it. If the Lord desires it to live, he must do something for it." We prayed to this effect. The next day the report came, "The child is on the mend." For these answers to prayer, we praise God. One thing we know has resulted from our efforts—these homes, and many others, are open to anything we have to present.

Two nurses—a man and his wife—coming and connecting with a good doctor, would soon find plenty of work to do.

C. E. RENTFRO.



San Luis Potosi, Mexico

ELDER GEO. M. BROWN sends the following brief word of Dr. Erkenbeck's experience in San Luis Potosi: "A crippled woman came into the mission, and wanted the doctor to treat her leg. He told her that she would be no better till she passed the portals of heaven, and asked her if she had this hope. She said she had. After talking with her, he called Mrs. Godinez, a sister who gives treatments in the mission, to talk with her further. She seemed touched, and the next day brought her husband, and they studied the Bible about two or three hours with Brother Godinez. Whatever the outcome of this case, it shows that everywhere there are persons who will listen to the words of life."



Australia

SYDNEY.—The work at the Wahroonga Sanitarium is going on nicely. The patronage during the past winter has been considerably more than it was a year ago, and in the worst month they had a gain of fifty pounds above all expenses. As the summer is drawing on,

the house is filling up. I was told yesterday that there were only two empty beds. Brother and Sister Kress, the physicians, are working very faithfully, and the blessing of the Lord is with them.

O. A. OLSEN.



Kobe, Japan

THE Lord is prospering us this winter beyond what we dared hope. We have had more house patients than ever before, while the city patronage is having a lull. This is the most paying financially, and enables us to get on better with a small force. In this way God is helping us until the recruits get here. Then I shall expect to see the day patients increase. Two patients who were at death's door have been restored in answer to prayer.

S. A. LOCKWOOD.



Siang-cheng, China

EARLY this morning I was called out to a village near the station, to look after a man who had been attacked by robbers last night. He had four deep cuts, two of them penetrating the lungs. When I reached there, they had skinned a black chicken, and used skin, feathers, and all as a compress for the wound. It is astonishing what absurd things they do in case of wounds and sickness.

A. C. SELMON, M. D.



J. V. WILLSON writes from Kimberley, South Africa, that their medical work is moving steadily on. He and his wife have been in Kimberley nearly seven years, and have their all in the work. The Lord has blessed their efforts, and they have been encouraged to see marvelous prosperity attend their labors.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Home Food Studies—4

MRS. D. A. FITCH

SEVERAL days and evenings had passed in the Rane household since the subject of dietetic errors had engaged their attention, but at every meal-time more or less conversation on food topics had helped each one to be more careful in the manner of eating.

One thing which had been discussed pro and con was the matter of sharing these good points of instruction with some one else. Hattie had a schoolmate to whom she had been explaining the wonderful things her mother had been teaching them, and we may judge it something of a coincidence when we learn that Hal had been spending some of his recess time in the same way, with a brother of Hattie's friend. An admirable plan was decided upon; it was this: One evening in each week Flora and Charles would be invited to spend the time with Hattie and Hal while a lesson would be given, and that it be more deeply impressed, they should occasionally be invited to supper.

All preliminaries having been arranged, the four happy children came from school together, their mental capabilities brightened by active exercise on the pleasant lawn and verandas, not omitting attention to the necessary

chores which should form a part of the program of every school child.

The supper was one on which every one could conscientiously ask the blessing of God to rest, for it was composed of those articles which he approves. The life of no creature had been taken to afford the supply, and no unhealthful thing from field or garden was found necessary to complete the menu. Grains in various forms, fruits, fresh and cooked, and easily digested nuts were the principal articles used. Profitable conversation filled the hour, and to the many questions asked, Mrs. Rane gave significant replies, such as would lead to a deeper interest in so essential a subject. The children were not the only ones to interrogate, for Mrs. Rane tactfully questioned the young visitors, thus learning that her son and daughter had proved themselves apt teachers indeed.

Hal had not forgotten there was a blackboard lesson due them, and so asked his mother if she would like the board adjusted for this evening's lesson. To do this was his part of the work, while Flora and Hattie assisted in clearing away the supper, and Mr. Rane engaged Charles in beneficial conversation. It was only a few minutes before all were

quietly settled in the sitting-room, where, crayon in hand, the mother-teacher was ready for a quiz.

"What is food?" was the first question.

Hattie readily answered: "Food is that which, when taken into the system, builds tissue and supplies heat and energy."

"How many classes of food elements are there? and what is the name of each as given in the last lesson but one?"

Mr. Rane suggested that in that lesson but one class was named, and that was the nitrogenous, or proteid. Could she not put them *all* on the board, and

Nitrogenous, or Proteid; Use,
to build and replace tissue

Gluten—in wheat, rye, and barley
Albumen—in egg, milk, oatmeal, etc.
Fibrin—in flesh and some vegetables
Casein—in peas, beans, and milk
Legumin—in peas, beans, and lentils

so help each to remember better. Acting upon the proposal, there was soon on the board a satisfactory list of the most important class of food elements.

While writing, Mrs. Rane had said, "These five elements are found in our food, and it is their work to keep us in good repair. The growing child requires more accordingly than an adult, for he must not only repair waste, but build up new tissue. Perhaps you would like to know how we may discover some of these elements by simple methods. To find gluten, take a piece of dough and wash it in plenty of water. The starch will go into the water, but the gluten will remain in the hand. It is gummy and tenacious. It is what remains as gum when wheat or flour is chewed. Albumen is in a pure state in the white of egg. Heat a portion of milk, and the albumen will rise to the top and crinkle.

"These elements do the repair work of muscle, nerve, brain, and bone. In his wisdom God provides every needed ele-

ment without our taking the life of any creature."

Flora ventured the remark, "I am sure it is not necessary to eat meat, for you are all much healthier than our family, and we eat it every day."

Mrs. Rane said, "It is true there are in flesh the elements we need to keep the body in good condition, but we need not eat the cow to get them, but just eat such food as she eats. Her flesh is only second-hand food at best, and more than that, the animals are too much diseased to be good food. But you will learn more about flesh in a later lesson. Now we will put on the board something about the second class of food elements. Who

can tell me what must be the work of these elements?"

After waiting a moment for some of the younger ones to answer, Mr. Rane stated what he was reasoning out. "You said, 'Food builds tissue, and gives heat and energy,' so if the first class does the tissue building, the second must give the heat and energy. What can be its name?"

"They are called 'the carbonaceous' elements," said Mrs. Rane, as she began writing on the board, meantime explaining their use, their names, and where found. "These elements are much more familiar to us than are the nitrogenous, and it is a simple thing to find them. Cream rises on the milk; we churn it, and have a fat. When we wash dough to obtain gluten, we have the starch in plain sight. We boil maple sap and have sugar."

"Here we have the carbonaceous elements classified; and will you all now copy on your tablets what I have written? I will be seated, and rest while

you write. At a glance you will be able to tell the use of each food element."

After the copying was done, Mrs. Rane

Carbonaceous; use, to give heat and energy	}	Starch—in grains and most other foods
		Sugar—in fruits, grains, sugar-cane, beet-root, maple sap
		Fat—in flesh, nuts, olives, egg, milk, grains, etc.

said, "The third class of food elements is the 'mineral;' but until you are ready to take a course in the chemistry of foods, it is sufficient that you understand this one significant fact in regard to them: they always accompany the nitrogenous elements in just the right proportion. In other words, if we secure the proper amount of the proteids, the amount of minerals will also be correct. They are very important, since they

enter into the structure of the most highly vitalized tissue, as the nerves and brain. Like many other facts, these

must be accepted on the word of scientists who make a study of foods. Much time and labor have been spent on these questions, but not always with a selfish object in view. Benefactors indeed are they who teach the science of right living. Thousands are going rapidly to destruction for want of the knowledge within their reach. Thankfulness should fill our hearts for the light which shines on our pathway."



Pastry Flour

Cooks will find it to their advantage to secure proper flour for use in making pies and like articles. It is very difficult to overcome the tenacity of the great amount of gluten in good bread flours with even a large amount of shortening. There are package pastry flours in the market, but they may contain harmful ingredients, so we would recommend the purchase of what is known as a soft flour. It is white, while bread flour is yellow, and true to its name is soft in appearance and to the touch. It requires much less shortening than other flour, and is much more easily manipulated.

Right here should be spoken a good word for the various excellent cooking-oils which can be secured in all first-class groceries. Three tablespoonfuls of oil to a pint of flour is sufficient for good crust. Knead as little as possible, roll thin, keeping as cool as possible. Pie fillings which can be put into the crust hot should be so used, for in this way a soggy crust may be avoided. D. A. F.

Pointers

IF string-beans, asparagus, and similar vegetables are broken rather than cut, all tough pieces and strings will be discovered, and can be discarded.

MANY times a paper spread on the table or floor will save a job of cleaning. Any refuse may then be wrapped and disposed of by burning or otherwise.

DATES, figs, or other dried fruit usually eaten uncooked are much better if thoroughly separated, washed, and then subjected to a brief steaming. Thus the palatability is increased, and the number of active germs materially decreased.

MUCH is to be gained in using percale or other smooth goods in preference to the common coarse gingham for aprons. The difference lies in the fact that the gingham catches much of the dirt which will actually slide from the smooth goods. Proper ironing has much to do with a garment's remaining clean.



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

Lowliness

THE desert rose, though never seen by men,
Is nurtured with a care divinely good;
The ocean gem, though 'neath the rolling main,
Is ever brilliant in the sight of God.

Think not thy work and worth are all unknown,
Because no partial pensman paints thy
praise;
Man may not see nor mind, but God will own
Thy worth and work, thy thoughts and words
and ways.

— Selected.



Simplicity of Life

If there ever was a time in the history of the ages when the heart of the normal man yearned for the primitive simplicity of our forefathers, it is the present time. Strong and robust indeed must be the man or woman who can endure the stress and strain of this concentrated age, and not feel the nervous system weaken under the continuous effort to keep pace with transpiring events, and be "up to date" in both the social and business realm. There are persons, not a few, who are consuming so much energy in this way that they are powerless to relax if they would. The system will not let down, and many, many persons each year are forced to learn by the saddest of experiences that the inexorable laws of life will sometime speak in tones of such authority as to be heard and felt through the remaining portion of a miserable life of suffering.

It would seem that there should be one spot still on this green earth where this restless, hurrying, mad, wild rush after position, honor, riches, or fame could be excluded, and the heart of man find peace and rest; namely, in the sacred precincts of the home. But alas! the homes of this sort where a calm, sweet spirit prevails are coming to be a thing of the past, to be the exception and not the rule. The spirit of hurry is in the very atmosphere about us. Mother seems hurried and worried over the work of the household. Mary has scarcely time to eat, she has so many studies at school, music at home, and so many social engagements to fill. Fred is studying for examination, and must attend the football and baseball games, and be in trim for that social gathering and entertainment. And even little Harry and Baby Bess are so fully oc-

cupied that they have no time to help about home duties. Father comes home with a perplexed look on his face, for business has gone wrong, and nerves are on such a tension that the misdemeanors of the children irritate beyond control, and his spirit finds vent in an infliction of physical punishment upon the little ones in a "good, sound spanking."

O, is there no remedy for this existing condition of mankind? Must these things continue to make such sad inroads upon our homes until they degenerate into mere pantomimes of confusion? Or shall we look carefully into the cause of this condition, and put forth an earnest effort to correct it? Would not a simpler manner of living greatly aid us toward this end? To *live* is not merely to *exist*. To exist is "to be" or "continue to be," while "to *live*" is "to *enjoy* life;" "to be quickened by divine influence or faith." Every effort to live in its true sense will be blessed by the Author of life, who ordained the true life of man. We have departed a long, long way from the original plan of God. Woman is greatly at fault in this. Our multiplicity of wants, when supplied, do not add to our enjoyment. Shall we not, *can* we not, eliminate from our list all that is needless, and by this means take one long step backward toward the original simple life?

Home does not consist in grand and costly furnishings which require so much time and strength to keep sweet and clean. It is not from the costly, palatial homes that have emanated the giant minds, with characters of sterling worth. Men and women that have molded, uplifted, and ennobled the minds of others have come from lowly, humble homes, where they have been surrounded by simple things, and have learned lessons of the greatest value in the school of poverty, and often adversity.

They have studied from the great book of nature, and learned lessons that no college or seminary in our land could teach, which have been the means of helping in the achievement of life's greatest successes and victories.

Let us, then, be *true* mothers, giving our most serious attention to the *characters* we develop, looking beyond the present to the great future of the souls under our care. Let us not be so eager for the wealth we can not take beyond this life, but seek the eternal riches for ourselves and our children. We can never learn to prize these things in prosperity as we can in adversity, and should that condition be ours, we should not murmur, but make it a stepping-stone to a better, higher life. Yes, as a body of noble, heroic women, we can be most potent factors in leading the way back to the true and simple life of man.

Every plan that can be devised by men and women is now advocated to systematize and make lighter the regimen of the home. Inventions of all kinds and descriptions are put on the market that all the real and imaginary wants of mankind may be supplied in the brief space of life.

But is it not a truer and better way to educate ourselves to want less,—to be happy with less,—and thereby gain much more in energy, in time, and in tranquillity?



Dirt Pies

I WANT to add my plea for the children in favor of "dirt pies." "Dirt pies" doesn't mean simply dirt pies; it means making gardens and mountains and tunnels, and having tea parties with a variety of goodies, and playing shop, and, in fact, giving the most ample scope to the baby imagination, and passing long, delightful summer hours in the

most diverting, innocent, and health giving of amusements. I always feel so sorry for the poor little one whose mother thinks so much of his clothes that she "draws the line at dirt pies." As for causing work, if one can't afford much washing, make the little ones dark "digging aprons" or dresses that can be donned or doffed in a minute, and you will have less work than in listening to their fretting and quarreling, and trying to provide other employments for them. As for me, I never feel any safer about them as regards both health and morals than when, dressed in their digging costumes and armed with shovel, spoon, and tinware, they begin their onslaught upon the pile of dirt, and I know that several hours of leisure probably await me before they will tire of it. Of course they will come in looking like chimney-sweeps, and almost have to be put soaking before I shall know them, but the cleaning process will not take long, and they do enjoy it so — and is that nothing to a mother? Some mothers will sacrifice hours of weariness in making the children pretty dresses, which will afford them very little pleasure, and begrudge the little trouble it takes to let them have such a fund of joy as a sand pile. Isn't there a little selfishness about it? Do we think as much of their enjoyment as we do of our pride in their prettiness?

They are always so contented, too, when playing in the dirt. There is no other time when they are less fretful and quarrelsome, or happier in each other's company, and I think it helps to cultivate cheerfulness and contentment. There is absolutely nothing to be brought up against it except the small amount of trouble it makes, and our selfish pride in their white dresses; so my verdict is

unhesitatingly in its favor, for I always believe in granting a child a coveted enjoyment against which there is no valid objection.— *Selected.*



Wanted, A Girl

A GIRL who will be as agreeable to her own brothers and sisters as she is to the brothers and sisters of other girls.

A girl who helps to make home a pleasant place for all.

A girl who can, if need be, wash dishes, make beds, and do necessarily disagreeable things, with peace in her heart and a song on her lips.

A girl who can think, walk, swim, row, work with brain and brawn — not a hot-house plant.

A girl who is not afraid of a bathtub nor a wash-basin.

A girl who combs and brushes her hair, and does not forget finger-nails or teeth.

A girl with a place for all her belongings, and who can keep each in its place.

A girl who hates dirt — who hates it bad enough to get rid of it.

A girl who understands how to run a sewing-machine, and how to wash, starch, and iron her own dresses.

A girl who can say "no," and not mean "yes."

A girl who does not know more in one minute than her mother has learned in all the years of her life.

A girl whose only lovers are father, mother, brothers, and sisters, until she is old enough to know and to understand the depth of life's master passion — love.

Wanted, such a girl, by mothers, fathers, brothers, sisters, lovers, everybody.— *Selected.*

QUESTIONS AND ANSWERS



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

177. Tender Feet.—H. S., Mo.: "I suffer a great deal with my feet. My toes get tender, and so sore between them that they are very uncomfortable; the skin peels off in large masses, and the odor is very offensive. I bathe them three or four times a week, but can not cure the trouble. What is the cause of the trouble? and how can I cure it so that it will stay cured?"

Ans.—Your trouble is due to an increased activity of the sweat-glands between the toes, and to the presence of bacteria. The decomposition produced by the bacteria gives rise to the odor.

Bathe the feet once a day, finish with a dip in cold water, dry very thoroughly with a towel, and give them a dry hand rub. When thoroughly dry, rub the toes well with camphor ice, which you can purchase at any drug store. Use it quite liberally between the toes, and your annoying trouble will soon be cured, and will stay cured as long as you take good care of your feet.

178. Anesthetics Deceptive.—G. F., Chicago: "Are not anesthetics deceptive, the same as alcohol, tea, coffee, etc.?"

Ans.—Anesthetics, opiates, and anodynes, including such drugs as chloroform, alcohol, morphin and opium, cocain, phenacetin, anti-kamnia, and all headache powders and "pain killing" medicines, are all of them powerful, deceptive drugs. In cases of accident and surgical operations they may be used by a physician in such a manner that the good results secured will far outweigh their harmful effects, but they should never be used by the patient, as they are all of them deceptive and very apt to establish the health-destroying drug habit, which is many fold more common than the average reader imagines.

179. Styes — Weak Eyes.—A. J., S. D.: "What shall I do for my eyes? Eighteen months ago I began having styes. Eyes feel as if they had dust or sand in them. Eyelids feel sore for a few days, then a styne appears. Eyesight is very poor, although I still read without glasses. Eyes get worse when confined to house."

Ans.—Have your eyes examined and fitted with glasses by a person who will do it properly. Take good care of your general health, sleep with your windows open, and live outdoors all you can, and the styes will probably disappear. In all probability you should wear glasses all the time.

180. Ringworm.—A. J. C., Conn.: "Please tell me of a simple method of home treatment that will cure ringworm? I have used several remedies, but they do not cure the trouble."

Ans.—Paint the affected area thoroughly once a day with a strong tincture of iodine for one or two weeks, and you will cure it. The iodine must be strong enough to cause a burning sensation after it has been applied a few times.

181. Chronic Mastoiditis.—B. F. O., Mo.: "About one year ago I awoke with a severe pain in my right ear. The ear was swollen, and tender to the touch, especially back of ear. Opening the mouth or using the jaw caused severe pain. I had spent the previous day in the draft of a car window. The swelling gradually disappeared, but the pain lingered several months. I supposed it was well, but this winter some of the same symptoms have returned — feeling of fulness in the ear, itching, and at times pain. The ear is very sensitive to cold air. What is the matter? and what should I do for it? I am a long way from any specialist, and want to know what is the best I can do at home."

Ans.—You are suffering from chronic mastoiditis. The trouble is a very serious one, and should be treated by an ear specialist. If you can not secure such treatment, we advise you to use hot fomentations for one hour twice a day. Apply a mustard plaster in front and behind the ear. Remove it before it causes a blister, and after a short time reapply it, so as to keep up a good counter-irritation. Continue this for a week, then paint an area half as large as the hand in front and behind the ear with iodine. Paint it daily for several weeks. Protect the ear from cold air, and keep the bowels freely active. If necessary use a good laxative — a small dose of salts taken in one

or two tumblers of cold water on rising in the morning will answer.

182. Pneumonia — Is It Contagious? — Mrs. I. H. J., Ill.: "I have been told recently that pneumonia is contagious. Is it correct? If so, do you consider it dangerous to nurse a case of pneumonia?"

Ans.—Pneumonia is caused by a germ called pneumococcus, discovered a few years ago by Surgeon General Sternberg, of Washington, D. C. It is a contagious, or, more strictly speaking, an infectious disease. The mere presence of this germ is not alone sufficient to cause pneumonia, as it is often found in the throats of persons in good health. But when the vital resistance is lowered by breathing bad air, by exposure, or by taking cold, then this germ readily sets up the diseased process called pneumonia.

We have recently seen a case of pneumonia contracted by a nurse under such conditions as left no doubt that this disease was contracted from the patient. But these cases are so rare that the danger of taking the disease is not great. This is especially true if one takes good care of his general health.

183. Fruit Juice Between Meals.—E. H., Australia: "I would like to see paragraph 383 of 'Healthful Living' explained in LIFE AND HEALTH, as it speaks of not taking any kind of fruit between meals. Would this include even the juice of oranges and lemons, which are so tempting in a hot climate like this?"

Ans.—The juice of oranges and lemons is certainly permissible under the circumstances. H.

184. Constipation.—W. J. E., La.: "I am a health seeker and a vegetarian, aged 16. Please tell me how to prevent constipation without the use of drugs."

Ans.—You will find an excellent treatise on the cure of constipation in the August LIFE AND HEALTH of last year. In addition to that, I would suggest the use of Graham bread, and

perhaps a pudding made of bran and molasses. Bran and New Orleans molasses may be mixed to the proper consistency, and put in an oven and baked until it becomes firm enough to hold together; then cut it up into little squares an inch and a half or two inches across. One of these may be eaten at each meal, or at every third or fourth meal, as may be necessary in order to secure good action.

I would, however, avoid the necessity of relying on anything of this kind if possible. Attempt by proper hygienic measures to secure natural evacuation. H.

185. White Skin (Vitiligo).—H. N., Iowa: "I have a numbness in the ends of my fingers at times, more particularly when a little cold. Finger nails will become of a bluish color. I am sixty-three years of age. My weight is one hundred and thirty-eight pounds. I have always been healthy, but for years had skin trouble; portions of the skin remain pale while other portions are natural brown or an increased brown. The discolored spots are perfectly healthy. Numbness in my fingers has only lately come to me."

Ans.—Your skin disease, known as vitiligo, is not amenable to treatment. It is not certain what is the exact cause of the trouble, but it is supposed to be faulty innervation. It is frequently seen in connection with other nervous disorders. It progresses very slowly, and does no harm except the disfigurement. The numbness and blueness of your fingers indicate faulty circulation, which may be due to disorder of the valves of the heart, or simply to weakness of the heart from advancing age; or it may be the disturbance of the vasomotor nerves. It would be necessary to ascertain the cause before prescribing specific treatment. In order to build up your general health, I would suggest that you take a course of tonic treatments, such as cold sponges, cold frictions, etc., being careful always to get a good reaction. Be very careful that your bowels are moved frequently enough to prevent any absorption of poisons. At your age your diet should, of course, be less than it was twenty years ago. H.

EDITORIAL



“Ministry of Healing”

THIS, the most recent large book written by Mrs. E. G. White, is full of good things pertaining to medical missionary work, the preservation of health, and the cure of disease. It is divided into eight sections, and these again, into chapters. The section on “The Care of the Sick” has chapters entitled “In the Sick-Room,” “Prayer for the Sick,” “The Use of Remedies,” “Mind-Cure,” and “In Contact with Nature.”

The instruction is simple and appeals to common sense, so that one reading it will naturally say, “That is so, I always believed that;” and perhaps will add, “Strange I have never practised it.” The physician who has made extensive study of the human frame will wonder how the author of this book, having never had the advantage of special instruction on this subject, could have written so accurately and so wisely.

The editor of *LIFE AND HEALTH* has been interested to note how clearly the statements of this book are borne out by the most recent findings of science. Take, for instance, this statement: “Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness the best remedy is for the patient to fast for a meal or two.” It is only recently that men of prominence in the scientific world have fully recognized the truth of this statement. It

was a little over a year ago that Professor Chittenden, of Yale, announced to the world that man needs only about half the food formerly supposed by dietetic experts to be necessary for health. He is strongly of the opinion that what is eaten above this minimum requirement is at the expense of the body. This almost revolutionary teaching of Chittenden has been borne out abundantly in the experience of many. The “no breakfast” plan of Dr. Dewey, the two-meal plan, the one-meal plan, the practise of fasting occasionally, the grape cure, the milk cure, and others that might be mentioned, show, by their effects, that man is often benefited by a spare diet, even though he is not eating an inordinate amount according to the usually received standards. Colds are recognized by some physicians as evidence of overfeeding, and some will even decline to attempt to treat a patient who will persist in maintaining his usual “good living.”

Any one who will consult the textbooks of medicine will note that there has been a great change recently in the matter of treatment. Whereas, the books formerly had little or nothing to say regarding hygiene and diet, the better class of books now make these matters of the greatest importance. And yet Mrs. White has been writing these same things for the last forty or fifty years.

It is interesting to note how the recent medical findings are one by one

corroborating the statements made so long ago by Mrs. White, which are so beautifully expressed in this, her latest work.

"Ministry of Healing" is a book of more than five hundred pages, beautifully illustrated. The price is \$1.65, post-paid. It may be obtained by addressing Pacific Press Publishing Company, Mountain View, Cal., or Review and Herald, Washington, D. C., or International Tract Society, London, England.



Are there Reliable Patent Medicines?

NOTWITHSTANDING the fact that we have expressed ourselves quite freely regarding the patent medicine evil, we frequently receive queries concerning some of these preparations, asking whether they contain injurious substances, and whether they do what is claimed for them.

To the first of these queries, we must usually reply, We do not know. If we kept a laboratory for the analysis of all these "cures," it would keep us busy.

To the second question, we can conscientiously answer, No. In the first place, they claim too much, acting on the psychological principle that the more marvelous and unreasonable the assertion, the more likely it is to be believed.

In the second place (granting for the time being, for the sake of the argument, that these preparations are good, honest remedies, such as a physician might prescribe under certain circumstances), there are several reasons why they should not be used indiscriminately:—

1. All efficient drugs are powerful poisons, and unless skilfully handled, are more likely to do harm than good.

2. Every drug which has a selective action on any organ or tissue (say, for

instance, the heart), has, at the same time, a more or less unfavorable action on other parts of the body, which must be carefully guarded against. A physician using such a drug is handling a two-edged sword which will cut where he does not want it to, if he is not careful.

3. For every drug, there are conditions which at times contraindicate its use, that is, conditions where its use would be harmful. While digitalis is one of the most frequently used remedies for weak heart, every physician is aware that there are cases of heart trouble where he dare not use digitalis; where its use would prove disastrous.

A physician prescribing such a drug would caution his patient to watch for certain symptoms, and on their appearance, to discontinue the drug. No reputable physician would give out a recipe to be filled indiscriminately by the different members of the family and others. Patent medicine labels contain no such caution. The preparations are made to sell, and such cautions would not be an aid to large sales.

Any drug which is *not powerful enough to do harm* when wrongly used, or when used by the wrong person, is *not strong enough to do any particular good*, except the mental effect produced by reading the label.

Many medicines contain water, some bitter principle, and a large quantity of alcohol or whisky. We are informed that in one of the Western cities it is not a rare thing to see a "Peruna drunk" (the suggestive name given to men who have taken to that form of tittle). In "dry" States (where prohibition shuts out the usual drinks) some of these "patent medicines" have an enormous sale, until they also are prohibited. We are informed that Peruna and other alcoholic medicines are thus

kept out of Indian Territory by the government.

So then, whether these preparations contain some powerful drugs and are dangerous, or whether they contain only comparatively inert substances, and so are harmless and useless, or whether they contain liquor enough to lead people unconsciously into the liquor habit, we have only one answer: the sensible person will avoid purchasing any of them, and will save his money (and perhaps his health) for some more useful purpose.

Some may inquire, Is it not possible that patent medicine men have discovered preparations far more efficacious than those in use by the doctors — remedies powerful for good, and yet absolutely harmless, even for the weakest child? Is it not possible that in their researches into the mysteries of the human body, and in their delving into chemistry they have outstripped the doctors, developing processes and remedies which the doctors (old fogies) can not imitate? Don't you believe it!

Medical men are in the forefront in the study of the human body, in health and disease. How many of these patent medicine fellows, suppose you, could pass an ordinary examination in physiology or chemistry, or the action of drugs? They are experts, rather, in the psychology of advertising. The problem they are solving is how to make an attractive bait that will catch the greatest number of — shall I say suckers?

Physicians, as the result of their investigations, are learning that there are no specific remedies. The more progressive of them are using fewer drugs, and relying more upon what are known as physiological remedies,—sunlight, air, exercise, massage, diet, hydrotherapy, electrotherapy, phototherapy, etc. They are studying more into the causes of

disease, and endeavoring to cure by removing the cause. Some use more or less medicine in order to meet the prejudices of their patients who would not think they were being properly treated unless they had "something to take."

Our professor of materia medica (the study of the nature and use of drugs) said, at the beginning of his lectures, that he purposed to teach us to do as little harm as possible with drugs, and to let nature do the work of curing. Another medical man has said that the physician can at best be "only a hod-carrier to nature." Nature cures by removing causes of disease. He is the best physician who most closely co-operates with nature.

But if we accept the statements of the patent-medicine man, we must believe that the principal cause of disease is failure to use his particular patent medicine!

We hope our correspondents will accept this as an answer to their queries.

Once we get the principle thoroughly engrafted, *that disease can be cured only by removing the cause*, we shall no longer be interested to know whether some highly advertised patent medicine is not really a valuable remedy.



"As Ithers See Us"

The Liberator, in its January issue, criticizes LIFE AND HEALTH rather roundly, and concludes: "It is more than possible that after the receipt of this issue of *The Liberator*, my bright little dose of medication will cease to favor me with its visits."

Oh, no, my dear Little Editor! We want to know how we appear to the other fellow. Recently, we published in the Current Comment Department an extract from *Good Housekeeping*, warning against the use of cheap

candies. This article contained the suggestion that it is better to buy good candy occasionally and give it to the children. To this our friend objects. Now we have seen a great deal of assertion, but never the proof that a small amount of sugar is injurious to the normal child; so we allowed the offending article to pass. Yet from the fact that the candy taste, once awakened, is more than likely to lead to excess and to the use of cheap candies, we can indorse the position of *The Liberator*, especially as regards the proximity of a candy store to a school. The child who early forms the habit of frequenting the candy store is sowing a sure disease crop which he will reap some day.

What our friend says about "pure food" has a point in it; but the fact that diarrheal disease among the children of our large cities may be, and is largely, controlled by careful and efficient inspection of the milk supply, is overlooked. We would gather that our friend does not believe in "germs" as a cause of disease.

Our friend has no use for doctors; and one of the counts against LIFE AND HEALTH is that it is edited by two doctors. Now the primary definition of "doctor" is teacher; and the highest aim of the doctor ought to be to teach his patients how to avoid disease. This is our purpose in maintaining LIFE AND HEALTH. We can heartily indorse the quotation that stands at the head of the editorial page of *The Liberator*: "I call a medical man that he may make me intelligent on the subject of my illness and its cure. If you find a medical man firing up in temper when you take up this ground and keep it, have done with him. He will not so fire up if he knows what he is about."

Our greatest offense seems to have been the publishing of items favoring

the vaccination of children. Now there are two classes of people whom we would not take the time to argue with — the flat earth people and the anti-vaccinationists. There is this difference, however, between the two: the anti-vaccinationists have some truth on their side. Vaccination does harm, as many a bereaved and stricken family can testify. Many sad accidents have occurred as the result of carelessness or ignorance. And there are not a few parents who can say, "I would rather my child had had smallpox than to have been vaccinated."

We can grant that vaccination is a filthy practise. We can admit that young lives are sometimes snuffed out by vaccination. We know that there is more or less danger connected with the process; but we can not shut our eyes to the fact that many lives have undoubtedly been saved in this way. We hope to see a safer method of preventing smallpox.

Now as to the use of drugs. The most eminent pharmacologists admit that the most potent drugs are powerful tissue poisons. All physicians know that for every favorable action a powerful drug like strychnin possesses, it has one or more unfavorable actions. It must be watched constantly, lest some undesirable results be produced. And often, long after the patient is over his disease, he still has to suffer from the effects of the drugs he has taken. Many doctors recognize this, and are working away from drugs. The indications are that in a few years much less drug medication will be in use by intelligent doctors. There are two factors that help to perpetuate the use of drugs; namely, the demand of the patients themselves, and the great inconvenience and difficulty of administering hygienic treatments. But notwithstanding this, there is hardly an

up-to-date physician now to be found who does not depend largely on non-drug medication for his results.

The editors of LIFE AND HEALTH do not favor the use of drugs where anything else will do the work. Every drug is an enemy to the system. If the firemen should smash in our windows and turn the hose on our carpets, we would make strenuous objection to the spoiling of our property; but if the house were afire, we would accept it as a necessary evil. Then, the great question would be to get the fire out as quickly as possible, even if the process resulted in the destruction of part of the property.



ANOTHER company in the fool-killer business has come to grief. This company furnished its patients with a cheap phosphorescent compound, which they claimed was radium. Their directions to patients were: "Hold a capsule near a glass of water for two minutes, drink the water, and you have one of the most efficient remedies for nervousness, hysteria, melancholy, dyspepsia, and general run-down conditions." This company worked the public for years, taking in many thousands of dollars, and it would still be in the same lucrative business were it not that the government has closed it up.

The *New York Times*, commenting on this case, says: "The only possibility is to feel a deep humiliation and fierce disgust that our common schools have done so little for us that a shamefully large minority of the American people are as easily gulled as were ever naked savages, and that no assertion of ability to 'heal' can be so absurd that they will not believe it or pay for its pretended exercise."

Book Notices

ABOUT a year ago, we called attention to a publication of E. B. Treat and Company, New York,—*"The Blues (splanchnic neurasthenia), Causes and Cure,"* by Albert Abrams, A. M., M. D., F. R. M. S. This work has already been so well received that a second edition is called for, enabling the author to make additions to the text where necessary.

"HOW TO BECOME A TRAINED NURSE:" There are many text-books on nursing, but this one occupies a field by itself. It gives just the information one would want to have before beginning a nurses' course,—the experiences he must pass through, what will be required of him, what he may expect in the way of remuneration. As far as possible, the author has endeavored to get particulars regarding all the training-schools in this country and Canada,—number of beds, size of classes, number of hours' duty, length of course, compensation, etc. A second edition of the book has recently appeared, in which this list of training-schools has been brought up to date. While a few sanitariums are given, the book is especially intended for those contemplating taking a course in a hospital training-school. The book will be found of great value to any one desiring to take a nurses' course. Cloth, 265 pages, illustrated; price, \$2. William Abbatt, Publishers, 181 Fourth St., New York.

"MAN AND HIS POISONS:" The human body is a receptacle and laboratory of poisons, and every moment of his life man is exposed to the danger of being overpowered by poisons generated in his system. Many diseases owe their origin to self-poisoning, but the germ theory of disease has had so strong a hold on public attention, that other sources of disease have been overlooked. Dr. Albert Abrams, in a work recently published, has given careful consideration of the

different methods by which the body is poisoned by its own secretions, or the products of the alimentary tract, and outlines methods of treatment, giving many excellent suggestions for the relief of autointoxication. The doctor goes a little out of his way in the first chapter, to express himself on the subject of re-

ligion and science. So far as we can see, it has added nothing to the value of the book as a medical treatise; but the other chapters of the book give evidence of careful thought and painstaking research. Cloth, 268 pages, illustrated; price, \$1.50. E. B. Treat & Co., 241-243 W. Twenty-third St., New York.



Extracts from "Ministry of Healing"

MANY die from disease, the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life.

Many are life-long invalids who might be well if they only thought so.

A contented mind, a cheerful spirit, is health to the body, and strength to the soul.

Many of the diseases from which men suffer are the result of mental depression.

Disease is sometimes produced and is often greatly aggravated by the imagination.

The condition of the mind affects the health to a far greater degree than many realize.

Frankness in dealing with a patient inspires him with confidence, and thus proves an important aid to recovery.

Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected.

Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.

The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes.

Sympathy and tact will often prove of greater benefit to the sick than will the most skilful treatment given in a cold, indifferent way.

The power of the will is not valued as it should be. Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health.



Pure Foods

A "CHEMICAL dinner" was recently given by an eminent New York chemist, for the purpose of showing the ease with which foods may be adulterated. With the exception of the meats and the cigars, everything was prepared in the presence of the guests from the raw chemicals.

DR. CARSTAIRS DOUGLASS, professor in a Glasgow medical school, has been making some investigations regarding the effect of formaldehyd on digestion, as a result of which he believes that this substance, when used in minute quantity as a preservative, is harmless. He urges the reconsideration of the evidence upon which the use of formaldehyd has been condemned.

IN New York an analysis of some "communion wine" — so labeled — showed it to contain wood-alcohol, hard cider, and anilin coloring matter. Dr. Darlington estimates that an efficient crusade against adulterated foods in New York City would cost five hundred thousand dollars a year. He has asked for authority to appoint a supervising chemist at eighteen hundred dollars a year. He purposes to prosecute both the makers and the sellers of adulterated foods when they are detected.

THE New York State Board of Agriculture has begun the prosecution of offenders against the pure food laws. The penalty is one hundred dollars fine for each offense. Last year the pure food inspectors sent throughout the State made some startling discoveries regarding the extent of adulteration. It is probable, on account of the vast amount of adulteration revealed, that there will be an effort to amend the food laws in order to make them more effective.

Patent Medicines

A BILL has been introduced into Congress, enabling any person or corporation to send worn-out or mutilated money by registered mail

to the Treasurer of the United States, and to receive in exchange new currency, without postage or registry charge either way. This bill, if passed, will probably do something toward putting out of service some of the filthy bills now current at points distant from the national capital.

BILLS to regulate the patent medicine and food adulteration evils are now pending before the legislatures of several States. Such a bill failed to pass in Massachusetts, apparently because of the lack of interest in the bill, as manifested by failure of physicians and laymen to appear before the committee in behalf of the bill.

THE Post-office Department recommends to Congress the passage of measures authorizing the exclusion from the mails of all matter advertising the sale of remedies or appliance for the treatment of sexual or private diseases, or proffering to the public personal services for the treatment of such diseases, and making it unlawful to deposit such matter in the mails.

MR. BOK, in *The Ladies' Home Journal* proposes a legislative bill with the suggestion that it be presented this winter to the various legislatures for enactment. The bill provides (1) that the ingredients of all patent medicines shall be named on the package; (2) that "patent" medicines containing more than eight per cent of alcohol or more than one twenty-fifth per cent of morphin, heroin, cocain, or more than one-fourth per cent of chloral hydrate, or any quantity of belladonna, cotton-root, or ergot shall have the word "poison" in plain letters, printed in red; (3) that the State board of health be empowered to analyze from time to time the various "patent" or proprietary remedies, and to prosecute persons violating the provisions of this act; (4) persons selling any remedies in violation of this act subject to fine, fifty dollars to five hundred dollars, or imprisonment.

Frauds

THE brewers of Germany have founded a paper, *Das Leben*, ostensibly in the interests of science. For their first number they secured articles from a number of eminent German scientists. These they so manipulated as to make it appear that the authors indorsed the use of alcohol. It is not likely they will succeed in securing other articles from the same source.

SOME "magic shoe" men in New York have up-to-date methods. One lady purchasing the supposed "electric" shoes was cautioned that she must avoid contact with the street-car tracks. (Possibly the electric contact would give a shock to all the trolley passengers on the system!) Their modest charge for a pair of these powerful shoes was one hundred dollars.

THE Force of Life Company of New York has been investigated for fraud. A specimen of blood, it appears in the evidence, was sent to this company, taken from the liver of a calf, purporting to come from a supposed Miss Hoffman. The company answered, so the evidence states, that the specimen had been chemically analyzed, and that the patient was in need of medical treatment to save her life! The company employed, it is asserted, a small army of stenographers who replied to correspondence from inquiring patients, without the "doctors" ever seeing the letters.

Communicable Diseases

THE health board of Toronto, Canada, will hereafter have all houses or apartments disinfected which have been occupied by consumptives.

THE Supreme Court of Alabama has upheld the right of the Pullman Car Company to exclude from its cars all cases of infectious disease. A lower court had awarded a passenger who had been excluded from a Pullman car on account of disease two thousand dollars damages. The Supreme Court reversed the decision.

THE Philadelphia Board of Education proposes to appoint regularly trained nurses to visit the public schools and care for the pupils. It is said that the work of the medical inspectors is almost valueless (except in the matter of keeping contagious disease out of the schools) because they do not have nurses to assist in the work.

THIRTY-FIVE churches in Washington, D. C., have co-operated in the campaign against tuberculosis, by assisting in the distribution of educational leaflets. The campaign against consumption is growing in interest. Two lectures a week are being given by the committee on the prevention of tuberculosis, and much reading-matter is being scattered.

IN the few months that free antitoxin has been distributed in the State of Pennsylvania, the State's death-rate from diphtheria has diminished nearly eighty per cent, a reduction of from four hundred and twenty deaths in one thousand cases to eighty-eight in one thousand cases. But this means nothing to the man who is constitutionally opposed to the use of serum.

THE New York Health Department are expecting a severe epidemic of measles this year, and hence are pushing a fight against dust, and are renewing their efforts in the anti-spitting crusade. They say that with measles, pneumonia is likely to be more prevalent, and they warn the public against cold, alcohol, and fatigue as the three factors most favorable to the onset of pneumonia.

Railway and Street Cars

THE Rapid Transit Company of Philadelphia has promised to co-operate in the matter of securing more hygienic conditions for the traveling public. They will daily clean their cars, and subject them to carbolic spray and carbolic scrubbing.

THE Erie Railroad has begun on some of its best trains the practise of sterilizing the cars with formaldehyd gas after each trip. The practise will be gradually extended to the other trains run by this road. No doubt other roads will soon take up this very creditable procedure.

SOME of the Western W. C. T. U. women are agitating the matter of having smoking-cars abolished, because they are "unsanitary, annoying, and altogether nasty." Petitions have been sent to the unions all over the country, appealing to the presidents of the various roads to do away with the smoker's paradise.

THE president of Manhattan Borough, New York, has threatened to revoke the charters of several street-car lines if the cars are not kept in better sanitary condition. He has written the railway officials telling them their cars are positively indecent, reeking in filth, and in such a dilapidated condition as to be a menace to life and limb.

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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

Subscription Price 50 cents a year
To Foreign Countries 75 " "

Published monthly by

REVIEW & HERALD PUBLISHING ASSN
222 N. CAPITOL ST., WASHINGTON, D. C., U. S. A.

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

It is said that "the test of the pudding is in the eating," and we suggest that the test of the principles of health is in their application. An invalid lady some time ago decided to apply the teachings of LIFE AND HEALTH in her case, and now she reports a very encouraging improvement in her general health.



We have just printed a new edition of our little book on "Colds," by the editor of LIFE AND HEALTH. The demand for this book is constantly increasing. Over 500 copies were sold during the last month. It is very practical, and is well worth many times its price, 25 cents, post-paid.



A FOURTEEN-YEAR-OLD agent writes us as follows: "Please send me 100 copies more of the February number of LIFE AND HEALTH as soon as possible. I want them for to-morrow. I have sold 50 copies to-day. Wishing you and your many agents continued success, sincerely yours,
FANNIE P. GERMAN."

News Notes

In April 600 physicians, sailing to Lisbon to attend a medical congress, will test about one hundred remedies for seasickness that have been recommended to them.

THE remarkably mild winter has resulted in a notable decrease in the death-rate in New York City, especially in the matter of deaths from pulmonary diseases.

THE Philadelphia Board of Health has offered to have any building in the city disinfected free of expense to the owner, at the time of change of tenants.

THE city of Constantinople, Turkey, has a society for the protection of children, which possesses a hospital where children of any race or denomination may have protection and care if they need it.

SOME of the military prisoners on Governor's Island, New York, had a "celebration" on some wood-alcohol they managed to get hold of. Result, one death, another nearly dead, and a number of others seriously ill.

A BILL has been introduced into the legislature of Massachusetts requiring that the percentage of alcohol (when over three per cent) in patent medicines and foods be stated on the package. Fine for selling medicines in violation of these provisions, five dollars to one hundred dollars.

THE State entomologist of New Jersey has asked the State to appropriate \$350,000 to be used in draining and filling up marshy places where mosquitoes breed. In New York the ten million school children are to be asked to cooperate in the work of destroying breeding places for mosquito larvæ. As the school children of New York have had an extensive course in nature study, they can enter intelligently into this work.

THE United States Commissioner of Emigration believes that the public health is endangered by present immigration conditions. He favors the establishment at foreign ports of inspectors who shall ascertain the physical fitness of intending emigrants to enter this country, and exclude all who are physically unfit, or who have some contagious disease. This plan would protect not only the people of this country, but also healthy immigrants who might otherwise be infected on the voyage.

THE crusade against unnecessary noise is progressing. In New York the wanton blowing of steamer whistles is being punished. In Massachusetts, factory and yard-locomotive whistles are being muzzled by law. This is in the right line, for physicians have long recognized that noise exerts an unfavorable influence on the nervous system.

THE Director of Public Health and Charities of Philadelphia has begun a crusade against unsanitary cars. He has directed that reports be made by inspectors, of prevailing conditions,—overcrowding, dirt, spitting, noise and rattling,—with a view to passing appropriate regulations for the improvement of these conditions. The public are invited to make complaints to the Bureau.

DR. GARCHDALE REID, J. R. S., England, a recognized authority on heredity, has recently made public his belief that the view now generally accepted, "that parental ill health, due to disease, intemperance, bad sanitation, want, hardship, and the like, tends to alter the nature of children in such a way that they are rendered innately degenerate" is erroneous. The publication of this opinion will cause a wide stir in scientific circles.



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