

# The Trials of Babyhood

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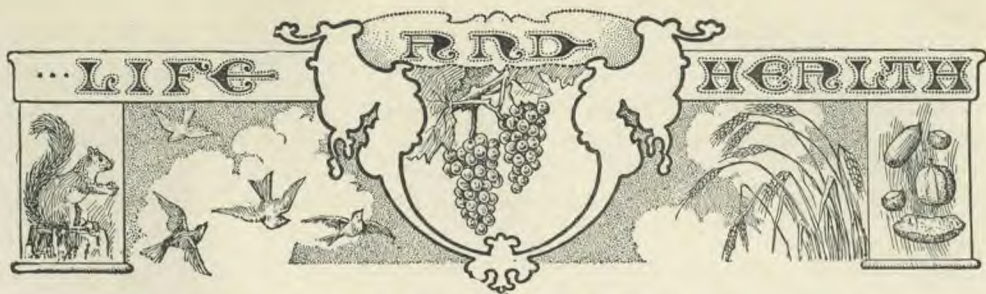
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"Something better is the law of all true living."

## Children and their Care

FREDERICK M. ROSSITER, M. D.

### 1—The Trials of Babyhood

THE baby's entrance into the world is attended with many possible serious complications. The first few minutes are momentous, often determining the destiny of a soul. Upon the very threshold of life thousands fall in the struggle with opposing and unseen forces. Here it is that we behold the tragedies for which no adequate explanation can be made.

The new-born babe is scarcely an hour old before its life must be contended for. Ten per cent of children die during the first month after birth, and the number of deaths under seven years of age exceeds that of all the years following this age.

As a rule, many of the child's worst enemies are found among those who out of the mistaken kindness of their hearts seek to do it good. The average infant at once becomes an experimental laboratory for all the notions and theories of the surrounding neighborhood.

If the baby could talk, what a tale of woe it might tell as to the terrible things it was forced to eat and drink; as to its clothes — tight, uncomfortable, with buttons and safety-pins pressing into its flesh; as to being jounced, and tossed, and tumbled about; as to the general

conviction that babies do not need fresh air; as to the crowning horror of being kept in a hot-blanket pack of twenty-four hours' duration, repeated seven times a week!

There is a very prevalent notion that the new-born must be fed artificially during the first two or three days of life because of a supposed deficiency in the maternal food supply, whereas, if the Creator had intended human beings to have supplementary food at first, he would have made the necessary provision for it. As a matter of fact, the new-born obtains from the breast just what it needs preceding the formation of the milk, and so, to feed it artificially during this time is an interference with its rights, and militates against its happiness.

Furthermore, it is passing strange that in this enlightened age supposedly intelligent grandmothers and nurses still persist in giving the baby sweetened water, with or without peppermint or catnip, to soothe the little one while the mother sleeps! This belongs to the very worst type of inflicted kindness. As a result, grandma is usually deprived of *her* sleep, and then she inaugurates that other bad habit of walking the floor.

Often, so often, the baby's first



months are made almost unbearable by the atrocious and persistent pains of colic. Without warning, in the midst of blissful sleep, perhaps even while enjoying a repast from the maternal fount, a colicky pain comes like a flash of lightning, and to the uninitiated mother her darling's death seems imminent.

Colic is due to indigestion, and to an excess of curd or proteid in the milk. It may also be caused by worry, fatigue, and an improper diet on the part of the mother. If the baby's feet are cold, it is liable to colic. Colic is often relieved by giving quite warm water from a nursing-bottle or with a spoon, and then elevating the head. This enables the gas to pass up from the stomach. Placing hot flannels or fomentations over the bowels, or laying the child face down over a hot water bottle properly protected, will ease the pain. Giving an enema at one hundred and two degrees, using a No. 15 rubber catheter in place of a hard short tube, will usually give prompt relief. The catheter, well lubricated, should be inserted from eight to ten inches, and the water should be allowed to run while it is being passed.

Catnip tea and oil of peppermint are old-time remedies for colic, and are now and then successful. But there are times when, in spite of all that may be done, baby regularly has the colic in the small hours of the morning, when sleep is sweet, and the house is cold. However, this is no occasion for either alarm or discouragement. Babies do not die from colic, and time will be a remedy if nothing else is. Colic, as a rule, does not persist after the third month.

"Teething" is another trying ordeal for the "first year old," and often it produces such general disturbances as to cause serious complications, particularly if the teeth are cut during the hot months of summer. It is comforting to know, however, that about one half the

children suffer no inconvenience from cutting teeth.

When the gums are hot and swollen, and the baby is restless and refuses to take food, give frequent sips of cold water, and gently rub the gum with a clean cloth over the finger dipped in ice-water. Firm pressure with the finger over the gum will relieve the pain. This will also hasten the appearance of the tooth. Do not have the gum lanced, for this is seldom necessary, and the results are usually disappointing.

There are few diseases in early life that produce so much alarm on the part of parents as an attack of croup, coming on as it does in the night, suddenly, without warning, and at times proving so severe that only prompt and energetic measures can save the child. The treatment of croup will be given later.

Because of its imperfectly developed and sensitive nervous system, the young child is peculiarly susceptible to drafts and cold, and is subject to a large group of symptoms due to reflex causes in a very large measure excited by poisons produced in the bowels.

Probably the most alarming of all infant symptoms is a convulsion. It comes without warning, every one is excited, and all is confusion. A convulsion due to indigestion, teething, adherent prepuce, or to auto-intoxication is seldom fatal, even though repeated. A convulsion, or convulsions, complicating whooping-cough in very young children is usually fatal, and likewise in spinal meningitis.

Whatever may be the cause of a convulsion, the proper treatment is to place the child as quickly as possible in a very warm full pack, or in a warm bath, and wrap a cold wet towel around the head. If convulsions follow in quick succession, keep the child in the warm pack, and as soon as possible give a teaspoonful of castor oil and a thorough warm enema.



A physician frequently applies a few drops of chloroform or gives a small dose of codein.

The number of babies who suffer from malnutrition during the first and second years is very great. In this list are included those afflicted with rickets, scurvy, anemia or impoverished blood, and faulty assimilation. The death-rate

in this class is very high, and if death does not follow, the influence of poor food and faulty nutrition upon the future physical development and upon the character can never be estimated. Much of this evil can be corrected by giving attention to the proper feeding of babies. This subject will be considered in the next number.



## Divine Healing

AUGUSTA C. BAINBRIDGE

### 3—The Creator the Only Healer

WHEN, in the beginning, God said, "Let us make man in our image, after our likeness," there was a holy partnership formed; hence John could say, writing later under the power of the same Spirit, "All things were made by Him; and without him was not anything made that was made." This brings him inexpressibly near to us, when we learn, reading on, that this same being—the word, called "him"—"was made flesh, and dwelt among us, full of grace and truth." This is a recognition of the full acceptance of the body he made, in the beginning, as a dwelling-place for the same Holy Spirit that created it. Knowing God to be a beneficent being, full of *grace* and *truth*, and Christ, in fulfilling his Father's will, could manifest only the same spirit, we also know that our bodies were made to fulfil the law that brought them into being. Grace, loving-kindness, justice, truth, all these ruled in the creation of our bodies, and each separate organ and member was fashioned in perfect harmony with the same. To each organ was assigned functions, and these were created in the same divine harmony. In the creation of the stomach, its muscular action was considered and provided for in such a

wonderful manner that it performs prodigious feats, and yet disturbs no other organ or other part of its own organism. The need of gastric juice to do its heavenly appointed work was met in the production of a fluid, which is still a wonder to the closest student. The manner of its secretion and flow, the time it should appear, the causes that should draw it forth, were all planned by the same Infinite Love that directed the first pair in Eden to the trees and plants that should be used for food. Here is the perfect harmony of the divine mind made perfectly clear to human minds,—a stomach created to digest food, and food created for the stomach; and beside, the man in whose body that stomach was placed, was directed clearly to the food designed for it. Could a consistent mortal ask more?

Do not all *foods* that God has called food, digest in a healthy stomach? More than that, when properly introduced to this same stomach, do not these foods fulfil his will in building up the body as he planned?—Yes, and even more than that; when this stomach which he gave in perfect order to mortals has become diseased by *sin*,—transgression of the law, wrong habits of eating,—do not these same foods, properly introduced,



heal the diseased organ, strengthen it for its work, and bring it back to the place God designed it should have in the harmonious whole?

The Creator, in all this, has given proof of his character as a God of love. Shall we complain because our stomachs do not digest food when it is not properly introduced, even though it be the food that the Lord himself gave man to eat? God can not contradict himself, and since the stomach was created to digest chewed, or rather masticated and salivated, food, we need not expect it will digest anything else. It will fulfil the law of him who brought it into being, if we do not hinder it.

Much less should we complain if we eat articles that are not recognized by the Creator as food. These, never being intended for the human stomach, find no preparation there for their digestion, and the burden of getting rid of them in the best way possible is laid on organs which already have enough to do.

Here again is manifested the love of God in Christ Jesus, who came to seek and save that which was lost. When these physical sins come to our knowledge, through the Word or through suffering, he is the same God to forgive,

because he is the same God who created.

The pathway to healing is the same pathway we trod when we gained forgiveness for sin that we recognized as contrary to his law written in stone. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Just own up, honestly, that you have not chewed your food properly, that you have not obeyed the law written in *bone* in your mouth, and reform in these respects, and the same love that gave you teeth, which love you have abused, will forgive and heal you. More than that, he will give you strength and wisdom to keep that law. He will help you to remember to chew slowly, and not to mock his grace by asking a blessing on the food, and then eating it in such a way that he can not bless it. "God is not mocked." He does not bless what he pronounced evil upon, and there is no blessing, but only evil, for the transgression of a physical law.

But there is healing for the repentant one, healing sure and constant. It may or may not come instantly—"according to your faith be it unto you." But it will surely come in answer to a faith that is ready to obey.



## An Unclean Habit

BENJAMIN KEECH

THERE is an unclean American habit in eating that all persons of any culture detest, and that Charles Dickens, in his travels here, noticed and commented upon, in "Martin Chuzzlewit." It is the habit of passing the knife, wet, from the mouth to the butter dish, cutting off a piece of butter and leaving saliva, epithelium, and unhealthy germs for the next victim to spread upon his bread.

The number of cases of "colds," catarrh, fever, consumption, etc., that have been transferred in this way is impossible to estimate. But that the habit is filthy, disgusting, and a really easy way to communicate disease, can not be denied by any one who will give the subject intelligent thought.

Besides, to a person of the least sensitiveness of culture, the sight is ex-



tremely irritating. There is no breach of table etiquette that can more easily and justly arouse one's indignation. There are cases where real hatred has sprung up within enlightened people because their companions at table have persisted in "eating out of the butter dish," after being kindly shown how disagreeable, unhealthful, and dangerous the habit really is.

If you, dear reader, find that you are a victim of this unclean habit, will you not, for the sake of the health of the ones that eat with you, kindly desist? To be sure, your worst ailment may be only catarrh or decaying teeth. But none of your family wishes to catch even so slight (?) a thing from you. And if you should happen to have a disease as bad as consumption, think of the wrong and suffering you will perpetuate, if you still remain heedless.

No doubt a large share of the sickness and sorrow on earth can be traced to this

foolish, needless habit. You have no right to hurt the feelings or health of the ones with whom you eat. Because you are older than some of them, is no reason that you are wiser with regard to this matter. Be sensible, and yield. Don't be pig-headed and disregard your friends' wishes. And, while you are about it, keep your fork and spoon, as well as your knife, out of all dishes except those in which they belong.

Of course, the easiest and safest way out of the matter is for the housewife to provide individual butter dishes at each person's plate, giving each one the same dish at every meal, and not using that particular butter for any other purpose.

But if the housewife is an old-fashioned woman, and will not yield to "new-fangled ideas," there can at least be a butter knife. The individual knife should not be put in the mouth, and should not be used to take butter from the butter dish.



## Hints on the Care of the Hair

THE EDITOR,

THERE are two principal causes for falling of the hair,—insufficient circulation in the scalp, and dandruff.

The hair must have nourishment. If the scalp is thin and dry, or if a tight hat is worn, so that the circulation of the blood-vessels of the scalp is cut off, it will be as impossible for the hair to have a good growth as for plants to grow in a clay bank.

First, tight hatbands must be dispensed with, for they compress the arteries of the scalp, and cut off the nourishment to both scalp and hair. Next, the scalp must be massaged daily with the fingers, the scalp being vigorously moved forward, backward, and sideways over

the skull, without allowing the fingers to slide over the skin. This will do much to increase the circulation of the scalp.

Dandruff is the dried epithelial scales, with the dried secretion of the sebaceous glands. The skin naturally comes off all over the body in this manner; but when, on the head, it becomes abundant enough to be noticeable, it is abnormal, and indicates the advent of more serious trouble.

Dandruff is often a diseased condition, the result of micro-organisms, and hence is infectious. For this reason, every one should have his own brush and comb. This is especially true of one suffering from dandruff. When one uses



some disinfectant on the hair and scalp to destroy the cause of the dandruff, it is necessary at the same time to disinfect the brush and comb, or get new brush and comb, or the trouble may be perpetuated by the infected toilet articles.

When the dandruff gathers freely, the head should be shampooed often enough to keep it clean,—twice a week if necessary. A good soap should be used. As the application of the bar of soap directly to the head will leave the hair sticky, it is better to make a lather, as in shaving, and apply it to the hair. It may be applied with a sponge if desired. A few drops of ammonia added to the lather will increase its efficiency. If necessary, a little vaseline may be rubbed into the scalp after the shampoo, but as a rule, the rubbing increases the

action of the sebaceous glands, so that there is no need to oil the scalp.

Metallic brushes and stiff bristle brushes may irritate the scalp, and cause minute scratches, increasing the amount of dandruff.

Frequent shampooing, brushing, combing, with massage to the scalp, will do much to prevent the falling of the hair.

If these means fail, and the dandruff continues, with a marked tendency for the hair to fall out, it is best to consult a specialist in skin diseases.

The question is sometimes asked, "Does clipping the hair cause it to grow in thicker?" It probably has no effect on the growth of the hair; but if the hair is allowed to grow too long, it is apt to be pulled out the faster in combing it.



## The Mosquito and Malaria

THE EDITOR,

THE mosquito is another bird that is neither ornamental nor useful. It is the duty of every one to aid in the extermination of these pests, which not only cause great annoyance, but are also instrumental in the transmission of disease, such as malaria and yellow fever.

Not every mosquito bite will produce malaria. Not every mosquito is capable of carrying these diseases. But in a country where mosquitoes abound, whether there is malaria or not, the presence of mosquitoes is a menace; for if some of the mosquitoes prove to be of the *anopheles* variety, and a malarial patient comes along and is bitten by one of them, an epidemic of malaria will be started, each case becoming a center for the spread of the infection. In this way, a region once free from malaria may become malarious.

The precautionary steps are: Drain or fill every pond containing standing water; or if this is impracticable, petroleum may be poured on the water, sufficient to make a film over the entire surface. This procedure will destroy the immature mosquitoes in the water. Fire-buckets and other vessels containing standing water should be emptied and refilled once a week.

Houses should be protected from mosquitoes by screens. Malarial patients, especially, should avoid being bitten by mosquitoes; and if one is so bitten, the mosquito should be killed, in order that it may not spread the disease. These remarks apply especially to the *anopheles* mosquito; but if one can not tell *anopheles* from *culex* (the "harmless" mosquito), it is safest to consider all mosquitoes as dangerous.



# CURRENT COMMENT



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

## The Fly and the Tubercle Bacillus

THE recent stress which has been laid on alimentary infection in tuberculosis should lead to a more careful consideration of the means by which tubercle bacilli may reach the alimentary canal. The recent studies of Lord show that the ubiquitous fly may play an important part in alimentary transmission. The bacilli not only pass the alimentary canal of the fly unchanged, but undergo marked proliferation (increase) there. Fly specks may contain as many as five thousand bacilli, and according to Lord's computations, thirty infected flies may deposit within three days from six million to ten million tubercle bacilli. The danger does not seem to be from the liberation of tubercle bacilli in the air, but from the deposition of fly specks on food.

That this can and does occur under certain circumstances was abundantly demonstrated by our experience with typhoid fever during the Spanish-American War. We should bear in mind the possibility of infection by the fly, and be much more strict than we are at present in the disposition of sputum and in the protection of foodstuffs; and this refers particularly to the summer months.—*Jour. of the Amer. Med. Assn.*



## Causes of Tuberculosis

TUBERCULOSIS is an ever present problem with each community and with each family and individual. The specific origin of the disease may be one, but the causes of its prevalence are many,

and have a direct connection with all our social usages and habits. Tuberculosis is a form of punishment for many of our social sins—for unsanitary towns and bad rural dwellings, for crowded tenements and personal vices, for poverty and poor nutrition, for ill-ventilated workshops and the greed of capital. But the master cause of all is lack of intelligence on the part of the people who put themselves in the way of this great danger. If this be so, and there seems to be no doubt of it, what is needed more than anything else is a campaign of education which will teach people to realize that they can not commit the sin and escape its penalty. It is a case in which the whole community must be aroused to mend its ways, and in the doing of this both voluntary effort and a well-directed State policy are needful.—*Bulletin California State Board of Health.*



## Prevention of the Mosquito Pest

As the mosquito which invades the house seldom flies far, individual action would do much good; and if all persons keep their own premises free from breeding-places, they will materially lessen the supply. Since ranchmen have complete control of their surroundings, and can generally, with very little trouble, prevent accumulations of water, they should never have mosquitoes to trouble them. If they have a water-tank, it should be screened with wire cloth of fine mesh; all watering-troughs for stock should be carefully cleaned twice a



week; no cans, barrels, or pails of water should be allowed to stand; all pools should be drained; even the tracks of stock in the ground, being breeding-places for the pest when filled with water, should not be allowed. When it is impossible to drain or protect, coal-oil on the water will kill the wigglers, which would later develop into mosquitoes.

Every person interested in the destruction of mosquitoes should keep in mind the following points:—

First, the wigglers seen in stagnant water become mosquitoes.

Second, they breed only in water, generally stagnant; never in grass or weeds.

Third, the wiggler has to breathe in order to live, and comes to the top of the water for that purpose.

Fourth, the ordinary fresh-water mosquito does not fly far from its breeding-place, seldom exceeding six hundred yards.

Fifth, besides being a decided nuisance, mosquitoes carry disease, especially yellow fever and malaria.

Sixth, to be rid of them we have simply to destroy their breeding-places. This can be done by allowing no stagnant water to remain uncovered. In case pools can not be drained, coal-oil on the water will prevent the wigglers breathing, and will therefore destroy them.

Seventh, goldfish in small ponds of water will destroy the wigglers.—*Bulletin State Board of Health.*



### Bedbugs and Disease Possibilities

In recent years the possibilities of the conveyance of diseases of various kinds by means of this insect parasite have been recognized, and renewed interest has been aroused in everything that concerns it. For example, in smallpox epidemics, the spread of the disease through

cheap lodging-houses is more frequent than through any other means, and the houses in which bedbugs are found seem to furnish a steady supply of victims. The impression was renewed during the recent epidemic of smallpox throughout the United States and Canada. On at least one occasion tubercle bacilli have been found in the blood of the bedbug, and, as in this case a brother of the patient, who had occupied the same bed, had died from tuberculosis, and another brother suffered from a severe and rapidly running form of the same disease, there was more than a suspicion that the parasite was a distributing agent for the disease. There is a definite tradition in Russia, frequently repeated by Professor Metchnikoff in his lectures at the Pasteur Institute, that the bedbug forms an intermediate host, or is at least an agent for conveying intermittent fever.—*Journal of the Amer. Med. Assn.*



### Yellow Fever

JAMES CARROLL is of the impression that the yellow fever parasite belongs to the animal kingdom, for the following reasons: It is absolutely necessary for its continued residence that it pass, alternately, through man and mosquito, and its parasitic existence in these hosts is obligatory.

The fact that a period of about two weeks must elapse before the contaminated mosquito is capable of infecting, points to a definite cycle of development in that insect.

The limitation of its development cycle to mosquitoes of a single genus, and to a single vertebrate, conforms to a natural zoological law, and does not agree with our present knowledge of the life history of bacteria.

The effects of climate and temperature upon stegomyia and upon the rate of



development of yellow fever parasites within the body of the insect are exactly the same as the effects of the same conditions upon the anopheles mosquito and the malarial parasite. That yellow fever is non-contagious has been proved.

There should be, therefore, a war against mosquitoes.—*American Medicine*.



### Sewage and Oysters

THE continued and increased pollution with sewage of the waters in which the oysters grow in California is a source of constant danger, and will, in the near future, cause that mollusk to be looked upon with much suspicion, if it does not drive it from the market. The condition is as bad, or possibly worse, in the East, and numerous epidemics of typhoid fever have been traced to this source. While in California no epidemic has resulted from the shell-fish, no doubt many cases scattered throughout the State have come from them. If the abalone can be so prepared so as to take the place of the oyster and clam, it may be the means of saving many lives.—*Bulletin California State Board of Health*.



### Success in Sunlight

M. LUGEON, a professor in the University of Lausanne, recently made a study of conditions in some of the great valleys of Switzerland. He found, as one would naturally expect, that three persons out of four made their homes on the sunny side of the valley. He also found that those who dwelt on the sunlit slopes were far superior in intelligence to those whose homes were in the shadow.

Many men and women have been partial or total failures from lack of sunlight.

We see in every large city poor little human plants trying to struggle to man-

hood and womanhood in the dark, unwholesome tenements, which have never been warmed by the sun's rays.

Many a weak, sickly mother would become vigorous and strong by merely getting into the sunshine. We can not expect to put power into our work if it is not in the life.

All doctors have strongly advocated the bright, sunny room. The light and warmth of the sun develop strength, energy, ambition, and courage. A man's natural powers are more than doubled by contact with the sun and air. If we want to be strong mentally, and physically at our best, we must have plenty of sunshine.—*Baltimore American*.



### Fake Medical Concerns

AN excellent way of stopping the operations of fake medical concerns has been adopted by the post-office department. These concerns do business principally through newspaper advertising. Threaten the papers with suspension of their mail privileges unless the advertisements complained of are dropped, and the advertisements will disappear; at least that is what happened in New York City last week. The post-office department worked in connection with the county medical society, and the local police rounded up fifty-two of these concerns, and notified the papers carrying their advertisements that the offending ads must be discontinued on pain of loss of mail privileges. Indictments have been found against three adventurers, and many others have discovered important business that called them out of the city immediately. . . . An order has been issued denying the use of the mails to these people. This step, together with the power of the department over newspapers, will make it extremely difficult for "medical academies," "sure cures for consumption," and all the rest of



the pestiferous brood to ply their nefarious calling in the future.—*Public Opinion.*

[What must we think of the newspapers which continue to have a part in this criminal business until they are compelled to give it up by the strong hand of the law?]



### Poison Ivy

THE irritant substance is an oil which is soluble in alcohol, and which is precipitated by lead subacetate. . . . The use of soap and water and a good hand brush is the simplest method of getting rid of the oil. Alcohol dissolves and removes the oil, but successive portions must be allowed to flow over the affected part, as after contact the alcohol may contain sufficient oil to spread the irritation. Ordinary alcohol must be used, and not fifty per cent alcohol, as the latter does not dissolve the oil. The action is purely a solvent one, and not one of neutralization.

The use of ointments or of fatty substances is wrong, as such substances serve only to spread the oil.

It should be remembered that the clothing may have been in contact with the plants, and that oil may be transferred from it to the skin. I have been poisoned by handling shoes worn while collecting the plants a year previously.—*Surgeon A. W. Balch, U. S. N., in Journal of the Amer. Med. Assn.*



### Milk Not Always Well Borne by Infants

MILK, which is the food of choice for infants who are in perfect health during the first eight months of life, may be a cause of fatal digestive troubles, when given to infants suffering from diarrheal diseases. Beginning with the eighth month, milk can be well borne

as late as the sixteenth month, but weaning is often begun at the eighth month by adding other articles of food. An exclusive milk feeding administered in the course of the second year, or a too great quantity of milk given with semi-solid food, may produce a rebellious dyspepsia, which will not cease, save after a change of the diet to a farinaceous or leguminous food. This dyspepsia at times does not disappear until the milk is entirely banished from the dietary, and is replaced by water in the preparation of the foods given to the infant. Some dyspepsias at the end of the first period of infancy, and at the beginning of the second period (that is, after the eighth month), are aggravated by a milk diet. In such cases, of course, the change of food recommended above should be adopted.—*Quoted from a French physician, Carretier, by New York Med. Jour.*



### Feeding for Brain-Fag

DR. WM. HALL, of England, claims the principal cause of brain-fag to be underfeeding. In this we believe Dr. Hall to be in error. Of course, starvation may produce mental weakness as well as impairment of the energy of a bodily organ, but it is hardly possible that starvation to such an extent as to depreciate mental vigor is encountered to any considerable degree at the present time. Those who have made experiments with long fasts have invariably reported that they experienced unusual mental clearness, not only during the first day or two of the fast, but during the entire period of abstinence, even when this extends to several weeks. Many persons who have taken long fasts have made statements to the writer to this effect.

A more probable, and doubtless very wide-spread, cause of brain-fag is indi-



gestion. To this might be added excessive consumption of proteid. The products of proteid disintegration in the body are more toxic in character than when the degree of oxidation is normal; but when an excess of this food element is absorbed, the blood and tissues are filled with an enormous quantity of highly toxic products which result from the imperfect oxidation. Any one who is accustomed to the free use of meat will be speedily convinced of the truth of the above statements if he will for a few days try the experiment of reducing his proteid ration to a minimum.—*Modern Medicine.*



### Diet Reform Needed

AN awakening to the need of a scientific dietetics may result in a simplification of our foods. The public certainly needs instruction, and there is a field for much useful work by the profession. Plain oatmeal, stirabout, and crushed wheat were good enough for our healthy ancestors, and should be for us. Fancy names given to them only cost us money, and give no more nutriment.—*American Medicine.*



### The Nitrogen Requirement

FROM an examination of hundreds of dietaries, there has been a general acceptance of Voit's estimate of one hundred and eighteen grams of proteid for a man in moderate work. . . . Several physiologists, both in Europe and in America,—the most prominent being Professor Chittenden, of Yale,—have conducted numerous experiments which have led them to a firm conviction that Voit's estimates are more than one hundred per cent higher than they should be. It is asserted that fifty grams a day for a man at moderate work will supply

all the nitrogen needed, and that the organism is much more vigorous, from the fact that there is less work of nitrogen excretion. The carbohydrates and fats will supply all the energy needed, and can be varied in amount to suit, and the results of their combustion are merely water and carbonic oxid, which are easily carried off. If these new theories prove correct, they certainly will cause a great economy in our food bills, whose chief expense are in the nitrogen-bearing articles.—*American Medicine.*



### Is Madness Infectious?

DISPATCHES from London claim that Dr. Ford Robertson and Dr. McRae, of Edinburgh, are of the opinion that madness is infectious. In a recent lecture delivered at the College of Physicians, Edinburgh, on the subject of "Pathology of the General Paralysis of the Insane," Dr. Robertson said that every year nearly two thousand persons in the asylums in that country died of insanity. Dr. Robertson and Dr. McRae endeavored to determine by various methods of research whether the bacillus could claim any relationship to those paralytic maniacs, and it is claimed that they succeeded in obtaining the culture of the diphtheroid bacillus from the brain in nine out of twenty-three cases of general paresis.—*Pacific Medical Journal.*



THE drink problem is undoubtedly the most serious that confronts the inhabitants of Europe, leading, as it does, to the loss of physical and mental vigor. Here the question may be of lesser import, but it is not one that can be lightly regarded.—*Journal of the Amer. Med. Assn.*



## THE MEDICAL MISSIONARY AT WORK



### Medical Missionary Experiences

EDNA MAMIE KILBOURN

My own experience of the last two and one-half years has been a wonderful lesson, and gives me great confidence. I will relate the main points of this experience, which is illustrative of a work that the Lord is just as abundantly able to carry on for a still greater number.

From a little home among the rock-bound hills of Maine, Edward Jenkins came to Colorado, as many others had come before, to fight for his life. He had been graduated from Colby College, and was a young man of marked talent and much ability. When but a young boy, his father had died, leaving the mother and son in very moderate circumstances; he had worked his way through college, and had fitted himself for newspaper and literary work. The one joy of his mother's life, old and feeble as she was, was the consciousness that she was doing all she could, and had even mortgaged the little home for all it was worth, in order to help her boy with means to get well, and he felt that for her sake he must make a brave fight for his life.

It was in the depth of winter, three years ago, when I became acquainted with Edward Jenkins, in Boulder, Colo. The mercury was low, and there was a heavy snow-storm on. He had held his own for some months, and had even made some slight improvement, perhaps hoping that he might get safely through the winter, and in time be fairly well again. However, with the utmost care taken, he contracted a severe cold that

resulted in pneumonia—a light case perhaps if he had been in health, but it meant serious trouble for him with lungs already diseased. And he was alone, with little means, friendless, and three thousand miles from home!

Previously to this time, having had lung trouble myself and made a good recovery, I had kept far away from all the tubercular patients. When Edward was taken sick, I did not know what to do; for though he was in great need of help, I was afraid of his disease. I opened my Bible for a message, and without searching, my eye fell upon these words: "Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily."

I went and took care of Edward, and called in Dr. Place, who was very kind, coming to see him often, and making no charge at all for his services. And this was the beginning of a work which covered nearly two years and a half.

Edward slowly recovered, and in a few weeks was on the up-grade again. During the summer months he continued to improve, and in the fall three doctors advised his coming to the lower altitude and milder climate of southern California for the winter. It looked impossible, and he also felt that he could not come alone to a strange new country. However, when the time came to leave



Colorado and come to California, the way was prepared. A few friends among the churches of Boulder became interested in the case, and they raised a purse of about one hundred and thirty dollars. A Southern gentleman who was spending a few weeks there, also took a great interest in Edward, and paid our way to California, and told me that we could depend on him for twenty dollars a month as long as Edward needed help.

The first of November two years ago, we left Boulder and went to Indio, on the desert, where we remained five months, living in tents, until the heat and sand-storms drove us out to a better country. We then went to Ontario, a pretty town on the Southern Pacific Railway, about forty miles east of Los Angeles, where we remained during the last thirteen months of Edward's life.

During this time we were sure of the twenty dollars a month from the gentleman in the South, but that amount did not nearly cover expenses; however, the Lord knew our need, and we lacked for nothing. Where the money came from to meet expenses I do not know, but it came—it came in letters from unexpected sources, a few dollars at a time; it was handed to me by friends on the street; people came to call, and frequently left us money; the Congregational pastor was a regular caller, and often gave me a five-dollar piece, and the only time we were ever entirely out of money I picked up fifty cents on the street, and in a day or so a five-dollar bill came in a letter. During the last months, when our expenses ran up to fifty and sixty dollars a month, and sometimes more, the money all came from somewhere.

People often came to inquire what we needed, so that they might help intelligently; and in such instances I always told our needs, for I knew that the Lord was sending us another friend. Bedding,

blankets, towels, gowns for the sick boy, easy chairs, and a hundred other things that were necessary in sickness, fruits, flowers, dainties of every kind,—everything came; and it is a fact that during the nearly two and one-half years I never had to ask a soul for a cent's worth of anything. Once five months passed during which time I neither bought nor baked a loaf of bread, and sometimes we had three or four loaves in the house at once.

Last Christmas there were one hundred and twenty-five different articles brought in to us, including orders on groceries, Sunday-school collections, and various substantials, besides many things of smaller value, all showing the kindness of the people, and the sure working of the Lord for us through them.

Thus were verified the promises in the thirty-seventh Psalm, third and twenty-fifth verses: "Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed." "Yet have I not seen the righteous forsaken, nor his seed begging bread."

During the last eight months of Edward's life he was confined to his bed, suffering greatly much of the time. Never during the two and one-half years did I hear him speak one word of bitterness nor complaint, but always brave, patient, trusting, even cheerful in the face of a losing fight. The visible leading of the Lord was a wonderful lesson, and the daily assurance of his love and care for our need developed in Edward a beautiful spirit, and assured him that the result was also the Lord's. I taught him the truth, and yet he resisted it for more than two years. I can count nine times when Edward was so sick that it seemed his life was all but gone out—four attacks of acute appendicitis, collapse, pleurisy—and yet the Lord brought him up, and still waited.

Five weeks before his death he ac-



cepted the truth in all its fulness, and mounted from an already high plane to the highest point of blessed experience. Even his pastor, the Congregational minister, came from Edward's room with tears streaming from his eyes, remarking about the wonderful change that had come into Edward's life.

His preparation for death was sweet and beautiful. He was ready to sleep, assured that the morning of the resurrection was not far distant with its glorious reward. He died on Sabbath morning, May 20; and Edward is safe for all eternity. I am thankful for the sweet, sacred responsibility the Lord gave me of ministering to one of his afflicted little ones; for, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

When it was all over, there was not one cent of indebtedness. Not only was there no indebtedness, but there was money in hand so that I could immediately carry out Edward's wish in writing letters to nearly one hundred of his friends — college men and women, students, teachers, doctors, lawyers — telling them of his experience, and giving his message of love.

I believe this is an illustration of work for the greater number of similar cases. Surely there is a work to do. The whole earth is the Lord's, and all the gold and silver are his, sufficient to establish, and to maintain without debts, an institution for these poor people — out in the clean country, on some sunny Southern mountain slope, above the fogs of the valley — a place where many will learn the truth.



A DOCTOR in south India, writing of the openings to the medical missionary, says: "I believe the medical missionary has far greater and better opportu-

nities for preaching and living the gospel of Jesus Christ than other missionaries. Their possibilities are limitless, or, rather, only limited by the extent of their physical endurance. Of the fully eleven thousand people who visited our hospital last year, every one of them heard the gospel, and almost all took home a hand-bill or a tract. People came from nearly two hundred different villages. What a lot of hard travel would have been required to visit all those villages, if one were to try. I see so many different ways in which the medical work in helping us, that I feel that we as a mission are losing much by not placing more stress upon it."



"THE Saviour, when on earth, manifested the tenderest pity for the afflicted. But while he was ever ready to afford them bodily relief, he never failed at the same time to minister to their spiritual wants. In this he hath left us an example that we should follow in his steps."



THE very fact that North America and Britain have two hundred and thirty times as many physicians as there are medical missionaries among the whole of heathendom, is ample proof that the church has not yet begun to realize the claims of those other lands for loving medical attention.



A LAD of fifteen in a hospital at Cairo would not listen to the gospel when he first entered the hospital, and often interrupted the prayers of the patient in the next bed, by chanting the Koran in a loud voice. But before he left, he frequently read the Gospels to other patients, and on leaving asked for a New Testament to take home with him.



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Reformation versus Nutrition

THERE are various reasons why people do not reform their diet. Probably the principal one is that acquired tastes have made men slaves. Coupled with this is lack of knowledge as to the real needs of the system. Stimulants and narcotics serve to silence the cry of nerves for better food. Lack of good cooks, those who understand food properties and the art of so combining them that they will be palatable and nourishing, is a potent reason for the slowness of many people to abandon the ordinary for a better way of living.

As pertinent to the subject may be given an actual experience. Some anxiety was felt for her husband by a lady returning home from a sanitarium where

she had learned the superiority of natural foods over flesh. "We will manage that by proper feeding," said the nurse. Arriving at home, meat was found on the table three times each day. As the result of furnishing grains and other nutritious foods necessary to complete the menu, the wife was invited to leave from the supper table the unnecessary meat. Next the breakfast table was un-animalized, the dinner soon sharing the same glorious fate. A man was rejoicing that he had found the better way.

Moral: If you would banish flesh and other stimulants from your table, feed the family with such foods as will replace the waste tissues more effectively than does animal food.



### A Few Recipes

MRS. D. A. FITCH

#### Corn Bread

SCALD four cups of corn meal with water which has just subsided from the boiling-point. Use just enough to well moisten the meal. When cooled to lukewarm, thoroughly mix with it one cup each of rye meal, graham flour, white flour, and buckwheat, also one-half cup good molasses, and salt to taste, and two

cups of good light bread sponge. Its consistency should be such that slight pressure of a moistened hand will be required to smooth the top. Fill covered brown-bread tins each half full, and set in a warm place to rise. When the tin is three fourths full, put to steam from two to four hours, according to size of loaves.



Tomato or other tin cans properly prepared answer well as substitutes for the purchased tins.

A large number of loaves may be made at once, and suitably resteamed as needed for the table. It is well to finish the cooking by baking a half-hour.

#### Peas and Carrots

Peel, steam, and dice some carrots. Make a gravy over them, and serve by the side of creamed peas.

#### Cream of Celery Soup

Cut celery quite fine, and stew in plenty of water until soft. Pass through a fine colander, add salt to taste, and sufficient cream to give palatability. If desired, a little flour thickening may be used.

#### Preparation of Nuts

WE have suggested that nuts should be washed before being cracked, so that the dust on the outside would not contaminate the meats. There may be some exceptions to this, for nuts with porous shells are not adapted to this treatment. In case of these a moistened cloth may be used, and thus much danger be obviated. We can not be too careful about allowing dust to enter the system, for its dangers are manifold.

#### Jellies

WHILE jelly can not be recommended as the most healthful form of fruit, yet it is well to learn all we can about it. Recently we found an excellent cook who makes much of her jelly in the dead of winter. During fruit season she cans the juice as it is drained (being boiled again), and when jelly is needed, it is boiled twenty minutes with an equal quantity of sugar. It is then ready to pour into glasses to cool and stiffen. By this method is avoided troublesome crystals, hot weather work, the expense, and storage of many glasses, and it is then sugar is at its cheapest.

#### Canned Corn

CANNED corn, when being prepared for use, should have the silks and occasional stray husks removed. One good way to do this is to dip from bottom to top with a suitable knife turned edge upward to catch them. It is then easy to get rid of them.



#### "Don'ts" from a Stove Repairer

A FEW "don'ts" furnished by a stove dealer, who is frequently called upon for repairs, may assist the novice.

Don't heat a stove rapidly the first time.

Don't pile the coal above the top of the fire-box, nor allow the top of the stove to get red hot. It warps and cracks the covers.

Don't let your grate get clogged. Shake often and keep free from cinders and ashes.

Don't let ashes remain in the ash-pan. They absorb the heat, cool the oven, and check the draft.

Don't let clinkers remain fastened to the fire-box. If the box is brick lined, drop an oyster shell in the fire occasionally, when burning briskly, and the shell will clean off the brick.

Don't "rush" the range with the oven draft open. You use too much fuel and burn out the range too fast.

Don't let the smoke draft stand open, except when fresh coal is put on. Heat that goes up the chimney is so much good money burned.

Don't burn wet garbage in the stove. Dry it first. Otherwise, steam is generated, and the moisture will injure the fire-box.

Don't set leaky vessels or spill cold water on the range. The cold coming in contact with the heated metal will crack it. To get spots off when there has been a bad "spill over," cool the lids



by changing them, or putting on coal. Clean with paper, and finish with a scraper.

Don't let the reservoir covers stand open, as it rusts the iron and strains the hinges.

Don't let soot accumulate in the flue. Scrape off all soot that hangs to the oven bottom. Pull all soot toward you, and be careful not to push it back into the flue.—*Good Housekeeping*.



### Save Yourself

EVERY step saved the busy housewife is so much force saved for future necessity. The innumerable trips up-stairs and down, to the wood-shed, tank, and well, exhaust the physical strength as much as anything she has to do, and very many of these could be taken by the children as well as herself. Little girls can fill the teakettle, polish the silverware, sweep the rooms, dust the furniture, and care for the baby. The boys can keep the wood box filled, carry the water, feed the chickens, and do many other things to save steps and strength. Let each one have something to do, and hold him responsible for the faithful performance of these simple tasks. Teach them to be neat, by insisting that every article of clothing shall be put in its proper place when it is taken off, instead of being thrown in a heap for mother to care for. They will soon learn to avoid unnecessary dirt and disorder, a lesson which will be valuable to them in after-life.—*Selected*.



### Pebble Soup

HE was not a tramp nor a beggar, but he had no money, and was hungry. A happy thought came into his mind, and he picked up a large pebble and washed

it. At the first house where he could get it boiled, he asked the good woman to make him a soup. He said, "If you will do just as I ask you, there will be enough for us both." When it had boiled some time, he suggested that a bit of pork would add much to its richness. One by one he praised the qualities of turnips, cabbage, and potatoes as adding much to the palatability of soup, not even forgetting the necessity of adding some salt. So together the family enjoyed the soup, the foundation of which was not a bone, but a stone.—*An Old Story*.



### Household Hints

THE best way to deal with flies is to keep them out of the house with screens. If, for any reason, it is necessary to use fly-paper, make your own paper by boiling linseed-oil with a little resin until it forms a stringy paste when cold, then spread on paper with a large brush. This is inexpensive and effective.

ADD a small quantity of carbolic acid to the paste used in paper-hanging, in order to repel cockroaches, and to prevent the odor which might otherwise result from the decomposition of the paste.

PLACE a little oil of peppermint around the holes and haunts of mice, in order to drive them away.



### Was It Wise?

To show some doubting neighbors what a hygienic meal is like, one of our good friends prepared one, but in her earnest desire that they should not miss too much of their accustomed relish, made things so rich as to produce semi-*nausea*. Moral: Let good food stand upon its own merit. 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 Way of a Boy

WHEN mother sits beside my bed  
 At night, and strokes and smooths my head,  
 And kisses me, I think some way  
 How naughty I have been all day;  
 Of how I waded in the brook,  
 And of the cookies that I took,  
 And how I smashed a window light  
 A-rassling — me and Bobby White —  
 And tore my pants, and told a lie;  
 It almost makes me want to cry  
 When mother pats and kisses me;  
 I'm just as sorry as can be,  
 But I don't tell her so — no, sir,  
 She knows it all; you can't fool her.

— *Mabel Cornelia Watson, in Good House-Keeping.*



### Artistic Dress\*

ETHEL LABIER MASON

“EVERY woman is a living picture, and she is responsible to a greater or less extent for the picture she presents to the world.”

It is a fact that a truly beautiful body, such as our Creator intended us to have, can gracefully carry beautiful draperies, while subserving every requirement of health.

What to wear and how to wear it, is the one question in the feminine mind. When this is known, it transforms many a plain woman into one at least pretty enough to attract attention.

Let us look to nature first for our examples. Note the beautiful harmony in colors, the appropriateness of the cloth-

ing of the different plants, shrubs, and trees for different seasons of the year, and for the fulfilling of the purposes for which they were made. So in our lives, the materials for our clothing should be selected with reference to suitability, durability, and economy. The occupation and surroundings of the individual are to be considered, as are also her finances.

In our dress, as in painting, harmony of colors is essential to the best effects. In producing this harmony, we must take into consideration the figure, the complexion of the wearer, the color of her eyes and hair,—in short, the tone-color of the person, for each person has a tone-color as clear and positive as that of a landscape. Each should recognize

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



this. If one does not possess this knowledge, or has not the taste to tell if an article is becoming to herself, she should ask a dear friend to criticize it.

An old test to discover what is becoming to your skin is to put the ungloved hand beside the color, and if it looks well, usually the face will. Another plan is to dress in a shade that exactly matches the eyes.

If the gown is for evening wear, it is wise to choose your shade by artificial light, as many colors vary according to the light.

"A pleasing personality is a possession to be proud of, and an agreeable appearance is a credit to any woman's good sense." But the trouble arises over the point of what constitutes "an agreeable appearance."

Let us in our mind's eye look out at a few women. There comes the "flesh-ridden woman who has stupidly allowed herself to become a succession of mountains and valleys," dressed in a design that makes her look even larger than she is. Then follows the tall, thin, angular woman, dressed so that every disagreeable feature is thrown into relief; one can not help but notice the tight garments, high-heeled shoes, and the unlovely gait of this lady. Now here is her tiny sister, weighed down with the fashions that can be worn with distinction by only the big dowager type.

Looking again, we see three others following these just mentioned. Another stout woman—this one we notice has laid aside her corset, and has converted her "mountains and valleys," or adipose, into muscular tissue; by disciplining the weakened and neglected muscles of the trunk she has built up strength to hold her body erect; and has habituated herself to maintain a correct position.

She knows it is easier to put on than to take away plumpness, therefore she exercises great care, for she can not be

hidden. She does not wear bright colors, plaids, wide stripes, or large designs. Narrow stripes, tiny patterns, or very small checks will, however, cause her to look more slender than a plain material, unless it is black. She does not even look at rough materials, for fear she might be tempted to buy them, and then regret it as long as the dress lasts. Such figures look best in dark colors, long line, and if inclined to flush, white should be about the neck as a finish.

A stout woman who is tall has an easier task in dressing her figure, as it only requires condensing in width,—narrow and medium stripes, or medium-sized designs. Avoid a mass of white, and if a white gown is worn during the summer, white being appropriate for all ages, select a ribbed pique or a corded dimity. Both of these types need a narrow belt and well-fitting garments.

Again we see another thin woman, walking gracefully along, holding a correct poise, with her clothing adjusted loosely, and made so as to break up her long lines, in order to give an effect of size.

Our short, slender woman can wear any color that is becoming, but on account of her lack of height, immense plaids, wide stripes, and very large designs are not becoming to her. She is the woman who can safely select the "happy medium" in styles and designs, and know that she is well dressed. This last applies to women under five feet and four inches in height.

"The appropriateness of colors to the age of the person is a point that is often overlooked. As nature clothes her young plants in the light green, the white, and pink, so childhood and maidenhood are appropriately attired in the lighter tints, bright with anticipated hope. In the meridian of life the more substantial colors—brown, olive green, navy blue, and others—seem to harmonize with



the mature life. In old age — the winter of life — white is always becoming, with a touch of lavender or red, or that delicate pink which seems to pervade the atmosphere on a frosty morning. Gray and black are also becoming to silver hair, but a bit of white at the throat and sleeves adds a touch of life to the effect.

With these few points in mind, decide upon the colors and designs that can best

be worn by you, then study to have the whole wardrobe, hat, gown, gloves, etc., harmonize; for the successful toilet consists not only of comfortable and well-fitting garments, but it should also harmonize as a whole.

It does not mean more money to dress in a harmonious style; the artistic need not be eccentric or startling, but it is, rightly applied, a vast improvement.



## How Shall Mothers Receive Instruction?

MRS. D. A. FITCH

OBJECTION is often made to one posing as an instructor of mothers who has not made a complete success of rearing her own children. But does it not seem clear that one who realizes her mistakes, is sorry for them, and sees a better way, is eminently fitted to help others? If experience must be the mother's helper, let it be that which some one else has had, and which can be turned to good advantage. By the time the mother has gained one for herself, it may be too late to make good use of it. Dire consequences have followed experimenting upon human beings.

The wise mother will learn lessons at every turn. They may come from the flowers, bees, ants, worms, ravens, and many other objects spoken of in Scripture as our teachers. Events in the history of wicked nations are cited as teaching wisdom. All these things were written for our instruction in these last days. Our best lessons may come from the success of a neighbor, or perchance from the unfavorable results of a wrong parental course. An eminent temperance speaker said, "There is no lecture so efficient as the drunken man in the ditch."

No class has need of more wisdom

than mothers. Their desire for it will cause increase in learning, and by understanding there will be attainment unto wise counsels. Prov. 1:5. If wisdom is sought as silver and hidden treasures, then will the seeker understand the fear of the Lord, and find the knowledge of God. Prov. 2:4, 5. Precious metals must be separated from much that is worthless and even impure. So may parents, by close observation, learn what is best and expedient for their children. If their best present and eternal interest is sought, it will be found by following the instruction of Prov. 3:5, 6: "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." He will point us to the various teachers from whom we can learn the needed lessons. It may be our best ones will come from what at the time being seems adverse indeed, but which will afterward yield the peaceable fruits of righteousness.

Be what you wish your child to be, and then you will be his best teacher. The greatest, if not the only, trouble with the children lies in the fact of a decided resemblance to their parents.



## Home Making

### *Negative Side*

1. A PLACE in which to run off your irritability, and be ready to meet the world with a smiling face.

2. If things have gone wrong in business, vent your spite on your wife and children as circumstances afford an opportunity, so you can then go back to work refreshed.

3. If things have gone wrong about the house, scold and fret during the entire time your husband is home. Wear a continual frown and a look of great anxiety on your face. It will make you appear more like an angel. (I didn't say what kind of an angel.)

4. Keep up an incessant faultfinding with the children about their failings and mistakes. It will help drive them out of doors into the streets and saloons, and give your nerves a rest, and *you time to meditate*.

5. If you have aches and pains, talk about them. Always be too tired or too hurried and busy for a good heart-to-heart talk with each other. Save your time and energies for your friends and acquaintances.

6. If your wife asks you for money, always ask her what she wants it for, and what she did with the dollar you gave her last week.

### *Positive Side*

1. Remember your marriage vows were not made for the honeymoon season, but for *life*.

2. Nothing in home making can take the place of *climate*. Who makes the climate? — The wife and husband, *primarily*, the wife.

3. "A merry heart doeth good like a medicine." All that promotes *true happiness* for the family is home making.

4. *Continually* work toward your highest ideals. You will need a power outside yourself to help you upward — even Christ. With him you can not fail.

5. Wear the radiance of your loftiest conception of an ideal soul *on your face*. All wearing apparel is eclipsed by this. It will intensify the magnetic charm of home.

MRS. M. C. WILCOX.



## A Sunshiny Husband

A SUNSHINY husband makes a merry, beautiful home, worth having, worth working for. If a man is breezy, cheery, considerate, and sympathetic, his wife sings in her heart over her puddings and her mending basket, counts the hours till he returns at night, and renews her youth in the security she feels of his approbation and admiration.

You may think it weak or childish if you please, but it is the admired wife who hears words of praise and receives smiles of commendation, who is capable, discreet, and executive. I have seen a timid, meek, self-distrusting little body bloom into strong, self-reliant womanhood, under the tonic and the cordial of companionship with a husband who really went out of his way to find occasion for showing her how fully he trusted her judgment, and how tenderly he deferred to her opinion.

In home life there should be no jar, no striving for place, no insisting on prerogatives, or division of interest. The husband and the wife are each the complement of the other. And it is just as much his duty to be cheerful as it is hers to be patient; his right to bring joy into the door as it is hers to sweep and garnish the pleasant interior. A family where the daily walk of the father makes life a festival is filled with heavenly benediction.—*Selected*.



# QUESTIONS AND ANSWERS

**192. Tingling and Numbness in Fingers and Toes.**—J. W. W., Mich.: "1. What is the cause of ends of fingers and toes tingling — a sort of numbness? 2. What treatment would you recommend?"

*Ans.*—The tingling you complain of is due to some interference with the nutrition of the fingers and toes, either from imperfect nerve or blood supply to the parts. These symptoms are sometimes a warning nature gives us, and should prompt us to build up the general health in order to avert more serious trouble.

If possible, lead an outdoor life, free from care and worry. Get the tonic effect of sunshine, and have abundance of fresh air in your sleeping rooms. Improve digestion by the use of wholesome foods prepared in an attractive manner, eaten enjoyably, and masticated thoroughly. The bowels must move at a regular hour daily. It is very necessary in these cases to improve the action of the skin. We advise the following home treatment: A daily hand bath with tepid or cold water, followed on alternate days by a salt rub; fomentations to the stomach and liver for half an hour, taken two hours after the midday meal; hot and cold to the spine three times a week, followed by general massage and electric treatment by means of a faradic current given to the muscular tissues only, for twenty minutes three times a week.

**193. Effect of Pulling Out Hair.**—B. C. E., N. Y.: "1. If a hair is pulled out, will it grow again? 2. Does pulling it out destroy the papilla? 3. Is it true that when a hair is pulled out, a dozen more will take its place? 4. Can you tell me some means of removing hair from the face without the use of the electric needle? 5. If not, is there any way that I can make the hairs less conspicuous without stimulating their growth or doing harm to the skin?"

*Ans.*—1. Yes.

2. No.

3. No; if a hair is pulled out, it will grow again. Pulling it out stimulates the growth of smaller hairs that were before quite inconspicuous, causing them to become much stronger and more apparent. Each time a hair is pulled out, it comes in stiffer than be-

fore. The hair root is not destroyed by simply pulling out the hair, but in every instance the hair will grow again stronger than before. The hair root from which the hair springs must be itself destroyed. This is not easily accomplished.

4, 5. We have received several dozen inquiries for some method of home treatment by which hairs may be either removed or rendered less conspicuous. To answer these questions we have been working out a method for some time, and think we shall soon have one that will be quite satisfactory, and perfectly harmless.

**194. Catarrh — Nasal Polypus.**—Mrs. W. C. W., Canada: "I have a little girl, fourteen years old, who is troubled with a growth in her nose. Every once in a while she has to have one removed. She had the first one removed at the age of seven, and has had about eight removed since then. What is the trouble? and do you think anything serious will result from these growths? Should she be operated on? and do you think they will ever affect her hearing?"

*Ans.*—The growth to which you refer is called a nasal polypus. It is a gelatinous tumor which grows from the mucous membrane to which it is attached by a very small pedicle. Sometimes there is a single tumor, but often there are a number of them. If left alone, they would completely obstruct the nostril. They do not disappear spontaneously, but persist for many years,—in fact, through life. They should always be removed. They are very apt to return. Thorough removal as often as they recur is the only cure for them. After several thorough removals, they usually cease to return. By obstructing the nose, and thus lessening the respiration, they produce serious mischief on the general health, weakening the lungs, lowering the vitality, lessening bodily resistance to disease, aggravating catarrhal conditions, and sometimes causing deafness.

**195. Rheumatism — Cold Treatment — Underclothing.**—A. S. C., Colo.: "1. Should a rheumatic take cold baths in the morning? 2. Should a rheumatic eat beans, peas, Irish or sweet potatoes, or nuts? What kinds of nuts



are best? 3. What kind of underwear is best for health? 4. For what diseases is a cabinet bath good? 5. Will one suffering with a cold or with pleurisy be benefited by taking an extemporized steam bath, such as can be given by using a cane-seated chair with steam under it, and a hot foot-bath?"

*Ans.*— 1. As a rule rheumatics should not take cold treatment, or allow the surface of the body to be chilled. If, however, a brief warm treatment is taken first, many cases of chronic rheumatism will find good effect from a cool hand or towel rub. It is a splendid tonic treatment, but must be used judiciously.

2. In acute inflammatory rheumatism, No. A very light diet only should be used, such as gruels; toast dry or with cream; nourishing soups, such as corn, cream of celery, etc.; malted milk, or cow's milk, if it agrees with the patient, which may be used hot or cold; a raw whipped egg may be added; corn or wheat flakes with nice sweet cream; and other similar foods. In chronic cases, however, it is often very advisable to make a decided change in one's dietary. Persons who have been using an animal diet, should exclude flesh foods, and those who have been using an exclusively starchy diet should use more proteid food. In the former case, peas, beans, and nuts are not to be recommended. In the latter class of cases, they are often useful.

When nuts are used, hickory nuts, hazel nuts, English walnuts, and pecans are all good. The hickory nut and pecan are perhaps the best. It must be remembered that thorough mastication is very essential in eating nuts.

3. All things considered, we think linen mesh underwear is the best for both winter and summer. In cold weather one should wear flannel over it.

4. Such diseases as require increased elimination; for example, rheumatism, either acute or chronic; acute or chronic biliousness; inactive condition of the skin from any cause; colds, sore throat, grip, etc.

5. Yes, it is an excellent treatment, and can be quickly given in almost any household. The effect is often very beneficial.

**196. Influence of Separator on Milk and Cream.**—D. B. V., Mich.: "Is milk and cream that have been run through a separator any better healthwise than milk and cream that have been set in clean crocks in a refrigerator,

and skimmed by the ordinary method? Does the separator put the cream into any healthier condition?"

*Ans.*— Cream separates from the milk in a separator because the centrifugal force of the rotation throws all the heavier portions to the outside of the container, and the cream, being light, collects in the center. All the dirt, filth, and debris, therefore, which would settle to the bottom when milk is allowed to stand, is at once driven to the outer wall of the separator, and is thus quickly removed, leaving the milk cleaner than if it were strained into a crock. This is the chief advantage of separated milk or cream.

If the cow's udder is cleaned with a damp cloth, and the milking is done with clean hands in a cleanly manner, as it always should be, it will contain no filth or debris, and such milk, kept in a good refrigerator and skimmed, is as good as is the milk or cream from a separator. Healthy cows, cleanly milking, and careful handling are the essentials to the production of good, clean milk. None other is fit to use. A separator imparts nothing to the wholesomeness of clean milk.

**197. Consumption — Gained Thirty-two Pounds.**—E. K., N. D.: "My lungs have been troubling me since last spring; have tried many doctors, but do not seem to be getting well. I am told I have beginning consumption, and am advised to take pills of tuberculin. 1. Do you recommend them? 2. Is getting fat a good sign of getting well? 3. Should a person with weak lungs do much work? 4. And is it not best to sleep alone, if possible?"

*Ans.*— 1. We do not use tuberculin in our practise.

2. If you have tuberculosis, or consumption, your gain in weight is good evidence that you are getting well. The only way to determine with certainty whether or not you have tuberculosis is by a careful examination of the lungs and the sputum. If it is not tuberculosis, then your gain in weight may or may not be a good indication.

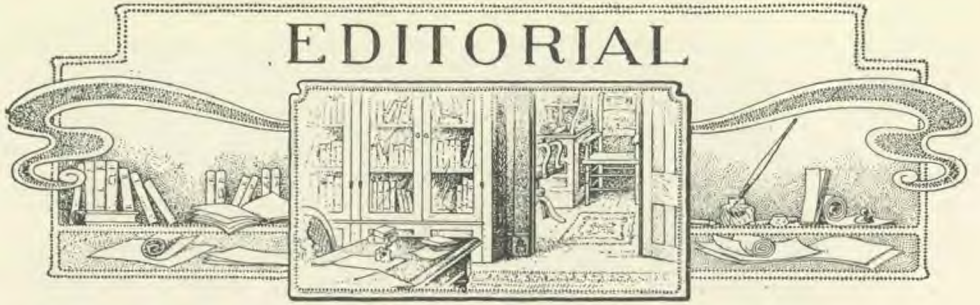
3. Daily exercise is good, but it should not be continued long enough to cause a feeling of exhaustion. An outdoor life is very essential.

4. Under most conditions, it is. It is especially to the best interests of a well person not to sleep with an invalid.





# EDITORIAL



## Mental Influence in the Treatment of Disease

THE *Journal of the American Medical Association* in a recent editorial calls attention to the fact that many patients, not benefited by ordinary medical treatment, obtain relief by consulting mental healers, and gives some reasons why this is so. As an example of the influence of the mind over the various functions, reference is made to the effect of the imagination on digestion. "Patients become convinced that they can not take certain kinds of food, or that beyond a certain quantity their digestive organs are unable to dispose of it properly, and then a whole round of symptoms is likely to develop, because of the lack of nutrition consequent on food limitation. *More is accomplished by carefully removing such fixed ideas than by the administration of the most nicely adjusted digestive remedies, or the use of the most powerful ferments and enzymes to aid the ordinary ferment process.*" (The italics are ours.) This truth we have known and advocated for years. Some physicians recognize this law, and make use of it in connection with other treatment. Others, failing to realize the importance of mental control on bodily functions, and looking upon everything of this kind as a species of quackery, have to suffer the mortification of seeing some of their patients leave them to be cured by some form of "mind cure." Another example given by the *Journal* of the influence of the mind is that connected with

disturbed sleep. "Insomnia . . . is often rendered persistent by the patient's anxiety as to whether or not he will be able to sleep, and his constant fear lest his loss of sleep should eventually lead to intellectual deterioration, and perhaps to insanity. Any physician knows by experience how difficult it is to treat such patients by any of the ordinary remedial measures. He is aware, also, how often such conditions are improved by the changed state of mind consequent on a series of interviews with a mental healer, or the suggestive influence of some one who has insisted with authority that the condition can surely be cured."

The article concludes with a general recommendation of suggestive methods.

"It's more general employment by the general practitioner would lessen the number of patients *who now tire of the consumption of drugs from which no benefit is derived* [how many such!], or from which only temporary relief is obtained, and who eventually find their way at the present time into the hands of quacks and charlatans of various kinds. All physicians employ suggestion to some degree, but there is room for its employment to a much greater extent and in a wider field, with benefit to rational medicine, to physicians, and to their patients."

So much from this most authoritative organ of the regular medical practise in America. This article contains some frank admissions.



1. That drugs, even in the hands of regular physicians, often do no good.

2. That "quacks and charlatans" sometimes benefit patients more than regular practitioners.

3. That the influence of the mind, recognized by the "irregulars" and often unrecognized by the "regulars," is often a more potent means of cure than the drugs upon which the regulars depend for success in treatment.

There is a spirit of conservatism in the profession — as well as elsewhere — which hesitates to borrow from a non-professional source methods of cure, however good they may be. There are, of course, many notable exceptions to this rule; but it is a fact that the medical profession to-day is very largely held in check by the fear to enter paths not already trod by those looked up to as authorities. Few medical men will accept any new ideas that do not come to them through the medium of the regular colleges or medical journals or medical societies.

It is this spirit which causes the profession to swing like a pendulum from one extreme to another. The dominance of some master mind or minds for the time being seems to eclipse, or rather, to mold, all other mental action within the professional body, and so all men for the time being see and hear, as it were, through the eyes and ears of the man or body of men who occupy the position of authoritative teachers for the profession.

For the medical profession itself we would suggest some mental treatment calculated to antidote this tendency to professional inbreeding which is so apt to result in a stasis of the medical mind.

For the layman we would suggest that the important thing is to be cured, and that it is better to be cured by a "quack" than to be uncured by a "regular." It is *results* that the pa-

tient wants, not State credentials, diplomas, and licenses.



"SICKNESS of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul, and weakening the life forces. . . . The physician needs more than human wisdom and power that he may know how to minister to the many perplexing cases of diseases of the mind and heart with which he is to deal."



RECENTLY we received the following communication, which speaks for itself:—

"EDITOR LIFE AND HEALTH: Having by chance run across your issue of July, 1904, I was very much interested in your editorial article on 'Patent Medicine Sharks,' especially those that prey on young men. While I have never been one of the victims, I am deeply interested in this line of work. I believe a young man can be cured or built up, if he has not gone too far, by hygienic diet and treatment.

"But the habit you refer to is much more difficult to overcome than drink or the drug habit. Now why do you not get at the root of this thing? There are thousands, yes, millions of boys coming up and walking right into this trap of the devil, and no one warns them of its danger. Would you stand and see a small boy walk into a deep well or other danger if you could stop him or warn him? Our parents shrunk from this important duty, and let the boys go on blindly to destruction. Now why don't you have some articles in your magazine directed to the parents and guardians of boys [and girls, too — Ed.] urging them to warn the young



people of the danger that lies before them?  
E. L. D.”

Our correspondent is right. Parents are woefully remiss in this duty of warning children, and we editors are remiss in our duty. The question of purity in the child is one that should concern parents and teachers far more than it does.



### Significant Symptoms

A CHILD is shy, reticent, indisposed, perhaps, to play with other children, spends much time day-dreaming, is easily startled, blushes readily, shows indisposition to study, is listless, and “odd.” Later, there is loss of appetite, disturbance of digestion and nutrition, and loss of health; but the greatest loss, is in the morals of the child.

These are grave symptoms of a vicious habit which often nips a tender life in the bud. A child addicted to this habit, instead of growing up to successful manhood or noble womanhood, will either die prematurely, or will live a blasted life.

Mother, it is your duty to *know* that your child is not sapping its life out in viciousness. Do not rest content with the thought that *your* child is too good or too well instructed to practise an evil habit.

The preceding is an extreme picture, manifested in children who are wholly given over to the habit. The wise mother will observe the indications and correct the habit before it reaches such an advanced stage.

What can be done to save the child? It is much easier and far better to prevent the evil than to cure it after it has begun. Dr. Mary Wood-Allen’s excellent little books for mothers give valuable suggestions regarding proper instruction in sexual hygiene; and if

this instruction is faithfully followed there is little likelihood that bad habits will be formed.

Any symptoms such as are mentioned above, should arouse a mother’s suspicions, and she should then learn whether they are correct before mentioning the matter to the child. Then go to the child frankly, and tell him what the habit has already done, and what it will do if it is not given up.

The child should have careful supervision, both day and night, and should not be allowed to be alone. If necessary, the family physician should be informed as to the habits of the child, and asked to co-operate in saving him to a life of usefulness.

EVERY child born into this world has the right to know what dangers confront it. No child should be sent out among new dangers without being properly warned. The child’s associates should be carefully chosen; but with the greatest of care evil-minded children may pass muster, and become acquaintances of your child. So the child should be forewarned of the results of impure thoughts and actions. Parents naturally shrink from this duty. They do not know how to broach the subject to the child. Dr. Wood-Allen’s helpful little books would be valuable in such cases.



THE appearance of a sixth edition of “Sexual Neurasthenia,” by Beard and Rockwell, is an indication that the value of this work is fully appreciated by the profession. The authors were neurologists of large experience, who pioneered a way in the study of neurasthenia, which has since been followed by many other physicians. Dr. Rockwell, in the preface to the present edition, says he now has records of more than a thousand cases of neurasthenia, embracing persons in every station of life and



all degrees of culture, and these fail to modify in its essential features the picture of the disease so ably delineated in the first place by Dr. Beard. Though written for the profession, this work is a valuable help to all who desire to understand more regarding this important subject, as the language is not technical.

With the exception of a statement in the second paragraph of the chapter on sexual hygiene (which appears to be a misprint), there is nothing in the book to which one can take serious objection, and much that will be of the greatest value to any person desiring to know more about sexual hygiene and the cause and prevention of sexual disorder. Cloth, 316 pages; price, \$2; E. B. Treat & Co., 241-243 West Twenty-third St., New York.



By chance I saw a copy of *Everyday Housekeeping*, containing an article by B. T. M. Clark, architect, on "The Management of a Furnace." The article was so good that I sent immediately for a copy of the February issue, containing it, and would suggest that any one who has the care of a furnace will do well to send ten cents for a copy of this issue. The April issue has a paper by the same writer on "Steam and Water Heaters," which will prove valuable to owners of Steam or Hot Water Heaters. This, for instance, "In leaving hot-water heating apparatus to take care of itself for the summer, one thing is of great importance,—not to change the water. Furnace men and heating contractors generally advise their customers to change the water at least once a year, and 'fill up with nice clean water.' This advice should not be followed, for the very good reason that

every filling with 'nice clean water' causes renewed rusting and pitting of the inside of the pipes and boilers, which are avoided by not changing the water."

There are many other excellent features in this magazine, but a sample copy will speak for itself. Address *Everyday Housekeeping*, Boston, Mass.



### Assumed Uprightness

How is this for effrontery? The manufacturers of a nostrum containing twenty-eight per cent of alcohol, in some of their recent advertising matter state:—

"There are people who object to the use of any proprietary medicine on the suspicion that spirits may have been used in its manufacture. Even Peruna has not altogether escaped such criticism. But people who have taken Peruna, who have known of the benefits of Peruna from actual experience, know how utterly unfounded such notions are concerning Peruna. When the treasurer of the National Prohibition Voters' League comes out in a public statement to the effect that words fail to express his praise for Peruna," etc., etc.

The *New Idea*, commenting on this advertisement, says: "The enthusiasm of the treasurer of the N. P. V. L. seems directly traceable to the use of Peruna q. s. [a medical abbreviation meaning a sufficient quantity], and is not particularly difficult to account for. We ourselves have seen men in such a condition that 'they could not think of words to express their praise' of something they had lately been drinking. . . . Peruna advertising, in some instances, appears to say more between the lines than on them."





### Pure Foods

DR. KURTZ, before the Los Angeles Board of Health, testified that in his practise he had met no less than eight persons who were victims of ptomain poisoning as a result of eating cold storage poultry. Frozen poultry is a rival to embalmed beef.

IN order to prevent spoiling of milk, many milk dealers around New York have resorted to the use of Pasteurization or sterilization; hence an ordinance recently passed, to the effect that "all milk subjected to heat or otherwise sterilized must bear a label stating the process to which the milk has been subjected."

COLLECTOR OF THE PORT STRANAHAN and Solicitor Hamilton are investigating a complaint that intoxicating liquors are imported in French candies. Mr. Hamilton says there is no law to prevent the importation, and as a last resort has referred the matter to Health Commissioner Darlington. The investigation has shown that Martini cocktails and brandy are found in chocolate drops, and that a large white marshmallow contained creme de menthe. A gum-drop released a thimbleful of maraschino. Broadway dealers say that matinee girls are the best customers. Paraffin — producing appendicitis and all sorts of stomach disorders, especially in the cases of women, children, and persons of weak constitution — has been used in small, round chocolate cream cakes, to give the cream a consistency not affected by the heat. Frederick J. H. Kracke, Assistant Commissioner of Agriculture of New York, while attending the National Dairy and Food Show took six cakes with him. They contained forty-nine grains of paraffin, an average of eight and one-sixth grains each. The analysis was made by J. F. Geisher, the State analyst of New York. The cakes were made by a bakery firm of national reputation, which has extensively advertised the purity of its products.

### Nostrums and Drugs

IN East Berlin, Pa., a young lady soon to be married took a patent headache powder — and died. Shortly before noon she took the powder to relieve pain in the head, and in the evening died in great agony. These powders are guaranteed to relieve headache.

IN response to the largest signed petition that has ever gone before the legislature of British Columbia, that body has before it a bill providing that all medicines containing certain injurious substances, such as chloral, ergot, opium, cocain, acetanilid, etc., must state on the label the name and percentage of the poison. No patent medicine is to contain more than ten per cent of alcohol, except especially permitted by the provincial board of health.

THE Hepburn Pure Food bill has been honored (!) by an amendment from its opponents, which provides that when the quantity or proportion of alcohol is not more than is required as a solvent or preservative of the actual constituents of the medicine, or when there is less than two grains of opium and one-fourth grain of morphin to the ounce, it will not be necessary to state on the label the presence of these substances. If the amendment passes, the bill becomes thereby robbed of half its value as a protector of the public against harmful nostrums. The patent medicine men do not wish to be compelled to state the ingredients of their nostrums.

### Schools

THE British Parliament is considering the proposition of feeding indigent school children. The measure will probably pass.

IN certain districts in Switzerland, "there is included in the curriculum the gratuitous and compulsory administration of cod-liver oil to all children for whom the doctors prescribe it."



THERE is much ado about the children who go to school breakfastless, and who are too hungry to study. The proposition is now made that England and America adopt the Swiss custom of feeding these hungry school children at public expense, in order that they may be reared useful citizens. But in the end it is questionable whether the custom will not rather increase the tendency of the shiftless to depend on outside aid, and thus increase the evils of pauperism.

A BILL before the Massachusetts Legislature provides (1) prompt medical inspection of all public school children showing signs of ill health, exclusion of those having infectious disease, and notification of parents in all cases needing medical treatment; (2) annual inspection of all public school children for the determination of defects of sight and other abnormalities which might prevent their receiving the full benefit of their school work, or requiring modification of the school work in order to prevent injury to the children or to secure the best educational results; and the notification of parents in case of such disabilities.

#### Miscellaneous

AT an inquest into the death of a woman of Southwark, England, her attending physician testified that her death was caused by corsets; that her liver, nearly split in two, was pressed upon the heart, causing heart failure.

THE drink bill for Great Britain reaches the enormous sum of eight hundred and twenty billion dollars annually. In connection with this fact, it is noted by a great medical journal that insanity and physical degeneration are on the rapid increase.

It is reported that the University of Chicago expects to add to its curriculum a course on the language of the monkeys, and that a number of monkeys are being imported by the school. Well! After they have been hazed, joined a "frat," donned a class pin, and learned the yell, they will be in a fair way

to do credit to the university; or possibly they are coming over to accept professorships in the new language?

THE State Department of Education of New York has made a declaration to the members of the legislature that the department is opposed to the bill to secure legal recognition of osteopathy in that State, on the principle that the State should not recognize a school of medical practise any more than it would a special creed.

A RESIDENT of Lancaster, Pa., aged sixty-five, has just concluded a forty-day fast, which he undertook in order to cure himself of chronic stomach disorder. He ate absolutely nothing during the forty days, but drank a pint of water a day. He was reduced from one hundred and sixty pounds to one hundred pounds, but felt well, and believed that he had accomplished a cure by fasting, which he had previously failed to do by the expenditure of hundreds of dollars.

FRANCE is being awakened as to the significance of its decreasing birth-rate. Bills to prevent the evil have been introduced into the French legislature. Societies have been established for the purpose of carrying on a propaganda favoring large families. One of these societies shows that while other European countries at the present rate of increase will double their population in about fifty years, France would take at the present rate nearly one hundred and eighty-five years. This society recommends that families having more than three children be exempt from taxation. Buildings are being erected for the accommodation of large families. These are rented at a comparatively small rental, a large family securing adequate apartments at, say, twenty dollars a year. And even at this low rental the apartments are thoroughly hygienic, every effort being made to give the coming generation the best opportunity to develop. America would soon be compelled to come to this if it depended for its increase on the old American stock. It is the immigrant, and not the native American, that is most prolific.



# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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

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It is stated that while in the British Isles there is one qualified medical man for every 625 of the population, in Kashmir there is one only for every 500,000, and in China one for 2,500,000.



DR. D. C. ROSS, of the sanitarium at Keene, Tex., opened treatment rooms in Fort Worth, Tex., May 1. The doctor has had two of his nurses on the ground with "Ministry of Healing" and *Life and Health*, and they have done a good work in getting our health literature before the people, and in getting patients for treatment.



THE Department of Agriculture has just issued a pamphlet, "Some Forms of Food Adulteration and Simple Means for Their Detection," which will be of value to any one interested in the matter of pure foods. Address Government Printing Office, Washington, D. C., enclosing 5 cents in coin, and calling for Bulletin No. 100 of the Bureau of Chemistry.

It is reported of Dr. Kerr, of China, one of the oldest medical missionaries, that he has had seven hundred thousand cases which have been aided, and that he has performed forty thousand operations.



WHEN the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness, and then go to work intelligently to remove the cause. —"Ministry of Healing."



WITH the advent of warm weather every precaution should be taken to lessen the fly nuisance, for these insects are not only an annoyance, but a serious menace to health. It has been repeatedly proved that the fly is an important agent in the transmission of disease. Flies visit privies, manure heaps, and other unsavory places, and then find their way into the kitchen or dining-room to spread filth and contagion. Typhoid fever, tuberculosis, and other infectious diseases are known to be carried in this manner.

To be rid of the fly pest it is necessary to remember that flies breed in masses of decaying matter. The eggs are laid in manure piles and heaps of decomposing filth; and the presence of such material in the vicinity of a dwelling is sure to be followed by swarms of flies.

Another means of protection is the use of fly-tight screens for doors and windows, so arranged that the house can be thoroughly ventilated without the admission of flies. Should a few flies gain entrance to the house, they should by no means be permitted to remain. The room should be darkened, and the flies driven out. This may be a difficult matter in cloudy weather.



“AND he sent them to preach the kingdom of God, and to heal the sick. . . . And they departed, and went through the towns, preaching the gospel, and healing everywhere.”

IN many parts of Central Asia, the favorite remedy for all kinds of ailments is to take the skin of a goat from an animal just killed, and apply it to the body or the injured part.

PERHAPS one may say that, of all the agencies now in use in the world in heathen countries, the medical mission is the most efficient in bringing those people who are sitting in darkness and in the shadow of death to know that the Dayspring from on high has visited them to guide their feet into the way of peace. . . . On the western frontier of China, I should say that a single medical missionary might do more than twenty evangelistic missionaries, at the present time.—*Mrs. Isabella Bishop.*

“THE gospel is the discovery of the grace of God to man, and the unfeigned belief of it, will produce a disposition to do good unto all men as we have opportunity.”

A PHYSICIAN in a mission field needs no newspapers to advertise him. Every patient successfully treated is a living and wide-spread advertiser of the doctor who is the means of his cure.

THE practise of medicine by Christian women has proved more effectual in opening the homes of Mohammedans and high-caste Hindus to Christian influence than any other work in India to-day.

A CHINESE doctor feels the pulse of both wrists of the patient, with an idea that the beating of the pulse of the left arm indicates the state of the heart, while that of the right represents the health of the lungs and liver.

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