

One Cause of Wakefulness

# LIFE *and* HEALTH

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# *Announcement*

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## **Life and Health for 1907**

**I**T is not our purpose to specify definitely what LIFE AND HEALTH shall contain during the year 1907, because we often find matter of such a nature that it is of the utmost importance at the time, and such as we can not produce beforehand. We CAN promise not to give "cut-and-dried" matter; everything will be fresh and up-to-date.

Among some general features in next year's issues we might mention a continuation of Mrs. Bainbridge's very practical and popular articles on "Divine Healing."

Dr. J. R. Leadsworth will conduct a department to be known as "The Consulting Room." In this department will be given short, practical talks to patients, such as are actually given to those who come for advice.

The Questions and Answers department will continue under Dr. Hare's management. This announcement is sufficient to guarantee that it will be most helpful and intensely practical. Both Dr. Leadsworth and Dr. Hare have in mind articles based on their recent observations in Europe.

The department of Current Comment, containing the pith of health articles from the different popular periodicals, is a feature that will be continued, and the best from all health journals will be reproduced in LIFE AND HEALTH during the year.

The Household Suggestions department will be more than ever devoted to the first principles of cooking and housekeeping.

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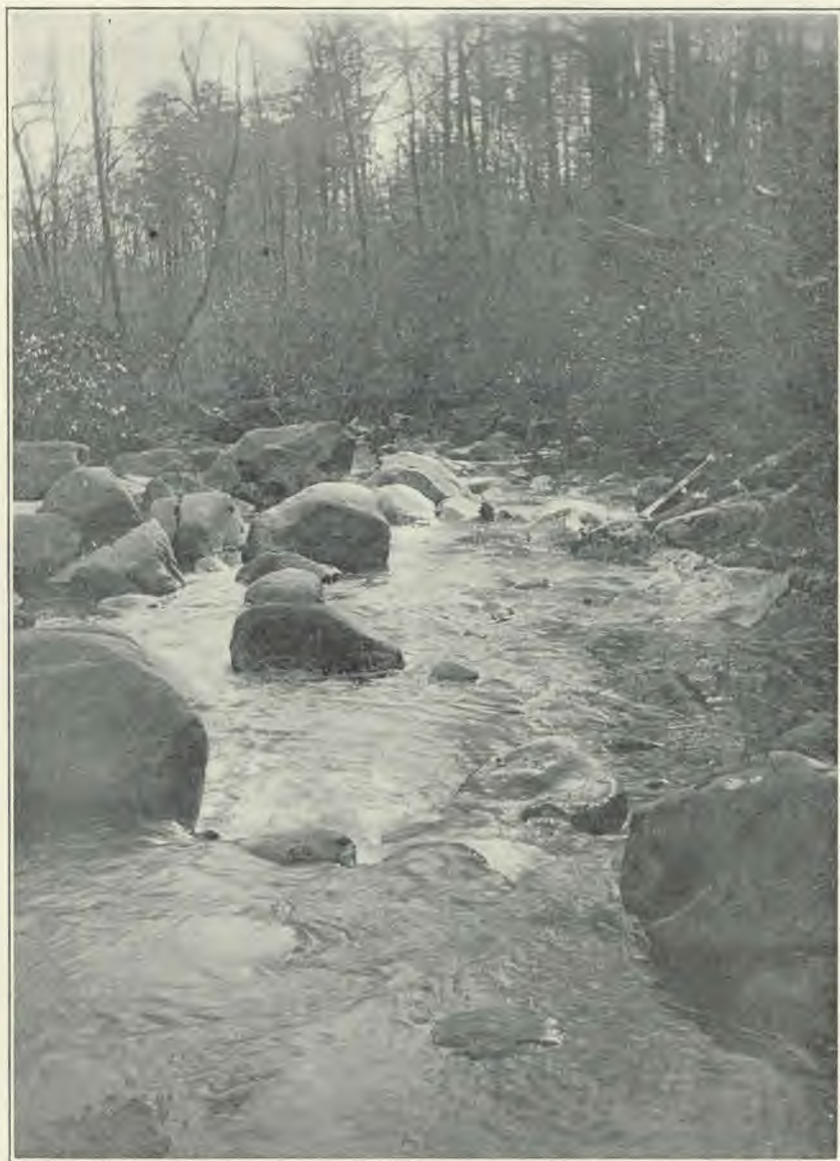
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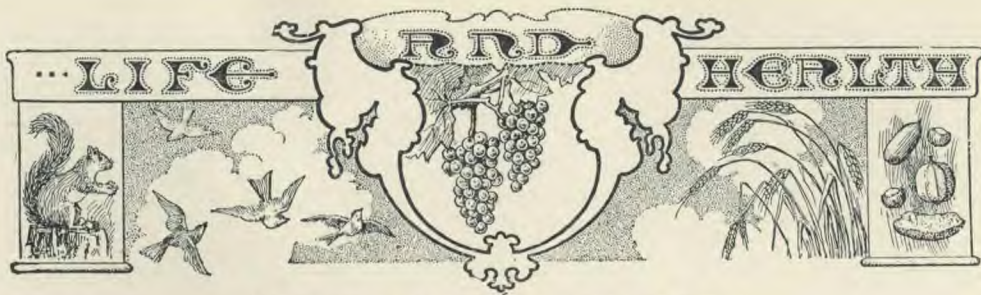
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*Photo by R. L. Hendrick*

THE SLIGO IN DECEMBER





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

Vol. XXI Takoma Park Station, Washington, D. C., December, 1906 No. 12

## Suggestion a Factor in the Production and Prevention of Sleep

G. H. HEALD, M. D.



VAGUE belief exists that there is in suggestion an uncanny influence or power, a mysterious essence or emanation, not unlike the charms or incantations of the witches of by-gone days.

But suggestion is a common, everyday process, made use of by every one more or less,—only it is not usually known by that name.

Observe a mother with her baby on her knee, gently patting its little back, as she softly sings some lullaby. She has often gone through this process as baby was going to sleep, until now the little fellow has come to associate these acts with sleep, and he "drops off" shortly after she begins her soothing process. Let a stranger attempt the same thing, and perhaps the difference in touch or in voice will fail to suggest sleep, and in fact, may have an opposite effect. A babe may become so dependent on some suggestion, as rocking, or carrying, or a lullaby song, that he can not get to sleep without it.

A nurse in a children's hospital who

is accustomed to sleeping beside a baby and noticing its condition during the night, awakens if the child awakens, and often hears the first movements of the child in waking, so that she is awake, ready to attend to the child, even before the child is fully awake. And yet these nurses may sleep through other noises louder than those that awaken them. In these cases, the peaceful breathing of the sleeping infant (which is quite different in character from the breathing of the waking state), favors the sleep of the nurse; and some of these nurses find their own sleep so dependent on having a sleeping baby within hearing distance that they never ask for a vacation.

One who has been accustomed to sleep in a factory or other place where there is constant noise, may find it difficult to sleep if the noise is absent. There are many quite healthy people—as we understand the word—who have become so accustomed to certain conditions as to sound, light, and so forth, at the time of retiring—sleep suggestions to them—that they can not sleep well if these conditions are changed.



If those who find themselves sleeping poorly could realize this, if they could understand that inability to sleep does not necessarily mean a nervous breakdown, if they could only take the matter philosophically, they would avoid one of the most potent counter-suggestions against sleep. As eczema causes scratching, which increases and perpetuates the disorder, so sleeplessness causes worry,

ately his eyelids are heavy, and notwithstanding all his efforts to keep them open, the "listener" is soon nodding assent to words he does not hear. Finally the words, spoken, perhaps, in the same tone of voice as the sermon, "Let us sing, to close, hymn number forty-five," suddenly transforms the dull stupor to an active waking state. During the sermon, our friend has tried hard to keep



" WAVELETS "

his eyes open and hold his head up,—for he is heartily ashamed of his "accomplishment,"—only to fail. Now he is wide awake, and can not understand why he should have been so sleepy. The sermon is, to one who has allowed himself to be trained that way, a strong suggestion of sleep, while the announcement of the closing hymn suggests fresh air, and home, and dinner, and has a decided awakening effect.

which intensifies the trouble, transforming a temporary condition into a permanent and persistent insomnia.

The different operations of retiring, the darkness, the quiet, the horizontal position, all ordinarily suggest sleep; but worry, or fear that there will be no sleep, may act as a stronger counter-suggestion, excluding sleep for hours.

For some persons, a strong suggestion for sleep is to be in a pew listening to a sermon. During the opening exercises they are wide awake, and perhaps the sermon is quite interesting; but shortly the suggestion, brought about by frequent repetitions of the process in the past, controls the victim. He wonders if he will be able to remain awake during the entire sermon, and almost immedi-

The writer has more than once gone to bed with the purpose to awake, say at four o'clock in the morning,—an hour before his usual rising time,—and woke at, or a minute or two before, the required time. There was evidently a suggestion working on his mind during his sleeping hours, which he does not pretend to explain. Did it calculate the time from retiring to waking time, or did it cut off one hour of the usual sleep in the morning? Others have had a similar experience.

Imagine what may be the effect on a susceptible person to awake at one or two in the morning for two or three mornings in succession, the result of a rooster-crow, or a locomotive whistle, which he does not remember. Not know-



ing any reason why he should have awakened, he will begin to have misgivings as to whether he is on the verge of a nervous breakdown. During the day, his mind will recur uneasily to his loss of sleep; and when he retires, he will wonder whether he will have another attack of insomnia during the night. Perhaps when he awoke, he looked at the clock, and saw the time—2:15. Will it be a wonder if, about 2:15, he awakes as the result of the suggestion? Each repetition will make another repetition the following night the more certain. A trifling incident may thus be the forerunner of a serious chronic disorder.

It is not the laborer who is most apt to suffer in this way, but the man who has "read a little." He knows something about the disorders incident to sedentary life, and, possibly, he keeps watch for any symptoms of such disorders in himself. Here sometimes "a little learning is a dangerous thing." The little fears and worries about the health are frequently quite potent for harm. Often the man who is a little careless about his habits fares better than the one who is more careful, and who is constantly watching his every symptom. This is especially true as regards sleep. The good sleeper does not worry.



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## Divine Healing

AUGUSTA C. BAINBRIDGE

### 9—What Means May We Use?



SINCE divine healing is a part of the gospel, we can all use the same means that we used in receiving the part of the gospel that we already have.

If you are out of Christ, the first step is to receive him. This step must be taken by faith. "Faith cometh by hearing, and hearing by the word of God."

We find that God in his Word has shown us several ways in which we may receive divine healing when the hindrances are taken out of the way. These different ways suit different circumstances or situations. Look them over

carefully, and see which one is yours.

1. "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him."

Unbelieving elders could hinder this prayer, as well as unbelief in the heart of the patient. It is not worth while to enter into this holy place, where God the Creator will manifest himself, until we know, of a surety, that we are in harmony with God's will in the prayer we offer. Doubts and experiments are out



of place here; for "whatsoever is not of faith is sin." The Lord can not contradict himself, and he knows the purpose that is in the heart of each person present; hence he can not send healing power, or rather disclose it, while anything at variance with his will is knowingly cherished.

2. "They shall lay hands on the sick, and they shall recover." Mark 16:18. We find this beautiful command and promise in the "great commission." We find it is given to "them that believe." It rests with ourselves if we will enter into our part of this compact. God can not break his word. He can not be false to the soul that by faith takes the conditions just as he gives them, obeys, and patiently waits his will.

3. "If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." John 15:7. Here the abiding of the Word and the Spirit is the only condition, for they are one. This can be individual, and no other way; and while this is a condition in all other ways of receiving divine healing, yet it alone is the one path we can each travel. It insures healing to every Christian. "Set thine house in order; for thou shalt die, and not live. . . . I have heard thy prayer, I have seen thy tears: behold, *I will heal thee.*" 2 Kings 20:1, 5. We can not fancy that the king wept for fear of death. It was sorrow for his sin, the sin that had separated him from God, and so left him exposed to the assaults of Satan. Repentance and confession brings forgiveness. Forgiveness is pardon and healing.

4. "Sir, come down ere my child die." "Go thy way; thy son liveth." Here was a loving father acting as an inter-

cessor. We see love and faith in his service for his son. "And the man believed the word." John 4:49, 50. Happy are they who have relatives or friends who know how to bring them to the Master. "There came unto him a centurion, beseeching him." "I will come and heal him." "Go thy way; and as thou hast believed, so be it done unto thee. And the servant was healed in the selfsame hour." Matt. 8:5, 7, 13.

Faith opens the door for the entrance of every heavenly gift. Faith is the gift of God. "Faith cometh by hearing, and hearing by the word of God." Need any of us lack?

"If two of you agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven." Matt. 18:19.

Here we have a precious promise resting on an agreement. This agreement is abiding. By abiding in Christ, we agree with one another. Let us all study the Word, receive it into our lives, and so learn the precious abiding. Then all there is in Christ is ours.

Not one man or woman or child need be left out. God will choose his own way and time of healing, and he will direct each soul to the very means he would have that soul use. He will not use means contrary to his Word. The results may be immediate and satisfactory, accompanied by a consciousness of the healing power of the Spirit as it does its work in the body; or it may be slow and imperceptible to the patient. Should Satan attempt to bring in doubt because God sees fit to work in the latter way, drive him away with a "It is written," and wait patiently before God. He will bring you to the proper plane of faith, and give you the desire of your heart.



# Eczema (Tetter, Salt-Rheum)

G. H. HEALD, M. D.



HERE is nothing more annoying than a constant itching; it tempts one to dig into the skin with the finger-nails, transforming the itching sensation into an actual pain.

There are a multitude of skin diseases, but none more common in this country than the one which forms the topic of this article. Eczema appears in many forms. Sometimes the skin is dry, sometimes moist. Sometimes there are light branny scales, sometimes thick crusts. There may be a diffused redness, or pimples, or blisters. It is a form of inflammation which is usually very chronic in its course, although not always so. Often the different forms of the disease may be seen at one time on the same surface, showing that they are different stages of the same process. One of the chief characteristics of the disorder is the constant itching which accompanies it.

Why some people are subject to eczema while others, who live in apparently the same way are not, is not known. It is certain that there are people who are peculiarly susceptible to the disease. As a rule, it is noted that blonde, thin-skinned people are more prone to have it than are others. The pigment in the skin, which some of us may despise, seems to be an efficient protective for the body in more ways than one. In the susceptible, an irritation, which in others might be followed by a temporary redness, will result in a persistent attack of eczema.

The question whether it is a parasitic or a germ disease has not yet been definitely settled.

The direct causes of eczema are of two classes, internal and external. Of the internal causes the most prominent

is dyspepsia with constipation, especially in infants. Gouty and rheumatic subjects are unusually susceptible. So one would not be so far out of the way to call eczema a disease of the stomach, or rather a disorder depending on disease of the stomach.

But there are also external causes—local irritations—which set up an inflammation that in susceptible persons develops into an eczema. In many cases, however, the disease exists without any discoverable local cause.

Among the skin irritants which favor the development of eczema are the frequent use of water and soap, or in some cases, the too frequent use of water alone; in others, the neglect to properly cleanse certain covered parts, as the feet, is a cause.

Dyes and other chemicals, and mustard and other plasters, have been known to cause persistent eczemas, as has also the contact of the hands with sugar, flour, etc. (grocers' itch). Exposure to extreme cold, especially cold winds, is a very common cause of eczema of exposed parts in winter, while in the warm months the irritation of the perspiration causes eczema of covered parts.

The sun's rays, the dye in stockings, tight hat bands, and rough flannel undergarments have all produced the disorder. Oak or ivy poisoning is really a form of acute eczema.

Pressure and friction, especially where there is a little perspiration, as caused by crutches, saddles, trusses, braces, etc., often result in a severe form of eczema.

One of the most efficient methods of producing and perpetuating the trouble is the practise of scratching. In fact, scratching alone, whether done by the fingers or by some other instrument, is



one of the most common causes of the spread of the disorder. The use of a comb with sharp teeth, or of a wire brush is often responsible for an eczema of the scalp. The intolerable itching that accompanies the disease almost compels one to scratch; but the scratching, while it relieves for the time, serves only to spread and perpetuate the trouble. One who has a spot that is a little discolored, rough, and itchy, will do well to keep "hands off," no matter what the temptation may be to scratch.

A paper may follow on the treatment of eczema, but to close this one, I could not do better than to quote what a prominent writer on diseases of the skin has to say on "Constitutional Treatment of Eczema:"—

"This does not necessarily always mean drugs, for often attention to diet and other hygienic considerations is more important than drugs. While it is not possible to say that certain foods directly induce eczematous conditions, still there are many foods which, through their difficult digestibility or through their influence upon the digestive processes, and probably their absorption before thor-

oughly in condition for such, are often factors of moment. For this reason, the diet in cases of eczema should always be plain but nutritious, the meals taken at regular times, and in sufficient, and not in superfluous quantity. Such foods as pork in any form, salted meats, pastries of all kinds, veal, lobsters, crabs, 'gamy' fowl, fried dishes, gravies, sauces, cheese, pickles, condiments, and like articles are to be avoided. . . . Excessive tea or coffee drinking is to be interdicted, likewise indulgence in beer, wine, and other alcoholic stimulants. The malt liquors especially seem to exert an unfavorable effect. Alcohol tends to produce dilatation of the cutaneous vessels, besides its influence in invoking and emphasizing defective kidney elimination; and is therefore, even in moderate quantities, especially dangerous. . . . The excessive use of tobacco is also to be prohibited."

The question naturally arises, Is not any use at all of these poisonous substances an excessive use? The nearer one conforms to a simple dietary, the less likely is he to suffer from this annoying disease.

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## Why Not Be Happy?

BENJAMIN KEECH



CERTAINLY, why not? You have everything in this big, wide world to make you happy. Nothing is lacking. It is all here yet. And if you still desire love, peace, and happiness, go to work and win some. If looked at properly, this is really quite a nice, good, kind, and beautiful world. If you don't believe it,

there is something foolish troubling your heart, mind, conscience, or eyesight. Or perhaps your view-point is deranged, Or—now I've struck it!—your digestive and respiratory organs are out of order.

Nothing can make one so sad as a stomach filled with improper mischief-makers. Morbid mustard pickles, melancholy mince pie, and similar malicious



preparations can induce one to be more pessimistic than all the other evils on earth. A person nourished on such a diet easily becomes convinced that frightful things may happen at any minute. He naturally becomes quite nervous and unhappy. And if you, dear sufferer, in your quest of happiness, discover that your stomach is on a strike, begin at that place and work up.

By all means, improve your health first of all. You can not be happy unless you are healthy. If the organs in your body are playing inharmoniously, the discord will naturally make you miserable; and in order to make them play sweetly, you must tune them up with some common-sense health principles. Don't pour the vinegar of quack patent medicines upon the troubled "keys," and expect to escape the resulting sourness. Go back to nature, and take God's natural remedies.

If your health is good, but you are suffering with a nervous temperament, you can become happy by cultivating peace. (A piece of land or a piece of good work will do.) Spend as much time as possible out of doors. Ramble off with yourself, occasionally. Cultivate all the nice, peaceful people you can find. If you can't find any, attract some by being peaceful yourself. And if you are forced to live with warlike folk, refuse to be squelched (that is, don't give up being and doing good); and in time you will gain a peaceful victory, not only over the folk, but over your troublesome temperament (perhaps it's temper) as well.

Maybe you are unhappy because you are sensitive and notice things that do not exist, too much. In this case, perhaps more than in any other, you need to cultivate common sense; it is the leading way out of your difficulty. False,

foolish sensitiveness can make one more unhappy than any other form of selfishness; and, in fighting it, you *must* decide to be sensible — you *must* refuse to take things to heart.

Try to realize, dear one, that the folk with whom you come in contact each day, do not spend their time in studying up ways to hurt your feelings. They are really too busy doing other, nobler things to give you so much attention. Besides, if they had nothing else to do, your friends wouldn't wilfully wound you. If their thoughtless words hurt, don't lay such a small matter up against them, and make a mountain out of a molecule. No doubt if you yourself had plenty of work to occupy your miserable moments, you wouldn't find nearly so much time to notice dreadful things.

Go to work at once, dear child, and see if you do not improve. Your task may be as simple as carrying flowers and books to the sick. But even that will help greatly. While you are working, don't fail to take the following medicine: As often as possible, do something nice for the persons that you think have been trying to lacerate your feelings. This may give you severe additional pain, but it will afterward prove very beneficial.

You can hasten the cure of your sensitiveness by telling your mother, or some one else that you love and trust, about your troubles. Unburden your heart, and see how quickly your tortured feelings will heal when some one understands. That is the trouble with you; you are not understood. No wonder you are unhappy. But the moment you confide in some good person — preferably Divine Personage — and win some helpful sympathy, love, and counsel, that moment you will start on the road to recovery.



# CURRENT COMMENT

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

## Colds and Their Cure

DR. RICHARD H. BROWN, of the University of Illinois, gives the following rules for the prevention of coughs and colds:—

Avoid spitters.

Sleep with the windows open.

Make yourself an oak instead of an orchid.

Keep the air indoors as pure as the air outdoors.

Do not let the temperature of your room get above seventy degrees.

Do not wear too much clothing, but just enough to keep warm.

Take a cold sponge bath every morning, to harden the system against cold.

Avoid dust. Get rid of it, and keep it out of your houses. Do not sweep "dry."

After you get a cough—

Stay in bed, and you will save time in the end.

Put on a camphorated oil jacket or flannel wrapping.

Don't close up the room and poison yourself with impure air.

Don't neglect a single, simple cold; but get a good physician.—*Journal of the Outdoor Life.*



## "Subject to Colds"

If people subject to "colds" would stop confining themselves in overheated and poorly ventilated rooms, and spend as much of their time as possible in the open air, they would soon materially lessen their liabilities to colds, and would increase their physical strength. Where

it is impossible to spend much of the time out of doors, it is at least generally possible to have a supply of fresh air. This is one thing that must be had for good health, and one thing that can not be "cornered." No room should be used as a living-room, sleeping apartment, or office that does not have a good supply of sunlight and pure air. The want of these is generally the cause of colds, and it is seldom a person takes cold when living out of doors.—*N. K. Foster, Sec. Cal. State Board of Health.*



## The Weather Not to Blame

At this season complaints of headache, and heavy sleep which brings no rest, grow frequent, and the majority of the sufferers blame the weather for their discomfort. Two factors, however, which are completely under one's control, are the principal causes to which most of these symptoms may be traced.

One of these is the mischief-breeding factor of sleeping in unaired bedrooms, and the other that of eating rich midnight suppers.

In the unaired bedroom long before morning a blanket of heavy carbonic acid gas covers over the sleeper. As it lowers, the unoxygenated blood grows sluggish, and the sleep becomes a heavy stupor, which exhausts instead of rests the unconscious victim, and he rises to the morning's duties with utmost reluctance, utterly unfit to perform them. Restful sleep, during which the body is recuperated, the wastes of the working day



being repaired by metabolism, which assimilates nourishment and casts out waste products, can be had only in pure, oxygenated air. There is no necessity for its being cold, but it had better be cold than impure. If the air be pure, with the protection of warm, light, covers, the body will be warmer in a lower temperature than in a warm, close room under thin covers. Every sleeper in an unaired bedroom is doing for herself slowly what is done instantaneously to helpless dogs and fowls when they are lowered into caves and wells to demonstrate how deadly is the air in their depths.—*Selected.*

✻

CONSUMPTION and pneumonia are preventable diseases, and as soon as people learn that sunlight and fresh air are the means by which they can be kept away, instead of one fourth of our deaths being caused from them, the fraction will be exceedingly small. State and municipal laws should be enacted, stringently regulating the architecture of office and tenement buildings, for to them are traceable many of the diseases which shorten life.—*N. K. Foster, Sec. Cal. State Board of Health.*

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### Tuberculosis in Schools

THE fact that phthisis is frequently spread in places where large numbers of people are gathered, is too well known to require much emphasis. Schools are undoubtedly prominent in spreading consumption, and consequently school buildings should always be as well ventilated as possible. There is at all times a considerable amount of tubercular disease among school children. . . . At the International Tuberculosis Congress held in Paris last year, the statement was made that one of the most fruitful sources of consumption among school children was the use of school buildings by adults for

public meetings. It goes without saying that schoolrooms require thorough ventilation; and if they are filled with people in the evening, as well as in the daytime, this desideratum is impossible of attainment. A speaker at a meeting of an educational society said that he thought that public meetings should not be permitted in school buildings except in rare cases, and that in order to lessen the dangers after such meetings, the schoolroom should be washed with a weak formaldehyd solution.—*Journal of the Amer. Med. Assn.*

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### The Terror of a Word

NOTHING is so cruel as panic. There died in a remote shanty last week, a poor wretch of a Syrian, victim to the terror of a word. The man was a leper. He wanted to go home to Syria, there to die peacefully and in the charity of his fellows. No sooner had he set out than the boggy-word "leprosy" sprang before him like a shadow with a poisoned trail. State authorities turned him back from their borders, municipalities hunted him, hole-and-cornerwise, until they could ship him to other cities. Shouldered from State to State, housed in box cars, fed on scraps, shunned, outcast, abhorred, he was finally returned to West Virginia, where he had been a laborer. There, that soulless thing, a railway corporation, showed him the only human pity he had known. The Baltimore and Ohio Railroad humanely built him a little house to die in, and sent him a nurse to give what comfort was possible. Worn out by hardship, exposure, and fright, he succumbed to heart-disease.

All as foolish as it is cruel! There are not twelve known cases of transmission of leprosy in this country. The danger, with any reasonable care, is negligible. Yet, for the fear of ancient tradition, a people who daily inhale the street-swept dust, instinct with the dreadful activities



of tuberculosis; who cheerfully risk pneumonia whenever they sleep in the undisinfected berths of Pullman cars; who unquestioningly gulp down water fouled with typhoid germs; who wear clothing from sweatshops that reek of the minor infections, any one of which is a thousandfold more perilous than leprosy; who unprotestingly yield by the thousands to readily preventable disease—that people drive out to die a harmless, pitiful alien, as they would a mad dog. We suggest as an epitaph for the lonely grave of Rashid the Syrian, these words: “Slain by the merciless stupidity of the most enlightened nation on earth.”—*Ridgways*.



### The Great White Plague

WITHIN a few weeks whole communities were panic-stricken because one leper was discovered while traveling through the country, a Syrian, George Rashid by name. He was hunted from town to town like a wild animal. What a strange comparison with the calm complacency and national unconcern with which we watch six hundred thousand diagnosed consumptives cough their lives away among us, spreading contagion every day they live.

“Of six hundred thousand diagnosed consumptives now in this country, it is estimated that five hundred thousand will ultimately succumb.”

So says one of the leading journals in a recent article about the coming congress of tuberculosis. How little we heed this plague! Death follows death by thousands annually, estimates of the total varying from one hundred thousand to two hundred thousand a year in the United States alone. These deaths are mostly among the poorer classes of city workers—the cave dwellers of modern times—those who swarm in the slums and tenements of the great cities.

Fresh air, sunshine, nourishing food, and cleanliness are the only preventives needed.

Take a family from the slums, plant the members thereof in a homecroft, feed them on fresh vegetables and fruits and milk and eggs that they can readily produce themselves from that homecroft; let the children breathe the fresh air, be fed with that pure and nourishing food, and live next to nature, and that family would be immune to tuberculosis.

If taken in time, to transplant a consumptive from a tenement to a homecroft would, in the great majority of cases, work a cure.

Every homecroft is in itself a *sanitarium*. Better yet, it is a *preventarium*.—*Maxwell's Talisman*.



### Harmfulness of Drugs

THERE is no drug that can be taken into the system regularly without working harm. Every drug has a secondary effect as well as a primary one. The immediate effect is all that a man thinks of when he takes it; but the secondary effect follows just as inevitably. It is of an entirely different nature, and it is always bad. For example, the secondary effect of most of the coal-tar headache powders is to reduce the number of red corpuscles in the blood, whose business it is to carry oxygen to all parts of the body.

The same sort of double dealing is illustrated by every drug. The primary effect of opium is to deaden the pain-sense and bring on an agreeable feeling of well-being which leads gradually to sleep. Its secondary effect is to stop salivary secretions and the functions of other glands, and to stop the proper action of the intestines. The constipation that comes from opium taking is difficult to cure. Alcohol, nicotine, chloral, cocain, and all the rest have their



secondary effects of just as undesirable a character.—*Luther H. Gulick, M. D., in World's Work.*



#### No Poison More Poisonous

WE can well believe that certain tobaccos are more poisonous than others, but we very much doubt whether substances more injurious than tobacco itself are ever added to the manufactured leaf. Flavorings and sweetening substances, as licorice, glucose, and glycerin are often added, but these are harmless compared with pure tobacco itself. Statements have been freely made that morphin, or even cocain, is added to cheap cigarettes in order to give them immediate soothing qualities, or "to soften" the flavor of an otherwise harsh smoking tobacco. We can not accept such statements applied, at all events, to cigarettes retailed at five, or even six, for a penny. The tobacco in such cigarettes is of an inferior and inexpensive kind, we admit, but we have not been able to find the smallest trace of foreign poisons in some very cheap cigarettes which we purchased recently and submitted to careful analysis. We doubt whether it would pay to add such comparatively expensive poisons. Opium is not cheap, nor is cocain. Tobacco of common quality is at any rate infinitely cheaper. The danger of smoking arises from tobacco poisoning, and it is the wholesale and unchecked poisoning of the child with tobacco, chiefly in the form of cigarette smoking, against which the nation is asked to find a remedy.—*The (London) Lancet.*



#### Alcohol and Tobacco Destroy Efficiency

IF I answered your question simply by saying that I never use tobacco and alcohol in any form, and very rarely coffee or tea, you might say that was a personal preference and proved nothing. But I can prove to you most conclusively that

even the mild use of stimulants is incompatible with work requiring accurate attention and definite concentration. To assist me in my work of budding, work that is as accurate and exacting as watch-making, I have a force of some twenty men. I discharge men from this force at the first show of incompetency. Some time ago my foreman asked me if I took pains to inquire into the personal habits of my men. On being answered in the negative, he surprised me by saying that the men I found unable to do the delicate work of budding invariably turned out to be smokers and drinkers. These men, while able to do the rough work of farming, call budding and other delicate work "puttering," and have to give it up, owing to an inability to concentrate their nerve force. Even men who smoke one cigar a day I can not entrust with some of my delicate work. Cigarettes are even more damaging than cigars, and their use by young boys is little short of criminal.—*Luther Burbank, quoted in "Character Building."*



#### Alcohol as an Internal Germicide

A HEALTH commissioner of one of our great cities recently uttered the rather rash advice to use whisky or alcoholic drinks to prevent typhoid in the existing unsafe condition of the city water. It is hardly possible that the advice was given seriously. It was probably merely a facetious suggestion inspired by the local atmosphere of the city hall, but it has been generally taken up by the newspapers, and more or less seriously discussed. As an advice to the public in general, it is about on a par with the ancient recipe for the toothache, to "let an omnibus run over your foot." We would not venture to say how much alcohol it would take to kill a bacillus, but it would take a rather unsafe quantity to neutralize any thoroughly infected water.—*Journal of the Amer. Med. Assn.*





## Honan, China

H. W. MILLER, M. D.

NOTWITHSTANDING the fact that we are making advancement in the work in the mission fields, we certainly are not doing as much as it is our privilege to do. It is a satisfaction which outweighs the sacrifice to be able to minister to the heathen in their great need.

During the past year the number of patients who have received treatment is nearly double that of the previous year, and every patient who comes to the dispensary takes literature with him to his home. Some of these come long distances, suffering from such diseases that we, if in America, would not advise them to go even a short distance in a modern ambulance. Recently a man came from Lo Shan, a distance of one hundred and five miles, suffering with a large abscess located deep in the muscle sheaths of the thigh. The pain was so great that he groaned loudly all the time they carried him. We opened this abscess, draining it, and he walked out of the dispensary. Our treatments have won the confidence of the people, and we now have no difficulty in persuading the patients to submit to our procedures of treatment. I have many times realized that there were agents at work besides the treatment and natural recuperative vitality of the patients, for many times the results of the treatment are out of all proportion to the therapeutic value of the remedy used. The medical work has materially assisted us in presenting the gospel message of salvation, principally by giving us the

opportunity and establishing confidence.

During the last month many persons, chiefly women, have been brought to us on beds. These patients were in an unconscious state, as a result of taking opium to commit suicide. Here the missionary sees the terrible effects of two great curses in China—the one of the opium, introduced and forced on the Chinese by England, and the other, the result of heathenism, that of woman slavery, which usually causes her to take the crude opium to commit suicide. The larger percentage of these cases we are able to save by a thorough lavage and antidotes, so that they have left them an opportunity to know the gospel, and either accept or reject it. Seeing such misery causes us to long for sin and wickedness to be obliterated from this world, and our Saviour to return to gather his own. But we must not be selfish, and willing to drop our burden too soon.

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## An Experience at Karmatar, India

A POOR native woman was very sick, and needed medical attention to save her life. Her cruel husband said, "Let her die; I can get another wife." But the poor old mother, bent and gray, and with a spark of love that comes from above in her heart, replied, "But I can not get another daughter, so I will do all I can to save her life." She had heard about Sister Whiteis and her work for the sick, so she laid her daughter on a rude bed, and four men carried her eight miles to



Karmatar. They took shelter in a cow shed, as they had no other place to go. Dr. Ingersoll, our sanitarium physician, was sent for, and on examination it

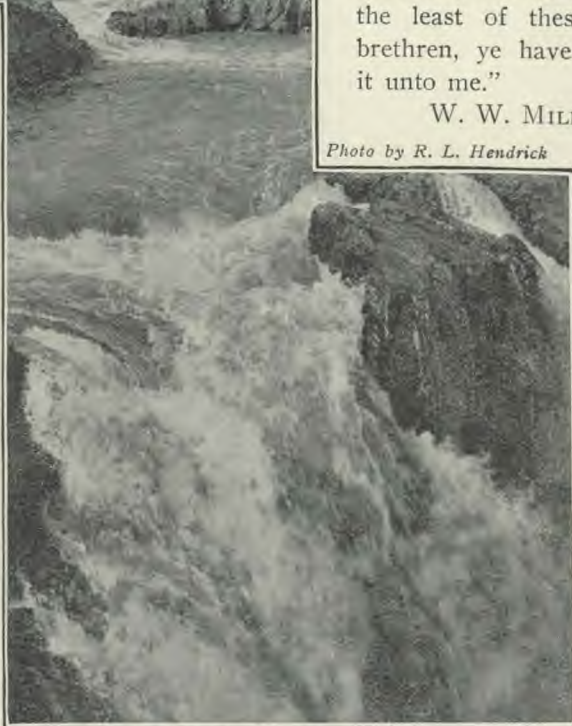
Jesus, and my confidence in God grew strong. I believed that she would come out from the influence of the anesthetic all right, and so she did, for which we all felt thankful to our merciful Heavenly Father. She was placed on a bed in Sister Whiteis's room, where she remained until she was ready to be taken home. As I think of this poor woman and her dear old mother, I am reminded of the promise of the scripture, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

W. W. MILLER.

Photo by R. L. Hendrick

was found that an operation was necessary. When all arrangements had been made, we bowed in prayer, and asked God to direct us all in what we had to do. The patient was brought in, and laid on a board. Mrs. Miller administered the anesthetic. Dr. Ingersoll performed the operation, assisted by Sisters Whiteis, Burroway, Mackey, and myself. Although the poor soul had only one lung, she took the anesthetic well, and was soon unconscious. As I stood watching the doctor use the knife, a feeling of responsibility, such as I had never felt before, came over me. I thought, What if she should die in our hands, and be unprepared; would we be held responsible?

Then I prayed the Lord to spare her life until we could tell her more about



GREAT FALLS OF THE POTOMAC

#### Medical Work in Australia

THE medical work in the Australasian Union Conference at present centers in three institutions: the Sydney Sanitarium, located at Wahroonga, New South Wales; the Christchurch Sanitarium, at



Papanui, Christchurch, New Zealand; and the Hydropathic Institute, in Adelaide, South Australia. While the two last named are filling important places, and exerting a good influence in their respective fields, the Sydney Sanitarium is the central, and by far the most important of all, since it is there that nurses are trained for the other institutions, as well as for other branches of the work. Of the ten thousand dollars raised in the United States by the July offering of 1903, nearly seven thousand was appropriated to that sanitarium, and applied in finishing some portions of the building, and in paying some of the most pressing obligations. Since the formal opening of the institution for patients, Jan. 1, 1903, there has been a steady gain above all expenses, which has been applied on the indebtedness, besides making some necessary improvements, chief among which was the erection of a gymnasium for exercise and meeting purposes, at a cost of one thousand dollars.

No special effort has been made to advertise the sanitarium, but patrons who have returned to their homes benefited are sending others, so that the institution is rapidly being filled. At the last report there were sixty patients. An excellent Christian spirit prevails in the institution. A number of people of moral worth have accepted the truth, and are using their means and influence to help advance the message. As at present managed, the sanitarium is an important factor in advancing our evangelistic work in Australasia.

G. A. IRWIN.

#### Karuizawa, Japan

I ARRIVED here a few days ago from Kobe, and found our summer branch sanitarium prospering to such a degree that we have rented a larger house for next year, and will receive a few resident patients, as well as those who come from

outside for treatment. Dr. Perrine-Laird, Mrs. Lockwood, and Miss Young have been conducting the work here, while Mr. and Mrs. Herbolzheimer and I have been busy in Kobe.

Mr. Herbolzheimer took a short vacation, and is now back in Kobe. Dr. Perrine-Laird and Miss Young have returned to Kobe, so Mrs. Herbolzheimer and I have come here to spend the last two weeks of August.

There are, it is said, eight hundred foreigners in Karuizawa this summer, gathered from all parts of Japan, and some from China. Besides the benefit to the health of our workers who come here, the patients who have received our treatments have appreciated them highly. In addition, a great many have been interested, who will come as patients to Kobe this autumn.

The volcano, Mt. Asama, situated eight miles west of this village, was particularly active last Friday night, the roaring being terrific, and flames from the top were plainly visible. It seems strange that it was almost coincident with the terrible earthquake in Chile.

S. A. LOCKWOOD, M. D.



AN old woman at Jhansi, in north India, is a Brahman of the strictest sect. She is also mother of a princess, who is very ill and has called in Dr. Blanche Monro of the Woman's Union Missionary Society. She dismisses the lady doctor each time with smiles, and thanks, and rich rewards. Then she grimly orders her servants to wash everything that the foreign lady has touched—the floor, the table and chairs, her own clothes, and finally herself. After she has taken a bath, she feels *pure* once more. We can now imagine the tremendous determination required by a Brahman who dares profess faith in Christ.



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Lunches for School Children

Most children are expected to employ their delicate brains in arduous school work, while absolutely no thought is given to the kind or the quality of the food which goes to nourish the young brain. No intelligent person would think of working an engine or a horse in any such way.

Some parents dismiss the lunch problem by giving the child a few pennies with which to purchase the noon meal; and more often than not, the money is spent at the nearest candy store for that which is not only not adequate food, but is actually injurious, if not poisonous. Other parents put up a lunch for the child which is not at all adapted to the needs of the growing organism. Tickling the palate and filling the stomach does not necessarily furnish the required nourishment.

The body requires foodstuffs of three different kinds: (1) the proteids, or albuminous foods, to build and repair tissue, known as tissue foods, (2) carbohydrates (starch and sugar), to furnish the heat of the body, and the energy necessary to run the muscles and the brain, and (3) the fats. The carbohydrates and fats are known as fuel foods, because they are burned in the body to furnish heat and energy. In order that the system may be nourished properly,

these three classes of foodstuffs should be furnished in fairly definite proportion.

A meal consisting largely of animal food will have an excess of the proteid, and perhaps of the fat, with a deficiency of the carbohydrate. A vegetarian repast, if care be not exercised in the selection, will be deficient in proteid and fat, and excessive in carbohydrates, for the reason that most vegetable foods consist largely of starch.

Suitably prepared and properly eaten, wheat alone will well-nigh sustain the body. However, we may be thankful that we are not left to the monotony of one article of diet. The Giver of all good gifts has provided us with a great variety of wholesome foods. Wheat, however, in the form of good bread, is an excellent basis for the school lunch. It is rather rich in starch, and poor, if in anything, in fat and proteid. For this reason, in the preparation of sandwiches, it is important to use as filling foods rich in proteid and fat. From a nutritive standpoint, butter is a rational addition to bread, as it supplies needed oil. Unfortunately, there is the risk that the butter may convey to the child the germs of tuberculosis. Were it not for this, it would doubtless be the best form of fat for food, on account of its easy digestibility. Much objection has been made



to the use of butter, because it is a "free fat;" but careful observation fails to reveal any injury to the normal stomach by a moderate use of butter.

Molasses and sirup are not needed, as they increase the proportion of the carbohydrate, which is already slightly in excess in the bread. This, we may say by way of parenthesis, constitutes one of the objections to the free use of sugar—and it applies to all forms of sugar alike—namely, that it increases the proportion of carbohydrate food, which is apt to be too high in a vegetarian diet.

In order to supply a sufficiency of proteid, there are a number of articles that may be used with advantage. These are dried beans (which may be boiled several hours with occasional addition of water if needed, and then put into the oven to bake. The addition of tomato adds to the flavor without interfering with the food value), peas, lentils (beans

are usually preferred for continuous eating), cottage cheese, nut butter, if it does not disturb the digestion, and other nut preparations. Peanut butter has the advantage that it is rich in both fat and proteid.

Sandwiches, filled with some food containing a good proportion of proteid and fat, may form the basis of the noon lunch. In addition, there may be fruit for relish; but the use of rich pastries or concentrated sweets is unwise for the reason given above, and also for the reason that such foods are apt to be eaten in excess of the demands of the body. It is much better to have exercise and air sufficient to produce a ravenous appetite that will demand an abundance of plain food, than it is to coax a flagging appetite with sweetmeats. The latter process is suicidal; it is stuffing the stove full of coal when the draft is choked up.



## Recipes

### Chestnut Soup

SHELL and blanch a pint of Italian chestnuts, and cook in boiling milk until tender. Rub the nuts through a colander, add salt, and sufficient milk and cream to make a soup of the proper consistency, reheat and serve.



### Potato Chowder

PARÉ and cut into blocks sufficient potatoes to make two quarts. Peel and chop two good-sized onions, add half a cupful of celery or two tablespoonfuls of parsley. Put in the bottom of a kettle a layer of potatoes, a sprinkling of onion and parsley, a dusting of salt, and so continue until the materials are used.

Add a pint of water, cover the kettle, cook slowly until the potatoes are tender. Rub together a tablespoonful of butter and two of flour; add a pint of milk; stir until boiling; add a level teaspoonful of salt; pour this over the chowder, and heat thoroughly. Serve with small croutons. This will be enough for six persons, at a cost of ten cents.



### Norfolk Stew

STEW equal quantities of carrots, turnips, tomatoes, onions, and celery in a little water; add seasonings. When the vegetables are thoroughly cooked, the stew is enriched and thickened with mashed potato.



**Baked Onions**

PEEL and parboil the onions, drain them, put in a baking dish; sprinkle over them salt, and add enough sweet cream or rich milk to nearly cover them, and bake one and a half hours.

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**Scalloped Onions**

PEEL, slice, and boil the onions until tender; put a layer of onions in a baking dish, cover with fine cracker or bread crumbs, add salt. Repeat until the dish is full, putting the crumbs on top. Add enough sweet milk to cover, and bake twenty minutes.

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**Cabbage in Tomato**

RENDER cabbage fine by chopping or slicing. Cook in very little water until tender. Add salt, oil, and strained to-

mato to taste. Simmer for half an hour, and serve. String beans in tomato are also very palatable.

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**Rice Pudding**

THOROUGHLY blend one part each of rice and sugar with eight parts of milk. Place in a slow oven to remain several hours, depending on the size of the pudding. It will come out a rich creamy substance, brownish-yellow in color, and in taste can not be surpassed by any quickly made, well-egged, and highly flavored preparation. With many foods prolonged cooking more than compensates for lack of seasonings and condiments.

Well-boiled rice baked in enough strained tomato to cover, makes a very palatable dish. Do not forget proper seasoning.

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## Practical Suggestions

CANNED corn makes better soup if chopped, ground, or passed through a colander.

A MIXTURE of stewed cranberries and apple sauce passed through a fine colander makes a sauce superior to either fruit alone.

IN preparing egg macaroni, put the (hard-boiled) eggs through a colander, and mix with the macaroni, or sprinkle over it as it is served.

UNLESS the seeds have been removed from tomatoes, boiling or prolonged cooking gives an unpleasant taste. It is well to look over canned tomatoes that objectionable parts may be removed.

ANY left-over legumes may be rendered appetizing by heating them with a little oil, onion, cold potato, and perhaps a small quantity of tomato and parsley.

WHEN rice or other cereals adhere to the bottom of a kettle but are not burned, a little clean cold water will soak it loose, and all may be utilized in soups or otherwise.

THERE are various articles from which a spread for bread may be made if one does not care to use dairy butter. Any fruit may be utilized, but perhaps apples may be preferable. Cook them until of a smooth consistency, season to taste, and if deemed best, thicken with a trifle of braided flour.





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

### Little Things

A GOOD-BY kiss is a little thing,  
With your hand on the door to go,  
But it takes the venom out of the sting  
Of a thoughtless word or a cruel fling  
That you made an hour ago.

A kiss of greeting is sweet and rare  
After the toil of the day;  
And it smooths the furrows plowed by care,  
The lines on the forehead you once called  
fair  
In the years that have flown away.

'Tis a little thing to say, "You are kind;  
I love you, my dear," each night;  
But it sends a thrill through the heart, I  
find—  
For love is tender, as love is blind—  
As we climb life's rugged height.

We starve each other for love's caress;  
We take, but we do not give;  
It seems so easy some soul to bless,  
But we dole the love grudgingly, less and less,  
Till 'tis bitter and hard to live.

—Selected.



## Pitfalls of Our Boys—II

MRS. M. C. WILCOX

### Vulgarity

ANOTHER pitfall for our boys which naturally goes with that of impurity is vulgarity. Vulgar stories and jokes, vulgar bywords, smutty phrases and indecent insinuations spread like wild-fire among boys who are impure in mind.

Dr. Conwell, in his book "Manhood's Morning," says: "Almost all knowledge imparted to boys concerning the sacred relation of the sexes, and of the transmitting forces of life, is clothed in language as vulgar and obscene as ever echoed in the streets of Sodom. It flows like the breath from lip to lip, from men to boys, from boys to children, until its blighting and damning voice is heard on every side."

Is it any wonder, then, that our little

boys so quickly catch the spirit, and feel that to be men they must learn to talk in that particular style? How watchful we should be that they are kept from becoming contaminated by contact with either men or boys of such a class. Vulgar pictures and posters meet the gaze everywhere in our cities, and are a strong educating force. Vulgarly illustrated periodicals constitute another evil whose debasing influence can not be estimated. The great newspapers keep up a constant panorama of crime. The Sunday newspaper is worst of all, and is read by all classes.

How many parents take the time and trouble to think of the demoralizing effect of the "funny pages" upon our little folk? How much better, nobler, and



truer will they be for following the different characters illustrated in these pages through all the antics and mischievous devices through which they are carried? How many of our boys will desire to improve their time better by following these things from week to week? Will they not rather make examples of them for their own feet, and study to do just such "smart things"? How many of our boys were ever made better by reading that book entitled "Peck's Bad Boy"? It simply served as an incentive to them to follow in the same wake.

Again, are not the funny pages a strong factor in educating the talk of our boys in literature? They learn to relish these things. They appeal to a side of their nature that does not need developing if we would make them strong, molding influences in the world for the uplifting of humanity.

#### Irreverence

Is it reasonable to expect that our boys who revel in this class of reading and illustrations will grow up to reverence superiors and sacred things, to manifest respect for parents, for the aged, for womanhood, and for law and order? How is it possible for them to do so under the educating effect of the funny paper? How often as you go out on the streets of our cities do you meet a boy of eight or ten years who is polite, modest, and respectful to the aged? How often do you meet boys who tease, laugh at, and make fun of, the aged or infirm, who are disrespectful, impolite, and irreverent?

If you escape yourself from ridicule in one way or another, you may consider yourself fortunate.

Where do you find real filial affection and honor toward parents, and a devout and manly reverence for religion and holy things in these days? Ah, these are sadly rare and very conspicuous because of their absence.

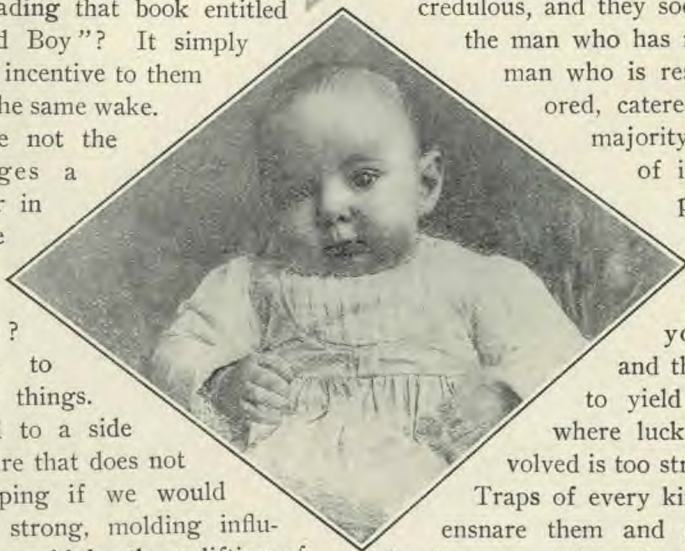
#### Gambling

Boys and young men are exceedingly credulous, and they soon learn that the man who has money is the man who is respected, honored, catered to, by the majority. He is a man of influence and power. The get-rich-quick plan appeals to all young people, and the temptation to yield to schemes where luck alone is involved is too strong to resist.

Traps of every kind are set to ensnare them and get the few hard-earned dollars they have saved, while unprincipled sharpers reap a rich harvest from their hard earnings.

Little boys form a love for these things by playing marbles for "keeps." So strongly is this developed in young boys, that the boy who steadfastly resists the temptation to play for "keeps" is entirely ostracized from the others, and left to play alone.

It is sad indeed to know that we who are longing and praying to keep our boys pure and clean are so hedged in by evils on every side that we scarcely dare give them any liberty outside our own doors. But such is the case; and the more we study the question, the more serious it will become. There is only one power that can keep us or our children, and that





is the power of God. We need to study the lives of the Waldenses, who labored and toiled, suffered privation, persecution, and death to maintain their faith and integrity. The age is degenerate, the heart of man perverse, and the allied forces of evil against us are altogether too strong for us. Our only safety is to hide in "Him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy."

\* \* \*

### Mothers' Mistakes

LET us begin with a thought or two about babies. A mother's first mistake



"EDWIN"

about her baby usually is to allow it to form habits which afterward must be broken. Until reason and understanding gradually assert their sway, the human being is a creature which habit will control. It is then of the greatest importance that the child shall be taught to form those habits which are in accordance with the peace of the household and the greatest comfort of those around. Little by little the purely mechanical per-

formance of life acts, which may be read in a child from the first day of his existence, will, if properly explained as the moment of opportunity arrives, give way to an understanding of all the whys and wherefores of living, and this will lead in most cases to a rational, just, and reasonable life. Where a child has become an annoyance, instead of a blessing, and where ill health is not an explanation, the source of trouble may usually be found in the failure of the mother to establish sensible relations between the child and the life about him.

To do this, mothers must remember that their babies are not given them for their own pleasure or amusement, nor to display as marvels to their friends; but they must consider that from the first moment of life the child is destined toward growth, development, progression. A dallying with this bit of wisdom in the beginning makes rare occasions for much that is disagreeable later.

And let no mother make the error of being baffled by the cry of "heredity." Much of what is called heredity is really imitation of what is to be seen and felt in the environment; and the most objectionable human heredity can be overcome. The inheritance of the divine spark which is ever ready to fly upward must never be forgotten.

So much for practical beginnings. Now, mothers, look to yourselves. What are you? Are you cheerful, pleasant, kind, and loving? or are you cross, and easily irritated, and askew about things? Are your faces bright and unclouded? or do they resemble a gray day? Be careful. A mother's face is the child-plant's sunshine. If it does not get its needed sunshine, how can it grow as it should?—*Selected.*



# QUESTIONS AND ANSWERS



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

**232. Olive Oil—Removal of Scars—Growth of Superfluous Hair.**—B. T., Md.: "I have been advised to apply hot olive oil to the face to remove scars left after smallpox. 1. Will it injure the skin by causing wrinkles? 2. Will it cause superfluous hairs to grow? 3. Will it remove scars? 4. What will remove scars?"

*Ans.*—1. No, unless you use it excessively hot.

2. Yes, hot oil applications tend to stimulate the growth of hairs.

3. We do not know; have never seen it tested.

4. Scars can be successfully removed by the proper use of the X-ray.

**233. Mush.**—L. S. M., Dak.: "Is mush necessarily unhealthful?"

*Ans.*—Not at all. Mushes are very nutritious foods. We do not recommend them because they are soft foods, and are usually eaten hastily. Being starchy foods, they require as thorough mastication as bread or potatoes, and should therefore always be eaten with crackers or toast.

**234. Shredded Cocoanut.**—L. H. S., Ill.: "Is shredded cocoanut a wholesome and nutritious article of diet?"

*Ans.*—Yes, when properly eaten. Cocoanut is a very nutritious food, and is wholesome provided it is so thoroughly masticated that it is reduced to a pulp.

**235. Dried Prunes—Washing Them before Cooking.**—L. E. C., Colo.: "Are prunes rendered more wholesome if washed before being cooked? Of course washing would remove dust, etc., which might have collected on the dried fruit, but are there any chemicals used in the drying of such fruit that should be removed?"

*Ans.*—Yes, not only prunes, but all other dried fruit should be washed before being cooked.

Prunes, when taken fresh from the tree, have a very thick skin, and for this reason it is often difficult or impossible to dry them. To hasten drying, the fresh fruit is dipped into boiling water to which has been added a sufficient amount of lye to cause the skin of

the prune to crack. After the skin is cracked, the prunes are spread in the hot sun, and dry very rapidly. Practically all the prunes of commerce are cured in this manner. The very small amount of lye which adheres to the skin of the dried fruit can be readily removed by washing, so that the fruit is perfectly wholesome.

**236. Taking Cold.**—J. G., Ariz.: "I dress warm, wear woolen next the skin the year round, but am always easily chilled, and take cold when exposed to the slightest drafts of air. I have weak lungs, cough occasionally, but think I have no lung disease. How can I remove this chilliness and prevent taking cold?"

*Ans.*—You probably wear too much clothing, which keeps the skin in a state of perspiration much of the time, rendering it very sensitive to any change of air.

Wear less clothing, take a cold hand bath or cool shower bath daily, followed by an alcohol rub, using sufficient friction with a dry towel to give a thorough reaction. Once or twice a week take an oil rub. Olive-oil, cocoanut oil, or even vaseline will answer the purpose.

Wear the same suit of underclothing only on alternate days, so that it can be thoroughly aired and always dried. Live outdoors, sleep in the open air, or with the windows wide open.

Read "Colds: Cause, Prevention, and Cure," for sale by the publishers of LIFE AND HEALTH, and you need not be guilty of taking any more colds.

**237. Removal of Warts.**—H. C., Mich.: "I wish you would please advise me regarding the removal of warts. About two years ago I had what I supposed to be a large seed wart. Soon many little ones appeared near it, and in fact spread over my hands. Next they appeared on my face, and are now spreading all over it. They are first very small, but grow rapidly and become brown in color. Kindly tell me how I can get rid of them. I am a young lady twenty years old, and in reasonably good health."

*Ans.*—Warts often come in the manner which you describe. The cause is not always



easily understood, but in many of these cases a nervous element seems to control their coming and going. In such cases the removal of one-half dozen of the more prominent warts by means of cauterization will not only cause the ones that are cauterized to disappear, but in the course of a few weeks all the warts that have not been cauterized will also disappear as rapidly and unaccountably as they came. We recommend you to have five or six of them cauterized.

**238. Pain in Shoulders.**—Mrs. H., Iowa: "For some time I have been troubled with pain between my shoulder blades; the pain often extends and makes it difficult for me to breathe. I shall be very grateful if you will tell me what the trouble is. For several months I have also been suffering with pain in the glands of the breast. This pain is very severe at times. The glands are enlarging, and are very tender to the touch. Please tell me what is the trouble, and what I ought to do."

*Ans.*—The trouble that you speak of is of such a serious nature that it should have a thorough examination at the hands of the best surgeon within your reach. It may prove to be only a simple inflammation of the glands of the breast, or it may prove to be the beginning of a malignant growth that requires prompt removal.

We would not recommend home treatment in these cases.

**239. Closure of Tear-Duct.**—Mrs. L. B.: "My husband has trouble with his right eye. It is inflamed at times and waters; especially when the cold wind blows, the water fills the eye, and runs down the cheek. What is the trouble, and how should it be treated?"

*Ans.*—Your husband is suffering from occlusion of the tear-duct. Under normal conditions eyes are moistened with tears. The excess of tears collects in the inner eye, and passes down through a very small tube called the tear-duct into the nose.

When the eyes are exposed to a wind, the secretion of tears is greatly increased, and if the tear-duct is closed, the excess flows over the cheek.

This annoying condition is usually caused by nasal catarrh, which extends into the tear-duct and closes it.

This trouble is usually curable by having the duct opened repeatedly for several weeks. This can only be done by a skilful specialist in eye diseases. We advise you to have this done.

**240. Bleeding Gums—Listerine as a Mouth Wash.**—A. L. M., Minn.: "My little girl does not like to use a tooth-brush, as it

makes her gums bleed. 1. What will prevent the bleeding of the gums? 2. How often should children use a tooth-brush? 3. Are any of the tooth pastes or mouth washes harmless? if so, will you kindly tell me of one you can recommend?"

*Ans.*—1. This is a common trouble. It can be easily cured by using only a soft brush, and getting the teeth accustomed to it by very gentle use. The use of a little tincture of myrrh on the gums will be very useful.

2. At least once a day, and twice is better.

3. Yes, there are a number of excellent tooth pastes on the market. We have found the tooth paste put up by Parke Davis & Co., of Detroit, Mich., very satisfactory. Children will take more delight in using the tooth-brush if some such pleasant preparation is used at the same time, and the mouth rinsed with an antiseptic mouth wash that will not only leave a pleasant taste in the mouth, but will act as a disinfectant, and thus help to preserve the teeth. There are many such preparations on the market that are good. You will find Listerine, which is advertised in this journal, a very satisfactory mouth wash.

**241. Jaundice.**—M. D., Washington, D. C.: "Please let me know what is good for jaundice. I believe I have it, as my skin and eyes are yellow. I have a feeling of lassitude and drowsiness, bad taste in the mouth, itching of the skin, and a tired, hungry feeling in the stomach, but can not eat anything. I have had repeated attacks of la grippe and suffer from catarrh."

*Ans.*—There is no question but that you have jaundice; but jaundice is not a disease, it is only one symptom of a disease. Jaundice never occurs except with other and usually more serious diseases. It simply means that the bile can not pass into the intestinal tract as it ought to, but is absorbed in the system until every tissue in the body is saturated with it. Usually the bile ducts are occluded either by gall-stones, by plugs of mucus or dried portions of bile due to catarrh of the intestines and bile ducts, or to pressure of a tumor or some other abnormal condition. For these various reasons, it is impossible to outline treatment for jaundice that will fit the case, unless the cause is definitely known. From your letter, we judge that you are suffering from catarrh of the bile ducts, and would advise you to drink abundantly of pure water, either hot or cold. Take a vigorous hot vapor bath or hot steam bath daily, followed with a cold towel rub. Eliminate sugar, tea, and coffee entirely from your diet. Take but little starchy food for a short time, and avoid overeating. Fruits can be used freely, provided they do not contain sugar.



# EDITORIAL



## “The Vegetarian Guest”

IN England, vegetarianism is making such advancement that it demands recognition in important social functions. “Ten years ago,” we are informed by a writer in *Macmillan's Magazine* (London, July, 1906), “the heretic who broke from the faith of beef and mutton was either effaced from the British dinner table by self-banishment, or, if he found himself there, had at least to make a show of conformity.” “Since then insidious changes have come about. Apart from a small but resolute set of persons whose motives rest on philosophic teaching, and those who as patients follow the advice of certain doctors, a considerable number of young people have been struck by a few conspicuous examples of athletes breaking from the venerable conventions and traditions of diet. The latter have deliberately and very successfully challenged the orthodox on their own chosen ground of sports and pastimes; and the prestige of the beef-and-beer school has suffered severe damage in consequence. This has been further undermined by the success of the Japanese against the Russians. . . . The disciples of the newest faith were not slow to point out their abstemiousness and the resulting hardihood; and the movement continues vigorous.”

Such is the comment on the growth of vegetarianism by one who is not particularly friendly to the innovation. He is writing in the interest of the host who is embarrassed at a public dinner by the

fact that a guest announces himself as a vegetarian. He suggests that a vegetarian should, before attending a dinner, inform his host regarding his dietetic practise, in order that dishes may be provided to avoid embarrassment.

But this is not all. There are all kinds of vegetarians. Some will not eat legumes, eggs, etc. Others refrain from other articles, so it is necessary for the vegetarian to tell what he can eat. “The time is certainly ripe,” says this writer, “for vegetarians to be properly classified.” He would classify them somewhat as follows: —

1. Abstainers from meat, game, fish, and poultry. These usually eat any dish made from edible vegetables, cheese, milk, butter, and eggs. These, the “inclusive vegetarians,” constitute the easiest class for the caterer.
2. The “eggs-clusive” vegetarians, who exclude eggs from the list.
3. The followers of the Haig school — the non-purin vegetarians — would exclude also peas, beans, lentils, mushrooms, eggs, and asparagus.
4. Literal vegetarians, who abstain from all animal food, including dairy products and eggs.
5. Fruitarians, who subsist on fruits, nuts, and cereals, and in some cases, also on dairy products. These reject vegetables.
6. Followers of the raw-food cult, who live entirely on fresh fruits and nuts.

The writer then proceeds to picture the difficulties which occur in the attempt



to entertain one or more vegetarians at an ordinary dinner, and details a method by which these difficulties are overcome.

This is another evidence that vegetarianism is growing to be a recognized feature in English society. The vegetarian no longer goes off to eat by himself or hide his faith and practise under a bushel.

There may be many crude beliefs and queer practises connected with some forms of vegetarianism; but, like the temperance movement of a few decades ago, it is making slow but sure progress on both sides of the Atlantic. Some may sneer, and Woods Hutchinson may swear, but the movement goes right on.

In this connection it is interesting to consider some statistics given in *Pearson's Magazine*, showing that the Americans are gradually giving up the excessive use of meat. The figures indicate the average amount of the various products eaten in one year by one hundred Americans:—

	1850	1900
Number of sheep.....	94	50
Number of hogs.....	118	43
Number of cattle.....	25	20
Bushels of wheat.....	430	623
Bushels of oats.....	90	361
Bushels of sugar.....	23	60

There was a decrease in the value of the animal foods eaten of thirty-six per cent, and an increase in the value of the vegetable productions eaten of more than sixty per cent. It will be noticed that there was a remarkable falling off in the amount of pork eaten, and also a marked increase in the amount of oatmeal consumed. Both of these differences were probably due in part to the health education that has been prosecuted for the last quarter century or more. In 1890 the consumption of oats reached 386 bushels per each one hundred persons, since which time it has declined, owing, probably, to the increasing sale of pat-

ented health foods, which have largely replaced oatmeal mush as a breakfast food.

The various items given in these statistics indicate a change in the right direction, unless, possibly, it be in the matter of the increase in the amount of sugar consumed. There is a tendency to use too much sugar, and this tendency increases as the price of sugar lessens.



### Fatigue in School Children

DR. FREEMAN, an authority on children's diseases, has a paper in the *Medical Record* of July 28 on the physical care of school children. He considers the important precautions necessary to the welfare of school children to be (1) ample rest (ten to twelve hours in bed at night, with perhaps a nap after the midday meal), (2) a proper diet (moderate breakfast, a substantial but digestible dinner, and a simple supper, all to be eaten slowly and well masticated), (3) fresh air (outdoors several hours a day, and adequate ventilation indoors), (4) freedom from dirt and exposure to disease, (5) freedom from worry and fatigue.

He referred to a series of observations made by Dr. Christopher, in Chicago, on a large number of pupils, showing that fatigue increased progressively from beginning of school till noon. The activity was about as great after the noon hour as at nine in the morning, but diminished more rapidly in the afternoon than in the forenoon. This was the showing with all the pupils examined except four boys at one of the schools who showed practically no deterioration during the day. It was afterward learned that the teacher of these boys was at home on the day they were tested, and the boys were having "a good time," though they were in the school-



room. So it is not confinement in school, but prolonged application that causes the deterioration.

Dr. Freeman recommends, in order that there may be relief from fatigue and worry, that the school hours be shortened, that the recitation periods be shorter, and that there be frequent intermissions which shall be devoted to physical exercise.

He notes the fact, especially in the matter of protecting the children from the danger of infectious diseases, that the private schools are far behind the public schools. "So far as I know," he says, "children with colds are excluded from only one private school in New York City, while it is well known that so-called colds are often an evidence of influenza, which is a very contagious disease."

We would suggest that it would be becoming for all church-school boards and church-school teachers to make prominent the principles and practise of school hygiene, as they are now understood. This, especially in a people who claim to be pioneers in health reform.



### A Crying Need

IN the last issue of this magazine, reference was made to the article "How They Told Their Children," in the November number of *The Ladies' Home Journal*. I had not then read the article. Since reading it, I feel free to urge every parent and every one who expects some day to become a parent to read this article. It contains many helpful suggestions on a much-neglected topic. Many children go to the bad because, through ignorance, or thoughtlessness, or false modesty, their parents have failed to instruct them in the mysteries of birth, and to warn them concerning the sexual dangers which they must confront.

The following paragraph, taken from

the October number of *The Ladies' Home Journal*, shows the crying need for a reformation in this regard on the part of parents:—

"A few months ago, this magazine, in an editorial advocating frankness with children on the sacred mysteries of life and sex, said that for absolute filth of conversation nothing could quite equal the talk of boys and girls during recess in our schools. Scores of parents, in haste and in anger, took up their pens to write us to say that we were absolutely wrong, or that we had greatly exaggerated the actual conditions. It was a curious fact that for every such letter from a parent, came not fewer than twenty from teachers, school superintendents, and educators generally, in testimony of the truth of our assertion, regretting only that we had not said more."



### "Eating to Live"

THE Lippincott Company has just published a book with the above title, by John Janvier Black, M. D., in which is given much valuable information regarding the composition and the nutritive value of foods. In the main, it is an excellent book, adapted to the understanding of any one of ordinary education, and containing much information regarding foods and diet that every one should possess. The greater part of the book would be entirely reliable as a text-book in dietetics.

It is, of course, difficult to issue a book from the press entirely free from errors, and this one has its share. For instance, the full value of a pound of chocolate is stated to be 5,625 calories. This is impossible. No food substance has anywhere nearly so high a fuel value. Again, the fuel value of nuts is given for *nuts in the shell*. This is very good when studying the matter from an economic standpoint, in order to know how much nutri-



ment is being obtained for so much money; but it is *not* a good way to determine the food value of the edible part. This gives the nuts a value far below what they should have. It is about as sensible as it would be to weigh hair, hide, horns, and entrails in obtaining the food value of meat, or to weigh the shell, in calculating the food value of oysters.

The doctor, it is needless to say, takes a very conservative view of the tea, coffee, and tobacco questions; and as to vegetarianism, well, here is a sample: "Vegetarians are usually fanatics, non-producers [!], but, as a rule, take care of their health and do not dissipate,—commendable qualities, surely; and if they would only live on a scientific, well-balanced ration, they would, as a rule, live longer, be happier, and be more useful citizens." He does not believe that a vegetarian can get sufficient proteid from vegetables, for laborious work. (Of course not, if by vegetables he means potatoes and cabbage!) But he admits that with the addition of such animal products as milk and eggs one may "be better and happier than those who take an omniverous diet unscientifically chosen in quantity and quality and ravenously eaten."

The trouble with many writers on dietetics is that they reason from the basis of the supposed proteid requirement established a number of decades ago. When examples are given of people who have actually maintained good health and vigor on a low-proteid diet, the answer is as in this case: "Providence provided and does provide a complete ration for them in some way at some time, if not regularly, or they would never be the sturdy races they were and are." That is reasoning in a circle, assuming as a starting-point that man requires a comparatively large amount of proteid food. That assumption is now being seriously

questioned by noted physiologists on both sides of the Atlantic.

The doctor is to be commended for his painstaking work in gathering together in available form, such a wealth of information regarding the various foods used by man.

Cloth, 412 pages, J. B. Lippincott Company, Publishers, Philadelphia and London.



THOSE desiring more information regarding meat substitutes should send to the Secretary of Agriculture, Washington, D. C., for a copy of Farmers' Bulletin No. 121, "Beans, Peas, and Other Legumes as Food." It is mailed free to applicants.



### Articles on Health Topics in the December Magazines

Good Housekeeping, Springfield, Mass.; 10 cents

THE MYSTERY OF SLEEP.—By Dr. Luther H. Gulick, director of physical education in the schools of New York City. Those who are familiar with Dr. Gulick's articles on health will not need to be told that this article will contain much valuable and practical information.

The Ladies' Home Journal, Philadelphia; 15 cents

THE MOTHER AND HER CHILD AT CHRISTMAS.—By Emelyn Lincoln Coolidge, M. D., of the Babies' Hospital in New York. This article deals with the safe Christmas diet of a child, what to have for Christmas dinner, how to give a convalescent child a good time at Christmas with perfect safety, and what to do if an accident should occur during the Christmas celebration, or if "too much Christmas" should make the child sick. Dr. Coolidge is well known as the author of the excellent little "Mothers' Manual."



# 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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HAVE you a cough that lingers longer than it should? Are you underweight, and poorly nourished? Is your strength decreasing? Do you have a pulse-rate of more than eighty a minute when sitting? Are you failing *just a little*? If you have one or more of these symptoms, you may have tuberculosis in that stage when it can, with proper care, be cured. A little delay may possibly result in an incurable condition. The book, "Self-Cure of Consumption," advertised in this number, contains information which may be of vital importance to you *right now*. The thousands of hopeless consumptives now trying in every way to put off the fatal day as long as possible, could—most of them—have been cured, had they begun in time. Will you?

✽

EDITOR LIFE AND HEALTH: I notice what is said [in the September number] about enlarged tonsils, and as I have had considerable experience with them, I want to have a simple remedy given to your readers before resorting to the knife; that is, wash the throat *entirely*

around thoroughly with *cold water* (the colder the better, with some salt put in to hasten the result) *every morning* for a year, drying thoroughly with a coarse towel, and the tonsils will not have to be removed. I have known positively of this result in several cases in my circle of relatives; moreover, it broke up an habitual attack of very bad quinsy once or twice a year.

MARY G. GORHAM.

✽

ANY one having one or more copies of the August LIFE AND HEALTH will confer a favor by mailing the same to Mrs. A. C. Bainbridge, 612 Tenth Ave., San Francisco, Cal.

✽

MEDICAL mission work destroys caste. In the waiting-room of a dispensary may often be seen sitting side by side the Brahman, Sudra, and Shan, the devil worshiper, the worshiper of Siva, the Mohammedan, the Roman Catholic, and the Protestant, both men and women of all castes and creeds.

✽

It is strange, in a country like China, for instance, where critical examinations attend each step for literary degree, that no test of any sort is demanded from those who practise medicine. There are no doctors, in one sense of the word, men who have studied the science, and received the imprimatur of some examining body. Many of the native doctors are those who have failed in the literary examinations, or who have been unfortunate in business.

FOR SALE.—Fever Thermometers, one minute register, metal or hard rubber case, post-paid, 60 cents. Batter Whip or French Egg Whip, 15 cents. Fountain Pen, 75 cents. Write for prices on Pure Corn Oil and other food products, and for our catalogues of sanitary supplies, rubber goods, cooking specialties, books, mottoes, pictures, etc., etc.  
Sanitarium Supply Co., Nashville, Tenn.





A GERMAN physician, after making a careful study of athletes at the recent Olympian games, reached the conclusion that men with large hearts are poor athletes.

THE opponents of compulsory vaccination in New York State met in State conference for the purpose of securing repeal of the compulsory vaccination laws.

It is said that Professor Navy of the University of Michigan has identified the germ which causes the African sleeping sickness, and which has been the subject of investigation of other bacteriologists for some time.

THE Pennsylvania Grocers' Association has begun a fight in the courts against the dairy and pure food commission. Evidently Pennsylvania grocers are more interested in their profits than in pure foods. The attorney-general does not think that the grocers' association has any ground for its action.

ON account of the wide use of the telephone, a medical journal of Europe advises physicians to invariably charge for consultations by telephone, the same as for office consultations, and suggests that the physician must use discretion in such cases, as to whether it is proper to prescribe at all or not, as "treatment by letter" is not considered proper.

THE State of Maryland, whatever it may be in some directions, is certainly not a "back number" in the matter of public hygiene. A novel feature, recently added to the facilities for popularizing hygienic knowledge is the "milk special," a school of hygiene on wheels. A train with two coaches, one an auditorium, makes short stops at the different railway stations in the State, as previously advertised. Farmers of the vicinity, who have previously been invited, attend a thirty-minute lecture with demonstrations, on the production of clean, healthful milk. There are two speakers, occupying fifteen minutes each at each session. Fifteen to twenty such lectures are given each day, at as many different stations.

As a result of the tornado that visited Havana, the mosquitoes were blown out to sea. The plague of yellow fever began to subside soon after.

RECENTLY a Washington man, being unable to sleep took a large dose of trional, a sleeping powder, with the result that a doctor had to work over him all night and part of the next day in order to keep him alive. Better let 'em alone.

THE health commissioner of New York, discussing the noise problem, expressed the opinion that little could be done until the people themselves took it in hand, aroused public sentiment, established anti-noise leagues, etc. An apathetic public is not likely to get much. Eternal vigilance is the price of other rights, as well as liberty.

A CHICAGO institution is experimenting with some two hundred boys—"incorrigibles"—in the effort to improve their condition by means of a properly selected dietary. Sweets, pastries, tea, and coffee are discarded. Meat is used sparingly. The superintendent says, "Don't spank a child; feed him right." There is much wisdom in this idea. Many parents deserve the spanking for the misdeeds of their children.

A CERTAIN scientist of Italy, Professor Cerboni, who is seventy-five years old, and has never bathed in his life, is said to advance the theory that bathing is decidedly injurious. He believes that the great nations of antiquity fell before the unwashed barbarians because they had become weakened and effeminate by adopting the custom of bathing. Perhaps! Possibly filth is a great hygienic necessity for want of which millions are sinking into an early grave! Hundreds of thousands of babies die before they are five, and in nearly every case it will be found that they have been washed! The elephant, which lives to a great age, washes occasionally, but then its skin is thick, and it can stand it. It must be so. Cerboni, thou reasonest well.



MORE than fifty persons in a New York town have been made ill by eating a colored candy known as "jaw-breakers." One died. In every case the symptoms were the same.

THE city of Leipsic, Germany, is offering mothers' prizes to mothers who nurse their infants, and to midwives who induce mothers to do so. Here is a government which shows in a practical way that it realizes the value of the maternal milk to the rising generation.

THE *Medical Record* speaks of the movement in Louisiana to compel dairymen to remove their beards, in connection with the significant fact that the State bacteriologist who is behind the movement is a woman! Never having had a beard, she knows how dangerous it is.

IN the East End of London, where the infant mortality is exceptionally high, the city provides woman health-visitors to go from home to home and instruct the mothers in infant hygiene. This work requires much work and tact to overcome prejudice and suspicions. The result of this work has already been a marked lowering of the infant mortality.

PROFESSOR FISHER of Yale has been experimenting with nine students for four months, and comes to the conclusion that if we would eat less and chew more, we would have better health and greater strength. The men were allowed to eat what they wanted. Meat was allowed three times a day, but in a short time they largely discarded meat, and ate cereals, fruits, and nuts. Though the men were not given any special exercises, they more than doubled their strength in the four months.

THERE has been much discussion of late regarding the propriety of giving greater publicity to the dangers of the social evil. Physicians, clergymen, and other observing people are realizing as never before, that the diseases resulting from this cause are sapping our civilization. In places, this discussion is beginning to take more definite and tangible shape. The Scott County Medical Society, Iowa, has printed two thousand copies of a circular of warning dealing with the responsibility of physicians to instruct youth as to the danger of promiscuous intercourse. The circular has been placed in the hands of the police matron and the physicians of Davenport, and it can be had by parents and others who desire it. They may also be distributed to factory owners, teachers, and others.

MR. JONATHAN HUTCHINSON, during a recent trip through the Rhone Valley, obtained facts which he believes support the theory that leprosy originates in districts where the people eat badly cured fish.

THE New York health officers have in view another tour of inspection of the creameries and dairies furnishing milk to the city. Each such trip raises the ire of the milkmen, but it also raises the standard of the milk, which is the most important thing to the consumer.

WHEN the new building of the Rivington Street Library, New York, was erected, an open-air reading-room was prepared on the roof, where, surrounded by flowers, protected by awning, and fanned by the cool East River breezes, patrons can read with comfort during the hottest days. The experiment has been so successful that other New York libraries to be built soon will be fitted up with roof reading-rooms.

Two brands of vanilla extract analyzed by R. O. Brooks, B. Sc., for the Pure Food Assurance department of the *Good Housekeeping* magazine, were found to contain wood-alcohol, one of the deadliest of drugs. In his article in the November *Good Housekeeping* Mr. Brooks says: "Of the eight brands of vanilla extract found to be adulterated or of very poor quality, two were found to contain wood-alcohol. Both brands are widely advertised and sold throughout New York City and its vicinity, particularly in the delicatessen and smaller grocery stores."

AFTER completing its work of cleaning up dirty dairies, ice-cream establishments, and butcher shops throughout the State, the Massachusetts Board of Health began the investigation of bakeries, finding 247 "distinctly bad," 235 "not especially bad," 41 "satisfactory," and 13 "worthy of special commendation." Think of it! 46 per cent, or nearly one half, distinctly bad, 90 per cent not "satisfactory." It is noticeable that after such a crusade as this there is an improvement in the quality of the classes of food investigated. This is the result, not of tender consciences on the part of the producers, but because of prosecutions and exposures by the health officers. A few energetic men in our progressive cities are doing all the law will allow them to do in the way of making it exceedingly unprofitable as well as unpopular to put out dirty, misbranded, inferior, or otherwise unhealthful foods.



## GOOD HOLIDAY BOOKS for Children and Youth

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ONE of the most popular books among children is "Best Stories from the Best Book." This little work was designed with special reference to its adaptability to the needs of the children. It is profusely illustrated, and the stories have been prepared with special reference to teaching truth. Published also in the German, Danish, and Swedish languages. Two hundred large pages. Board covers, 50 cents. Fine presentation cover, heavy paper, 75 cents. Paper covers, 25 cents.

### BIRD NEIGHBORS

Young and old will be interested in a delightful volume by Dr. L. A. Reed, entitled "My Garden Neighbors." Have you a restless boy who wants to be doing something all the time, and who is inclined to be mischievous, and possibly even cruel, with dumb animals? Place this little book in his hands, and see how quickly he will be interested, and how differently he will feel and act toward his dumb friends. Buy it for your children, or send it to your friends. It can not but be helpful. It is not a large book, but a good one. Price \$1.

### NEW TESTAMENT PRIMER

A NEW book by James Edson White, is just out. It is handsomely illustrated with new half-tone and line engravings, with type work in blue ink. All cuts are printed in two colors. It is a beautiful and attractive book for children. It contains four departments, so graded as to be well adapted to the progress of a child in his reading. Price, in board covers, cloth back, 25 cents; in full red cloth, 50 cents.

### HOW A LITTLE GIRL WENT TO AFRICA, As Told by Herself

THIS book is by a little girl—Miss Leona M. Bicknell—who went to Africa with her parents. The volume is written in her own simple language, and describes in a child's way the wonders she saw on land and sea. It gives an interesting description of her leaving home in Vermont, boarding a big steamer in New York, a trip across the great ocean, landing in England, sights in London; another ocean voyage, and arrival in Africa; strange people, flowers, and fruits, up to Zululand, ostrich farms and diamond mines; among the Boers, etc. She brought back many original pictures of scenes in the countries she visited. These are reproduced in the book, and aid in making it a very pretty, interesting, and instructive volume.

Bound in red cloth. . . . . \$1.00

THE police commissioner of Boston has given notice that he will strictly enforce the ordinance against spitting on sidewalks and on floors of public buildings and cars. The punishment is a fine not to exceed twenty dollars.

NEURASTHENIA, the "American disease," the disease of the strenuous life, of the everlasting struggle for wealth and position, the working on nerve instead of muscle, is now invading England bodily, and in a little while it will no longer be the "American disease."

THE health officer of one of the largest London boroughs says that the use of preservatives in food is increasing, and that their number is multiplying. The object is stated to be (1) to prevent decomposition, or (2) to make foods salable which have been prepared under unfavorable conditions.

IN the union of Dewsbury, England, the antivaccinationists are strong, and have had their own way to the extent of having had severe epidemics of smallpox, the one in 1905 involving 1,600 cases, and costing the government \$100,000. The authority to enforce vaccination was finally turned over to the local government, and the epidemic was soon under control.

BARTON H. POTTS, M. D., a specialist of some note in diseases of the nose, has raised a warning against the use for hay fever of the alkaloid of the super renal gland. He says that he has seen a number of cases where this remedy has left the patient worse off than before. It is well to take note of this, as the remedy is one likely to become popular because of its quick temporary relief of the disagreeable symptoms of hay fever.

SIR JAMES CRICHTON BROWN, in an address before the annual congress of the sanitary inspectors' association, England, stated that a close relation exists between undesirable social conditions and the birth-rate. The birth-rate in well-to-do towns is fifteen to twenty to one thousand inhabitants. In factory towns, or in poor neighborhoods, the birth-rate is from thirty to thirty-five per thousand. This meant that there is reduced fertility in the more intellectual and intelligent, thrifty, cleanly and prosperous, and increased fertility among the lower classes. This must be attributed to physical decline, or more likely to wilful race suicide among those who are the best able to raise families of children that would be a credit to the country.



ON account of the prevalence of hydrophobia, a Rhode Island town has passed an ordinance that no dogs, whether muzzled or not, shall be allowed to run at large for the next six months.

RECENTLY in Illinois, there was a cheese-eating contest. One young man proved that he could eat more cheese than any other person in the town, and then he died. Two other of the contestants were made seriously ill by this abuse of their stomachs.

THE people of the United States pay annually \$1,242,943,118 for alcoholic beverages, and \$208,690,261 (only about one sixth as much) for tea, coffee, and cocoa. Per capita, the people annually drink \$2.61 worth of non-alcoholic beverages, and \$15.54 worth of alcoholic beverages. Every fourth person in the United States drinks alcoholic liquor.

As the result of Professor Wiley's experimental work on his "poison squad" he has published a report in which it is stated that "the addition of salicylic acid and salicylates to food is a process which is reprehensible in every respect, and leads to injury of the consumer which, though in many cases not easily measured, must finally be productive of great harm." The use of foods containing these preservatives caused the members of the poison squad to lose flesh, and to have "that tired feeling."

IN a pamphlet issued by the Public Health and Marine Hospital Service, "The Limitations of Formaldehyd Gas as a Disinfectant," the conclusion is reached that "the formalin-permanganate method is more applicable than any of the other methods of disinfecting an enclosure which is not comparatively tight." The formaline (solution of formaldehyde as sold in the drug-stores) and permanganate of potassium should be used in about the proportion of 1 c. c. of the former to .5 grams of the latter. For a room of 2000 feet, 600 c. c. of formalin, and 300 grams of permanganate are required (roughly 22 fluid ounces formalin, and 11 ounces permanganate). Place the permanganate in a vessel, say a three-gallon pail, pour over it the formalin, and quickly leave the room. The method of spraying a sheet with formalin was found to give fairly good results when the temperature of the room was 75° or more. The sheets were hung up at an angle of 45°, and were moistened with water, as in this condition they absorb the formalin more readily than when perfectly dry.

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THE automobile speed laws are differently interpreted in different cities. In one place, a physician's defense for violation of the law was that he was in attendance on a very urgent case. The judge ruled that the law made no such exceptions, and the doctor paid his twenty dollars like a man. In another city a week later, it was decided that a physician on an errand of mercy is exempt from the provisions of the speed bill.

THE belief that tuberculosis of the lungs is caused principally through the inhalation of infected dust is undergoing considerable modification. Behring's belief that pulmonary tuberculosis is caused largely by the use of milk from tubercular cows is receiving some confirmation by other observers. Experiments on animals (introducing tubercular material into the alimentary canal in such a way as not to infect the air-passages) were invariably followed by tuberculosis of the lungs within a month or six weeks. Other investigators have shown that the germs can get through the walls of the digestive tube without leaving any traces. This would emphasize the necessity of paying especial attention to the milk supply in order to avoid tubercular invasion.

THE advice, "Go west," "Go to Colorado, or New Mexico, or Arizona," is a popular method of getting rid of a tubercular patient who is failing notwithstanding all the doctor can do. The result is, thousands of tubercular patients, grasping at every straw, have gathered a little more than enough to purchase a ticket to one of these Meccas, hoping that when once there, they might in some way obtain a living and regain health. As a consequence some of these health resorts have been literally swamped with hordes of sickly people with little or no money, and with no means of support. The superintendent of the Associated Charities at Phoenix, Ariz., says the conditions there are such that they will be compelled to exclude tubercular patients, or refuse them any aid. Physicians who, without considering a patient's financial status, advise him to leave home for a strange country where he will be treated as a tramp, are perhaps largely to blame for the present state of affairs. Climate alone will not cure; and on the other hand, the proper treatment effects cures in early cases, in the worst of climates. Better a home without climate, than climate without a home.

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THE Illinois Northern Hospital for the Insane is to have a department for the administration of hydrotherapy—a sanitarium, in fact—having a capacity for about twenty patients. Where it has been tried, in insane asylums, or in institutions for the treatment of other defectives, the rational methods have proved of immense value, and it is only a question of time when they will be in general use.

FOR some time desiccated milk has been made commercially. It is in the form of a powder, which, with the addition of water, may be used in the place of milk in the preparation of bread and pastries. It is used instead of milk by many bakeries. Desiccated buttermilk is now being made in the same way, and is recommended for the feeding of children with intestinal troubles. The fresh buttermilk often does excellent work in cases of fermentation in the bowels, perhaps because of the antagonism between the lactic acid germ and the germs which cause trouble in the intestines. The buttermilk powder is mixed with two parts of water, and is given the same as fresh buttermilk, frequently and in small doses.

FIVE hundred health officials of New

York State recently met in convention at Syracuse. There were exhibits showing the dangers of the preventable diseases, and how they may be prevented. While these exhibits were primarily for the instruction of the health officers, the public were also given the privilege of seeing them, and hearing the lectures. The word "doctor" means teacher. The time is coming when that will be the principal work of the enlightened doctor. Not many years ago, it was almost unethical for a physician to engage actively in the teaching of hygiene, but the times are rapidly changing. What New York is doing, many other States are doing; so that soon there will be very little excuse for the most ignorant to remain ignorant. Circulars, leaflets, lectures, exhibits, are all helping in the spread of knowledge on health lines. Legislatures, urged on by those who are making a study of public hygiene, are enacting laws for the protection of the people against the acts of the conscienceless, the thoughtless, and the ignorant. But these laws, in order to be effective, must have the active support of the public; for this reason, it is important that the work of education be carried on with vigor.

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