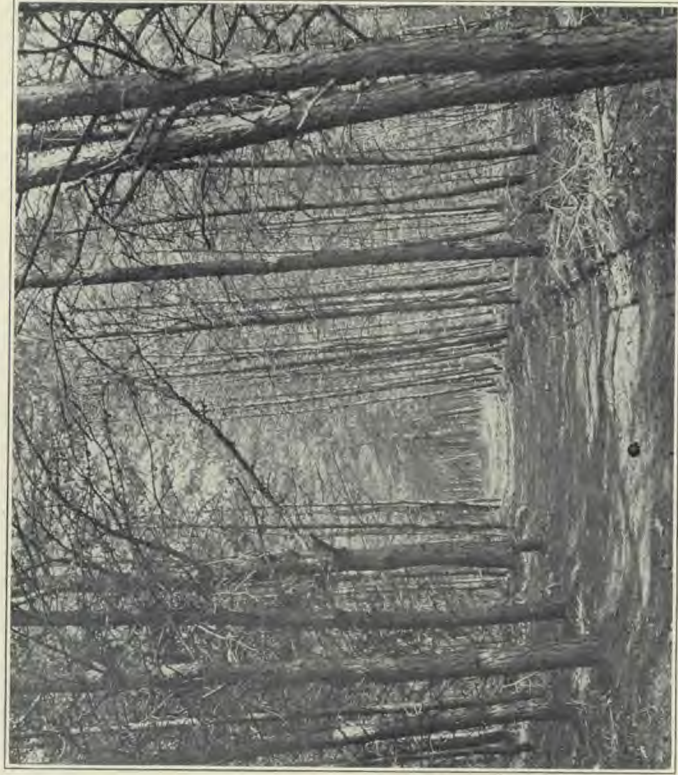


WOES OF THE SENSITIVE

# LIFE *and* HEALTH



A BY-WAY

Copyright 1906 by G. H. Macdonald



# Washington Branch Sanitarium



1 and 2  
Iowa  
Circle



Washing-  
ton,  
D. C.



*An Institution for the Sick and Convalescent*

A WELL-EQUIPPED sanitarium with delightful surroundings.

A COMFORTABLE PLACE for your sick and tired friends in Washington.

MEDICAL ETHICS and high standard maintained.

PRESCRIBED DIETARIES, all kinds of baths and hydiatic treatments, electricity, massage, Swedish movements, open-air treatment, regulated exercise, rest-cure, etc.

OUR DIET TABLES and treatment rooms are open to those who can not leave their homes altogether or who can not be wholly separated from their business interests.

THE "SANITARIUM SYSTEM" affords relief to dyspeptics, to gouty, rheumatic, and neuralgic subjects, to diabetic and nervous sufferers.

OUR SUPPLY DEPARTMENT can furnish you atomizers, nebulizers, Thymoleum home catarrh outfits, rubber water bottles, syringes, spine bags, ice bags, and all other sanitary and nursing supplies. For further information address

*Washington Branch Sanitarium*

*1 and 2 Iowa Circle*

*Washington, D. C.*

# ALLIED SANITARIUMS OF SOUTHERN CALIFORNIA



LOMA LINDA SANITARIUM

When you visit the beautiful orange groves of Redlands and Riverside, stop at Loma Linda, or "Hill Beautiful."

Loma Linda Sanitarium is sixty-two miles east of Los Angeles, on the main line of the Southern Pacific Railroad, located upon a hill 125 feet high. It stands in a valley, amid orange groves, fruits, and flowers, for which this section is famous. Surrounding this valley on every side are emerald hills and snow-capped mountains. Loma Linda has been justly called a veritable "Garden of Eden." Address

**LOMA LINDA SANITARIUM, LOMA LINDA, CAL.**

When you visit Los Angeles and its seaside resorts, make your home at Glendale Sanitarium.

Glendale Sanitarium is a three-story building of 75 rooms, steam-heated, and lighted with electricity. It is located at Glendale, one of the suburban villages of Los Angeles, eight miles from the heart of the city. The Pacific Electric cars pass the Sanitarium every thirty minutes. The elevation is 600 feet above the sea. The climate is delightful both in summer and in winter. Address

**GLENDALE SANITARIUM, GLENDALE, CAL.**

When you visit the home of Romona, San Diego, and Old Mexico, abide at the Paradise Valley Sanitarium.

The Paradise Valley Sanitarium is building a large addition, including very commodious bath-rooms, surgical ward, and Swedish mechanical department.

This well-equipped Sanitarium, located in a perfect climate, offers exceptional advantages for the restoration of health. Here the convalescent can enjoy the abundant sunshine amid blooming flowers, free from frost, storms, or extremes of any kind. The winter climate of San Diego is very much like an Eastern June without the extremes.

The Paradise Valley Sanitarium combines remedies without drugs, a menu without meat, with a winter without frost. This combination will restore your health. Address

**PARADISE VALLEY  
SANITARIUM  
NATIONAL CITY, CAL.**

**CITY OFFICE: 1117 FOURTH STREET, SAN DIEGO, CAL.**



GLENDALE  
SANITARIUM



# Contents for May

## GENERAL ARTICLES

- Divine Healing, *Augusta C. Bainbridge* ..... 121  
 Experience Not Always Reliable, *Mrs. M. E. Steward*, ..... 122  
 The Woes of the Sensitive, *Benjamin Keech* ..... 126

## CURRENT COMMENT ..... 129-132

Dirty Milk and Infant Mortality—Clean Milk—Cure for Dirty Milk—  
 Early Use of Solid Foods—Infant Hygiene—An Object-Lesson on Pure  
 Food—Alcohol as a Medicine—Deaths from Alcoholism—Waning Popu-  
 larity of Alcohol—Children's Voices—Germ Mania.

## THE MEDICAL MISSIONARY AT WORK ..... 133-135

Karmatar, India, *Samantha E. Whiteis*—China, *Law Keem, M. D.*—  
 Cairo, Egypt, *J. M. Keichline, M. D.*—Bridgetown, Barbados, *Geo. F.*  
*Enoch*—Kobe, Japan, *S. A. Lockwood, M. D.*—The Medical Missionary's  
 Call.

## HEALTHFUL COOKERY AND HOUSEHOLD SUGGESTIONS ..... 136-138

Home Food Studies—5, *Mrs. D. A. Fitch*—The Art of Arts (Poem)—  
 Beaten Biscuits—A Dish-Pan Bain Marie—Mashed Beans.

## FOR THE MOTHER ..... 139-141

The Healthy Way (Poem)—Rational Remedies for Common Diseases,  
*Mrs. E. G. Hinton*—How to Punish a Child.

## QUESTIONS AND ANSWERS ..... 142, 143

## EDITORIAL ..... 144-147

Real Causes of a Cold—Medical Practise Laws—Unpatented Proprietary  
 Mixtures—Effect of Vices on Catarrh—The Stories that Make Criminals.

## NEWS NOTES ..... 148, 149

## PUBLISHERS' PAGE ..... 150

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

**POSTAGE IS PREPAID** by the publishers on all subscriptions in the United States, Hawaiian Islands, Philippine Islands, Guam, Porto Rico, Tutuila, Samoa, Canada, and Mexico. To all other countries in the Postal Union the price is 75 cents a year.

**CHANGE OF ADDRESS.**—When a change of address is ordered, both the new and the old address must be given. The notice should be sent one month before the change is to take effect.

**HOW TO REMIT.**—Remittances should be sent by Draft on New York, Express-order, or Money-order, payable to order of REVIEW AND HERALD PUBLISHING ASSOCIATION. Cash should be sent in Registered Letter, Address, REVIEW AND HERALD PUBLISHING ASSOCIATION, 222 North Capitol St., Washington, D. C.

**OUR GUARANTEE TO EACH SUBSCRIBER.** We guarantee the reliability of every advertisement inserted in LIFE AND HEALTH. We want every subscriber to feel that he can deal with our advertisers with the fullest confidence of fair treatment.

If, notwithstanding our most thorough investigation of all advertising submitted for publication, an advertisement should be published through which any subscriber is dishonestly dealt with or imposed upon, we request that full particulars be sent us at once so that we may take proper action for the protection of our readers.

The conditions are: 1. That subscribers in writing to advertisers shall say that the advertisement was seen in LIFE AND HEALTH; and 2. That the particulars shall be sent us during the month the magazine is dated which contained the advertisement.





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

Vol. XXI

Washington, D. C., May, 1906

No. 5

## Divine Healing

AUGUSTA C. BAINBRIDGE

2—"This Same Jesus"



OUR Bible reads, "All things were made by him; and without him was not anything made that was made." Then not only the human body was made by him but the laws that govern its conception, its birth, its growth. These laws, if obeyed, result in health, which he designed to be the lot of mortals, even on this earth in its present state. The same laws, disobeyed, bring as a result the diseases from which he has promised to deliver his children. Many are to-day suffering from these diseases, little realizing whose laws they have violated, or who will forgive them, and heal them, and teach them to walk in the way of obedience.

The first Adam, in yielding to appetite, lost health for the entire human family. As time has gone on, and man has wandered farther and farther from God, disobeying, again and again, beneficent laws made for his bodily and mental well-being, diseases have increased, until there is not one organ of the human body that has escaped the curse.

A second Adam has appeared, the Restorer, the Healer of body and soul,

the Desire of all nations, the Author of the laws which have been so ruthlessly disregarded. Many have ignorantly sinned; and these words are just as true physically as spiritually: "My people perish for lack of knowledge." Finding a people torn and bruised, weak and ailing, crippled and wasting, he went about day after day, undoing the work of the destroyer, healing and teaching, proving his title as Creator, Lawmaker, and Healer. He the Master could say to the forces of nature, "Do this," and it was done; "Go here" or "Go there," and he was obeyed. Nature owns her Lord by her obedience to him. Tiny blood-cells, hindered by rebellious man from obeying the voice that brought them into being, flow in their appointed channels, and the glow of health blooms where once reigned the pallor of death. How can this wondrous change be brought about?

Those who were healed by Jesus of Nazareth came to him. They responded to his own invitation, or to the urgent desire of friends, or to the hunger of their own needs. In that coming there was consciously or unconsciously an acknowledgment of his skill, his willingness, and their necessity.



All the days of their disobedience, the law was standing, firm and true as in the beginning, waiting, just waiting for them to turn from disobedience and fulfil its requirements and be healed. All this time the loving Saviour, the law-maker, was waiting, patiently waiting, for his indifferent or careless or rebellious children to return to him, and let him fulfil the loving desire that has never wavered, no, not for one moment, since the foundation of the world.

“Yesterday, to-day, forever,  
Jesus is the same;  
Man may change,  
But Jesus, never.  
Glory to his name!”

“This same Jesus, which is taken up from you into heaven,” is there in his unalterable character of Creator and Healer. No change of time or place can mar his enduring law which is fulfilled in love. He abides the same. He knows no lapse of time or hindering circumstance in his continual love and power.

It is feebly illustrated in the mother who responds as quickly to the telegram from her grown son in a distant city, as

she did to his infant wail from the cradle at her side. He, on the high throne of his glory, feels the wants of his children on this far-away planet which we call earth, something as the brain feels the touch of pain in the most distant or insignificant member of the body. His relief is at the call. The call of faith, of trusting, childlike faith, of faith that works by love, of faith that rests while waiting, of faith that knows no doubt, of faith that listens to obey, of faith that is secure in his will,—that call he hears and answers. He can not deny himself. He can not be untrue. He can not forget the work of his own hands, the wandering, wayward children of his love. He can not refuse to keep his word.

He “who forgiveth all thine iniquities; who healeth all thy diseases,” is one God, the Lord. He is the everlasting “I AM.” He is the loving, compassionate Saviour.

Whatever our disease, he can heal it; for our disease is but the result of a transgression of his law. He can reveal to us our transgression, and teach us how to “go and sin no more.”



## Experience Not Always Reliable

MRS. M. E. STEWARD



HIS is a dark, dark world! It's pain and sorrow day and night! I don't suppose I'll live long, and the sooner I go the better; then I'll be out of the way!”

“I am very sorry to see you so poorly; but I hope you will live for the sake of your family,” replied Edith, cheerily.

“O, my family don't care! I can't feel that even God cares for me. I don't suppose I ought to talk so.”

Mr. Drake came in. He greeted Edith with some cordiality; but the moment he looked at his wife, a shadow told plainly that there was very little sympathy between them. In reply to Edith's inquiry after his welfare he said:—

“I'm not doing very well; with hard times and a sick wife, I'm sure I don't know what we are coming to.”

It was not at all encouraging to Mrs. Drake, who had been confined to her bed the most of the time for the last six



years, to know that her husband considered her a burden. Edith noticed a giving way of her whole person, as if the unloving words were her death knell. It would be hard to find a more thoroughly miserable family than this one. Edith was sure here was work for her.

"Don't you think you would feel better if you should have a little fresh air?" she ventured to ask; she began to feel very sensibly the stupor from an atmosphere which was never purified by a circulation through open doors and windows.

"That's what I tell her," said Mr. Drake.

"O, no, no! I can't stand a bit of it! I take cold and get down sick every time I try it. Folks don't know anything about how weak I am."

Edith did not press the matter. She talked awhile on cheerful subjects, and then left, glad to get into the ocean of God's sweet, pure air again. "I must change tactics," she thought. "*Air she must have.* If she will not let it into her house, I must get her out into it."

The next morning the young lady called again. She managed to have a few minutes' conversation with Mr. Drake, and finally enlisted him to help her.

"I see your wife is very low-spirited; she must be gotten out of that, because the mind has great influence over the nerves, and when the nerves are depressed, the entire body sympathizes. It is hard then for her to digest her food; the heart acts feebly, the circulation is sluggish. She feels but little strength, so she lacks ambition; and all this makes her still more gloomy. Her nerves, being weak, are very sensitive. We shall have to work from the standpoint of her mind and nerves; if they can be kept perfectly free, then nature will have a chance to work."

"Do you think she can be a well woman?"

"Perhaps not so vigorous as she would have been had she always lived up to the laws of life, but she can be a great deal better than she now is; then she will be a comfort to you. Every day she goes on as she is now, she is becoming a more confirmed invalid. I will gladly do all I can for her, but I can do nothing without your assistance. If you will bear with all her gloom and irritability for a while, I think you will find yourself abundantly rewarded."

"I'll try to do as you say, but she does provoke me often, and I suppose I find too much fault about it."

"That would spoil everything. One word or look might counteract all we could do to help her in a long time."

Mr. Drake was grateful for Edith's interest; it was something no one else had manifested; so he felt like cooperating with her.

It was arranged for Mrs. Harris to take Mrs. Drake out for a drive the next morning. Edith went over to Mr. Drake's with her mother, and was careful to see that the invalid was well wrapped. This was very gratifying to her, for she had felt deeply over the fancy that no one thought her really ill. This carefulness was not simply for effect. She had been so long used to warm wraps that it would have been a serious mistake to leave them off at once.

Minnie said, "I was in there one day when her husband had just prevailed on her to take a sleigh ride. First she put on a pair of black double-padded wool leggings and a pair of arctics; then she crawled into a beaver cloak, which came down to her feet. She had several thicknesses of paper pinned across her shoulders and over her chest, then came her heavy blanket shawl and furs, and out-



side of all, her mackintosh. She bound a thick scarf over her forehead and ears and chin, then put on a very thick woolen hood, and a veil over her face. When she got into the cutter, Mr. Drake had a soapstone to her feet. One would hardly believe it, but she took cold, after all, as she said she would."

"It would have been very strange if she had not. Her skin threw off moisture, and it made her clothes damp. Then when she took off her wraps, the cooler air chilled her."

"Yes, she said she was chilly. She hovered over a hot fire all the rest of the day, and was sick in bed for two weeks."

"That was the natural result."

Edith had charged Mr. Drake to open all the doors and windows as soon as his wife had gone, and to leave them open till he should see them coming back. As it was warmer than the air outside, Mrs. Drake did not notice that her house had been thoroughly ventilated.

Edith often called. She managed to have Mrs. Drake ride often. Sometimes Edith coaxed her to throw a shawl over her head, and walk with her around the yard or sit on the piazza a few minutes. Then our young friend talked about the flowers, the trees, the clouds, anything that could please her companion.

"You would never imagine," she said, while admiring a large, thrifty maple, "that the sap is constantly running and racing all through every part of that tree."

Mrs. Drake looked up surprised.

"It is; and the tree breathes, too; the leaves are its lungs, and they are made to swing so they will come in contact with more air."

"Well, I think a tree is about all lungs then."

"And what do you think of ourselves? If the membrane lining our lungs were spread out, it would cover two thousand square feet."

"Possible!"

"Why do we have so much lung capacity, unless the Creator knew we must have lots of air? How much blood do you think meets this air in the lungs every day, that is, in an adult of common size?"

"I'm sure I can't tell."

"It is twenty-four barrels. Every three minutes an amount passes through the lungs equal to all the blood there is in the body."

"Now you don't believe that! I'm sure I don't."

"It is true. The blood goes to the lungs to be cleansed."

Edith explained how it becomes impure by gathering up worn-out tissue. "Now suppose when the blood carries this filth to the lungs, the air which has come into the lungs is already so filled with impurities that it can take but little of the filth the blood brings, and instead, the blood gets more impurities from the air. A sad case, surely!"

"The blood can not stay in the lungs waiting for another breath to take away its poison; because the heart keeps pumping big streams of blood into the lungs, so what was there has to move on. It ought to have had a cleansing, and also a chemical change when it met the air in the lungs. This would have made it living blood, and it would have had all living atoms to deposit in the muscles, nerves, etc., whereas now it has many dead, poisonous ones."

"Oh, dear!" exclaimed Mrs. Drake with a shudder. "If I only *could* endure the air! I suppose it would be better for me! But then *my experience!* that is proof positive that *I* can not live in fresh air."



With some people experience outweighs all proof to the contrary, yet Edith was not discouraged. "You think, Mrs. Drake, sick people can not endure fresh air. I have brought a health magazine to read a little to you this morning. One would think if any person should be careful about exposing himself, it would be a consumptive; yet hear this:—

"One consumptive bent on not imperiling his friends by allowing them to take care of him, betook himself to the pine woods of one of the Southern States, resolved to live like a hermit for his few remaining days, eating only such simple food as he could get hold of easily, and sleeping in a tent. To his surprise, instead of dying, he soon showed marked improvement, which encouraged him so much that he began in earnest to make a fight for life. In three months, when he appeared among his wondering friends, he had attained such vigor that they hardly recognized him. He could never afterward be induced to occupy the ordinary, unventilated dwelling."

"You think I'd better live in a tent, or throw the doors and windows all open?"

Before Edith could reply, Mrs. Drake added, "But there's my experience! Folks are not all alike!"

Meantime Mr. Drake was gradually accustoming his wife to more air by opening windows without her knowing it. One day it rained, and she could not go out. All at once she exclaimed, "It smells bad here. It's hard work to breathe."

After a little she timidly suggested that a "window in another room be opened and the door left the least bit ajar." A half-hour passed, and Mrs. Drake realized that she felt better.

After that, ventilation was allowed

in this way all the time. The feeble one grew more cheerful. She often wondered why her husband did not find fault with her any more.

Mr. Drake had no suspicion that any one thought *his* condition needed improving. The more he did for his wife, the greater interest he felt in her case. It was strange how soon he unconsciously put on the simple dignity of a true husband; he recognized her feebleness, without treating her as a child, and this was all Mrs. Drake cared for.

She at last became accustomed to thorough ventilation. Together they studied the best method of ventilating their house.

A few years passed; Edith was again in the home of the Drakes.

"I used to be as much afraid of air as I was of death itself. Now I love it, and it is doing wonders for me. I don't take cold as I used to, and I've found I don't need so much to keep me warm."

"Yes, Miss Harris, my wife has planned to live in a tent another summer, on the shore of the lake, so she can get more air and better than we have under the hill. I don't know but I shall be jealous of her."

"I thought once such an idea was the most preposterous thing that could be thought of."

"My wife wasn't the only one that was in the wrong. I carried an onion around in my pocket for years, to keep off rheumatism. As for a bath, I was sure if I took one, it would almost kill me. Your course, Miss Harris, was just the thing; let such foolish notions take care of themselves, while you explain the principles of health. When we come to understand *them*, our superstitions are all gone."

Graysville, Tenn.



# The Woes of the Sensitive

BENJAMIN KEECH



THE WOES of the sensitive are very painful woes. These persons suffer keenly because they are not understood; and sometimes they suffer because they are understood. (These are the bad ones.) If a person is naturally good, but came to earth with a nervous temperament, he is more than likely to have a serious time here, until he learns how to adapt himself to conditions. Sensitive folk are, as a rule, "odd;" and, although they may earnestly desire to be right and do right, their actions are too frequently misconstrued; and they therefore become miserable and hard-hearted. Unless saved in time, they may easily degenerate into decidedly ill-conditioned beings.

The trouble with most sensitive persons can usually be traced back to childhood. (Yes, and farther than that. But we can not discuss hereditary influences now. Besides, they do not count much.) Take a bright, intelligent, though perhaps odd and hard-to-understand child, wound her loving heart and rasp her tender feelings till she grows up, and you are pretty sure to have an irritable, disagreeable young lady with whom to contend. And it is even worse with sensitive boys. For, when they reach manhood, they are obliged to expose their outraged feelings to a cruel world; whereas, girls are more often afforded the sheltering harbor of a home.

Parents, of course, are the most to blame. If they do not understand their children, or, at least, try to, their naturally sensitive sons and daughters may easily develop from sulky, reticent youngsters into gloomy "cranks" and

pessimists. But, on the other hand, a sensitive child that is understood and tenderly assisted over the rough places, either by his parents or by some one else who has the sense to come to the rescue, is more than likely to become the salt of the earth. Our best reformers, musicians, poets, etc., have been, as a rule, sensitive men and women who were either lovingly understood and helped, or had the tact and ability to save themselves. If they had always been left in the dark, it is sad to think what might have been their "fates."

But I do not believe in sadness. So I am going to tell you how to kill your sensitiveness, after you have found out what is the matter with yourself. Many sensitive folk — especially young folk — imagine (yes, they imagine altogether too much) that their miserable feelings are due to the fact that they are very bad. Sometimes they think they are very unhealthy. Both may be true in many (perhaps most) cases. But quite as often a person's sensitive, deranged nerves are the "baddest," unhealthiest things about him. Indeed, underneath one's odd, peculiar ways an unusually good, though crushed heart may be found beating, longing for love and other nice things that were never realized. And, as suggested, it is principally because the many good qualities in his heart were never understood, appreciated, or cultivated that its owner became blue and melancholy.

The cure for sensitiveness is very simple. But one may have to fight a little, before he can win it. First of all, decide that you will no longer be the victim of weak, foolish thoughts and feelings. Implore the assistance of Divine Will, and receive help. Equally



important is it to summon every bit of common sense you have, and use it. If you haven't much, cultivate a whole lot of it. For common sense is the cure for sensitiveness. When you absorb enough of it into your make-up, you'll be relieved of the foolishness that is bothering you. While you are cultivating common sense, do not fail to cultivate likewise all the good traits and qualities that you find in your heart. Also faithfully and industriously persuade to grow a few that you do not find there.

Just as soon as you begin to encourage the good part of yourself to grow and live, the bad part will begin to go and die. Sometime you will gradually see that you are becoming what you might have been. And when others begin to understand and appreciate you, the bitterness of the past will turn to especially sweet honey. The suffering you have borne will not matter. And if, in the future, you are forced to experience pain, you will know how to meet it sensibly, and not senselessly. If you are living wrong in any way, confess your fault to your Heavenly Father (also your earthly mother, or some one you can trust), and get forgiven. Then energetically "drop" your badness, turn your back upon it "for good," and live right the rest of your life.

Being sensitive, you have probably an excellent idea of right and wrong. And if you sow for a high ideal, you will undoubtedly realize and enjoy it before many years. In the meantime, as previously prescribed, doctor your sensitiveness with common sense. Take large and frequent doses of that excellent medicine, and be cured. Resolve not to be "too noticeable," and refuse to be "whipped." Whenever an acquaintance does something awful, and you feel as if you had been shot, apply

the salve of common sense to the wound, and reflect that it is very foolish to imagine that your friends are wilfully spending their time in firing piercing words at you, and in doing other annoying things.

However, if some nasty, low-minded person ever really and deliberately does wound you as with a razor, and you feel all cut up, don't lose your head and let your peace of mind desert you. Take a prolonged plunge into a bath of common sense, cry a little, if you want to (tears are often very beneficial), and, when you feel clean and refreshed, study up some beautiful thing to do for the person that lacerated you. Time will come when you can do him a decided kindness. Then you'll be able to convert one more soul into the kingdom of goodness. That's an extremely charming cure, the more you think about it. Therefore, why not spend considerable time doing kind acts for persons who have injured you? To be sure, it may hurt like everything to be kind to some one you do not love. But the pain will pass, leaving you with a cheered, healthful feeling.

It is often a good plan to push sensitive young folk out into the world, that they may see that people are not engaged in hurting one another. This is one way to compel them to imbibe common sense. While they are getting their eyes opened, some one who loves and understands them should keep his protecting arms round them (both literally and metaphorically), and let them know that there is at least one person on whom they can rely. This will make love spring up in their hearts, and do them as much good as anything. A good, true friend is one of the greatest blessings that any one can have.

Father or mother, be a friend to your shy little boy or girl. Big brothers and



sisters, show your small relatives that you are not incensed with, but interested in, them. Assist the poor little souls to grow up right, and don't make them sensitive—at least, not wrongly so. Indifference is a killing force. Confidence is a leading key to happiness in a home. The lack of confidence is the cause of untold ill feeling. O, if there is a little, loving heart in your midst, don't kill it and make it morbid! If some little genius is showing early talent, lovingly, tenderly assist him. As a rule, children that display an early love for music, "drawing pictures," and an interest in beautiful things, are, and will be, sensitive. Encourage them to be truly sensitive—not morbidly erratic.

There may be said to be two kinds of sensitiveness. The first, true kind, in persons wisely loved, understood, and assisted, makes them susceptible to everything good. They have unlimited love, kindness, and goodness in their hearts; and they willingly part with their gifts for the benefit of humanity, gaining more and more, all the while. They are above meanness, but not above helping the mean. They are the people most like Christ.

The second, wrong kind of sensitiveness, in persons that came up "any old way," without any assistance, is probably good sensitiveness gone wrong. Ugly, irritable, hateful, bitter, and cruel feelings are the result. Many (perhaps most) persons will find that

they have both kinds of sensitiveness—neither has conquered yet. If this is your case, the way out is easy. As previously suggested, cultivate the good part of yourself, and the bad will succumb—provided, of course, that you "drop" it.

Plenty of hard work will, almost always, kill the woes of the sensitive; that is, the right kind of work, well and properly done. If possible, find some nice, paying task, such as working for souls, and do it all the time. Or, if you can't do what you would like to do, do what you have to do, and like that. Labor for all you are worth at the duties before you; and, by a right attitude, attract something better.

Endeavor energetically to keep your mind off yourself—also, off the people that make you feel bad. Above all, do nothing foolish, such as flying into a rage. Pray, instead. In spite of all backsets, struggle peacefully to be right and do right. In time you will find that you have left everything undesirable behind you, and have arrived on firm, high ground, where you have always desired to be.

Unlimited quantities of exhilarating, outdoor air will do wonders for the sensitive person's nerves, especially if his deranged feelings are due to ill health. Canvassing and working in a garden are two charming ways to make one feel well and happy. Either work also pays highly in other ways.



# CURRENT COMMENT



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

## Dirty Milk and Infant Mortality

WHEREVER the connection between these enormous losses and the method of feeding is investigated, the result of the inquiry is the same, and is condemnatory of artificial feeding. From various reports of British medical officers of health, recently submitted, the following figures are taken as indicative of what might be expected in the way of results wherever the subject may be investigated. In one district of 2,800 infants, 1,960 were suckled, and 840 were bottle fed; and of the former but two died of diarrheal disease, while of the latter the number was fifty-nine. But for the beneficent influence of the natural method of feeding, the 1,960 should have shown, instead of a diarrheal mortality of two, one of 138, reckoning from the rate obtaining among the 840 that were bottle fed. Thus the danger of death from diarrheal disease was seventy times as great among the bottle fed. In another district ninety-six infants died during seven weeks of the summer of 1905, and seventy-five of them died of diarrheal disease; nearly every one of these was bottle fed. In still another, of all the infants that died of diarrheal disease between the ages of six and twelve months during an entire year, eighty-nine per cent were bottle fed. And practically all reports in which infantile mortality is discussed mention improper feeding as the one great cause.

An investigation on a large scale was

that of the methods followed in feeding the 4,075 infants that died in Munich during the year 1903. This revealed the fact that 3,395, or 83.3 per cent, of the number were bottle fed.

And now may be asked the question, What is there about bottle feeding that makes such a difference? Of minor importance is this fact, that cow's milk is different in character and composition from that of the mother; but of tremendous importance is this other, that ordinary market milk is, almost everywhere, a polluted, dirty food. . . .

The householder in the city takes everything on faith. He knows nothing of the conditions at the farm, or whether the cows are diseased; he knows nothing of the conditions obtaining during transportation; he does not see the disgusting tasting process to which the peddler subjects each can before its final acceptance,—the lapping of stoppers, the dipping out with a spoon which passes from can to mouth and back to the next can, while the taster spits about him on all sides that which he has tasted; sometimes the hand itself is dipped into can after can, and lapped by the expert in tasting.

The consumer does not see the process of dumping the milk into large receptacles, visited by swarms of dirty flies that have but just before been paying visits to all manner of vile refuse in the vicinity. If they fall in, instead of merely tracking dirt in on their feet, so much larger a contribution do they make to the flora of the milk.



The consumer does not see the horse stable in which the milk is put up for family trade and stored until the following morning, when it will be delivered so early as to satisfy the demand for milk right from the farm. If he buys it in a shop, he knows nothing of the manner in which it is stored and handled by the additional middleman.

All the customer knows, as a rule, is this: that the milk is delivered at his house in nice glass bottles early in the morning,—and he lets it go at that.—*Monthly Bull. Mass. State Bd. of Health.*



### Clean Milk

THE profession is coming to realize more and more every day that clean milk is an absolute prerequisite in infant feeding; that more depends upon this than upon any other single element. In consequence, in many cities the bacterial contents of all milk must be stated, and none allowed that contains more than a certain standard.—*Pediatrics.*



### Cure for Dirty Milk

WHAT is the cure for dirty milk? Some say that if we sterilize or Pasteurize, all will be well. But why injure the biologic properties of milk by heating? Why permit the pollution of milk by excrement, then kill the bacteria by heat, and swallow the mixture? Why drink fecal matter and pus, even though it be sterilized?

The remedy is simple. We should insist upon clean milk, and be willing to pay for it; encourage the production of a sanitary supply, and refuse to buy excrement and pus; buy of the man whose supply costs a cent or two more a quart to produce, and let the sloven learn that cleanliness is an asset, and filth a heavy load to carry.—*Bull. Mass. State Board of Health.*

### The Early Use of Solid Foods

SEEING many healthy, robust infants under twelve months of age, who have been allowed, by indulgent parents, to satisfy their appetites at the table, has led me to think and experiment along this line, until I have arrived at the conclusion that the recommendation of nearly all our writers are erroneous, and the earlier use of solid foods should be practised among artificially fed children, in order to obtain the best results in the health, growth, and development of the infant. I firmly believe in educating and developing the digestive organs of the infant so that such foods as are allowed by many writers at the age of twelve months may be used at six, accomplishing better results toward growth and development. . . . The plan adopted by me for educating and developing the digestive organs of the infant so that the earliest use of solid food can be made, consists in allowing foods which contain starchy elements.—*John W. Kyger, M. D., in Pediatrics.*

[Granose biscuit is excellent for the little tot to work his gums on. He gets a little nourishment, enjoys it, and at the same time develops his power to digest solid food.—ED.]



### Infant Hygiene

DURING warm weather no mother should put her babe to bed at night without a bath in cool water, not alone as a matter of cleanliness, but to fortify it against the depressing effects of the following day, and thereby disease. If this were religiously carried out, the family physician would be robbed of many a fee, and the household of much anxiety. It gives tone and vigor to the nervous system, quiets restlessness and irritability, producing calm and refreshing sleep.—*Pediatrics.*



## An Object-Lesson on Pure Food

A NEW YORK chemist is reported to have treated some of his friends to what he called a "synthetic dinner," each article of food being an artificial substitute for the real thing. It is not stated how well the materials tasted, but it is rather significantly added that after the dinner the chemist's friends joined the ranks of the "pure fooders."—*Journal of the American Med. Assn.*



## Alcohol as a Medicine

"WITH many physicians, alcohol has always been a standby in septic conditions. Patients with septicemia are filled with whisky, despite the depressant effects of large doses of alcohol, as if the alcohol were expected to kill the bacteria in the circulation or at least to neutralize their toxins. Yet there are many facts that do not harmonize with this procedure, and a large number of physicians assume either a skeptical or a strongly antagonistic attitude toward the beneficial results claimed for alcohol in septicemia. No one will question the greater mortality of pneumonia in alcoholics as compared with that in normal individuals; and pus infections usually progress with excessive virulence in patients with delirium tremens; in general, chronic alcoholism seems to lower decidedly resistance to infectious diseases. It is, therefore, quite reasonable to question the idea that acute alcoholic intoxication will protect against these same infections. As far as clinical experience goes, testimony can be readily adduced for both sides. Experimental work with animals has generally indicated that all forms of narcotics make them more easily overcome by bacterial infections.—*Journal of the American Medical Association.*

## Deaths from Alcoholism

ALCOHOLISM is more frequently the cause of sudden death than is reported, because some do not want the stigma in the family recorded. As a matter of fact, alcoholism may cause death by producing a congestion of all the principal organs of the body, with no appreciable lesion in any. A middle-aged man of fine physique, carrying over twenty thousand pounds life insurance, died suddenly one morning while dressing. Autopsy showed considerable congestion of the brain, lungs, liver, kidneys, stomach, and slight atheroma of the aorta. A chemical examination of the contents of the stomach revealed no poison, and the death certificate was filed, giving as the cause of death no appreciable lesion sufficient to produce death. It was afterward learned that he was a very hard drinker, but not becoming intoxicated easily, it was not known to many of his friends. The evening preceding his death he used alcoholic beverages freely. Nervous inhibition is the only way to account for some deaths from alcoholism.—*Family Doctor.*



## Waning Popularity of Alcohol

WITHIN the last few years alcohol has become less and less popular as a drug in public hospitals and where it has been chiefly employed for external applications as a bath in fevers. Formerly alcohol was thought to be very useful as a bath in fevers. Formerly alcohol was thought to be very useful as a tonic for worn-out elderly persons. This theory is also rapidly passing away. Nearly all the old people's homes and hospitals for the aged have abandoned spirits as a tonic.

It seems to be a settled conviction that alcohol used medicinally as a beverage is depressive and lowers vitality, lessen-



ing the oxygen-carrying properties of the blood corpuscles, and increasing the waste of the system. Several authorities urge with great positiveness that the use of alcohol favors the growth of toxins and bacterial products in the body, by its disturbing action on nutrition.

One of the recent conclusions, which is confirmed by daily experience, is that alcohol, taken either as a drug or as a beverage, has a cumulative action. The apparent good results are misleading, and the invalid who has taken spirits in moderation for a long time, with the belief that he is regaining health and vigor, is suddenly seized with acute inflammation of the lungs or kidneys, which he attributes to some trivial cause. A sclerotic (hardened) condition of the arteries, combined with a feeble heart, culminates in a fatal issue. The inference is very clear that the connection between the continuous anesthetic and narcotic effect of alcohol and the final collapse is far more intimate than we realize.—*Review of Reviews.*



### Children's Voices

A FRIEND, who has spent many years abroad, remarked: "It does seem too bad that American children should have such disagreeable voices. They are acknowledged to be bright and attractive, yet because of their high pitched, disagreeable voices they are shunned. Travelers avoid a car or a hotel in which there are young Americans." Why is this? — Largely because our children are imitative, and, as our voices are not well modulated, neither are theirs. Is the unmusical voice a necessary American trait? Throat specialists tell us that although our climate is inclined to sharpen the tone, a certain sweetness and a low

pitch may be maintained with proper care. A child is soothed by gentle speech, and irritated by harsh tones. Of course you read aloud to your child, every mother does. Let this be done with constant watching of articulation and tone. This is good exercise for the reader, and a means of culture, in more than one respect, for the child. Never rebuke in anger; keep quiet until you can speak sweetly and firmly. One point which cultivated foreigners notice is that our young people call their messages from a distance, instead of going to the person and quietly waiting for an opportunity to speak. Shouting through the house is unpleasant and uncultured. A child should understand that it is not to break in upon conversation. This last performance is considered "very American" abroad.—*Good Housekeeping.*



### Germ Mania

IN these days of scientific discovery we fear too exclusive attention is being paid to germs. Almost every human malady has been traced directly or indirectly to micro-organisms. There is a tendency to overlook the great fundamental fact that germs are, after all, only the exciting cause of disease. The healthy organism is thoroughly able to defend itself against all comers in the shape of germs. Bad habits open the door to the germ enemies of life by producing conditions which favor infection and germ growth within the body. Wrong habits of eating and drinking, neglect of exercise and other matters essential to health, break down the body, and leave it an easy prey to scavenger and parasitic organisms, which are powerless to invade a healthy body.—*Modern Medicine.*



## THE MEDICAL MISSIONARY AT WORK



### Karmatar, India

NIGHT after night I am out on an ox cart, returning home at eleven and twelve o'clock, and later. I have patients at the house in the forenoons, and am free to go out afternoons to visit patients. But ox-cart riding is so slow, it is a great waste of time. Week before last I went three times to Niampur, a distance of seven miles. Leaving at three or four in the afternoon, I did not reach home until six or seven o'clock the next morning. It took six hours to go seven miles. Of course I could walk it much more quickly; but if I use all my strength in walking, I have none to give patients; and, besides, I have to take many things to use in giving treatments. I have to plan to sleep as much as I can on the ox cart, so as to be ready for my work. We need a horse and cart very much. I think one hundred and fifty or two hundred rupees would get the whole outfit. I wonder if some one in America could not give that amount, and not feel it in the least—not some one who is continually sacrificing to give, but some one who could give of his abundance. I could do so much more if I had a horse and cart. There are many sick and suffering who are too poor to send a cart, and I have no way of going to them.

Occasionally I have some amusing experiences. Usually when people come for a doctor, they have become so ill that there is no time for anything but anxious thought. But a few days ago I was called to see a zamindar. When

I arrived, I found he had a sore finger, and his attendants were trying to relieve him by pushing the blood into his finger, and he was groaning and tossing about. I at once put his arm and hand into hot water, and he was almost instantly relieved. They said among themselves, "We could have done that if we had known." A native doctor had lanced his finger. I asked how much the man paid him. He replied that it was one rupee if he got well, and nothing if he did not; and as he was no better, he was going to give him a beating the next day.

SAMANTHA E. WHITEIS.



### Canton, China

WE are searching for a good location for our medical work. We intend to have a building large enough for a chapel, also a room for a Chinese boys' school. I have every reason to believe that the medical work will be self-supporting in a little while. During the month of October I made twenty dollars, and have paid for all the medicine bought since coming to China. This is a fair start, as I have not even put out my sign or advertised in any way whatever. The people have simply heard of my coming, and have called at our house. One case lives six miles up the river, in a village of a few thousand people. It takes me three or four hours to make the trip, as I have to go by water, in a sampan.

I have also received several letters from persons in villages farther inland,



who wish to come to be treated. I have not yet answered their letters, as I have no place for them to stay.

It is surprising to see how these people take to foreign medicine and treatment. Their ideas have changed much in the last few years. They are willing and ready to pay for all medicine, and for doctors' visits, too. I have had no difficulty in that direction so far.

I have been asked to teach one day each week in the Chinese medical college here in Canton, and will begin next week.

LAW KEEM, M. D.



### Cairo, Egypt

You must not be alarmed by the headlines which you see in the papers regarding the disturbances in Alexandria, for the matter is much exaggerated. It is true that the ignorant fanatics—about eight or nine millions—are stirred up against the Christians, and that if they should break the bounds, lives would not be worth much; but I believe they will be controlled by the intelligent natives and foreigners here. The educated natives are not very religious, and I believe they know that a war in Egypt would only make matters worse, as far as gaining liberty from English rule is concerned. The Moslems are very kind to me, and yet I know if a religious war broke out, I could not be saved by my Moslem friends. But I am not at all alarmed, and am continuing my work, and still look forward to the day when my work for young men shall be opened.

The weather has been very cool. Last week the temperature ranged from thirty-two to fifty degrees; and as we have no stoves or fireplaces in the cold stone houses with ill-fitting windows and doors, you can imagine the chilliness of day and night.

J. M. KEICHLINE, M. D.

### Bridgetown, Barbados

I AM truly glad to be able to report that the two nurses who have recently entered the work here are doing as well as could be expected from the start. It is only the second week since they began to advertise, and they have had several cases, and taken in about three pounds in cash. They have entirely cured a little boy from one of the best families, of rheumatism. They find the doctors, on the whole, friendly. They are not spending much money at first, but have put a card in two of the leading papers, got out one thousand circulars, and business cards, to leave with the leading people, and put in a telephone. They are giving massage, electricity, and hydrotherapy treatments at private residences, but it is evident that we shall have to fit up a room for treatments. As soon as it is certain that the work will be well patronized, we will open treatment rooms down town. The friendly attitude of the medical profession is an encouraging feature. Pray for the success of this branch of the work.

GEO. F. ENOCH.



### Kobe, Japan

DURING 1905 we received patients from twenty different cities in Japan, scattered all the way from Sendai, eight hundred miles north, to Nagasaki and Kagoshima, five hundred miles southwest. Also, a few patients came from China, Formosa, the Philippines, and India. Our income for the year 1904 showed an increase of fifty per cent over that for 1903. Likewise, the income for 1905 was fifty per cent greater than that of 1904, besides we did five hundred dollars' worth of charity work for families who had lost their all from the destruction of merchant ships by the Russians. The number of house patients for last year was sixty-six per cent



greater than in 1904. Seventy missionaries have received treatment here since we began. S. A. Lockwood, M. D.



### The Medical Missionary's Call

IN his "Appeal Addressed to Pious Physicians," written soon after his arrival in Persia, Dr. Grant thus alludes to the time when he decided to leave all for Christ, and to go forth as a medical missionary: "A young physician, who had an extensive and increasing practise in one of our flourishing cities, had thought much of engaging in the work, but as often as he considered the matter, he dismissed it, under the plea that, much as laborers might be needed, yet there were so many obstacles in *his* way, that *he*, at all events, could not go. Others were better qualified, and had far less to detain them at home—they might go; but they did not. The call was urgent, and what was to be done? He prayed over the subject, and resolved on a more thorough examination of personal duty. He took up his former excuses one by one. He asked, Can I do more at home or abroad for the conversion of the world? In this view, where am I most needed? Here, I may relieve much suffering, and perhaps prolong some valuable lives; but should I go, others could do that just as well, and I should not be missed. Abroad, I may relieve a hundredfold more of misery, perhaps save the lives of missionaries of inestimable value to the cause, and that, too, when no one else will do it. Here, I have many opportunities of working for Christ, but what are they in comparison with those abroad, where I may be the only spiritual guide to thousands who would never be reached by another? Here, if I prosper, I can give liberally, and labor for the heathen by proxy; but money alone will not do the work, and laborers, especially

physicians, are not to be found. Here, as an officer in an influential church, and in connection with various benevolent societies, I may do much; and many think I ought not to change a certainty for an uncertainty; but do I not know that those churches that do the most for the heathen, and send forth the most laborers, are the most blessed of God? Can I not, then, do most for Christ at home by going in person to those who sit in darkness?

"But there are other ties, entwined with the tenderest feelings of nature; and how shall they be severed? How shall I leave my parents in their declining years? How say farewell to my sister and brothers? More than all, how can I leave two darling children alone in this selfish world? In these questions, so far as mere feeling is concerned, though the heart thrill with agony, it should not turn the Christian from duty. My parents are not dependent upon me, my going may be the greatest blessing to my brothers and sister, and what can I do for my children that would not be done for them if I am gone? The great thing to be done for a child is to fit him for usefulness here, and for the enjoyment of God in heaven. For this, agencies can be provided, and superadded will be a parent's example, turning their attention to the great work he prays they may be qualified to pursue. If God calls me to leave them for his sake, he will take care of them. It may be the duty of others to go, but would I let my neighbor die of hunger because his rich brother ought to feed him rather than I? No more can I let millions perish because others do not give them the bread of life. I can not, I dare not, go to judgment, till I have done the utmost God enables me to do, to diffuse his glory throughout the earth."



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, National City, Cal.

### Home Food Studies—5

MRS. D. A. FITCH

THE week sped rapidly by, and its termination found the Rane family and their young guests of the evening eagerly waiting for the lesson time to arrive. All preparations being completed, Mrs. Rane began by saying: "We have what you sometimes call a 'hard lesson' in school. It is not so difficult to learn the theoretical part of it as to put into daily practise what we have learned. Hal, will you tell me what is the office of the proteids, or the nitrogenous elements?"

"Yes, mother," said the diligent student; "it is to build and to replace tissue. Now please let Charles tell what the carbonaceous elements do."

Charles, willing to do honor to Hal as his teacher, readily responded: "I think they give heat and energy. Am I right?"

"Both of you are just right," said Mrs. Rane. "Now let me see how well we agree as to the amount of each class needed to keep us well and strong. Do we need most of building material, or that which gives power to use the tissue built?"

This was truly a question of which they had not thought, and it caused bright eyes to glance toward one another, but principally toward the

teacher, as if to gain from her the foundation of a "guess," if nothing more. Flora was the first to venture an answer, and it was to the effect that we need an equal quantity of each. After each young person had expressed an opinion, Mr. Rane said, "It seems to me our bodies are something like an engine which will use many times its weight in fuel in order to do the work expected of it."

Mrs. Rane resumed the instruction by saying, "Or as a stove requires much more than its bulk or weight in fuel to make it serviceable to us for any length of time, so the human body is not useful unless its fuel several times exceeds its building elements. What its fuel is to the stove, the carbonaceous elements—starch, sugar, and fat—are to the human being. The stove will consume many times its weight of fuel before it will need any repairs. Unlike it, the body, being in a state of constant waste, needs daily replenishment. Nature has made no provision for the storage of the nitrogenous elements any more than the thrifty manager sets apart a room in his house for storing quantities of all kinds of material for needed repairs far in the future. They would be



occupying valuable space; so he chooses to secure them when most needed.

“A small excess of the carbonaceous elements may be cared for without injury; yet if we can obtain proper knowledge so as to eat in the best way, we shall derive more benefit than from haphazard swallowing of food. Eminent physiologists and food analysts have demonstrated that the average daily waste of the system is three ounces; consequently three ounces of new building material must be taken in each twenty-four hours. Twenty-one ounces of water-free food is sufficient to meet the daily necessities of the average person. If three ounces are nitrogenous, then eighteen must be carbonaceous. This leads to the conclusion that the proper proportion of the food elements must be six of carbonaceous to one of nitrogenous. Authorities differ on this point, but six to one is a mean between two extremes. The needs of a person must be determined by age, weight, vocation, climate, etc.

“It thus becomes apparent what a nice thing it is to decide upon a correct dietary. If each food contained the food elements in just the right proportion, it would be an easy thing to determine the question. But foods, as a rule, are lacking in one or more of the elements necessary to nourish the body. This deficiency must be supplied by use of other foods containing in superabundance the elements deficient in the first. For instance, potatoes are deficient in the nitrogenous elements, so we ask, ‘What shall we eat with them?’ Lean meat, mature beans, peas, lentils, and most nuts have an abundance of the nitrogenous elements, and so will fully supply the lack in the potatoes. Now do not understand us to say that lean meat or any other thing is a good food simply because it contains the necessary ele-

ments of nutrition. A good thing may be so accompanied as to be unsafe, and so it is with flesh as food. So much of poisonous, broken tissue must be taken with it, that the results are unfavorable. Rice is not a good concomitant of potatoes; for it, too, is deficient in the nitrogenous elements.

“Little has been said about the mineral elements. While small in amount, yet they are important because they enter into the construction of the brain, nerves, muscles, bones, teeth, and hair; but for the scope of these studies it is sufficient to say that they so thoroughly accompany the nitrogenous elements that we have no need to search for them. If we have enough of the nitrogenous elements, we shall be sure of the mineral in plenty.”

Although the lesson had been somewhat lengthy, yet all would have been glad to hear more concerning the wonderful things connected with their bodies. Some one suggested Ps. 139:14 as a good text of Scripture on which to think: “I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.”



### The Art of Arts

SOME maids are gifted with the art  
Of painting like the masters;  
To dullest canvas they impart  
The freshness of the pastures;

While others, with the ready pen,  
Find hours of busy pleasure  
In polished prose, or then, again,  
In light poetic measure.

Another, like a woodland bird,  
May set the sad world ringing  
With carols sweet as ever heard;  
Here is the art of singing.

But there's a maid and there's an art  
To which the world is looking,—  
The nearest art unto the heart,—  
The good old art of cooking.

— *Selected.*



### Beaten Biscuits

WE call them beaten biscuits because to pound them with a hammer or other utensil used to be part of the program. But it is twelve years since the writer made use of this noisy method. The dough may be manipulated in various ways. Ordinary kneading, picking off in small portions for several times, stretching, etc., are all good and quiet methods. For me the most satisfactory results are obtained by grinding through one of the ordinary meat mills now so much used in many kitchens.

Almost any good flour (Graham flour is not satisfactory) makes a good biscuit, though that which contains the least gluten requires the least shortening. The usual liquid is sweet cream somewhat richer than full Jersey milk. Other articles may be so combined that they may be used instead of cream; for instance, cold water to which is added cooking-oil or other fat to produce the desired degree of richness.

With flour and liquid at hand the work may be begun. Have all materials as cold as convenient, and work in as cool a place as is compatible with health. Pour a spoonful or so of liquid into the flour, and immediately make up a hard but loose dough. Lay it on the board, and proceed until all material is used. Press the mass together and knead it by any of the suggested methods. The dough should be of a consistency requiring no more flour to clear the board. Do not allow it to be soft at any stage of the process, for it is air which expands by the heat of the oven, and in a soft dough no air is likely to be incorporated. When sufficiently manipulated to be smooth and give a sharp, snapping sound if pulled apart, it is ready to be formed for baking. Divide into portions the size of a large hen's egg, and form into balls

much as a loaf of bread is brought into shape for the tin. Any unevenness should be firmly pinched together, and should form the bottom of the biscuit. Somewhat flatten the ball, and make a perforation through the center by allowing the thumb and finger to meet, being thrust in from top to bottom. Lay separately on tins, or better, on perforated sheets, and bake much as light bread, though not so long. In thorough baking is their special utility.

MRS. D. A. FITCH.



### A Dish-Pan Bain Marie

Two dish pans of like size make a good bain marie, at least better than none at all. In one of them put a few inches of water, and set over the fire. Having the foods cooked and in suitable receptacles set them in the water, covering each so as to keep out the condensing steam. Several bowls or jars may be set one above the other until twice the height of one pan. Invert the second pan over the first, and have the water boiling. Some kind of convenience like this is very necessary when food must be kept hot for an hour or so.

D. A. F.



### Mashed Beans

THOROUGHLY cook navy beans until quite dry. Pass through a fine colander. Season with salt, and add a little flour to keep them from crumbling too much. Bake in a broad pan until rather dry and brown. If properly prepared, they will slice nicely. A palatable addition is tomato sauce. If you wish to add sage or any other herb, you will call them savory beans. The same recipe applies to Scotch peas or any other legumes.

D. A. F.





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

### The Healthy Way

LOVE God, and love to study health,  
 And God will love to give you wealth.  
 A body that is clean and pure  
 Is more than likely to secure  
 A healthy mind; and this can teach  
 The soul to outward, upward reach;  
 And when you have a healthy soul,  
 You easily can find the goal  
 Of all true riches. Heaven's heirs  
 Are more than multi-millionaires.  
 So, if you'd reap eternal wealth,  
 Love God, and love to study health.

— Benjamin Keech, in *Ram's Horn*.



## Rational Remedies for Common Diseases

Mrs. E. G. Hinton

YOUR Committee on Program did not select this subject with any thought of antagonizing our medical friends, or of superseding them. Neither can we hope in the short time we spend together, to in any way do it justice, for it is one of such breadth that one hardly knows where to begin nor where to end. If, however, something shall be said which will prove helpful, and encourage any of our number to make further study for themselves, we shall consider the time well spent. Perhaps a short history of water treatment will be of interest.

That bathing was practised to a considerable extent by the Egyptians at a very early period, is evidenced by both sacred and profane history. The code of laws prepared by Moses under divine instruction for the government of the

Hebrew nation after its departure from Egypt, made bathing a prominent feature. The ancient Persians held the bath in such high esteem that they erected magnificent public structures devoted to bathing. According to the statement of a German physician, the Persians still continue the use of water as a remedial agent, especially in cholera times, when pails of water are, in some cities, placed at the street corners and along the road to be in readiness as soon as the individual is attacked. The mode of treatment is the cold douche, followed by vigorous friction of the skin.

The cold bath was employed among the Greeks. Lyeurgus, the famous Spartan legislator, prescribed its daily use by all his subjects, not excepting the

\* Paper read at the Women's Circle, Mountain View, Cal.



tenderest infant. In later times the warm bath was introduced, and stately buildings were erected for the accommodation of the bathers.

The Romans excelled all other nations in the sumptuousness of their bathing arrangements.

Although the Arabians are, at the present day, looked upon as a horde of wandering wild men, a thousand years ago their physicians were among the most learned of the age. One of the most eminent of them describes a plan of treating smallpox and measles which would scarcely be modified by the most zealous advocate of water treatment at the present day.

Three centuries ago public vapor baths were very numerous in Paris, being connected with barber shops, as are many baths in this country at the present time.

The Germans of olden time were very fond of bathing, and during the Middle Ages when plagued with leprosy, the national faith in the virtues of the bath was manifested by making it a religious duty. It is related of Charlemagne that he used to hold his court in a huge warm bath.

In the early part of the eighteenth century a Sicilian named Bernado acquired the title of "cold water doctor," from his exclusive use of cold water in treating the sick. At the very beginning of the eighteenth century Floyer published a history of bathing which contains accounts of many remarkable cures effected by means of the bath, which he recommended as a most efficient cure for numerous diseases.

A noted German medical author in a recent article on typhoid fever, accords to cold water the first place for reducing the temperature. The use of water for this purpose is at present attracting much attention, and it is safe to predict

that it will soon occupy an important place as a remedial agent.

It is a grievous popular error to suppose that any one can apply water as skilfully as the most experienced physician, and that its successful application requires no knowledge of the structure and functions of the human body. No doubt this has grown out of another error, perhaps quite as common,—that water treatment is so simple it will do no harm if it does no good. Such notions have frequently led to most disastrous results. Water is one of the most powerful remedies. And while it is far safer in the hands of the uneducated than such agents as opium, chloral, alcohol, and most other drugs, yet it certainly requires careful usage, and the more scientific knowledge the user possesses, the more successful will he be in its use. It is true that most ordinary diseases are commonly so devoid of danger under careful nursing and hygienic management that the application of water is a simple matter which any intelligent mother can manage successfully. It is especially important that the people should become intelligent in the use of this excellent remedy, since there is no doubt that one of the greatest obstacles which stand in the way of its general introduction by all intelligent physicians is the difficulty in getting people to carry out with care and accuracy the measures prescribed. Water is not the only remedy for disease; for in nearly all cases sunlight, pure air, rest, exercise, and proper food are hygienic agencies quite as important as water.

Many organs often become torpid or inactive, the skin and liver especially; no remedy will so readily induce a return of activity to the affected parts as alternate hot and cold applications, continued for fifteen to thirty minutes, or



more. This is one of the best applications for the relief of old pains. Short applications of cold water in the form of douche, spray, or ice rubbing are also an excellent means of increasing functional activity.

It is often important to affect certain organs through their nervous centers. Water properly applied will accomplish this. A fomentation applied to the abdomen will often remove headache, and is an excellent remedy for general nervousness, seeming to affect the whole system just as galvanic electricity when applied to the same locality.

The fomentation is an excellent remedy for pain of any kind, being useful even in childbirth.

When you have a headache, in place of antikamnia, or the one thousand and one other remedies so widely advertised, try a hot foot-bath.

For constipation try a glass of cold water half an hour before breakfast every morning. Old chronic cases have been cured by this simple remedy.

For indigestion, in place of after-dinner pills, try the wet girdle at night. It not only helps the digestion, but is excellent for "that tired feeling," being one of the best tonics known.

Much more might be said, but our time is limited. The subject is one of intense interest and importance. What a pity we do not devote more time to the study of it. The Scriptures tell us we were made in the image of God, and we are commanded to present our bodies a living sacrifice, holy, acceptable unto God, which is our reasonable service. And yet we are content to know so little of this wonderful structure, and so little of nature's laws governing it, preferring to spend our time following the fashions of the day, in novel reading, or in popular amusements. Shall we not devote

less time to such things, and more to this important theme?



### How to Punish a Child

HAVE you ever given a child the privilege of choosing his own punishment — either a whipping, or the deprivation of some beloved treat, solitude in his chamber, or some other form, and had him prefer the whipping "to have it over with"? Doesn't this prove it to be the lesser punishment — something to be borne with stoically, as a necessary evil, perhaps, but forgotten the next moment in some pleasure or recreation?

If, however, upon mature deliberation, it seems expedient to apply the rod, let it, by all the regard you have for your child's self-respect, be done in the privacy of his own room, and not even hinted at before other children. There seems to be a strain of cruelty in the make-up of some children that delights in another's punishment. If a child must be punished in this way, if every other expedient has been tried and found wanting, and it seems that he will learn the desired lesson in no other way (for let it be understood that punishment is given for no other reason than reform), then shut him up in one room and yourself in another, until your anger has had time to cool, and he to reflect. Then with calm face, a prayerful and sorry heart, and a dignified demeanor, go to him and do the job thoroughly and well.

Keep him closeted until the fierceness of his emotion has worn away. Then take him out, bathe and clothe him afresh, and *keep him with you*. Talk to him, not about his offense, — you have punished him for that, — let it drop. Cheerfully expect it not to happen again. Be kind and loving to him, and prove by your actions that he has grieved you. — *A Mother, in Good Housekeeping.*



# QUESTIONS AND ANSWERS

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

**186. Dandruff.**—L. T. R., O.: "Is dandruff a disease? Is there any method of removing it that will not injure the hair? If so, please give it to us."

*Ans.*—No, dandruff is not a disease. It is simply the scaling of the epidermis of the scalp, and is always due to some condition of malnutrition, often to a dry catarrhal condition of the scalp. Sometimes it is produced by a parasite. There are many methods of removing dandruff that are perfectly harmless, and quite satisfactory.

Wash the hair and head with kerosene, removing as much of the kerosene as possible with water. Then follow with a shampoo, using castile soap. Wash the soap out thoroughly with warm water, which will require some patience, but will be found a very satisfactory method of getting rid of dandruff.

If a very small amount of vaseline is used on the scalp with gentle massage with the tips of the fingers, you will find the results helpful in lessening the amount of dandruff. Repeat this process occasionally for a few weeks, and you will find the dandruff will be decidedly lessened.

**187. Scanty Eyebrows and Eyelashes, Remedy for — Exercises to Improve Circulation.**—I. V. H., Miss.: "1. Can you give some prescription that will cause scanty eyebrows and eyelashes to become more profuse? 2. Give me an outline of some simple exercise that can be quickly taken for the purpose of making the blood circulate more thoroughly."

*Ans.*—You can increase the growth and vigor of the eyebrows very decidedly by the daily use of cold-cream, or what is equally good, and in some instances better, a good vaseline, using a small amount on the tips of the fingers, giving the eyebrows thorough but gentle massage twice a day. You will find cold-cream a most excellent nutritive tonic to the skin, and it will decidedly improve the appearance if the whole face is given a massage daily. It will, however, stimulate slightly the growth of the hair on the face, and this constitutes in many cases a serious objection

against its use. But for the eyebrows you will find the effect along the line desired. The eyelashes may be treated in the same manner. By closing the eyes, the edge of the eyebrows may be massaged quite satisfactorily. This is a very simple, but in many cases a very satisfactory, method of treatment. If cold-cream is used, get a good article, such as Hudnut's. You can get it at any first-class drug store.

There is a multitude of exercises for improving the circulation. Try the following: (1) Stand with the heels together, knees in contact, the feet at an angle of forty-five degrees. Rise as high as possible on the toes. Repeat this rapidly for a number of minutes, the arms hanging at the side. (2) From the same position rise on the toes. Raise the arms at the side until they are vertical. Bending at the hips, bring the arms down as near the floor as you can easily, remaining balanced on the toes. Rise again with the hands over the head, and bring them down to position at the side. (3) Rise on the toes, remain balanced; bending the knees and hips, let the body descend until the hips rest upon the heels. Rise again to position.

These simple exercises, practised for five or ten minutes, will give you a quickened circulation, and a deepened respiration that is very exhilarating, and they have the advantage of being so simple that you can take them anywhere and at any time.

**188. Itching of Scalp — Falling Hair.**—Mrs. J. F. C., N. B.: "For years I have been troubled with an itching of the scalp. The hair falls out and comes in again, but is very brittle. Little sores form at edge of hair, and sometimes the itching is unbearable. I am very nervous."

*Ans.*—You have a dry catarrhal condition of the scalp, which may or may not be caused by a microscopic parasite. We recommend you to wash the hair and head very thoroughly with the following solution: Bichlorid of mercury, 3 grains; water, 8 ounces. Mix. Keep in glass bottle. (This is very poisonous



if taken internally, and therefore should not be left where there are children.)

In ten minutes after using the above, wash the head with pure water, and dry thoroughly. On the following day wash the head with kerosene. Remove as much of the kerosene as you can with water; then shampoo the scalp with castile soap. Wash the soap out with water, which will require some persistence, but when done thoroughly, the scalp will be left very clean and free from dandruff. Dry the hair very thoroughly.

Your general health has much to do with the condition of the scalp, and must be built up.

Once a day massage the scalp with the tips of the fingers. In many cases a little vaseline used once a week and worked well into the scalp is very beneficial.

**189. Cure for Cancer—Removal of Tan.**—J. V. H., Miss.: "1. Is there a cure for cancer? 2. What preparation could you advise for the removal of tan and sunburn?"

*Ans.*—1. Yes, cancer is curable; but to cure it we must remember that cancer is a disease of degeneration. The first consideration is to raise the vitality of the body. The local treatment of cancer when it has manifested itself, is its absolute and complete removal. This can be done either by the use of applications in the form of paste, or by a surgical operation. The latter is by all odds the safer, when properly done in well-selected cases.

After removal, the X-rays should always be used, and used only by one who is expert in this special line of work. Many cases of cancer are thoroughly cured, some by surgical means alone, some by the use of plasters alone, and one of the happiest results the writer has ever seen was secured by the use of the X-ray alone. Surgical removal followed by the use of the X-ray is the safest treatment.

2. Lemon juice is usually very efficient; and is perfectly harmless.

**190. Disinfection of Consumptives' Rooms.**—A. H., Vt.: "Should the room which has been occupied by a consumptive always be disinfected before it is occupied by another person? I do not want to be overparticular, but want to use good sense."

*Ans.*—Yes, we have no hesitancy in stating that not only the room, but the whole house, or at least every room to which a consumptive has had access, should be thoroughly

disinfected before being occupied by any subsequent tenant. Instances are abundant in which persons have contracted this disease by living in rooms which had been previously occupied by a consumptive. A number of such cases have come under our personal observation, and the writer would not think of living in a house previously occupied by a consumptive without thoroughly disinfecting it. We think this will soon be required by all health boards.

**191. Treatment of Broken Arm—Hydrocephalus.**—Mrs. E. M. C., N. Y.: "1. What is the best treatment for a broken arm after taking it out of the sling when it is quite stiff (broken just below the shoulder joint)? Patient is eighty years of age. 2. What treatment would you recommend for an infant with hydrocephalus? Is there any way of holding it by use of the pillow made especially for such cases? 3. What is the best treatment for kidney trouble with frequent urination and sugar diabetes? 4. Is turpentine good for such cases?"

*Ans.*—1. The best treatment for any joint that is stiff, after the fracture of a bone has had reasonable time for repair, is by means of passive motion. This is always advisable in the case of fractures near the joints; but such passive motions should be given by one who is specially skilled in doing this class of work, for the reason that carelessness might cause very serious injury, especially in a person eighty years of age, in whom a repair of a broken bone is somewhat difficult to secure. Light massage in such cases is a very valuable means of securing good motion in the joint. The arm should have massage and gentle, passive movements twice a day until it is restored to its normal functions.

2. There is no treatment for hydrocephalus that is satisfactory so far as cure is concerned. The only rational treatment is the use of such general means as secure the most perfect health and thorough development of the body, so that by its increased growth it may as nearly as possible balance the disproportionate growth of the head. There are some devices made for this class of persons which are quite satisfactory. You can probably get information on this topic from Kny-Scheerer, Fourth Ave., New York.

3. For the treatment of diabetes we would refer you to question 90, in *LIFE AND HEALTH* for June, 1905.

4. No.



# EDITORIAL



## Real Causes of a Cold

RECENTLY there appeared in the *Washington Times* an article which was considered of such value that it was re-published in the Sunday issue. The article begins: "If people would only remember that there are four weak spots on the surface of the body that are specially sensitive to drafts and dampness, we should hear fewer complaints about colds. These susceptible areas, which some one has aptly dubbed 'cold spots,' are the parts through which a chill most easily excites the nervous disturbance, which is at the bottom of all colds; for the microbes which are believed to be the active agents in producing a cold can not act as long as the nervous equilibrium of the mucous membrane is maintained."

Some of our readers will remember in this connection an article by Dr. Norman Bridge on "The Draft Fetish," in which he says: "People do occasionally take colds that are harmless, from sitting in a draft insufficiently clad. But people do not usually take their colds from draft or cold or even wet feet, but more often from fatigue, digestive derangements, overwork, and lack of sleep and rest."

A physician in the *British Medical Journal* recently attributed colds entirely to the action of germs.

Now there is no doubt that drafts do have something to do with colds; so do wet feet; but drafts and cold feet alone

will not produce a cold. There must also be a favoring condition of the body, a predisposition to cold.

There are people who expose themselves to drafts and all kinds of weather changes, and who get their feet wet, without ever catching cold. They seem to be *cold-proof*, if we may use the term. Others contract cold as the result of the slightest exposure, or, sometimes, without any exposure. When there is an epidemic of cold, some are quite sure to be attacked, others are quite as certain to escape.

We find, then, a great difference in the susceptibility of individuals to cold, and the question arises, Is this difference in susceptibility a matter of inheritance, or is it acquired? Not of inheritance, for different members of the same family sometimes vary greatly in their susceptibility to cold.

It has been observed that there are certain habits which increase the susceptibility to cold. And searching for these habits, we find two that are more prominent than the others. First is the habit of dressing or housing so warmly that the skin loses its reactive power, and is constantly kept in such a state of moistness that the slightest draft is apt to produce a chill. The prevention or remedy in this case is to clothe more rationally, and to admit more air into the house, even if it causes a considerable cooling. The daily sponge bath is an excellent means of hardening the



skin. After a person has practised cool bathing for a few weeks, he will feel comfortable in a room where before he would have been quite chilly. People who practise regularly the use of the cold sponge or hand bath prefer a cooler room and less clothing than those who do not take the cold bath; and they are not nearly so subject to colds. To sum up, harden the skin by tonic cold baths, and by having cooler houses and lighter clothing. Of course one should put on extra wraps when going out of the house in cold weather.

The other very important way in which people increase their susceptibility to colds is by overeating, using more fuel than the body can properly burn up. The clinkers choke up the grate, hinder the action of the fire, and disease results, one of the most frequent being what we commonly know as "a cold." People who eat abstemiously rarely if ever contract colds. It is the "good liver" that is most apt to be the victim of a cold. Not necessarily one who is accustomed to having rare and expensive dishes; it may be the poor person who lives largely on beans and potatoes with a few sweets and desserts. It is the *quantity* that does the mischief. Every ounce eaten above the body's need is a tax on the system, and results in using up a considerable quantity of nervous energy. Many people are poor (in more ways than one), and sickly, and thin *because they eat too much*. They sit down to the table and do not know when to quit, or if they do know, they do not have the will power to quit when they know they ought to. Such persons are subject to frequent colds. They may be able to trace the cold to some supposed draft, but they would do better to trace it to one or more heavy meals.

In the Adirondacs, where the weather

is down near the zero-point, consumptives are *kept out in the open air all winter*. They do not get worse, but better under the treatment. The cold, fresh-air treatment would be an excellent one, combined with a carefully regulated dietary, for many a victim of recurring "colds."



### Medical Practise Laws

THE physicians of New York have been energetic in securing the prosecution of "irregular" practitioners. It is unlawful in that State, as in many other States, to practise medicine without a license. Judge Green has recently defined the practise of medicine in a way that has caused great delight among some of the medical fraternity, which rejoicing *The Medical Examiner and Practitioner* thinks ill advised.

Here is Judge Green's decision:—

"The practise of medicine is the exercise or performance of any act, by or through the use of any thing or matter, or by things done, given, or applied, whether with or without the use of drugs or medicine, and whether with or without fee therefor, by a person holding himself or herself out as able to cure disease, with a view to relieve, heal, or cure, and having for its object the prevention, healing, remedying, cure, or alleviation of disease."

*The Medical Examiner and Practitioner*, commenting on this decision, says:—

"Under the interpretation of the court in this case a mother may not give a dose of Epsom salts to her child except by the prescription of a physician, nor can any physician, no matter how well trained, and no matter what the emergency, do the smallest act to relieve pain, nor even to save human life by his art, without becoming *ipso facto* a criminal



unless he has a license to practise his profession in the State of New York. Were a man bleeding to death before his eyes, it is doubtful if he could check this bleeding permanently without incurring punishment. . . . We do not at all question that the judge is right, we fear he is; but if so, the medical practise act in this State is doomed, for it is simply preposterous."

"We have always been advocates of the New York State practise act because we supposed that under its terms the practise of medicine intended the use of this art as a method of making a living. But if it be true that the physician who is not registered and does not practise his profession as this phrase is commonly understood, having come upon a man thrown from his horse, e. g., and cares for him by setting his broken arm, has committed a crime, we have our doubts if the legislature will admit that such is its wish; or that the mother who gives a dose of castor-oil to her baby should be punished; yet under the law both are guilty, if this ruling be the law. Good lawyers say the higher courts will not sustain it; if they do, then the agitation against the law will take a new form less to the taste of those who have misused it."

*The Examiner* editor questioned a number of physicians regarding the action of the medical society in prosecuting illegal practitioners. "The successful men were ready to condemn the action of the society in maintaining these prosecutions; the unsuccessful, especially the very young, approved the same." This would indicate that the law is being used as a measure to shut out competition. If the law is to protect the patient against imposition, well and good. If it is to protect the unsuccessful physician against competition, it is no better than any other class legislation.

*The Globe*, edited by a lawyer, has this to say concerning Judge Green's decision:—

"The real crux of the matter is obviously the fee question. The persons making their living by healing the sick, or pretending to, are indubitably practising medicine. Any definition which goes much beyond this would open the way to all sorts of absurdities. The formal acceptance of Judge Green's ruling would hinder rather than help the anti-quack crusade."



### Unpatented Proprietary Mixtures

*American Medicine*, edited by Dr. George M. Gould, says: "Condemnation of unpatented proprietary mixtures is illogical." Undoubtedly it is, to the man whose dependence is largely on drugs. The progressive physician uses remedies which bring best results, even if they are "unethical" or not recognized as official by the United States pharmacopeia. In fact, the pharmacopeia, though revised every ten years, is at best a poor attempt to register the progress of the profession in the matter of drug using. It is always behind time, retaining some drugs that have been largely discarded as useless, and omitting others that are coming into use among the more progressive physicians. Some effort has been made to induce physicians to confine their prescriptions to the official drugs of the pharmacopeia, but without success. As Dr. Gould says: "The first few patented synthetic compounds of value, beginning with anti-pyrin, practically revolutionized professional ethics in 1884, for they compelled the up-to-date physician to use what was formerly condemned on principle. A few bold teachers set the pace, and defiantly announced that they would use what was known to be beneficial to



their patients, whether it was patented or not, in or out of the pharmacopeia, if they knew what it was, and where to get it unadulterated."

The intelligent layman will wonder why it is that a drug, supposed to be successful in the treatment of a certain disease, and in such high reputation that physicians neglecting to use it are liable to censure,—why such a drug should afterward be discarded as unreliable or useless?

And yet such has been the history of some drugs. Is it not well that the profession is gradually becoming more intelligent in the use of physiological (non-drug) remedies? Will not the physician be better able to make war against the nostrum evil when he himself is largely free from the necessity of using the kaleidoscopic pharmacopeia?



### Effect of Vices on Catarrh

DR. GRAYSON, in his "Diseases of the Nose, Throat, and Ear," in the chapter on chronic nasal catarrh, says: "I can not conclude this sketch of the general treatment of these cases without advising my younger readers [he is writing for physicians], those who may not fully appreciate its necessity, to pay particular attention to their patients' vices. In men we have to contend most commonly with tobacco, alcohol, and sexual excesses; while in women, we must take account of bon-bons and sweets of all kinds, and not infrequently of immoderate use of coffee and tea, particularly the latter. For the man with throat trouble, tobacco is decidedly a noxious weed. It is not only an active local irritant when either smoked or chewed, but if used at all freely, it is almost certain to provoke more or less gastric catarrh, which will impair digestion and nutri-

tion and favor the continuance of any catarrhal process situated in the upper portions of the digestive or air tracts. Alcohol will have precisely the same effect, and even more marked action in producing vascular dilatation and general congestion of the pharyngeal and respiratory mucous membranes."

This is from a man who is recognized as an authority in diseases of the air-passages; and yet, how many tobacco-using physicians reading this caution will heed it? How many physicians treating throat disorders, are able to see the evil effects of alcohol and tobacco? Not the men who use them. We minimize the evil of our vices.



### The Stories That Make Criminals

THE *Washington Times* of March 19 published this item, which may serve to illustrate the manner in which trashy reading helps to make youthful criminals:—

"Detective Cornwell, of the Central Office, returned to Washington at noon to-day, having in his custody Paul Clement and Edward White, fifteen years old, of 17 K Street Southeast, and 1032 South Capitol Street, who were arrested in Alexandria, Va., yesterday afternoon by Policemen Roberts and Smith on a charge of horse stealing. . . . Both are said to have admitted their guilt at police headquarters this afternoon. They said they had been reading dime novels, and understood that anything could be done, 'if the hunters or bad men had horses.'"

This cheap reading can not make the lads any better; it may make them much worse. Parents and guardians do well to keep this class of reading-matter out of the hands of their children.





### Pure Foods

THE pure food bill just passed by Congress, requires that when preservatives are used in foods, the label shall so state in conspicuous letters. Exception is made, however, in the case of codfish preserved with borax.

THE food bill now before Congress is drafted on the theory that every individual should be permitted to eat what he chooses, and that he should be correctly informed as to the ingredients of every food offered for sale, so he may purchase intelligently.

SERIOUS consideration is now being given to the proposition that the federal government take supervision of the milk supply of the country. It is said that local milk inspectors are too much controlled by political conditions to do efficient service.

HERE is a confession received by the health officer of Cincinnati from a dairyman: "I have investigated and find that my night men, instead of putting in filtered water into the milk, used hydrant water. You see, I have been putting a gallon of water into each can of milk because the cows give so little milk now, and it is so rich."

THE Chicago health officers are attempting to secure the co-operation of physicians and citizens in the pure food campaign. The following is from a recent issue of their bulletin: "Now that the laboratory is again in good working order, the commissioner is desirous that the profession and the public shall profit to the fullest extent by its resources and facilities. This is especially desired in the inspection of food supplies, including milk and cream. Samples of suspected food supplies of any kind sent to the laboratory, 215 E. Madison Street, will be promptly examined and reported upon without charge. Co-operation of citizens in this manner — which was materially reduced during the interruption caused by the laboratory removal — will greatly enhance the value

and increase the usefulness of the inspection services."

### Nostrums and Drugs

THE Selma (Cal.) Board of Health has recommended an amendment to the existing health ordinance, making it unlawful to distribute samples of medicine. This for the protection of the children.

THE following resolution was unanimously adopted by the Germantown Homeopathic Medical Society of Philadelphia, at its last meeting, and ordered sent to the daily papers and medical journals: —

"Resolved, That the Germantown Homeopathic Medical Society, of Philadelphia, places itself on record as opposed to the manufacture and sale of all patent medicines or nostrums of whatsoever sort, and requests all members of the medical fraternity to abstain from publishing their articles in any medical journal advertising patent medicines or nostrums.

This Society commends all medical journals and all newspapers which abstain from advertising patent medicines and nostrums for their campaign against the patent medicine and nostrum business.

The Pure Food Commissioner of the State is commended for the work he is accomplishing in this direction, and this Society pledges him its support in all future efforts of the same kind.

The public is cautioned against the use of patent medicines and nostrums as unscientific and dangerous to the general health and welfare."

### Vices

THE State Senate of Maryland has passed a bill imposing a fine of twenty-five dollars to one hundred dollars on persons selling or disposing of cigarettes in the State of Maryland.

A NEW YORK drug manufacturer and importer says that one fifth of the cocain made in this country is used by cocain fiends, and that of the white girls — some not over fourteen — living in Chinatown, New York, sixty per cent are cocain and opium fiends.



### Tuberculosis

A NEW cure for tuberculosis, said to be very effectual, is the injection of from three to ten drams of olive oil daily under the skin.

THE consumptive camp recently established at Washington Grove, D. C., is proving a success. All patients thus far received are being benefited by the open-air treatment.

THE city of Baltimore has appropriated \$21,000 to be used in the free fumigation of all houses where consumptives have died, or from which consumptives have moved.

PROFESSOR VON BEHRING proposes to immunize children to tuberculosis by immunizing the milch cows. His theory is that children fed on milk of immunized cows will become immune to tuberculosis.

THE Massachusetts State tuberculosis exhibit is being placed on exhibition in one after another of the large towns of the State. The expense of keeping up the exhibit is one hundred dollars a week, exclusive of hall rent.

LONDON physicians are advocating the use of paper handkerchiefs as a means of preventing the spread of consumption and other diseases. The linen handkerchief drying in the pocket, serves to spread infectious dust; and in the laundry, infection is likely to spread by means of the infected handkerchief.

PRESIDENT ROOSEVELT has issued to the heads of the various government departments printed instructions as to what they are expected to do to combat tuberculosis. Printed cards of instruction are also displayed in every government building, and violation of the rules there set forth will be considered good cause for discharge.

OF the five hundred and forty patients treated at the White Haven Free Hospital for Consumptives last year, not one died of the disease. Two died of pneumonia. During the year 165,820 quarts of milk and 281,766 eggs were used. There were 114 patients at the beginning of the year, and 134 at the end of the year. Say the average was 125 patients; then each patient had an average of about 1,300 quarts of milk and 2,250 eggs a year, or about four quarts of milk and six eggs a day. Milk and eggs have been recognized as most important foods in the treatment of tuberculosis.

### Sanitation

THE Topeka, Kan., Board of Health has ordered the street railway company to fumigate its cars at least once a month.

THE Massachusetts Legislature had presented before it a bill providing a fine of not more than ten dollars for spitting in any public place, except in the receptacles kept for that purpose.

THE California State Board of Health, recognizing in the streams and summer resorts, the State's "greatest health-giving asset," is investigating their sanitary condition with a view to securing the abolition of unsanitary conditions where these exist. They find the proprietors of resorts, as a rule, ready to cooperate with them in the inauguration of sanitary measures.

### Health Institutions

MORE than three hundred and fifty thousand dollars has been subscribed for the erection of a magnificent hospital in Chicago for the use of the wealthy.

THERE are four thousand hospitals in the United States. It is estimated that these hospitals consume sixty-five million dozen eggs yearly, or about forty-four dozen daily for each hospital.

DR. SIMON BARUCH, of New York, the well-known hydrotherapist, is at Paso Robles, Cal., where he is attempting to organize a national health resort which will pay especial attention to hydrotherapy and balneology.

THE New Jersey Training-school for Feeble-Minded Girls and Boys some time ago employed a physician (Dr. Louise Patterson) familiar with rational methods of treatment. The result was, in the first year, a saving of about eight hundred dollars in the drug bill. The report of the institution for 1905 says: "We have been able to demonstrate that for children at least, treatment that uses as few drugs as possible is much more effective and satisfactory." Dr. Patterson reports that she selected the weak, anemic, and debilitated — thirty-five in number — and gave them tonic baths, electricity or massage as the case demanded, with results that exceeded expectations.



# 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.

WE are pained to record the untimely death of Dr. Alfred Martin Vollmer, who, in response to the call of the General Conference, left his practise in Superior, Wis., and, with his wife, Maude Otis-Vollmer, went to Samoa in 1903.

Failing health, after two years' residence in his chosen field, compelled him to leave the work he loved. He was spared to reach his home. During his last illness he bore intense suffering with marked patience, saying, "My Father in heaven knows all about it, and why I must suffer so."

Dr. Vollmer died at his old home, Milton, Wis., Feb. 15, 1906, lacking only eight days of being thirty years old.



IN the April issue the address of the publisher of "How to Become a Trained Nurse" should have been William Abbott, 281 Fourth Ave., New York, and the price should have been stated \$2.25 instead of \$2. This book, we should have

stated, will be found valuable, not only to those intending to take up nursing as a profession, but to physicians, and officers of training-schools.



WE clip the following item from the Fresno *Sunday Mirror* of March 24:—

" Drs. G. A. and Jessie Hare will soon be on their way to Europe. Dr. Hare was appointed by Governor Pardee as a delegate to the International Medical Congress to be held in Lisbon, Portugal, in April, and the appointment has been indorsed by the Fresno County Medical Society. After the congress the Drs. Hare will make a tour of Europe, returning to this country in time to attend the National Medical Congress. Dr. Hare and his wife are now located in Washington, D. C., and always extend a hospitable greeting to Fresno friends."

We wish the doctors a pleasant and prosperous journey. For the present, inquiries for the Question Department should be addressed to Life and Health, 222 North Capital St., Washington, D. C.

## The Miniature Prophetic Chart

APPRECIATORY WORDS.—The *American Sentinel*: "One of the neatest aids to the study of the books of Daniel and the Revelation, which we have seen, is 'The Miniature Prophetic Chart,' by Elder W. H. Littlejohn."

ELDER U. SMITH: "'The Miniature Prophetic Chart' will give to the intelligent reader a good general idea of the prophecies found in the books of Daniel and the Revelation, and will be a valuable aid to persons engaged in the study of those prophecies. The chart occupies the first page and is 3¼ by 4¾ inches. Accompanying the chart is a key, which gives a clear and concise explanation of all the symbols on the chart in their order. The chart and key are neatly printed on plate paper in a tract of eight pages."

Single copy, post-paid, 5 cents. Large discounts when taken in lots of 25 or more. Address all orders to ELDER WOLCOTT H. LITTLEJOHN, Battle Creek, Mich., R. F. D. 4.



Six young women, trained nurses, under the leadership of Miss Edna Kilbourn, have determined to establish a sanatorium for consumptives in southern California, perhaps in the San Bernardino Mountains. Miss Kilbourn has been connected with the Loma Linda Sanitarium for some time; and it was while here, seeing the large numbers of tubercular patients who applied in vain for admittance, that she determined to undertake the establishment of an institution where this class of unfortunates might find welcome and appropriate treatment. Miss Kilbourn has for some time been endeavoring to interest others in the project of a southern California sanatorium for consumptives. She now believes it is time for her to act. We wish her success.

#### Miscellaneous

DUKE CARL THEODORE, of Bavaria, a wealthy physician who has performed more than five thousand cataract operations, devotes his time entirely to the service of the poor, and never accepts a fee for this work. In addition to this charitable work, he has donated handsomely to hospitals and other charitable institutions.

THE Kansas University Medical School has decided to add to its facilities a training-school for nurses.

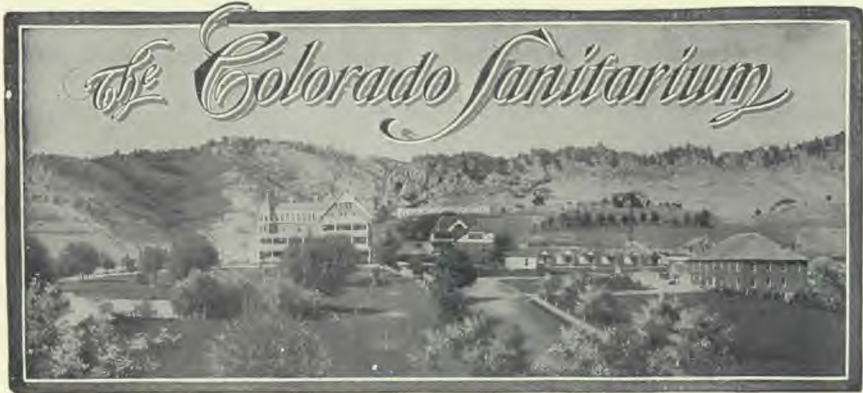
WE have information that the osteopaths have won their fight in New York State, having secured State recognition.

AN article appears in the March *Review of Reviews* in which it is asserted that charcoal especially vegetable charcoal, is an infallible antidote for poisons, if taken promptly. Some of the poisons said to have antidoted by charcoal are strychnin, poisonous mushrooms, potassium cyanid, phosphorus. The charcoal must be taken when the first symptoms of poisoning are felt, and must be taken in large quantity.

THE *Journal of the American Medical Association* has in the March third issue an article on spinal anesthesia by means of magnesium sulphate, in which the author concludes that "intrapinal injection of magnesium sulphate is capable of producing anesthesia, and if carried out with caution, seems to be a safe anesthetic. . . . Immediate washing of the spinal canal should follow the operation in all cases."







The Boulder-Colorado Sanitarium is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the only Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted on the same general health principles as the Battle Creek (Mich.) Sanitarium.

The buildings are equipped with all modern conveniences, including Steam Heating, Electric Lights, Elevators, Gymnasium; Baths of every description, including the Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form. Classified Dietary, Laboratory of Hygiene for bacteriological, chemical, and microscopical investigations; Experienced Physicians and well-trained Nurses of both sexes. No contagious or offensive diseases are received in the institution. No consumptive patients are received.

Write for catalogue and card of rates. Address

## BOULDER-COLORADO SANITARIUM

Boulder

Colorado



# STOP THAT COLD



Before it develops into something worse. *Stop that Catarrh* before it becomes incurable. *Stop that Lung Trouble* before it becomes chronic.

### THE PERFECTION INHALER

Vaporizes the antiseptic medicine which is the healing balsams of the pine woods. The PERFECTION INHALER is made of hard rubber—is carried in the vest pocket.—is dust proof—will last for years—is always ready for immediate use—will give instant relief from acute attacks of *Colds, Coughs, Catarrh, Bronchitis, Soreness in Chest, Hay Fever, or any affection of Nose, Throat, Lungs, and Ears.*

### DON'T NEGLECT A COLD

For colds are the forerunners of many serious and fatal diseases. Don't suffer from their depressing effects when they can easily, quickly, and surely be cured.

### DON'T TAKE MEDICINE INTERNALLY FOR CATARRH

For it only burdens the liver and kidneys to eliminate the poisons.

From the PERFECTION INHALER the disease-destroying vapor is carried directly to the extremities of the diseased organs. The disease germs are thus annihilated, and the fevered or congested parts are relieved.

### DON'T DIE WITH CONSUMPTION OR CONTAGIOUS DISEASES

When they can so easily be prevented by keeping the respiratory passages clean and healthy, and free from disease. A few minutes' hourly or daily use of the PERFECTION is necessary to proper personal hygiene.

For your health's sake, do not delay enclosing money-order for \$1, and we will forward to you by mail, post-paid, one INHALER, with sufficient medicine for six weeks' treatment. Try it for ten (10) days, and if you are not satisfied with what we claim for our treatment, return it to us with the INHALER, in good condition, and we will return your money.

Agents wanted everywhere, ladies and gentlemen. Write for circulars.

BATTLE CREEK INHALER CO., 29 ALDRCH ST., BATTLE CREEK, MICH.