

# Common Disorders of Children

## LIFE AND HEALTH



The melon-cholera days have come,  
The saddest of the year.

September  
1906



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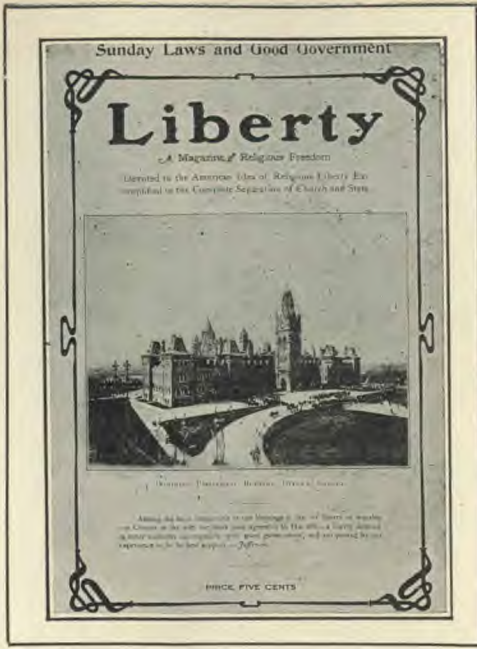
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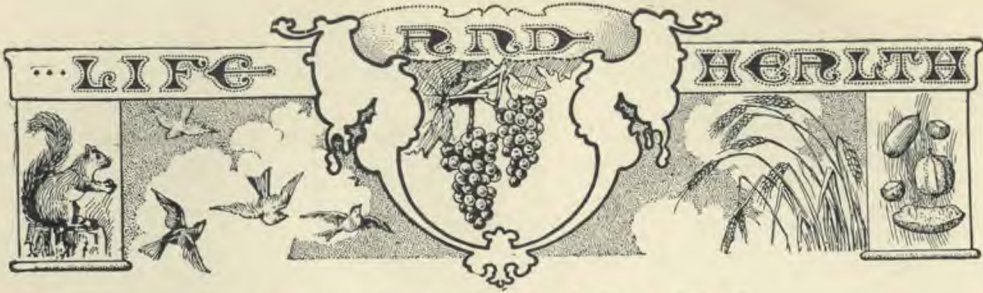
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"Something better is the law of all true living."

Vol. XXI Takoma Park Station, Washington, D. C., September, 1906 No. 9

## Children and Their Care

FREDERICK M. ROSSITER, M. D.

### 4 — Common Disorders of Children Mouth Breathing



**T**HIS is a matter of considerable more importance than is usually attached to it. When a child begins to breathe through the mouth in the daytime, or more particularly during sleep, there is suf-

ficient cause for apprehension.

Mouth breathing indicates obstruction of some nature to the natural air-passages, and unless this obstruction is removed, there will in time follow a train of symptoms that will very much interfere with a normal mental and physical development.

Natural breathing takes place through the nostrils, and any departure from this will in time result in disease. Even under extra physical exertion there is greater physical endurance if one persists in breathing through the nose. One does not become "winded" so soon if the mouth is kept closed. In fact, there is more than a modicum of truth in the

adage, "Shut your mouth and save your life."

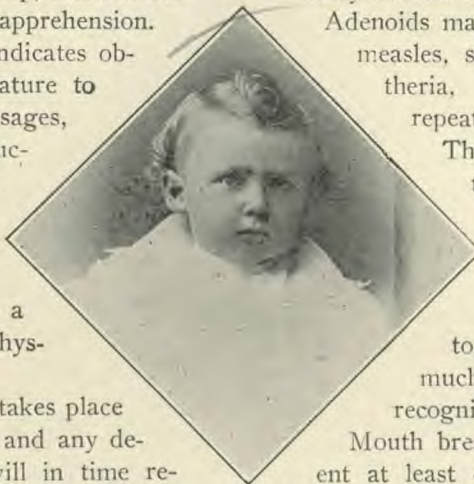
Mouth breathing is usually due to enlargement of the tonsils, either in the throat or, more often, up behind the palate. In the latter case it is usually called "adenoids." Adenoids are very common in childhood, and give rise to many morbid conditions.

Adenoids may follow an attack of measles, scarlet fever, or diphtheria, or more commonly, repeated attacks of cold.

They are also common in nervous and poorly nourished children.

Adenoids are characterized by a definite group of symptoms, so there is not much difficulty as a rule in recognizing this condition.

Mouth breathing is always present at least during sleep, and the breathing may be quite noisy. The growth obstructs the passage of air from the nostrils into the throat; hence the child breathes through the mouth as offering the channel of the least resistance. Mouth breathing usually gives rise to catarrh, and in time to a





peculiar deformity of the chest and a weakening of the lungs. The child is usually restless at night, and may have frequent attacks of spasmodic croup.

Adenoids usually cause some deafness, a nasal voice, and children so afflicted are usually anemic and poorly nourished. These growths produce a peculiar pinched expression in the face, and interfere with the mental development of the child.

There is only one treatment for adenoids, and that consists in their removal by surgical means. Local treatments and applications are only palliative, and will not remove the adenoid or the symptoms, and for this reason there should be no delay in having the growth removed.

#### Worms

The number of babies and children that are treated for worms is legion, but the number of those that actually have worms is very small.

This statement no doubt will surprise many parents, nevertheless it is true, and is borne out by reports from city hospitals where a large number of children are seen annually.

Not one child in a hundred that is doctored for worms has worms at all. As a physician, I have been called to see a good many children where the mother and neighbors had made a diagnosis of "worms," but rarely is their diagnosis confirmed by the facts. A child is fretful, grinds its teeth, has the stomach-ache, moans and tosses in its sleep, and so all the neighbors are sure that Johnnie has worms, and some one goes in haste to the drug-store for a "worm medicine." As a matter of fact gained from personal experience, Johnnie has

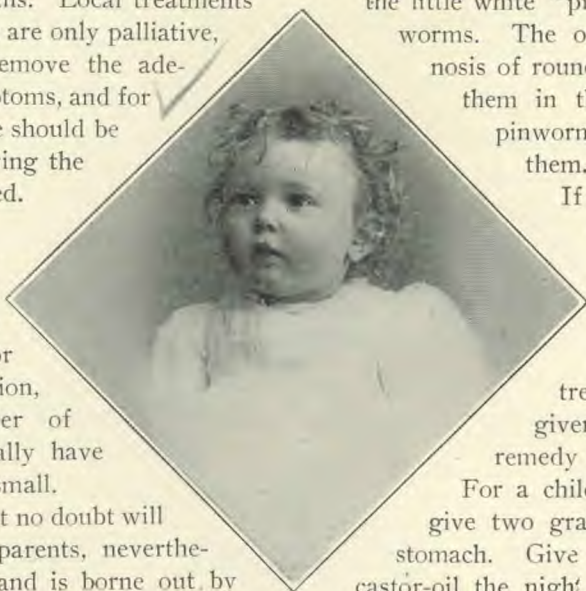
had too many pancakes or other indigestibles, and is suffering from auto-intoxication. In a great majority of cases children who are thought to have worms are suffering from indigestion. Most of the "worm medicines" move the bowels, and so temporarily help. In these cases attention to the diet and proper elimination is all that is necessary.

A child very seldom has a tapeworm. The worms that may be found are round worms from six to eight inches long, and the little white "pinworms" or seat-worms. The only positive diagnosis of round worms is to find them in the stools, and of pinworms to see or to feel them.

If one round worm is passed, others will be present in the intestines, and so the necessary treatment should be given. Santonin is the remedy for round worms.

For a child three years old, give two grains, on an empty stomach. Give a good dose of castor-oil the night before, give one grain of santonin with sugar the first thing in the morning, and repeat in four hours; then in two hours give another dose of castor-oil.

For pinworms, give attention to the diet, avoid meat, and flush the bowels thoroughly with salt water, using a tablespoonful to the pint. This is more effective than quassia chips. The worms develop high up in the large bowel, hence the necessity for giving the high injection. For a young child, pass carefully a well-oiled soft rubber catheter eight or ten inches, and let the water flow through this.





**Enuresis, or "Wetting the Bed"**

Incontinence of urine is most common among children under the age of puberty. The cause is not definitely known. Gastro-intestinal digestion, too acid urine, inflammation of the bladder, adherent foreskin, adenoids, and habit, are causes of bed wetting. No doubt a weakness in the nervous system is largely responsible for this condition. In many cases parents are responsible for the trouble in not properly training the child while young. As a rule a child does not have control over the bladder until the second or third year.

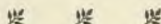
**Treatment**

Punishment will not cure a child of wetting the bed. If any of the preceding causes exist, it should be removed if possible. Children so afflicted are usually of a nervous disposition, hence every effort should be made to see that the child leads as natural and simple a life as possible. Such a child should not be overtaxed either mentally or physically. The diet should be light and unstimulating; hence meat, eggs, tea, coffee, and condiments

should be avoided. But little if any fluid should be allowed after four o'clock in the afternoon. No late suppers should be allowed, and regularity of the bowels is important. If there is a tendency to fermentation with gas formation, attention should be given to this.

Removing the cause alone will cure but very few cases. Much can be done by faithful training. A habit should be formed by getting the child up at regular intervals, once before midnight, and once in the early morning. Elevating the foot of the bed may be useful, or tying a towel around the body so the child can not sleep on the back will help in some cases. If the urine is very acid, the acidity may be reduced by giving potassium citrate or potassium bicarbonate.

Children that wet the bed should be given a cold rub every morning on rising, or if old enough, should be required to take it themselves. Hot and cold sponging of the lower end of the spine is good. Have the child practise holding the urine a long time during the day. Electricity accomplishes but little in these cases.



## Divine Healing

AUGUSTA C. BAINBRIDGE

### 6— Walk in the Light



FOOD for the stomach, and a stomach for the food; water for thirst, and a thirst for water; light for the eye, and the eye for the light; air for the lungs, and the lungs for air; water and air and sunshine for the skin, and the skin for

the water and air and sunshine,—a benevolent design is clearly seen in these and all other relations of the human body to its surroundings. Only a loving Father could have been our Creator, and truly "in him we live, and move, and have our being."

While it is true that God is all-powerful, and there is nothing too hard for him,



it is also true that he gives us some things to do for ourselves. When we are hungry and have that at hand which he created to be food for us, and hence can bless, we know that it is our part to use the means he has provided to satisfy our hunger. Are we hungry and without food, our God is able to make bread of stones, or to supply our need in any way he chooses inside or outside of our bodies; for every organ is under his eye and acts as he wills. We can not, dare not, limit his love or his power, and we must not presume, or enter the path of disobedience, and then claim the blessing.

Forbidden food can not work his will in us for our good. He can not contra-



dict himself, and we need not disobey him. If we are in straits, we need not fear. He is there with us, and will provide for us. We can wait and trust, watching for him to lead the way. He may send us food, or he may lift us out of the feeling of need for food, or even the necessity of food; but whatever he may do, he will do right; and if we wish to be in harmony with him, we must do right. "The just shall live by faith." This means actual living in things physical, even in the matter of food; for "whatsoever is not of faith is sin." If our hearts are set to obey him; if, like Daniel, we purpose in our hearts that we will not defile ourselves, God will see to it that we have food. Many in the time of distress through which we here in San

Francisco have been passing, have felt that it was right to eat whatever was set before them and ask no questions for conscience' sake. No! a thousand times *no!* In just such dark, trying times as these, we need to walk in the light, to trust our God, to believe his word, to pay more diligent heed to the principles we have been taught, and to have faith that he will keep us well and strong for his service, in our obedience. Let us not dare ask him to do this for us in our disobedience, praying him to serve with our sins.

It is just the same when we are thirsty, and the body is calling for water. No other liquid will fully quench thirst. All other liquids that seem to do so in part, owe even that part to the water that is in them. Shall we, when thirsty, depart from the word of the living God, and take drinks of articles of man's devising, and expect to be blessed? God has promised to provide water for the thirsty soul; but let us see to it that our souls are thirsting more to do his will than they are to receive fleshly gratification. All the fluids of the body are under his control, and he has the same power over them at all times, when we are thirsty or when we are not, and we can safely trust him to keep us when our hearts are set to do his will. The delicate balancing of supply and need is in his hands; and while we can not understand it, we can know by faith that he will not fail.

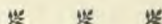
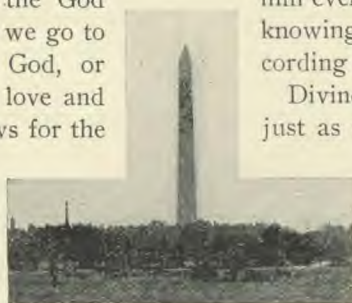
It is just the same with the surface of our bodies. While only the skin of our hands and faces is visible to our fellow mortals, we are all of us just as naked in his sight as if we wore no clothes at all. The beautiful functions of the skin were all planned by him when he said, "Let us make man in our image;" and when the work was done, and pronounced "good," it was because that command had been carried out. The wonderful communication that is constantly carried on between the skin on the outside of our



bodies and the organs on the inside, is a continual reminder that these organs are in a measure under our watch-care. When we know that bathing the hands and face in cold water will relieve certain congested conditions of the brain, and we have the cold water at hand, may we not thankfully, joyfully, use this wonderful remedy, and thus honor the God who gave it to us? Shall we go to those who do not know God, or who do not recognize his love and care for us in giving us laws for the preservation of these bodies to his praise, and ask him for drugs or nostrums of human invention? The air we breathe is filled with

healing power. The water we apply is from him who is the fountain of life; and shall we turn from these to doubtful agencies? When we come to hard places where we can get no water, or perhaps no fresh air, he is still our source of supply; and because we do not know all the resources he has at hand, let us not doubt him even then, but wait on his word, knowing he will send relief according to that word.

Divine healing is no myth. It is just as real as God, our Father, is real. It is just as close at hand. Let us not shut it away by unbelief, or by a failure to use his way of receiving it. We will study this further.



## Vegetarianism: Its Relation to Health

J. E. FROOM, M. D.



THE manner of eating followed by the almost unnumbered inhabitants of Asia and Africa, who constitute a large majority of the human race, is conclusive proof that vegetarianism is compatible with health.

The recent demonstrations of physical endurance which the Japanese gave by their almost incomprehensible feats in contesting with the Russians have greatly simplified the task of persuading people that good nutrition may be maintained without the use of a flesh diet.

The closest laboratory tests applied by physiological chemists are reinforced by all kinds of experimental tests with laboring men and in military camps, showing that the necessary food elements for supplying heat, energy, and material for

building tissue are found in the vegetable kingdom.

Since meat contains nutrition, and in many forms is very digestible, and since its use is now very general in civilized countries, the question is very properly raised as to whether so great a preference should be shown for food which grows out of the earth.

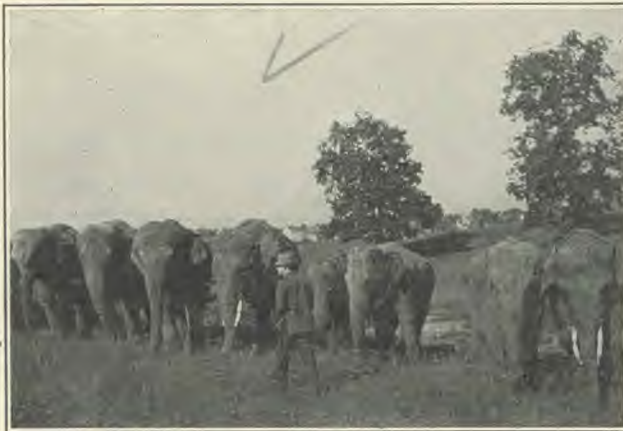
The expression "vegetarian diet" as generally used is not restricted to vegetables, such as potatoes, cabbage, beets, and turnips, but in its usual application refers to food which grows out of the earth, and embraces the large, attractive, and varied lists of grains, nuts, fruits, and vegetables referred to when, in Eden, the Creator outlined man's best bill of fare by saying, "I have given you every herb bearing seed, . . . to you it shall be for meat." Besides this elaborate provi-



sion for the needs of mankind, vegetarians utilize milk, cream, butter, and eggs, which are available without taking animal life, and can be used as food without taking into the body the waste which abounds in the venous blood of animals, and which is not disposed of by the ordinary method of slaughtering and cooking the flesh of animals.

There is such a startling increase of disease among domestic animals that a mere acquaintance with the facts concerning them makes us thoughtful that a beneficent Creator has so bountifully provided for us as not to make it necessary to eat the flesh of dead animals.

Notice that most of our large and ever-growing cities discharge their sewage



into a neighboring river, thus making scavengers of the fish in practically all the rivers. This feature has an important bearing on many of the oyster-beds of coast towns.

The mercenary methods of fattening fowls which some dealers follow make them as veritable scavengers as crows and turkey-buzzards.

Even the cattle, which we delight to think of as the lowing herd feeding in the meadows and drinking from the flowing brooks, are now prepared for market in a way that makes a large proportion of

them utterly unfit for food, as shown by this sweeping statement made by one of the leading meat dealers in Washington, D.C., to our sanitarium steward: "If they sold only healthy beef, it would cost the consumer at least one dollar a pound."

The habits of swine are generally known to be incompatible with a wholesome and healthy condition of animals, but more is expected of cattle, which are naturally clean in all their habits. But here again we are confronted with the strange and dangerous procedures which men undertake for the sake of multiplying their income.

While visiting the great whisky distilleries of Peoria, Ill., I was impressed with the cattle-feeding industries which are connected with the distilleries in order to make a profitable use of the gluten contained in the liquid waste from the mammoth tubs of cornmeal which they ferment in order to produce spirits. Our guide, one of the distillery foremen, took us to the cattle sheds which are maintained as a prominent feature of their profitable business. Immense cattle

sheds, providing room for hundreds and thousands of "feeders" from the far western plains, are filled with long rows of steers fastened by their heads to a trough through which at frequent intervals the warm liquid food runs in seemingly unlimited quantities. To my query about how long the cattle are kept there, the guide stated that they are kept there "from two to eight months without exercise," eating, grunting, lying down in their filth, getting up to stretch and eat and lie down, day after day and week after week, till they really become in habits more like



swine than like "the cattle upon a thousand hills." "But why not provide them with a pasture and exercise?" I asked. "They would run their flesh off, and, moreover, their bones become so soft that I have seen great steers break both front legs by playing when they were loosed to be shipped to the slaughter-houses." With every possible inducement to eat, and nothing to encourage elimination, their bodies become veritable factories for urea and other poisonous waste products. The flesh of such animals is pale,

tender, high flavored, and stimulating. To those who learn to like it, its stimulating qualities become an apparent necessity, the lack of which may cause natural and unstimulating foods to appear insipid and unsatisfactory until the taste is educated back to a normal appreciation of a natural bill of fare.

In closing this brief treatise of a large and important subject, a comment by the wise man seems particularly fitting: "God hath made man upright, but they have sought out many inventions."





# CURRENT COMMENT

A decorative header for the section 'CURRENT COMMENT'. The title is written in large, bold, serif capital letters. Below the title is a detailed illustration of a desk. On the desk, there are several books, a lamp with a glowing light, and a pair of scissors on the right side. The desk is supported by ornate legs. The entire illustration is framed by decorative flourishes.

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

## The Strenuous Life in Our Schools

OUR schools and colleges, where we should be taught how to live, are not free from this spirit of stress and strain. Students are goaded to tasks beyond their powers, and being anxious to stand at the head of their classes, they hurry their meals, overstudy, take little time for rest, and as a natural consequence, many become nervous wrecks.—*S. T. Turke, M. D., in Journal of the Amer. Med. Assn.*



## Strenuous School Work

THERE has been, and is yet, altogether too much overtaxing of the brain and nervous system of our boys and girls in public schools, and also in private ones. Our gynecologists and nerve specialists have given us enough illustrations of the detrimental effects of the overtaxing and overstraining of the mind and the nervous system of young girls at the age of the development into womanhood. Many of our college pupils, male and female, do not get enough rest; they are overworked and underslept. Those of us who have given tuberculosis a somewhat closer study also know that it is often at the period of entering into puberty that the predisposed individual becomes most susceptible to invasion of the bacillus, particularly when added strain is put upon the physical or mental system.

To every class in the public school opportunity should be given in fairly good weather to have recitation and singing

at least once a day in the playground, adjoining garden, or roof garden. Breathing exercises should, of course, be instituted for at least a few minutes at a time, during hours for class. This should be either in the open air or with the windows wide open, and a number of times each day.—*S. A. Knopf, M. D., Address at Baltimore.*



## School Hours Too Long for Children

IT is to be regretted that more exact studies have not been made on the length of school hours and their value. The average length of the school day is six hours. It may be that exceptionally well-endowed children, mentally and physically, may profit by such long confinement within doors; but we believe that for the average child it is much too long. He would probably learn as much with the hours reduced to four, or even three. In case of precocious and nervous children, where it is necessary for them to go to school a shorter number of hours, it is often found that they do quite as well or better than when confined within school for the whole period.

Joseph Bellei has recently made careful study of the mental fatigue produced in school when there is only a short rest between the forenoon and afternoon sessions and when this period is greater. His former studies were made with a noon recess of only forty-five minutes, and the latter with a noon recess of two hours. From his tables it appears that there is a marked increase in fatigue noted



in forty-five minutes after school commences for the afternoon session. His conclusions are that a two-hour rest in the middle of the day enables the children to do work as well for the first forty-five minutes as at any time during the day. After that there is a rapid onset of fatigue which persists to the end of the session. He comes to the conclusion that the work done by the children during the afternoon school session is, on account of the great mental fatigue it involves, of no advantage to them, and is full of danger to their health.—*Editorial in Medicine.*



### Students Breaking Down Under Strain

Now that the student world is approaching the end of the school year, reports are beginning to come from all parts of the country of students breaking down under the strain of the work. It is a story that of late years is rather expected at this season. The victims range from the tots in the first grade, from the struggle to "jump over the low second into the high second," to young men and women of the university who are striving to do four or five years' work in three, or to achieve some class distinction. . . . This crowding . . . may be in line with the methods of a strenuous age, but it is an up-to-dateness that is not doing schools, or students, or the people, for that matter, any good.—*S. F. Call.*



### Why Meat Is a Stimulant

MEAT is a stimulant because it contains uric acid and xanthin, and the flesh of animals contains this substance for the same reason that the flesh of man contains it. Thus the man who eats pig flesh introduces some of the pig's excretive products with the flesh.—*Dr. Haig, in The National Review.*

### Meat Establishments Beyond Federal Control

DISCUSSING the new meat inspection law, Secretary Wilson said that there was considerable misapprehension regarding its scope. It does not, he said, apply to any but slaughtering and meat-packing houses doing an interstate business.

"If the people of this country," said the Secretary, "want to be assured that the meat that goes into their homes from those establishments doing a purely State and local business is clean and wholesome, they should enter upon a crusade for a general cleaning up. I am powerless, myself, to act. Quite recently I went through some of these houses not embraced within the federal law, and found them in a nasty, filthy condition, and in some cases using diseased animals. It is my one regret that the federal law does not reach them, but I earnestly hope the State and city officials will look after them as rigorously as we propose to look after the others."—*Washington Star.*



### The Age of Embalmed Meats

PTOMAIN poisoning after eating canned corned-beef hash, put a large percentage of the members of the Sixty-seventh Company of the Coast Artillery stationed at the Presidio, on the sick list last Tuesday. On Wednesday the reassuring discovery was made in Chicago that chickens offered for sale in that city had been in cold storage for twelve years. Last week the lower house of Congress refused to concur with the Senate in requiring that there appears on the labels of all canned and stored meats the date of their preparation. The reluctant Senate finally came round to the views of the lower house, and no dates go on the labels. Here is one case where the well-known power of the Senate over the lower branch of Congress proved ineffective.



But the humbling of the Senate by the popular body would better have been done less to the disadvantage of the public.—*Editorial, San Francisco Call, July 6, 1906.*



### The Right Kind of Lesson

THE packers have had a severe lesson, that kind of a lesson which ought to teach them that decency, as well as honesty, is the best policy, and that cleanliness is next to godliness. They have been held up to disgrace before the whole country and the world. The complaints against them have been proved, and there are yet other reports, no less severe, that have been withheld from publication. Enough has been discovered and published to cover the packers with shame; and what concerns them more, their profits have been seriously affected. Their sales in this country have been reduced, and those abroad almost cut off. One European nation after another has shut the doors against them. The action of our government in thus diminishing our exports for a season has been courageous and self-sacrificing, and in the line of absolute honesty, which should control nations as well as individuals. But it has further stirred up other countries to inspect their own packing-houses; and they have found in England, and we presume elsewhere, that the same evils exist.—*Editorial, The Independent.*



### Good Sense Versus Custom in Summer Dress

ON the hot city streets every woman except the one in mourning, wears a white shirt-waist. It is of thin lawn, and looks as cool as it really is. It is a sensible garment, that fits the hot season. It indicates the sense of the fitness of things that belongs to the sex which wears it. On the same city streets are as many men, and nine out of ten of them have on a

long black coat that is as ill-fitted to the season as the feminine garment is becoming.

It is not airy; it is stuffy. It seems to mark a lack of the sense of the fitness of things on the part of the sex that wears it. The only men that look cool are the working men who have discarded coat and vest, and have thus arrived at the shirt-waist, and the street-sweepers who are all clad in cool white. Why is it that in Porto Rico, or the Philippines, or China, or Japan, a man can go to any evening party in white linen, but here in the United States does not venture in summer to walk the street thus sensibly clad? The street garments of our men and women are an evidence that man lags far behind woman in the sense of propriety, the sense of comfort, and we suspect, in a good many other kinds of sense.—*New York Independent, Editorial.*



### Tobacco and Nervous Disturbance

WITH regard to the effects of tobacco in so far as it gives rise to symptoms of nervous disturbance—and the effect on the optic nerve is excluded—they are of several kinds.

1. Tremor is one of the commonest. It is fine and rhythmical; it is not constant, but, if once established, it tends to go on and so become more and more definite and persistent. It may be got rid of entirely by leaving off tobacco.

2. Giddiness is also a common effect of excessive tobacco smoking. It is probably the result of disturbance of the vagus, and although in the habitual smoker it is unassociated with nausea, it is probably to be referred to the same cause as the giddiness so invariably associated with nausea, and even vomiting, in the novice.

3. The vasomotor effects produced by tobacco are curious. Coldness of the ex-



tremities, even blueness of these, is frequent. Associated with this there is occasionally some pallor of the face, and very frequently some excessive sweating on the forehead. This also is reminiscent of the effect of the nausea of tobacco smoking in the beginner.

4. Sleeplessness is one of the most troublesome effects of excessive tobacco smoking. This sleeplessness is of a curious character, and is properly described as "intra-nocturnal insomnia." The sufferer goes to bed and goes to sleep at once. He wakes up at two, or three, or four, as the case may be, and then for an hour or more he is very widely awake, dropping then into a troubled sleep, and waking tired and unrefreshed.

Such are the common effects of tobacco in excess. The question of what is excess is a very difficult one, and one which experience must decide for the individual. In regard to cigarette, cigar, or pipe, the cigarette is undoubtedly most harmful, because of its convenience. It is so easy to light a cigarette, and there are so many opportunities for indulgence. It is not so easy to smoke a pipe or cigar, so that the cigarette smoker has a much greater temptation to overindulgence in tobacco than either the cigar or pipe smoker. And there is little doubt that the use, especially if the use is an excessive one, of alcohol much intensifies the deleterious effects of tobacco.—*Sir Lauder Brunton, in Medical Examiner and Practitioner.*



#### The Druggists' View of the Patent Medicine Business

IN the *Pedagogical Seminary* for March appears a paper entitled "A Study in Personal Hygiene." The first section

of this paper is based on some four hundred and fifty replies to a questionnaire circulated by President G. Stanley Hall, of Clark University. The questions relate to the fears of the correspondents regarding diseases to which they think themselves liable, what they do to preserve or improve health, in the line of diet, toilet, exercise, dress, study, work, sex health, etc. The result of the answers is very interesting as showing what intelligent people actually believe concerning their health, and what they do in the way of personal hygiene.

But it is to section two of the paper that we desire to call especial attention. This section gives the result of the writer's visit to thirty-five druggists who had been in business from ten to forty-five years. Regarding patent medicines, the majority answered, "They absolutely have no merit." Some said, "They not only have no merit, but are positively harmful." A few said, "Whatever of good they possess lies in the alcohol they contain." He failed to find a druggist who regarded patent medicines as having any merit. A common expression of the druggists was, "It is the biggest fake in America." This is a significant testimony from the men who are in a position to know more about the actual working of patent medicines than are any others, and who make their living largely from the sale of patent medicines.

Three fourths of the people, these investigations show, buy patent medicine, thinking they get efficient medical advice at a bargain. To the question, "What sells patent medicine?" the universal answer was, "Patent medicines are sold wholly through the susceptibility of the people to advertisements."





## Medical Work in the West Indies

FOR years the work of the third angel's message in the West Indies has felt sorely the need of the help that the medical work can bring. The West Indies is a cosmopolitan field. The countries washed by the waters of the Caribbean Sea are controlled by different nations having different laws. Even the colonies belonging to England differ in their medical laws. Barbados has the most liberal laws of the English colonies. Our medical work has, therefore, had its beginning there. Treatment rooms were opened in November, 1905, in a private residence, with very meager facilities. With the Lord's blessing, however, the work has prospered from its start. Those who are unacquainted with the tropical prejudice against the use of cold and hot treatments can little realize what a physician or nurse has to meet in these countries.

After the work had been in progress for some months, it was evident that an office should be established in the business portion of the city. Accordingly, rooms were rented, and very simply furnished. The work began to increase immediately. The nurses engaged in this work have been able to make their work self-supporting thus far. They have entered a number of the leading homes in the island, and have been instrumental in ministering to the afflicted among the poorer class as well. Many of the most stubborn tropical diseases do not yield readily to treatment, while others can be cured with one or two applications. The nurse who pioneers the work in a new

field naturally gets the most difficult cases to begin with. However, as the work becomes familiar to the people, and its curative value is appreciated, many of the simpler cases apply for treatment.

The workers in the East Caribbean Conference have been much encouraged by the success that has followed their efforts. We are now endeavoring to locate a physician in the field, and trust that a small sanitarium will soon be established in the West Indies. The very fact that the West Indian Union Conference is within the tropic belt, where disease and sickness are found on every hand, should appeal strongly to those who have consecrated their lives to the medical branch of the message. It is the wish of the officers and committee of the West Indian Union Conference that this work shall be fully established in our field in the near future.

GEO. F. ENOCH.

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## Bridgetown, Barbados

THE medical missionary work in the West Indies is still going forward, and I believe that we can safely say that it has at last found favor with the majority of the people here in Bridgetown. Although, considering the circumstances, we have been doing well from the start, yet the doctors in an underhand way have been poisoning the minds of the people, telling them that the treatments would injure far more than they would mend.

In some of the churches, also, the system has been preached against, but in spite of it all, the Lord has given us opportunities to fully demonstrate what the treatments can do, and many times we



have effected a cure where the individual had been drugging for years without any permanent relief.

One of the most encouraging features is that the wealthy people are taking kindly to us, and the most of our work is among them. Barbados is a very poor colony, nearly all are colored, and although we came to care for the poor as well as the rich, yet we thank God that he has given us the confidence of the better class also.

On arriving here I at once opened an office at our house, but soon found that the public demanded a fully equipped bath-room down-town. Last week I transferred the office to suitable quarters in the heart of the business district. We can now give steam and vapor baths; in fact, the rooms are fitted up with all modern conveniences necessary in a treatment room. The desired effect was at once noticed. Many have told me since that they were glad to see this work come to the front, that they knew it was a worthy cause, etc.

It is a joy to work among the sick ones here, and hear them declare that they know God has sent us here to save the lives of those who are unfortunate. The other islands are also crying out for a like work to be established in their midst. I am sure that any one of our doctors or nurses would find no more trouble in any of the other islands than we have here in Barbados. Of course, everything is not easy for a self-supporting missionary. He needs to have plenty of faith in God, to take him at his word, and trust in his promises; to expect much, and he will accomplish much.

The work is going forth in this field in a manner that brings hope and courage to our hearts. May God grant that others may be impressed that it is their duty to start the medical missionary work in every island.

C. W. ENOCH.

### Rostrevor Hills Hydropathic

OUR friends in Ireland have taken an important advance step in securing new and more commodious quarters for their sanitarium work. For a number of years they have occupied a building in the outskirts of Belfast, rather poorly adapted to the purpose, and fronting a noisy street-car line. Dr. J. J. Bell has been in charge of the institution, and has been able to do much excellent work in spite of meager facilities and an unattractive location. The friends of the enterprise



Rostrevor Hills Hydropathic

have been looking for better quarters for some time, and have now secured on easy terms a most desirable place.

The property consists of a fine estate of one hundred and thirty acres lying on the southern slopes of the picturesque Mourne Mountains, overlooking Carlingford Lough. It contains a spacious mansion house and other buildings, affording, it is believed, accommodations for twenty-five patients. The grounds are beautifully fitted up, and the surrounding scenery is most attractive. The rent will be one hundred and fifteen pounds per annum, but as a considerable portion of the land has already been let at seventy pounds, for grazing purposes, the cost to the institution will be only forty-five pounds, which is less than the yearly rent of the property in Belfast, which has accommodations for only half the number of patients.



The property is taken on a perpetual lease, with the privilege of breaking the lease at the end of the first three years, or if desired, of purchasing the place at a stipulated price at any semiannual payment. It is planned to put in an excellent suite of bath-rooms and make other necessary improvements. This work is already under way, and the institution will doubtless soon be receiving patients.

From the beginning, Ireland has been in the van of the health work in the United Kingdom. It had the first sanitarium, and has also been to the fore in the circulation of the British *Good Health*. Dr. Bell and his associates will have the good wishes and prayers of a large circle of friends in moving into their new quarters. M. E. OLSEN.



#### The Work in Karmatar, India

OUR medical work brings us in contact with more people, and gives a better opportunity to teach the gospel, than does any other line of work. Being connected with our native school, it is an important branch of training. The natives come from ten to twenty miles in every direction, and many more would come if the least effort were made to encourage them. But we have all we can care for with our facilities. I often avoid going out to villages because it increases the number of patients who will come if they have the opportunity of seeing and talking with me. The Lord has indeed strengthened me and blessed my feeble efforts here.

S. E. WHITEIS.



#### Calcutta, India

THE work is prospering in the Calcutta Sanitarium. Just now we have been compelled to secure outside help in order to get along. We are glad for the promise of more medical help for India. While here at Karmatar, Mrs. Miller and Sister Whiteis are busy attending to the

suffering. Several are expected to-morrow, and by the help of the Lord we hope to relieve them. They come for miles to be treated, and Sister Whiteis goes miles to see them. A cart is waiting now to take us to Kora, but we can not leave until the sick that have been brought here have been attended to. One man thought that something was crawling around in his stomach; some had told him it was an evil spirit. We gave him some treatment, and I can assure you he appreciated the relief which it afforded. How much good can be done by those who understand even the simple treatments!

W. W. MILLER.



BROTHER W. A. BARLOW, who has charge of the mission in Simultala, India, writes: "A poor old Mohammedan woman, whose arm was badly burned, came to us for treatment some ten months ago, and through God's blessing recovered. She has been in touch with us more or less since that time. I am sorry to say she died last night of old age and dropsy. I am going to Simultala today, to see that she is buried all right, because the Mohammedans will not touch her, since she has eaten food from the Christians and Hindus, I hear."



ELDER O. A. OLSEN reports that everything is moving at the Wahroonga Sanitarium, New South Wales, Australia. There has been no great rush of patients, but a steady attendance, all the season. The place is being improved continually.



THE workers in the Kobe Sanitarium, Japan, are all of good courage, and happy in their work. They are having a good patronage at the Japanese branch, and some of their patients are manifesting a deep interest in the truth.



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Culinary Suggestions

MRS. D. A. FITCH

#### Shortcakes

STRAWBERRY season seems to be the special season for using shortcakes, but there are many other fruits which may be used, and there are numerous methods of making crusts besides the very common one of using soda or baking-powder.

Common pie crust baked in flat sheets, bread dough shortened and baked in thin double layers, with a suggestion of oil between, bread slices — minus the crusts — cut in any shape desired, slices of moistened zwieback, and thin granose biscuits, all form excellent crusts between which and on top of which may be put any fruits desired.

The following is also excellent:—

To one cup of bread sponge add one-fourth cup of milk, one egg yolk, a little salt, and just enough zwieback crumbs to make a rather thick batter. Sweeten, if preferred, and fold in the stiffly beaten egg white, and bake in the form of griddle-cakes, to be eaten as such, or be spread in layers with any fruit desired, and served as shortcake.



#### Lentils

Care should be exercised in the selection of lentils. Unscrupulous or ignorant dealers are likely to furnish an infe-

rior article, as tasteless as chips, thus bringing disrepute upon the genuine. If the seeds offered are small and rather globular in form, and of a dark-brown color, one should not purchase until the real lentils can be secured. These are bogus, simply the seeds of a fodder, and not regarded as having food value in the country where they are native. Lentils of fair quality may be brown in color, but are fully one fourth of an inch in diameter, not spherical, but rather lozenge shape. A better quality is equally large, but of greenish hue.

Few are well acquainted with the real value of lentils. They belong to the same class as do beans and peas, but afford a pleasing variety. As tissue formers and energy producers they are far superior to the best flesh. They are less expensive, and not likely to be diseased. Home preparation obviates the danger of packing-house preparations, and gives one the consciousness of no inhumane treatment of our fellow beings.



#### Soft-Boiled Eggs — An Old Recipe

Put the eggs in a tin pail of boiling water, fit on the top closely, wrap in a napkin, and send to the dining-room. In six minutes, if the water was boiling



when they were put in, they will be of a custardy consistency throughout, and far more digestible than the leathery eggs produced by the ordinary process.

Another method is to pour boiling water on the eggs, and set them on the back of the stove for a few minutes.

Still another very excellent method is to put the eggs into cold water, and barely bring them to a boil.

All these methods depend on the principle that a prolonged exposure to a temperature of  $175^{\circ}$  or thereabout will cook the yolk of the egg without curdling the white. But at  $212^{\circ}$  the heat does not have time to penetrate to the interior of the egg until the white is overheated. In the same way too hot an oven will burn the bread on the outside without thoroughly cooking it in the center.



## Mixed Salad

MRS. M. H. TUXFORD

DIP solid round tomatoes into boiling water; drain, peel off the skin without cutting into the firm flesh of the tomato. Chop the yolk of hard-boiled eggs rather coarsely and mix lightly with mayonnaise dressing. When ready to serve, hollow out the center of each tomato, and fill with the mayonnaise and egg-yolk. Pile the white, after being chopped fine, in a pyramid on the top, and serve each tomato on a lettuce leaf. The tomato cups may also be filled with chopped celery and mayonnaise.

### Mayonnaise Dressing

A reliable recipe for mayonnaise dressing calls for the yolks of three hard-boiled eggs pressed through a coarse sieve. Add, one at a time, the yolks of two raw eggs rubbed perfectly smooth, then a spoonful of salt. This mixture should be smooth and creamy. Then add to it, little by little, three tablespoonfuls of olive oil, alternating with the same quantity of lemon juice. It is an art to succeed with mayonnaise dressing in sum-



mer. All the ingredients must be cold, and the bowl in which they are mixed must be set on a piece of ice or in a pan of cold water during the mixing.

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## Left-Overs

MRS. D. A. FITCH

Left-over beans which are not mushy, but with the grains distinct, added to creamed or canned corn, in equal proportions and properly seasoned, make palatable succotash.

Cold corn-meal mush makes a good baked Indian pudding by the following rule: Beat together the materials for a rather pale custard, incorporate enough of the mush to make it the consistency of good sweet cream, add raisins, and bake until the custard is set.

Vegetarian soup will admit of the use of several different kinds of foods. It is what is commonly known as combination soup, and is an effectual means of clearing the refrigerator.

Well-washed rice, cooked in ten or twelve times its bulk of boiling salted

water, is much superior to that cooked by the ordinary method. Just as soon as it is done, it should be drained through a colander and be subjected to a dash of cold water to keep the kernels separate. The water is very rich, and may be utilized in a variety of ways, as liquid for soups, on in many places where clear water might be the only other thing available.

Breaded and scalloped tomatoes may easily be worked into roasts and the like.

Fine soups may be stiffened with bread crumbs or granola siftings, or both, and formed into patties or baked in a loaf for breakfast next morning.

We wish to hear from others in regard to similar methods of economy in foods.







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

### The Brother Tree

ONE day the doctor went out to the tree,  
 The brother-tree, you know,  
 Where the little brothers grow,  
 En brang a little brother home for me.  
 En first he was all wrinkled and red,  
 En ever' time I tried  
 To make him laugh, *he cried*,  
 En had the funniest bald-headed head!  
 But now there's fuzz that's just begun to  
 sprout  
 (Like papa's on the top,  
 Up where the hairs all stop),  
 En somethin' inside's tryin' to peck out.  
 His eyes is twins; you can't tell which is  
 which!  
 They're fastened in with thread,  
 En you can see the red  
 Right in the corner where they made a stitch;  
 'Cause if they glued 'em like a dolly's eyes,  
 He'd be just like a doll,  
 En couldn't cry at all.

I think the stitches hurts him when he cries,  
 But mama says he cries because he's cranky.  
 Sometimes his nose cries, too,  
 En mama says, "Oo, Oo!"  
 En dries the nose's tears off with her hanky.  
 When brother's hungry, he don't have to stir  
 Off mama's lap, 'cause he  
 Don't go down-stairs, like we;  
 He don't eat food, you know; he just eats *her*.  
 En papa says when *he* was little brother,  
 He et his mama, too.  
 En gram, when *she* was new,  
 Et hers — *en ever'body* et each other!  
 But when the firstest baby come, why, I don't  
 see  
 Who feeded him, ner who  
 It was he et, do you?  
 Ner who it was that picked him off the tree?  
 — Edmund Vance Cooke, in *National Mag-*  
*azine.*



## The Bringing Up of Children

BENJAMIN KEECH

ALTHOUGH I'm a man, I think I know as much about it as lots of folk. So I'm going to air my views. In the first place, as has often been suggested, use great care in the selection of grandparents. Remain single to the end of your days rather than marry any one you do not love; and, beginning early in your "teens," prepare to be a model father or mother yourself. Then the child to be brought up will have no serious badness to prevent him from being good.

In the second place, judiciously love

him for all you're worth. If you didn't want him, you had no business to bring him here. But as long as he's arrived, take pity on the poor little chap, and love him into being good. The years before his "teens" count like everything. During this time he will be with you more than with any one else; and he will observe you critically. Do not allow him to get a bad opinion of yourself. Walk straight, so that he may have a fine example.

Up to his third or fourth year most of



his time should be employed in sleeping and growing. Too much attention from "grown ups" will be bad for his nerves. He is not an iron toy to be frequently displayed and roughly handled, but a delicate, tender human baby, to be treated accordingly. Give him wholesome, judicious food, and all the pure air he can make use of. Plenty of kisses are allowed, but preferably not upon his mouth. Be his best friend, and play with him all you can. See that he is kept happily busy, either at helpful work or play.

Use great discretion in selecting his other, smaller playmates; and, if you wish, give him a big, sunny room of his own where he can entertain. But first, win his heart secure; and then, if you make a mistake, and some poor little black sheep demoralizes him, you can still keep him straight. To "win his heart secure" means, simply, to love him into loving you to such an extent that he wouldn't disappoint or disobey you for the world. It is possible to love a child so much that you can manage him without punishment. But it's very rarely done.

If a little one knows that you really love him, he will let you know that he still loves you, even after you have spanked him. There are few sights more charming to witness than a parent and child between whom there is complete love and confidence. And there are few sadder topics for thought than the scarcity of such. Confidence—that is almost the whole thing. If your boy or girl has no confidence in you, and you have none in him, how in the world is there ever going to be any harmony between you, especially when *you* have grown old?

Now and then a child comes to earth blessed with natural goodness far superior to either parent. If assisted by love, he will develop into a magnificent

specimen of humanity. But if prevented by indifference and other crushing forces, he is apt to become hard-hearted and miserable, to say the least. So you see it is more than wise to faithfully cultivate your babies. As sure as you are born, it will pay. Maybe there is a little genius in your house, this very minute. If I were you, I would love him into being a successful genius—none other would satisfy me. And if he's "fated" to be just an ordinary little boy, he can still, if assisted by you, be a very good, ordinary little boy.

I suppose you have all heard the homely illustration that a child is like a plant. Cultivate "him" conscientiously and he will grow into a splendid, healthy specimen. Neglect him; let little, bad branches go unpruned, and allow the soil of his heart to go unwatered with loving help, and he is apt to become like the weeds that choke him. It seems incomprehensible that some fathers will pay more attention to the plants in their gardens than to their little human plants. But such is the truth; and some mothers are, likewise, big sinners. Until reform begins with these individuals (parents), the world will stay right where it is, or grow worse.

Most of the badness on earth is due to grown up children that were not wanted in the first place, or that practically brought up themselves, after they arrived. How can a child whose parents hated him be good, happy, or successful? Such offspring are apt to be cursed with torments that nothing short of God can heal. They become bad, destroying forces, when, perhaps, in the depths of their hearts, they would "like to be somebody."

If you are single and do not love children, find some good paying job, 'way out in the world, some place, and never, never marry. Unnatural parents are quite sure to have unnatural children.



# Causes of Displacements by Constriction of the Waist

MRS. E. FARNSWORTH

BEFORE we can fully grasp the reasons why tight clothing around the waist is injurious, it will be necessary to understand to some extent the anatomy of the body.

The trunk is practically divided into two cavities, having the diaphragm as the dividing line. The upper cavity contains the principal organs of respiration, the lungs and the heart. The lower cavity contains the principal organs of digestion, the liver, spleen, pancreas, stomach, and kidneys. These are located at or near the waist line.

The chief factors in the support of the pelvic organs as well as other of the organs of the lower trunk cavity are the tone of the muscular walls of the abdomen and the juxtaposition of the organs themselves. In other words, the lower organs of the body are so closely related to one another, that, when the waist is constricted some of the organs must of necessity be pushed out of place. Thus we see that constriction of the waist necessarily involves displacement of the organs occupying this portion of the trunk.

In the upper portion of the trunk we have the chest walls formed by the sternum, or breastbone, in front, and the spine at the back, and the ribs at each side, with the diaphragm below, the resistance of which prevents any considerable displacement in an upward direction. Consequently, the necessary result of constriction at the waist, either by tight lacing or tight bands, is that the liver, stomach, bowels, and other organs are carried downward.

This same force which compresses the waist interferes with the normal activity and development of the muscles of the anterior walls of the lower trunk, so that they offer but little resistance; this is why we have the protruding abdomen.

In natural breathing the shape of the chest cavity is changed so that its diameter is increased in all directions, but chiefly at the waist. The tightly corseted woman can not expand at her waist; and as expansion must take place somewhere, it occurs at the upper and lower extremities of the trunk. These conditions have given rise to the so-called abdominal breathing, taught by instructors of vocal music and elocution, giving prominence to the movements of the lower abdomen in breathing, the effect of which is to force the viscera downward, so aiding in the destructive work of the corset.

Correct breathing is as necessary to the health of the abdominal viscera as it is to that of the lungs; it not only pumps air in and out of the body, but draws blood to the heart and assists the portal circulation, so helping in the digestive process; it is, in fact, a sort of inside gymnastics, essential to the health of each organ.

Thus it is evident that the conventional mode of dressing is a most potent means of impairing the health and vigor of the women of the present and the rising generation.

When we see the statement made by medical men that one-half of the diseases from which women suffer are caused by unhealthful dress, it would seem to be high time that the women themselves were taking the matter in hand. And they are the very ones who can remedy the evil, and send the rising generation out into the world, strong, vigorous, and better able to cope with the problems of life, because of their steadier nerves, clearer brains, and more robust health. It remains with us to say whether we shall be slaves to fashion, or God's free women, watching over our health and that of our children as a heritage from our Creator.



# QUESTIONS AND ANSWERS



Conducted by G. A. Hare, M. S., M. D.

**212. Enlarged Tonsils—Catarrh—Taking Cold.**—Mrs. W. H. W., Ohio: "Our boy, nine years old, has nasal catarrh. He also has enlarged tonsils. Our local doctor advises the removal of the tonsils. He catches cold easily, but I think it is from breathing through his mouth. Would removal of the tonsils help his catarrh any? Please tell me what to do for his catarrh."

*Ans.*—We do not always advise the removal of enlarged tonsils in young children, for sometimes nature absorbs them. But your local physician is no doubt correct in his advice in your son's case. You can not cure the catarrh of the throat till the tonsils are removed. The closure of the nostrils may also be due to enlarged glands in the posterior nose. If so, they must be removed.

Spray the nostrils twice a day with the solutions given under question 211, in the last issue of LIFE AND HEALTH.

His feeding and general health are of the utmost importance. Avoid the large use of butter and sugar. Give a daily cold hand bath. Outdoor life, and an abundance of fresh air at night, are important.

**213. Disinfection of Rooms and Clothing.**—M. P., Ore.: "I am a reader of LIFE AND HEALTH, am much interested in the Question department, and wish to ask a few questions. 1. Does burning sulphur kill disease germs of all kinds? 2. If not, does it kill the germ of consumption? 3. Is clothing that has been used by consumptives safe to use after it has been subjected to the fumes of burning sulphur? Before I move into a house, I always burn sulphur in it to make it clean. 4. Is there any better way of disinfecting a house? 5. How much sulphur should I use?"

*Ans.*—1. Yes, provided the air is moist, and enough sulphur is burned in a tight room.

2. Yes.

3. Yes, if the disinfection is done thoroughly.

4. The plan of disinfecting a house before moving into it is a very safe one to follow. The burning of sulphur is probably as practicable and economical as any method in use, though some prefer formaldehyde.

5. Burn three pounds or more of sulphur to every one thousand cubic feet of space.

Before the sulphur is burned, a basin of water should be heated in the room to the boiling-point for a few moments, in order to give a slight moisture to the air. The room should be made perfectly tight by pasting paper over every crack or chimney hole, and even the keyhole should be stuffed with cotton or cloth. After the sulphur is burned, the room should not be opened for forty-eight hours. As a precaution against fire, the pot or pan containing the sulphur should be placed in a tub containing a little water, and should be supported above the bottom of the tub a half-inch or so to prevent burning the floor.

**214. Varicocele—Weak Eyes—Constipation.**—C. E., Mo.: "1. Can varicocele of about three years' standing be cured without going to a physician? Since following health reform principles, I see a marked change for the better, but the vessels in the left side are still enlarged. What treatment would you recommend? 2. I have weak eyes. When I read a little too long, my eyes get sore and inflamed. Have had inflammation in them for some time. Glasses help some, but I can not read much. What would you advise me to do? 3. I have constipation, have been using an 'internal bath treatment,' made by a firm in New York. What method of treatment would you recommend?"

*Ans.*—1. Proper hygienic living and the wearing of a suspensory bandage are the best means you can use, and are probably all you will ever need. You can purchase the suspensory at any drug-store. The only complete cure is by a surgical operation; but unless you suffer decided discomfort, we advise you to wear a suspensory, and dismiss all thoughts of the trouble from your mind. It will probably never do you any serious harm.

2. The only treatment for your eyes is the use of properly fitted glasses, and such treatment as can be given only by an eye specialist; but do not patronize a traveling specialist of any sort. They usually treat the pocket more than the eyes, and are often very incompetent.

3. We are not acquainted with the treatment you speak of. An occasional flushing of the colon, especially with cool water, is



good, but continued daily for a long time, we think it harmful.

**215. Catarrh — Adenoids — Deafness.** — Mrs. S. J., Mich.: "I have always been taught that catarrh could not be cured, but I read in LIFE AND HEALTH that it can be cured. My little girl, eight years old, has catarrh very badly, so that she is quite deaf at times, and now it is affecting her eyes. Her father thinks she will outgrow it, but she is getting worse. Her head aches so badly that I am compelled to take her out to school. Our doctor here says she has adenoids. Please tell me if she will have to be operated on, or can I cure her without an operation? Is the operation dangerous? Tell me how to cure her, and how to keep her well."

*Ans.*—Catarrh is a curable disease, but your little girl is suffering from much more than nasal catarrh. The doctor is correct in telling you she has adenoids, which are unnatural growths of the glandular tissue of the mucous membrane of the nose, especially the posterior portion of the nasal cavities. These unnatural growths, called adenoids, form such masses as to completely obstruct the nose, and overhang the upper portion of the pharynx. They often cause headache, deafness, and other impairments of the health. The only cure is by means of complete removal through a surgical operation. The operation, while an unpleasant one, and always attended with considerable hemorrhage, is ordinarily not a very dangerous one.

These cases are not at all cases of ordinary catarrh. They are quite a different class, but they are also curable. Such children should be under the care, or at least the observation, of a skilled physician for a series of years, as these conditions are not always promptly cured by a single operation, and the general health in all such cases needs careful supervision. An outdoor life, fresh air, nourishing food, and proper habits of life are the first essentials in the recovery of good health.

**216. Care of the Hair.**—A. J. Kan.: "What is the effect of rubbing the scalp with dry salt two or three times a week? I have been told that its use will produce growth of the hair, but I am a little fearful of bad results. What can I do to make my hair grow? Will it grow if the ends are dead and split?"

*Ans.*—The effect of a dry salt rub upon the scalp three times a week would be that of a stimulant. In some cases it would be very irritating; in others it might produce a very good stimulating effect. You can stimulate the growth of hair, I think, much more satisfactorily by the method suggested in question 210 in the last issue.

All hair is dead at the end. It is living tissue only where it grows from the scalp. Hairs, except at the scalp, have neither blood nor lymph vessels, have no nerves, receive no nourishment, and they do not grow except at the root, and here they are living tissue. The care of the hair and scalp, however, is a very important matter, and influences decidedly the growth of hair. When hairs are split at the ends, they are always very dry, and should be clipped off and singed.

**217. Bloody Discharges.**—W. W. R., Mass.—"A patient seventy-seven years old, lifted, two years ago, a heavy weight, and felt something give way inside. From that time he has felt what seemed to be a lump in the stomach, which has worked down to near the rectum. Since the accident he has never had a natural movement, but everything comes away in the form of slime and bloody water. He has no control of the bowels. For the last few months food sours, and the patient is troubled much with hiccough. Please tell me, if you can, what the condition is, and what we can do to remedy it."

*Ans.*—There are many internal injuries which may result from overlifting, especially to one in advanced life. The most usual injuries are rupture of blood-vessels, rupture of the abdominal walls, or rupture of the peritoneum. Should a rupture of the omental peritoneum occur, a knuckle of the intestine might easily slip through, become partially strangulated, and give rise to all the symptoms you describe.

We do not think it is to your interest to try home treatment. Such cases require the most skilful examination, and some even require an exploratory operation in order to arrive at a correct diagnosis. We advise you to have an examination as soon as possible by the best surgeon within your reach.



# EDITORIAL



## Pure Food Legislation

FOR many years the Bureau of Chemistry of the United States Department of Agriculture has devoted much time and energy to the investigation of food adulteration, this work being carried on largely by the agricultural chemists stationed at many different points. Thousands of instances of adulteration and fraud were detected, many of which could not be dealt with because there was no law applicable to the case. But these investigations have furnished the proof that more stringent laws are needed.

Most of the States have food laws, some very effective, others containing provisions which entirely nullify the law, and actually legalize practises which, without the law, might be punished under the common law.

Some States are energetically enforcing their food laws. Manufactured foods are examined, and when found to be fraudulent, are either so advertised or are confiscated, and the manufacturer or dealer punished. The chemists of the United States Department of Agriculture have done much to make the State laws effective.

Some of the States prohibit the use of antiseptics in the packing of foods; others forbid the use of "injurious substances," and in some cases the court has decided that the use of even a minimum amount of these "injurious substances" is a violation of the law. Some States prohibit the use of injurious substances, and require that the label shall state the

amount of any antiseptic or preservative which may be present.

In order to secure more uniformity in State laws, and also to obtain national regulation of the food business where it is outside of State control, the State food control officials organized the Interstate Pure Food Commission.

In 1903 this commission met with many representative manufacturers and with representatives of the United States Department of Agriculture, and discussed the various phases of the pure food question, arriving at the conclusion that proper food control legislation should be restricted principally to the enforcement of correct labeling, except where substances are positively injurious to health. This was followed by a meeting at the St. Louis Exposition,—the largest of its kind ever held,—of food officials, food manufacturers, and chemists. More than a week was devoted to the discussion of foods, liquors, drugs, adulterants, coloring, and preservatives. A resolution was unanimously passed by this assembly, approving the Hepburn pure food bill then before Congress.

Congress has in the past issued laws regulative of the food business. For instance, when the internal revenue tax was levied in order to defray the expenses of the Spanish war, a special tax was imposed on "blended" flours. As the war stamp on the package "gave away" the fact that the flour was blended, the people would not buy it, and the blended flour business went to the wall. When



the special war tax was removed from other articles, it was allowed to remain on blended flours, so the blended flour tax really acts as prohibitive legislation. There was a similar tax on "filled cheese" and other fraudulent articles of a like nature.

A law was also passed prohibiting misstatements on the labels of foods as to the State or country where they were produced. This law was quite efficient in a way; for it prevented glucose manufacturers in Illinois from labeling their goods as coming from Louisiana; and few people would want "New Orleans" molasses bearing an Illinois label. It would spoil that sublime confidence that most people have in the purity of all canned goods that have a pretty label. Olive oil "manufactured in Mississippi" would smell so rank of cottonseed that it could not be sold, whereas, if it had a California label, it would pass as pure. But the law did not prevent people from shipping glucose to New Orleans, and there packing it as molasses.



#### The National Pure Food Law

By the provisions of the pure food act recently passed by Congress, it will be unlawful, after the first day of next January, "to manufacture within any Territory or the District of Columbia, any food or drug which is adulterated or misbranded," or to introduce into any State or Territory or the District of Columbia, from any other State or Territory or the District of Columbia, or from any foreign country, or to ship to any foreign country, any adulterated or misbranded foods or drugs, or to receive such foods or drugs and deliver or offer to deliver them to any other person, for pay or otherwise.

The term "drug" as used in this act, includes "all medicines recognized in the United States Pharmacopœia or National

Formulary, for internal or external use, or any substance or mixture intended to be used for the cure, mitigation, or prevention of disease of either man or other animals." The term "food" includes "all articles used for food, drink, confectionery, or condiment, by man or other animals, whether simple, mixed, or compound."

Drugs are adulterated (1) if sold under a name recognized in the United States Pharmacopœia or National Formulary, and differing in "standard of strength, quality, or purity, as determined by the test laid down in the United States Pharmacopœia or National Formulary official at the time of the investigation," unless the actual strength is stated on the label; (2) "if the strength or purity fall below the professed standard or quality under which it is sold."

Confectionery is adulterated if it contains *terra alba* and other mineral substances or poisonous color or flavor, or any alcoholic liquor or narcotic drug.

Food is adulterated (1) if any substance has been mixed or packed with it so as to injuriously affect its quality or lower its strength; (2) if any substance has been substituted wholly or in part; (3) if a valuable constituent of the article has been abstracted, wholly or in part; (4) if it be mixed, colored, powdered, coated, or stained so as to conceal damage or inferiority; (5) if it contains any added poisonous or deleterious ingredient; (6) if it consists in whole or in part of a filthy, decomposed, or putrid animal or vegetable substance, or any portion of an animal unfit for food, or if it is from a diseased animal or one that died otherwise than by slaughter.

Drugs and foods are misbranded (1) if they have false statements on the labels as to the nature of the contents, or as to the country in which they were manufactured; (2) if put up and offered for sale in the name of another article; (3)



if the contents of the package have been removed in whole or in part, and other contents put into the package; (4) if the label fail to state the quantity of any morphin, opium, cocain, heroin, eucaïn, chloroform, cannabis indica, chloral hydrate, or any derivative of the same; (5) if it be labeled or branded so as to deceive the purchaser. With drugs, it is also required to state on the label the amount or proportion of any alcohol present.

The penalty for manufacturing foods in violation of the law is five hundred dollars' fine or a year's imprisonment, or both, for the first offense; or one thousand dollars' fine or a year's imprisonment, or both, for each subsequent offense. For selling or handling goods in violation of the act, the penalty is a fine not to exceed two hundred dollars for the first offense, and a fine not to exceed three hundred dollars or a year's imprisonment, or both, for each succeeding offense.

The provision is made that if a dealer has a guarantee from the manufacturer or dealer in this country from whom he bought the goods that the same are not adulterated or misbranded within the meaning of the act, containing the name and address of the person making the guarantee, the said guarantor shall be amenable to the penalties instead of the dealer to whom the goods were guaranteed.

This means that it will be to the interest of every dealer to see to it that all his consignments are guaranteed to be pure and unadulterated according to the meaning of this law (unless the goods are manufactured or packed in some State and not carried over the State line). It also means that it will be for the health of the wholesalers to know whereof they speak before they guarantee a certain consignment to be pure. If the goods are manufactured in this country, and

they have the manufacturer's guarantee, they are safe, and the manufacturer must suffer. It looks as if cottonseed oil would have to cease masquerading as olive oil. But the adulterators will die hard. They have been in the business too long to drop it easily.

Even the manufacturers of so-called health foods will have to be a little more modest in their statements. The one who claims that his food is ten times as nourishing as wheat, meat, oats, etc., in the face of the report of the Maine Agricultural Station that the claim is utterly without foundation, may find that the law is cutting pretty close to his practises. The manufacturers of "pure gluten," "forty-per-cent gluten," and "twenty-per-cent gluten," would do well to attend to the reports of expert chemists who say that the packages are wrongly labeled. It is not enough to go through some crude process and think you have pure gluten. The manufacturer of a burnt cereal substitute for coffee, who claims a distinct food value for his product, would do well to verify some of his statements, or else cease to make them. But these are only the comparatively harmless violations of the law. The government will probably go to work at first on some of the most glaring and health-destroying frauds. At the same time, it would seem appropriate for those who are ostensibly in the manufacture of health foods and of pure foods, to come out on a platform of strict honesty, and say to the advertising manager that he must advertise according to the facts of the case.

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#### According to the Point of View

THE *Washington Star* of July 31 tells of Senator Bailey's attainments: "As a speaker he is as lucid as Mr. Carlisle. As a parliamentarian he is entirely at ease in the most complex situation, and as a student of the Constitution



he has shown his quality in several discussions which attracted national attention. *And he is only forty-three years old.*"

Only forty-three! What about this, Dr. Osler? Should we not consider him as three years in his dotage, and past his usefulness? Professor Osler may have entered his dotage at forty; we'll not deny him that distinction if he desires it; but the average man of affairs will decline to take a position on the top shelf at that age.



### Can Cancer Be Cured?

*McClure's* for August has an article, "Can Cancer Be Cured?" notable not in the fact that it claims that a cancer cure has been discovered, for that has occurred too frequently in the past to cause much stir now, but in the fact that a noted pathologist in the course of investigations involving an immense amount of work and covering a number of years,—investigations with which there was not the remotest thought that they would result in any discoveries relating to cancer,—has become convinced that cancer is in no wise a germ disease, that it is the result of an abnormal multiplication of cells already in the body (this, of course, is not a new belief), and that it can be radically cured by the use of pancreatic extract. A number of mice which had been inoculated with cancer were by means of pancreatic extract cured, whereas animals not so treated invariably died. In human beings, in the few cases so far tried, the remedy is said to have been successful.

But those interested will want to read the article in *McClure's*.

"THE PHILOSOPHY OF LIFE," by Charles Gilbert Davis, M. D., The D. D. Publishing Co., 4630 Grand Boul., Chicago. Cloth, 128 pages; price, \$1.25.

This little book deals in some well-observed facts—the facts relating to the relation of mind and body.

"If a thought can in an instant of time contract the blood-vessels, causing a rush of blood to or from any part; if it can increase or diminish the secretion of a gland; if it can hasten or retard the action of the heart; if it can turn the hair gray during a single night; if it can force tears from the eyes," etc., is it not natural to conclude that it may bring about disease?

"I can truthfully say, after an observation of many years in the practise of medicine, that a majority of the cases of illness that come under the daily observation of the physician are due largely to the condition of the mind;" and so can many other physicians say.

"Every disturbing, depressing thought that enters the brain has a depressing effect on every cell of the body, and tends to produce disease. Fear, anger, jealousy, envy, hatred, are all the forerunners of disease and the messengers of death."

On the other hand, "Every hopeful idea created in the mind stimulates the heart, improves digestion, and promotes normal action of every gland."

As to the philosophy which in this book attempts to explain these facts, it is called by the Philadelphia Press, "Another Volume of the New Thought." Many persons who accept the facts of mental healing will be unwilling to accept the "new thought" teaching as to the explanation of these facts.





AFTER the packing-house revelations in Chicago, the health officers of the State of Massachusetts made a tour of investigation of the slaughter-houses in that State, and report that they found the large slaughter-houses and packing-houses in good sanitary condition, but that many of the small, rural establishments, supplying meat for the towns and villages, were in a very unsanitary condition.

A PUBLIC analyst in England has made an examination of the method of manufacturing cheap mattresses sold in the poorer London districts. He found these to be made of rags collected from the dirt heaps, which, without any previous attempt at sterilization, are shredded by machinery, and worked into mattresses. Some of these rags were found to harbor more germs than ordinary sewage.

It is reported that in Scotland there is a boy six years old who has always lived on milk, and can not be induced to take any other food. His mother once compelled him to swallow some other food, but it made him sick at once, and he asked for milk. He drinks (or eats, if you please) thirty pints of milk a week, with the addition of a little water and sugar. The boy is well developed and of good weight.

MR. GASTON, London manager of Funk & Wagnalls, giving evidence before the House Committee on juvenile smoking, said: "The American cigarette is the worst article America sends us—worse than Chicago tinned meat." Mr. Gaston is brother to Lucy Page Gaston, who has been the prime mover in the anti-cigarette crusade in this country, which has resulted in securing anti-cigarette legislation in a large number of the States. Mr. Gaston called attention to the fact that cigarettes are drugged, and that they are made from the cheapest of tobacco and the most filthy of materials. The *London Evening Standard*, commenting on Mr. Gaston's testimony, said: "The shocking

exposure of the American cigarette does not appear to have had an unusual effect. We notice this morning quite as many smokers as usual, and just as few pipes. The only conclusion one can draw is that the British public has gone to the bottom of the question. . . . The cigarettes we smoke, though they pass by the name of American, are made in England. They are not to be judged by the tinned meat standard."

TYPHOID fever is gaining a firmer hold on the city of Washington than it has in any former year, and this, notwithstanding the installation of the new filter plant, which, it was predicted, would practically do away with all the typhoid fever in the city. At present, the District Board of Health and a Commission from the Public Health and Marine Hospital Service are investigating the epidemic with a view to devising means to stamp it out.

THE food commissioner of Pennsylvania has been collecting evidence showing that the Standard Oil Company has been extensively concerned in the manufacture of glucose, and that it has used sulphurous acid to a large extent, rendering it unsafe for human consumption. The glucose is used largely in the manufacture of candy, also in molasses, jams, jellies, and preserves. It is reported that there is now a glucose trust which regulates the price of glucose in the same way that the price of oil is regulated.

RECENTLY the garbage reduction plant for the city of New York was burned, and the garbage has since been dumped at sea, causing an offensive condition of the New Jersey coast. The health officer of the port, making a study of the matter, believes that the most sanitary means of disposal of garbage is the erection of a number of crematories in various sections of the city, or better by the education of the public to burn their own garbage, and thus avoid the scattering of germs with the dust from the garbage wagons.



A LONG-CONTINUED diet, principally of pickles and vinegar, in the hope of reducing weight, caused the sudden death of a young lady in St. Louis. A post-mortem examination revealed that the inner walls of her stomach were almost eaten away. The girl dropped dead while taking a drink of water.

THE Civil Service Commission has been busy since the passage of the meat inspection law. Arrangements were made to conduct examinations of applicants all over the country, amounting up into the thousands. By the time the law is fully in effect, there will be some five hundred inspectors ready for service.

CHICAGO physicians and surgeons do not take kindly to the theory advanced by Dr. B. Merrill Ricketts, of Cincinnati, that the dead may be restored to life by direct massage of the heart. While some acknowledge that compression of the heart in many cases would induce the organ to resume its functions, they hold that the danger of opening the chest is so great as to make the operation impracticable except as a desperate resort.

A NUMBER of temporary school buildings have been erected in San Francisco. In some of the schools half the pupils will attend a morning session from 8:15 to 12:15, the other half attending from 12:30 to 4:15 in the afternoon. By this means twice the number of students are accommodated. If we may judge from a similar experience in New York, it is not an unmixed evil to have insufficient facilities if it results in shorter school hours, as the change seems to be a benefit to the pupils both intellectually and physically. We trust, though, that the school children all over the country will follow the example of the Galveston children, and help in the rebuilding of permanent schools for San Francisco.

SECRETARY WILSON says that numbers of the meat packers seem to be in a trance, and do not realize the full import of the meat inspection law which will go into effect the first of October. "Many slaughterers of food animals and preparers of meat food products which enter into interstate and foreign trade have apparently not realized that unless they have federal inspection and the legal label by October 1, their interstate and foreign trade will be closed." There is a failure to understand that all foods not properly labeled with the government label will be refused trans-

portation by the railroads if destined for some point beyond the State line. The principal railroads have sent their representatives to Secretary Wilson for instruction, and will no doubt insist that all foods destined across State lines shall have the government label. Cannons of pork and beans, and other products consisting only partly of meat products, seem to think that the inspection law does not apply to their products. October 1 is rapidly rolling around, and may catch them napping, with a lot of unlabeled goods on their hands.

SOME five years ago a thoughtful and loving mother conceived the idea of teaching the children of the tenement district the rudiments of plant raising. With three fourths of an acre in De Witt Clinton Park, New York, divided up into four hundred and twenty-three plots, she began to instruct the children how to plant and raise garden vegetables. Some of the little fellows did not even know but potatoes grew on trees. It was a new world to them, and it at once became an enthusiasm with them. They became more manly (or womanly), less vicious, and more healthy as a result of their experience. In this bit of a patch, about nine hundred youngsters have been given lessons each year. The school garden is being adopted in other cities, and now a summer school has been established for the training of teachers for the school gardens.

THE lives and the health of the students of the University of California will be safeguarded by the action which the regents have resolved upon—the establishment of a student infirmary on the campus. Hereafter any student of the colleges at Berkeley who falls ill may claim as his right the best of modern scientific care in a ward in the Student Hospital. There will be wards for men, wards for the women students, and a surgical operating-room. For his medical care the student will arrange with any physician whom he may wish to employ. Arrangements will be made whereby students who can not afford the cost of a physician's attendance may have medical care without expense to themselves. The hospital service, including expert care by professionally trained nurses, will involve no direct expense to the student. The support of the hospital will be provided for by increasing the existing gymnasium fee from one dollar and a half to four dollars a term, and devoting two dollars and a half of this to the hospital. This means that at an expense of fifty cents a month every student of the colleges at Berkeley



will be enabled to insure himself against the heavy and unexpected cost which an illness now implies. Just such student hospitals, conducted by the university, and maintained by a fee required from the entire student body, are now maintained by Harvard, Princeton, Amherst, Alabama, Iowa, Illinois, and other American universities. The students of Stanford University are required to pay such a fee. The typhoid epidemic at Harvard, Amherst, Stanford, and Cornell have shown how invaluable such an institution becomes in time of emergency.

Two French physicians, following in the lines pursued by Fletcher and Chittenden, have arrived at the conclusion that by means of thorough mastication a much smaller amount of food will serve to nourish the body, and that otherwise indigestible material is utilized, relieving the remainder of the alimentary passage of much useless labor. They especially recommend this systematic massage, in dyspepsia, auto-intoxication, arthritis, and various neurasthenias. Even when the diet is composed of fluids, mastication is advised, in order to obtain the proper mixture of saliva.

A WASHINGTONIAN being ambitious to serve on the police force, and finding himself rejected because of excessive avoirdupois, tried various anti-fat remedies, all to no purpose. He then experimented faithfully with the various recommendations of the physical culturists. Finding this futile, and determined not to be balked, he obtained a job as fireman, and there by means of a novel system of sudorific treatment, judiciously combined with exercise, he finally attained the coveted proportions which enabled him to secure his position on the force.

A WASHINGTON physician believes he can explain the cause of the marked increase in typhoid fever in the District of Columbia. He says that following the installation of the filter plant the people stopped boiling their drinking water, not realizing that the water mains and branches may contain large numbers of the typhoid germ brought there before the days of filtration. One man who delivers spring-water in the city says the demand for spring-water has fallen off very materially since the filtration plant has been in operation. As he expressed it, "the people are willing to drink the city water so long as it is not full of mud, not realizing that filtering does not remove all the germs."

IN London a number of babies having scurvy were ordered raw milk. They did not get better, as is usual under such change of diet, and an investigation was held in which it was learned that the dairy which was supposed to be furnishing the raw milk had been Pasteurizing it. The children were taken off this milk, and given some known to be raw, and they rapidly improved.

OWING to the fact that one half of the deaths in Porto Rico are from tuberculosis, a movement has been started for fighting the disease. The city of San Juan has voted to appropriate two thousand dollars for a tuberculosis hospital site, and two hundred dollars per month for the support of twelve poor patients from the city. The first hospital will be a camp. The work will be in charge of the Anti-Tuberculosis League of Porto Rico, which will purchase tents and other necessary supplies from funds raised by subscription. It is hoped that other sanitariums will be started in other parts of the island.

THE Ontario department of agriculture has published a report calling attention to honey as a valuable article of food, and urging that people eat less cane-sugar and return to this natural sweet. "It would add greatly to the health of the present generation if honey could be at least partially restored to its former place as a common article of diet." The suggestion is also made that it will be an advantage to let honey partially replace butter as an article of food. One pound of honey will go as far as a pound of butter, and will cost less. But a pound of honey will not go as far as a pound of butter. One has a heating value two and a half times as great as the other.

IN Chicago, the death-rate among the monkeys has been very high, the usual life of an animal being not over a year. The deaths were mostly from tuberculosis. Recently their quarters in Lincoln Park have been so arranged that the monkeys have the benefit of the open-air life. They are out during the winter, even when the snow is on the ground. Notwithstanding this is something they are not used to in their native land, the tuberculosis has been stamped out where the outdoor life has been inaugurated; showing that the monkey, though a tropical animal, can stand cold weather better than he can stand inside air. This is a most conclusive argument in favor of the open-air treatment of tuberculosis.



# 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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I HAVE derived a great deal of pleasure from reading your magazine, and would miss it very much. There is so much practical common sense in its columns that helps me very much in my work.

MARY J. HAYDEN,

Mansfield, Ohio. Trained Nurse.



## Mohammedan "Healing"

"A LADY missionary relates a visit she paid to the home of a Mohammedan teacher, where both wife and children are loved by husband and father. On the bed is a little child of three years, in convulsions. As we enter, a barber has just finished shaving the hair from the head, just over the spot where the brain can be seen to pulsate in an infant's head, and which is called by the natives of India 'the door to the brain.' A Mohammedan doctor lifts a red-hot piece of iron from the fire, and presses it to the exposed part, destroying the tissues to the skull, and to my cry of horror and dismay, the father, in an agony of sorrow,

answers, 'O, Miss Sahib, for many days that door was open, and an evil spirit entered there, and must be destroyed, or our child will die.'"

PROF. ELIE METCHNIKOFF, the noted bacteriologist, has been lecturing in England. At King's College, London, he entered a protest against the use of drugs, saying that they injure the phagocytes,—the little white blood-cells that act as protectors of the body. He mentioned as harmful to these little soldiers, opium, even in small doses, alcohol, and even quinin. His conclusion is that medicines should be avoided as much as possible in favor of hygienic measures. At one lecture, he said that vegetables harbor such organisms as oxyures and ascarides, and being carried into the intestines, injure the mucous lining, thus preparing the way for germs to cause appendicitis. The vegetables would have to be raw to have this effect.

THE Monthly Bulletin of the Massachusetts State Board of Health reports that "a new class of preparations has recently come to light. They are sold by liquor dealers, and are intended to steady the nerves and counteract the effects of overindulgence in alcoholic beverages. Three preparations of this nature have thus far been analyzed. They prove to be nothing more than tomato catsup, containing red pepper and other spices, and also liberal amounts of salicylic acid or benzoic acid, or both, for purposes of preservation." These are sold as bracers for a weak stomach, to assist "overworked stomachs caused by excesses of any kind," to "regulate the stomach of all suffering from excessive drink," and are recommended "to be taken freely in large drafts." The Bulletin comments: "However good tomato catsup and red pepper may be for steadying nerves, one may reasonably doubt whether irritant substances, like salicylic and benzoic acids, will tend to soothe the delicate lining of the stomach, when that organ, in common with the rest of the system, has been abused by overindulgence in alcohol."

## The Laurel Vegetarian Restaurant

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YELLOW fever is again present in Havana, and at last report was not under control.

A GERMAN professor believes that he has succeeded in manufacturing albumin, and that dietetic problems will, as a result, be materially changed.

A DOCTOR in Paris operating on a child with whooping-cough, noticed that the chloroform seemed to relieve the whooping-cough. Before the operation, the child averaged thirty-nine attacks a day, but has had no attack since. Since then, the doctor has treated nine children having severe attacks of whooping-cough with a mixture of chloroform and oxygen.

A ST. LOUIS octogenarian attributes his hearty old age to the fact that he has been accustomed to taking sand internally for stomach troubles. About fifteen years ago

he cured a previously intractable dyspepsia by the use of sand, which he had some time before heard recommended for this purpose. The use of a teaspoonful of clean sand with each meal, in the course of a few days, made such a great improvement that he continued the practise until he was entirely cured. Now he uses sand only when he feels the symptoms returning, and they vanish.

"FIFTY per cent of the deaths occurring in this country are the direct result of impure and dishonest foods. The packers are not alone to blame. It is practically impossible to get any pure food in this country," is the rather sensational statement made by H. B. Walmsley, champion of pure food in the Kansas Legislature, who is said to have been repeatedly in every room in every packing-house in the State.

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