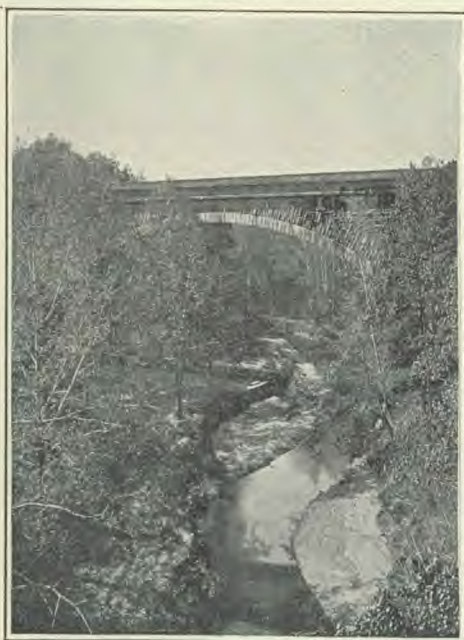


Imaginary Diseases and How Cured

LIFE AND HEALTH



April 1907

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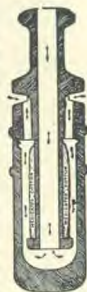
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TESTIMONY OF THE SLIGO TO JOB 14:19, FIRST CLAUSE.



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

Imaginary Diseases and How Cured

D. H. KRESS, M. D.



It is probably safe to say that nine tenths of the diseases afflicting the human race have their origin in the mind. Mental depression means depression of the function of every organ and cell in the body; it means lowered vitality and lessened vital resistance. The influence of the mind on the body and its organs has been strikingly illustrated in many cases. For instance, the poet-banker, Rogers, caught a severe cold by sitting at a window that he supposed was open. In fact, most of the colds are caught in this way. Colds are not as a rule due to drafts, but to the fear of drafts. It certainly is a fact that persons who are always afraid of colds, and see that every crevice that may admit a little fresh air is kept closed, are the ones who constantly complain of colds, while those who have no such fears are seldom affected by them. That which is greatly feared is sure to be experienced. During every epidemic of disease, many are stricken down and die of fear, who would escape were it not for their fear. By the removal of their fears and the exercise of faith, those who

are afraid of smallpox find protection in a measure in vaccination.

No one is so certain of having digestive disturbances as one who is in constant fear that the food he eats will hurt him. Little can be done in regulating the diet in such a case, no matter how wholesome the food prescribed may be, or how well it may be combined, or how easy of digestion. He is sure to suffer, because of the *fear* that the food will hurt him. The thought of taking a morning plunge into cold water or a cold shower may create a chill while one is yet in a warm bed. The thought of a cold bath even results in injury. Should such a one take a cold bath while in this perverted mental condition, internal congestion and injury would surely be the result; while with a different state of mind such a bath would in most cases prove a real blessing. In the presence of such cases the physician feels helpless. Should he prescribe open windows and fresh air, they say, "Why, doctor, I would be sure to take a severe cold; I have proved it over and over." No one can deny that this has been their experience in the past, and of course to them

this experience is their only guide, and their experience is clung to. Even should they consent to carry out the physician's advice, nine times out of ten it would turn out just as they predicted, and would merely result in demonstrating to their satisfaction that they were right, and that the physician did not understand their case.

I have known patients or dyspeptics sometimes to say that foods that are the most indigestible and unscientific agreed with them, while the simplest foods, which are easy of digestion, disagreed. To prescribe a diet in such a case is useless. For instance, a patient of this kind said to me, "Doctor, may I have a raw potato just before breakfast? I have always found it helpful in my case." Another said, "I can eat starchy foods only when boiled and mushy; anything baked or dextrinized disagrees with me." It is useless to argue. The only thing that can be done is to let them have their own way. But these cases *never* recover; they remain dyspeptics just as long as their false experience is clung to. Their only hope is in the discovery that their mind is not a safe guide, and their experience can not be relied upon, and in then placing themselves unreservedly in the hands of one who can prescribe their food for them. Sometimes, however, these cases fall into the hands of quacks or so-called faith-healers. If they can exercise sufficient faith in any supposed, even though practically worthless, remedy, as an electric belt, an oxydoner, or some highly recommended

quack nostrum, or if they can be made to believe that no such thing as disease exists, or that there is nothing the matter with them, that it all exists in the mind (which is really the truth), a marvelous change takes place. But they are raised up not to walk in newness of life, but to continue the old life of disregard of nature's laws, eating everything that is placed before them. They imagine that they are on the highway to life. How true are the words: "There is a way which *seemeth* right unto man, but the end thereof are the ways of *death*." They say, "I shall have peace, though I walk in the imagination of mine heart." To have health there must needs be a change of mind and heart; there must be implanted within the mind a love for, and a delight to do, God's laws, which include the laws of health. Health can be found only in the path of obedience.

Anciently God said to his people what he says to all, for all time: "Behold, I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the Lord your God, . . . and a curse, if ye will not obey the commandments of the Lord your God." Knowing that "the curse causeless shall not come," will create a spirit of inquiry when disease or suffering exists; a determination to ascertain where the habits of life are wrong, and a purpose to correct every such wrong. The only remedy for disease is a life of obedience; and the only faith worth cherishing is a faith that will lead to a life of obedience, expecting to reap the promised blessing.

THE CONSULTING ROOM



Conducted by J. R. LEADSWORTH, B. S., M. D., 257 South Hill St., Los Angeles, Cal.

Dyspepsia

Mrs. H.: The group of symptoms you mention, consisting of nervousness, numbness of the skin, feeling of chill, alterations of appetite, heartburn, eructations, constipation, accompanied often by a feeling of heaviness and fulness and pulsation over the stomach, is more than probably due to a prolapse of the stomach and bowels. This is especially likely to be the case if your nutrition and circulation are poor, and you find yourself losing weight. A splashing of the fluid in the stomach can usually be observed several hours after eating. For a cure of this case, it is important that the nutrition be improved, and the patient must put on fat. To accomplish this it is often necessary to go to some well-regulated sanitarium where one can be put to bed. This permits the prolapsed organs to return to a more nearly normal position. Then there should be provided a dietary rich in cream, butter, olive oil, cereals, and nuts, so that fat may be put on quite rapidly, and thus act as a natural support for the displaced stomach and bowels. A patient with a displaced stomach should avoid distending the stomach with liquids. It is better to limit the quantity of food taken at a meal, and make the meals more frequent. To restore the tone to the flabby abdominal muscles, special abdominal as well as general massage should be used. Electricity and Swedish gymnastics are also valuable, as well as hydrotherapy in the

form of douches, fomentations, and the wet girdle at night.

Numbness of Arm

Mrs. G. Cashier, using cash register, is awakened at night by intense aching and numbness of right arm and shoulder. The arm seems double its normal weight, and frequently has a prickling sensation. The pain continues with more or less severity until morning. This case is one of a kind frequently called rheumatism, although it is more properly one of the occupation—neurroses. It is the result of overexertion, accompanied in most instances by faulty nutrition. One familiar form is seen in writer's cramp. Examples are also seen in the paralysis of the wrist and hands of piano players; in fact, in any occupation that involves undue work upon one group of muscles and nerves. Treatment consists in the application of dry heat at a temperature as high as can be borne, morning and evening, with the heating compress between. Massage, working toward the center, the patient raising and lowering the arm during the treatment, is usually beneficial. Daily application of a mild faradic current over the diseased part, is good. Treatment for the general health should not be neglected.

A Nervous Breakdown

Mr. P., aged forty-seven years, a merchant in an Eastern city, applied himself closely to business for the last ten years. Six months ago he had nervous breakdown. At that time he had frequent dizzy spells, coming on at night,

with more or less broken sleep, blurred vision, and feelings of despondency. After remaining in bed for three weeks under the care of a physician, with little improvement, he was advised to winter in California. Coming to the Coast, and finding that the climate did not afford the coveted relief, he applied for treatment. It was found that in this case, as in many others of men of sedentary habits, the man had eaten heartily, supposing it necessary to do so in order to carry the large amount of work. Being pressed for time, meals were always eaten hurriedly, hence mastication was very poor. In consequence of physical inactivity the nutrition was deficient. Stomach analysis showed a lack of gastric juice. The bowels were very inactive, and the kidneys excreted only about half the waste matter they should. Every symptom gave evidence of marked auto-intoxication from a reabsorption of the poisons generated in the body. Treatment consisted of high soap-suds enemas to unload the intestinal poisons. The action of the kidneys was increased by encouraging the drinking of two quarts of distilled water daily. In addition, hot and cold compresses were applied over the kidneys once every day. The diet was regulated to moderate meals eaten at regular intervals, and time was given for thorough mastication, the first and most important step in digestion. To encourage the stomach in the way of well-doing, the hot-water bottle was used over the stomach for half an hour after the principal meals. The patient was gotten out of doors, and put at active recreation and work, something that would sweat some other part of the body than the brain, as had been the case heretofore on account of close application to office work. In a few months this patient was improved sufficiently to return to his business,—but with the conviction

that there was something to be thought of more than the mere money getting.

A Yellow Shaker

A mechanic, thirty years old, had been sick some weeks. On alternate days he had a severe chill, lasting an hour, followed by a burning fever which continued three or four hours, to be followed by profuse perspiration. The pale, waxy condition of the skin is a striking feature in this case. Examination shows an enlarged spleen, tenderness over the liver, with marked reduction in the number of blood-cells. The heart is easily excited, and slight exercise produces shortness of breath. It is plainly a case of malaria.

Quinin, being the one orthodox remedy prescribed in such cases, had been used freely. The patient had taken that drug from the beginning of his sickness in various-sized doses, but with no apparent benefit. In fact, it seemed that many of the annoying symptoms in this case were attributable directly to the quinin which had been taken. Koch found, in his investigations of the severe form of malaria seen in Africa, that the hemorrhage from the kidneys, supposed to have been caused by the disease, was in most cases due to the quinin taken. Others have observed that the quinin in the system seemed to interfere with the germ-destroying properties of the white blood-cells. Hence such patients are more susceptible to tuberculosis and other germ diseases. To replace the quinin in this case, a tea made by straining a lemon, rind and all, into a quart of water, and boiling this down to a pint, was prescribed, half of this to be taken morning and evening. To ward off the chill, hot applications were made over the liver and spleen and spine. In cases where that is not successful at first, the patient should be put in a hot blanket pack be-

(Continued on third cover page)



"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings ["beams," R. V., margin]." Mal. 4: 2.

Conducted by Augusta C. Bainbridge, 612 Tenth Ave., Station M, San Francisco, Cal.

Jesus the Healer

13—The Deformed



SINCE Jesus was the Interpreter, the One who manifested God in the flesh, he only could make known to us the will of God concerning poor mortals who had become deformed. Some

were born so, others had ignorantly or wilfully disobeyed physical law until the legitimate result had worked out its fulfillment in their bodies. When Jesus met one such, what did he do?

"And, behold, there was a woman which had a spirit of infirmity eighteen years. . . . And when Jesus saw her, he called her to him." Luke 13: 11, 12.

Do you suppose she was the only deformed person Jesus had ever seen? Or is she the only one he has ever called? Was not his life from his introduction to Israel a continual call? Was he not calling through the prophets years before he came in the flesh? Is he not calling yet?

"Woman, thou art loosed from thine infirmity." Poor child of Abraham! She did not know that "Himself took our infirmities, and bare our sicknesses." Yet, "He laid his hands on her." God has made the hand the vehicle of his healing power. He who knew the end

from the beginning, knew that man would need a Healer, and knowing this Healer would come in the likeness of our flesh, and in that likeness heal the sick by laying his hands on them, he so constructed that wonderful member that he could use it for the purpose designed. Of course he can not use an instrument that is not laid freely, willingly in his hand, but there was no unwillingness in Christ. He was fully yielded, and hence there was no hindrance to the ever-ready flowing of the Holy Spirit. As the result, we read, "Immediately she was made straight." Would there were more willing, yielded, empty hands to-day that the Lord could use as he used the hands of his dear Son.

"A daughter of Abraham, whom Satan hath bound, lo, these eighteen years." Since the promises of the Messiah were to Abraham and his seed, and these promises included bearing our griefs and carrying our sorrows (Isa. 53: 4), why had this woman suffered so long? She did not know all that was hers in being a child of Abraham. Then, as now, "My people are destroyed for lack of knowledge." That is one of Satan's favorite ways of binding humanity; and then when the floods of light are poured over the heart, he seeks

to bind the enlightened soul with the chains of unbelief: "Those promises are not for this age," or "This is not for me." So this dear soul had been bound for eighteen long years. Yet she knew the Healer when he came. She responded to the call. She came close to his side where his hand could reach her.

The deformed ones of to-day, whether the deformity be that of the body or mind, are just as really and just as truly called to Christ for freedom as was this woman in Judea. It seems as if it would be easier to answer with our feet and walk to his side, than to answer with our minds and move from our occupied place of opinion; but did not this woman do both? May we not leave our doubts and fears behind us, as truly as this woman left her companions in the synagogue behind her when she obeyed the call that brought her to His side?

While we may sing with the children, "I wish that his hands had been placed on my head," and that may seem to us a more real transaction, yet he who rules in the realm of thought, regards our changes in thought more real and of greater importance than simply the physical change that walking brings. And to those whose faith grasps the promise in its fulness there is not wanting the laying on of hands. Many who have accepted Christ as Healer have felt the touch of unseen hands as the power of the Spirit came upon them in healing.

Should one needing healing read these lines and follow this Judean woman from the eleventh verse through the thirteenth verse, soon others would follow through the seventeenth verse.



Who Heals Unbelievers?

AUGUSTA C. BAINBRIDGE

THE question at the head of this article has been brought forward again and again; for every day we see unbe-

lievers—wicked men and women, drunkards, thieves, harlots, infidels, criminals of all grades, as well as the moral person who denies Christ and his power to save—sicken, send for a doctor, take his medicine, and get well. Now, who cures them? Is it God? or can Satan heal? Does the medicine cure the patient, or does he get well in spite of the medicine?

Since God hath made of one blood all nations of men, he alone is the author of the laws of their being.

Being love in his very nature, his laws for the government of these beings must be beneficent. A God of love could not create an unlovely thing, nor could he formulate a law that was not love in its every operation.

Every organ of the body has its own particular function, and it fulfils this function in obedience to the law that brought it into being.

While the man in whose body these organs are placed, obeys the law of their normal action, whether ignorantly or intelligently, by faith or instinct, healthy action is the result. He is well; he is healthy, kept by the power of God, the Creator, the lawmaker.

God can not deny himself. Whether man owns him or not, God is true. When a profane man, with a heaven-defying oath, puts a kettle of water over a hot fire, commanding it to boil, it boils; not because he commanded it, nor because he swore that it should, but because, long years before he was permitted to breathe, the God of the universe made the laws relating to heat, put them in operation, and in love to the human race upholds them by his almighty power. So in the human body, as in every other part of his realm, "God is true." When any organ of the body is diseased, it is because the law of its normal action has been disobeyed. When

(Continued on third cover page)

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

Conducted by Mrs. D. A. Fitch, Glendale, Cal.

Light Bread

THE "staff of life" is produced in many forms, but probably what is commonly called "light bread" is usually preferred in most families and localities, though we are told that in the Southern States it is largely superseded by biscuits made with soda or baking-powder. Serious objections to the use of bread made with chemicals might be stated.

Light bread does not agree with some people, but in a recipe entitled "zwieback" we will show how the effects of fermentation may be overcome. The product of yeast is a gas which often produces distress, even if no permanent injury should follow. The ordinary baking of a loaf of bread does not destroy all the yeast germs, as might be supposed; and as these germs enter the stomach, finding there heat and moisture, their activity is revived, and they set about the same process observed in the sponge, or dough. The normal, or healthy, stomach will not notice any discomfort, but the dyspeptic will find a great advantage in using zwieback, rather than eating just plain, simple bread.

Being composed largely of starch, all bread should be most thoroughly masticated, or chewed, not solely to render it fine enough to pass the throat, but to mix

with it the saliva, or mouth fluid, which changes the starch to a form of sugar, thus fitting it to be acted upon by the gastric juice and others succeeding it.

In bread making it is necessary to have first-class yeast, the best of flour, as previously described, pure water, a good oven, and any amount of good common sense.

Variations must be made according to locality, climate, altitude, kind of flour, and other conditions. Experience is a necessary teacher in this as in any other work. The quickest and surest way to become proficient in the art is to place yourself under the tutorage of a good bread maker.

To insure the best results the temperature should be the same throughout the process, and this can only be determined by the use of a thermometer. Ten or fifteen cents will buy one which will record 120°, which is sufficiently high, as the material should not be allowed to reach more than 85° ordinarily. Some localities may require a higher temperature.

An earthen bowl is better than tin or granite, as it is not subject to change of temperature like the latter.

Of the many methods of making good bread the following has been chosen by the writer:—

Break one half of a dry yeast cake* in pieces, and soak a few minutes in a little tepid water. Into the warmed mixing bowl put a pint of water at 95°. Add the soaked yeast cake, and beat in warm (not hot) flour until the batter is so stiff that it does not flatten readily. Beat until smooth, cover, and keep it warm overnight. A box of suitable size, bound about with several thicknesses of newspaper, and partly filled with hay, straw, or excelsior, makes a nice warm closet for bread sponge. By means of a kettle of hot water, warm bricks, or flat-irons in the bottom of the box, the batter may be kept warm until morning, if no room in the house is warm enough. Cover the box with enough paper to insure success. It will be light and warm in the morning, but should not be removed until the room in which the kneading is to be done is warmed to at least 90°.

Add a pint or more of warm water to the sponge, salt to taste, and add a spoonful of sugar. Have the flour, kneading board, and your hands warm. Proceed to make a stiff dough, and knead it until smooth, so it will clear the board without any sprinkling of flour. Return it to the warm bowl, and keep it warm until it has risen to twice its original size. If an extra fermentation is desired, it may be lightly worked down, and turned over to rise again. The more fermentation, the more the nutrition is lessened. When ready for the tins, have them oiled and warm. Very slightly knead and symmetrically form portions of dough half the size you wish your finished loaves to be, and continue to keep them warm.

If the oven is hot enough to brown a spoonful of flour on its floor, it is ready for the bread. The bread should be care-

fully watched, and turned if necessary to insure even baking. Should any part of the loaf have a pale surface at the end of an hour, it may be removed from the tin, and be placed in contact with a hot part of the oven to brown.

When thoroughly baked, lay the loaves on a cloth in front of an open window, and slightly oil the top of each. The bread should not be packed away until thoroughly cold. It should not be eaten hot, especially if butter is used with it. The hot bread forms into doughy pellets, which are difficult of digestion, and the addition of butter, which melts and covers the food portions, hinders the action of the digestive juices upon them.

Zwieback

Cut bread that is at least thirty-six hours old into rather thick slices and dry it in a cooling oven, the sunshine, or wind. Put it in an oven of sufficient heat to brown it through and through. [The editor prefers it thoroughly dried, and slightly browned on the outside.] It is best eaten dry, but may be moistened and covered with fruit sauce, milk gravy, or any dressing desired.

Croutons

Cut sliced stale bread into cubes. Dry and toast to a nice brown, to use in soups.

Ground Zwieback

Grind or roll fragments of zwieback and croutons to use in making vegetable loaves, fig or date puddings, or in which to dip mush, croquettes, or other articles to be browned.

Hot Cakes

To one cup of bread sponge add one egg yolk, one-half cup rich milk, salt to taste, and rather coarse zwieback crumbs to make a thick hot cake batter. After a few minutes fold in the stiffly beaten white, bake thoroughly, and serve.

* Some use a whole cake, but it will be noticed that the bread has a strong yeasty taste, and the sponge is likely to fall before morning, thus deteriorating in both taste and nutrition.

Fruit Bread

Reserve a piece of the bread dough and mix into it a spoonful of cooking oil, and sugar to taste. Spread it out until about one-half inch thick and rather oblong. Cover plentifully with well-washed and dried raisins, dates, or currants. Begin at one end and roll tightly. Put the smooth side up, let it rise in the tin, and bake it as bread. If any of the fruit appears on the surface, press it inside, else it will burn and be bitter.

Dumplings

On an oiled plate put pieces of bread dough (shortened or not) about the size of a walnut, leaving a space between. When light, drop one at a time into warm soup and bring immediately to a boil. Serve as soon as done.

Crisp Bread

In a piece of bread dough mix fine zwieback crumbs until it is quite stiff.

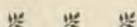
Roll till it is one-fourth inch in thickness, and the size of a pie tin. Cut from the center with a biscuit cutter. It will rise rather slowly, but when baked will be crisp and palatable. It somewhat resembles Swedish bread.

Bread Fruit Cake

To one cup of bread sponge add one egg yolk, two teaspoons cooking oil or butter, one-half cup sugar, one cup fine nut meats, cut dates, raisins, and citron mixed, and the stiffly beaten egg white. Enough flour should be added to keep the fruit from sinking. Let it rise in a suitable tin until quite light, and bake in a moderate oven.

Shortcakes

Shorten a portion of raised dough and roll into two thin crusts. Slightly oil the top of one of them to allow an easy separation, and place the other on top. Let rise, bake, and spread with fruit as may be desired.



Practical Suggestions

If placed in the same pile, plates, saucers, etc., should be carefully arranged, else there is danger of a small catastrophe.

SILVER is not only unhandy for cooking purposes, but rather expensive for the ordinary family. "A penny saved is two-pence earned."

HAND gathering is much more successful if coarse double thread is used, taking short stitches. Two rows of gathering fairly take the place of the old-fashioned "scratching" of gathers, but there are none quite so nice as those by the old-time rule of two threads up and four down, finally being "scratched" so as to be evenly hemmed into the band.

It pays to take good care of the broom. A screw-eye in the end of the handle, or a strong string through a gimlet hole, will serve to hang the broom over a hook or a nail, if nothing is provided before purchasing. The ring sometimes placed just above the brush, gives a choice of brush up or down. A moist broom should never be hung brush up, as the moisture will penetrate to the stitching, causing mold and decay. If left to stand on its brush, the broom becomes one-sided or otherwise out of shape. Should your broom begin to wear faster on one side, giving a decided point on the other, immerse it in hot water, and straighten. When dry, use in a way contrary to the previous one.



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

Our Present Need

PRAY give us rest. A little rest
From peace-destroying hurry;
A moment of the quietest,
As balm for work and worry.

Pray give us rest. A little rest
For people and for nation;
A moment's time to stop and test
The purpose of creation.

—William J. Lampton.

Mothers, Make Yourselves Attractive

MRS. M. C. WILCOX

I AM going to write a letter to mothers this morning, and remind them of the fact that they are growing prematurely old, for the simple reason that they are too full of care, and have too many duties to perform. I wrote you nearly a year ago about the necessity of adopting the simple life if you would conserve your energies and preserve your youthful beauty and elasticity.

It is not possible for one woman, with all her many limitations of this degenerate age, to be wife, mother, house-keeper, and home maker, and do anything like justice to herself and her family without studying most carefully that beautiful art—simplicity. As I have passed over the road myself, and looking backward see so many places where I failed and came so near being stranded

physically, I feel that I must urge upon my younger sisters the necessity of guarding these places.

I know the ambitions of a young wife and mother. It is difficult to make her believe that moderation in all things is highly essential. She is so anxious for a cozy little home, and all the so-called comforts of modern life for her dear little family. But pause a moment, my sister. Is there not something better than material earthly possessions, something more worthy your earnest efforts to acquire?—Yes, there is. It is *character*. A worn-out, nervous mother can never be the desired companion to a husband, the one he thought he had found when he won her. She can never be the patient, loving, helpful, sympathizing mother the dear little children need in

their character building. And besides, she can never hope to keep the love and respect of either husband or children if she allows care and labor to make her prematurely old, bent, disfigured, and unattractive, even though the labor and care have been for these same loved ones.

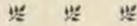
It is sad indeed that this is true. Of course there are exceptions, but, as a rule, you will find that the mother who tries to preserve her physical as well as her mental attractiveness will hold the respect and admiration of the family longer, and exert a stronger influence over them. We can not afford to become "back numbers" in mind, even though the years do tell somewhat upon our features.

Then let us try to make ourselves attractive to the family—dress our hair

in a becoming manner, wear the garments that are tasty and neat, and keep our hearts and minds ever fresh and young, and in close touch with the young, developing minds of the children.

If all the daily routine of life does not move with perfect exactness, let us keep calm and unruffled. We can not afford to permit the ceaseless routine and grind of life to turn us into mere machines.

Our one life here below is too short and too precious, and the seriousness of our responsibility to God in the work of character building is too overwhelmingly great, for us to allow ourselves thus to degenerate. Shall we not rather study simplicity, preserve our energies, and press steadily upward toward the ideal?



Teaching Politeness

MRS. W. J. SMALL

How many mothers appreciate the importance of being polite to the children? I fear it is something we often neglect. "Please" and "Thank you" are little words, but how much better the world would be if they were more frequently used!

We have heard the complaint, many times, "Why, they didn't even say 'Thank you.'" Now why did they not say "Thank you"?—Because they are not accustomed to it. People who are not taught to be polite in childhood usually forget to be when they are older. There are few who would not like to be well behaved under all circumstances. They see others gain favor by courtesy, and long to imitate them. But the ways of politeness do not come easy for the inexperienced, and after the first awkward attempts, they grow discouraged

and disgusted with themselves, and consequently stop trying.

Shall we allow our children to grow up this way and suffer the embarrassment and disappointment connected with such a life? Why not train boys and girls to do these little acts of courtesy so naturally that no thought will be required? Have it a part of their everyday life, and see how much quiet satisfaction it will bring you. How much it will help the little ones both morally and religiously, and the benefits derived will be a blessing all through life.

But one objects: "How are we to do this? My child isn't strong; and I don't like to make him say 'Please' and 'Thank you' for every little thing." Let us see if we can not think of a better way. Be polite yourself in the home. Whenever your child does anything for

you, be just as careful to thank him as you would be to thank your neighbor.

Please is a little word, and not hard to say. Why not say it to the children when you ask them to do anything for you, and see if they do not comply more cheerfully?

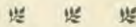
It is natural for a child to imitate the parent. And when we stop to remember that it is natural for the child to talk abroad what he hears at home, we shall be very careful that all slang and improper language are avoided. Speak before the children in a way that you would not blush to have your minister hear. Be polite and courteous to them, letting them unconsciously fall into the habit and carry the blessed home influence outside. In a little time they will

become so accustomed to their "Thank you" after every favor, that they will wait for it, and when it is given, will run away as happy and light-hearted as if they had received their reward in shining coins.

Paying the children, by the way, is not a good plan; for if you begin paying them, they grow to expect it; and if the ready change is not at hand, the child works unwillingly.

Don't hire your children to favor you by running errands. Teach them daily the importance of obeying, and of how wrong and displeasing it is to God to be disobedient, and always keep at hand a good supply of the better change. "Please" and "Thank you."

Box 165, Sterling, Kan.



Parental Neglect

WHEN it comes to moral education, the American parent preserves a cowardly neutrality, ignoring the dangers of promiscuous comradeship, and seldom sounding a note of warning to insure the safety of the ignorant, innocent, and naturally well-meaning children. Herbert Spencer pointedly asks in his *Essay on Education*: "Is it not an astonishing fact that though on our treatment of our offspring depend their lives and deaths and their moral welfare and ruin, yet not one word of pertinent instruction is ever given to those who will hereafter be parents?" It is forgotten that during the years that mark the change from childhood to adolescence—the period of sexual vulnerability— young people should not only be watched with lynx-eyed solicitude, but plainly and firmly admonished in regard to sex ideas and

relations as the holiest of the holy. Ignorance or indifference in parents or teachers is unpardonable. Evil habits and trends of thought, acquired at school or from depraved companions, are likely to become crystallized, to the crippling of brain efficiency and the consequent interference with career. Parents can not be too careful regarding the sex vice of the schools, at once a most fertile contributor to the degeneration of American mentality, and in connection with the appalling disregard of the sacredness of sex that accompanies it, a most prolific cause of that contumelious disrespect for the person of woman which robs marriage of all its sanctity, and makes love a mere sexual instinct.—*John Duncan Quackenbos, M. D., in Good House-keeping.*

CURRENT COMMENT



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

The Public School Child as a Witness

A CHILD does not wilfully lie. He tells things as he sees them from his standpoint, but his standpoint is apt to be far from correct. Knowledge comes from experience, and experience is the result of years. . . . Many people, disregarding this, accept the statements of children as truth. . . .

An angry mother presented herself before the principal of one of the schools, demanding to know what kind of teacher a certain one was. She said: "She stopped in the middle of a music lesson, and asked my boy how many turnips there are in a bushel. As if anybody could tell! And then, because he did not know, she got mad and scolded him before the whole school." The teacher called, denied having ever said anything of the kind, and was unable to recall any circumstance which could give rise to such a report. The mother left, unappeased and wrathful. Later the teacher remembered that she had one day stopped in the midst of a music lesson and asked the boy how many beats there were in a measure, and had rebuked him for not knowing. . . .

The false statements of young children can hardly be called lies; they are generally so free from malice or intention to mislead for the purpose of causing trouble. But the assertion, "My child never told a lie," is unwise. The remark is frequently made to teachers who know better.

An ignorant woman, the mother of several troublesome boys, said of one of

them: "There is one thing about my boys; they never lie. I can always believe what they tell me, and you can, too. They may have their faults; I don't say they don't, but they never lie." This was reiterated over and over. Finally the teacher said: "How do you explain this? Your boy said that you never gave him a bath in his life; that the only time he ever washed was when he went swimming in the creek." This caused tears and angry denunciation of the boy, "telling" such lies about his mother. Many's the time I've dragged them out of their beds in the middle of the night to wash them when they went to bed dirty." . . .

There is at least one wise mother. She observed in her child a tendency to exaggerate, particularly in regard to her teacher and occurrences in the school-room. One day she questioned her on account of what the teacher had said and done, and said: "I shall see your teacher, learn the truth, and if you have told me what is not true, I shall punish you, not only this time, but every time you are careless in what you say."—*Jane Brownlee, in Fellowship.*

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Intensive Reading

THERE is very little profit and almost no education in what is known as general reading. Occasionally something may be gained that is worth while, just as in pounding a board one way, now and then a nail may be hit; but all reading which is to bring permanent returns must have

a definite goal. Perhaps one of our greatest intellectual sins is represented by the hours we give to the newspapers, the continued story, the novelette, and the great mass of other printed matter, which, from its very nature, can present no enduring claim to the reader. An hour a day of such dissipation means about one twelfth of our available time, or one month out of every year. What an offering, this, to the false gods!

If a plea be made for recreation or relief from the more serious affairs of a workaday world, there are Lamb, Irving, and Jerome; Hood, Saxe, and King; Cooper, Verne, and Doyle; Burroughs, Eastman, and Roosevelt. It is possible to combine study and amusement; it is worth while, even in our lighter moods, to make the acquaintance of master minds; and, best of all, a brief experience with this form of reading makes one incapable of enjoying printed chaff, and renders one immune to the disease.

With too many irons in the fire the results are very unsatisfactory. Try making a specialty of some topic for a while; read pointedly during the spare moments, if only for one week; note the gain in knowledge, appetite, and power, and see if the plan is not worth while. Five minutes daily before breakfast will quadruple your familiarity with history in—how short a time! One stanza of poetry will illumine an entire day. The most pleasing results may be obtained from reading which is somewhat removed from what we are prone to call our immediate needs, yet all that we garner in this way will add to our capital, and will be found serviceable when perhaps least expected. The increasing use of concrete in modern construction, the latest discoveries for the purification of a city's water-supply, the truth about the present status of Niagara Falls, the contribution of Gladstone to his times,

education in Russia—intensive reading in such fields as these will be found restful, satisfying, and of immediate and permanent value. The teacher who reads to a purpose will make progress while one of omnivorous habit is standing still.—*Fred L. Charles, in School News.*



Deadly Effects of Fatigue

FATIGUE lowers all the faculties of the body. It puts a chasm between seeing and acting; it makes a break somehow between the messages that come in to the brain from the outside world and the messages that go out. It destroys will power. In every direction it decreases efficiency, forcing the personality down to a lower level.

Fatigue is a destructive agent like sickness and death. It is a condition which, in the nature of things, we can not avoid; but it is important for us to know what it means and how to deal with it if we want to keep out of costly blunders.

When we are tired out, we are not ourselves. A part of us has temporarily gone out of existence. . . .

Many temptations are more violent and harder to resist when a man is fatigued. His moral sense is dulled. He loses the vividness of his distinctions between right and wrong, honesty and dishonesty.—*Dr. Luther H. Gulick, in Good Housekeeping.*



The Doctor a Teacher

THE *Maryland Medical Journal* has often spoken against the mistaken view of ethics which restrains physicians from speaking to the people through the public press, and we have repeatedly urged our belief that to guide the people in the way of bodily salvation is one of the very highest professional obligations.

People are eager to be taught; they have always heard the word gladly. The

following of false prophets, which so excites our scorn is in a measure our own sin, for we have held our knowledge too much like oath-bound mystery, and have not heeded the children's cry for bread. If the events of recent years have made anything in medicine clear beyond the possibility of mistake, it is that many of the chief mysteries of practical medicine are now simplified quite down to the average layman's understanding. To withhold this saving knowledge from the people in these days is to default upon our lawful contribution to the general good. It is to prolong the survival of ignorant quackery, and to maintain a considerable barrier in the way of medical progress. In some lines, indeed, as in public hygiene and experimental medicine, the rate of future progress depends very largely on our activity in propagating medical knowledge among the people.—*Maryland Medical Journal*.



Sorry Sport

A CYNICAL Frenchman once declared that the average Englishman, when he arises, says: "What a fine morning. Let's go and kill something!" A correspondent of the *Times* recently called attention to the fact that, after two thousand years of the sermon on the mount, and the admonition that "love is the fulfilling of the law," we are still very close to the primitive man, whose one idea of sport was the shedding of blood. The correspondent closed his admirable letter as follows:—

"Society is lamenting to-day the increase of violent crime among our youth. What wonder? When we arm them with deadly instruments to shed innocent blood, what wonder that the victim does not always belong to those sub-human races to exploit, slaughter, and torment which we seem to claim as our special prerogative?"

Let us not forget that it is but a short step from the slaying of warm-blooded animals that think and enjoy life as we do to the slaying of our fellow creatures.—*Los Angeles Times*.



The Passing of the Broom

THE broom threatens to be as obsolete as the old copper warming-pan, judging from the number of vacuum dust removers which are being placed on the market. The change is one which meets with the unqualified approval of all who know what a breeding ground for disease is the common dust of our houses. Every housewife who is possessed of cleanly instincts should welcome an apparatus which removes dust instead of scattering it in all directions. . . . Moreover, removal of dust and its collection in a receptacle by means of a vacuum cleanser, permits of its absolute destruction by fire. . . . The broom may clean the surface of the carpet, chair, or curtain effectually enough, but the dust is removed only to be scattered elsewhere, and to be spread over an even wider area than before.—*The (London) Lancet*.



The Joy of Service

THE great workers of the world do what they do in the joy of service, and not for the dollars they receive for the service; and to make any service great, whether it be painting a masterpiece or building a barn, it is first needful to take away the thought of money from it, and put in the joy of serving. Service is the coin in which humanity's greatest debts are paid. Only by service to one's fellows can one call up from his soul the latent sense of duty to humanity which moves through this life of ours, and works among us for the promotion of eternal righteousness.—*William Allen White, in American Magazine*.



A Visit to the Sydney Sanitarium

G. A. IRWIN

ON Tuesday morning, November 20, we left Auckland for Sydney, Australia, where, after rather a stormy trip of four and one-half days across the Tasman Sea, we arrived, November 24, eight days behind the advertised date of arrival.

As soon as my baggage arrived from the boat, and was passed by the customs officers, we went out to the sanitarium at Wahroonga, where I received a hearty welcome from all. As I looked into the familiar faces of the nurses, it did not seem possible that I had been away two full years. During that time, however, many changes and improvements have been made.

On the road from the station to the sanitarium, which was mostly bush land when I left, clearings have been made, and a number of large brick houses have been built, and the road is assuming the aspect of a street. By the rise in the price of the land, as the result of these buildings, the sanitarium property is much more valuable now than when first purchased.

The two new cottages built by Elder Olsen and Dr. Kress, on opposite sides of the road just at the entrance to the grounds, have added much to the general appearance. The completion of the heart-shaped driveway in front, and the removal of some of the old fruit-trees and the substitution of ornamental trees and flower-beds, give to the place an appearance of order, thrift, and taste. The erection of a new gymnasium and

a neat new cow barn has added much to the practical side of the institution. The old orchard, under the care of a practical orchardist, is springing into new life.

As I looked over this beautiful place, and attended the noonday and evening prayer-meetings, and felt and witnessed the spirit that seemed to pervade all departments, I felt amply repaid for whatever sacrifice we had made in the way of means, labor, and anxious days and nights, when the building was being erected and equipped ready for patients. We struggled on. Means came in at the opportune moment, so that at no time did the work come to a standstill. As the result of perseverance, hard work, self-denial, and faith, we have a medical institution in Australia that is a credit to our work, and is exerting a strong influence for good.

Another gratifying feature of the work of this institution is the willingness and cheerfulness with which the physicians and nurses work in harmony with the ministry in evangelistic work, and also with the school in educational lines. It is the aim of the sanitarium managers to train evangelical medical missionaries, rather than professional nurses,—and place them at the disposal of conference boards, for their use in their regular conference work.

I remained at the sanitarium until Monday, that I might secure my passage on the steamer "Medic" to Cape Town. In the meantime I visited some of the sick in the sanitarium, and called on the

families outside the institution, and had several talks with Elders Gates and Fulton, relative to their island mission work, besides speaking to the workers at their noonday meeting, and to the patients and helpers in the drawing-room Sunday evening.



Bombay, India

It is now (October 14) three months since Miss Kurtz, Miss Whaley, and I arrived in Bombay, and truly we found the field ripe and waiting. We had expected to settle down in some little corner, and keep our eyes open, and study for about a year before putting forth any special attempt to make ourselves known.

But we found the situation much different than we had imagined, and with Brother Hansen's help, we decided to step into God's opportunities as fast as they opened before us. God has been truly good to us. Although we have been tried severely, and tested, we take it only as an evidence of his love for us; and trusting him, with praise and gratitude in our hearts, we struggle on, not knowing what he has in store for us, but feeling assured that whatever it is, it will be for our good.

We are able to meet more than absolute running expenses now, from our earnings, and so are adding a few improvements. Our friends in America would smile to see our treatment room; but we are getting some results, nevertheless. We find it rather difficult to keep our patients long enough to really do them a great amount of good, there is such instability; but I believe we are making some true friends, who will help us toward success. We find it as expensive here as in America, or even more so, especially in the way of medical appliances.

We are of good courage, for God is

manifestly blessing us. We expect soon to organize a church here. We are now organized as a company, and are having good times together. I believe if more people realized how much God is willing, nay, longing, to do for them, they would not hesitate to plunge into pioneer work. Though there are many perplexities and trials, though oftentimes things look dark, the blessing of God far outweighs these things, and fills our hearts with trust and good cheer.

The Lord is blessing the efforts of Miss Kurtz. Though most of her time is devoted to gospel work, so far she has made her expenses by occasionally nursing.

LUCINDA A. MARSH, M. D.



A Visit to Karmatar, India

WITH gratitude in our hearts, my wife and I remember our first visit to Karmatar, at the conclusion of which we returned to Calcutta a few days ago. As we are preparing for work among the Bengali people, the prospect of meeting them in their native element in their village homes out in the country cheered us, and we accepted Elder Miller's invitation to spend a few days with the family at Karmatar. The rural surroundings and uplifting association with our brethren, acted like a wonderful tonic, and we speedily improved both physically and spiritually.

Mrs. Watson had an encouraging experience as she assisted Mrs. Smith and Dr. Miller in the medical work, and helped out in two or three interesting operations performed by the latter. One man who was gored by a buffalo had the whole of the flesh at the top of the left forearm torn off like a flap, for the space of about four inches long and three inches wide. Dr. Miller stitched this; and since, the arm has healed, until the man can use it almost as well as the other. The man's countenance, as I saw

him a few times after the operation, spoke his gratitude for the care and attention given him. A. G. WATSON.

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Caterham Valley, Surrey, England

You will be glad to hear that our health and sanitarium work is prospering. The Christmas edition of the English *Good Health* magazine is the largest edition we have ever put out—seventy-five thousand. The November number was quickly disposed of, and we received orders for eight hundred copies more than we could fill. There was also a shortage of the October issue.

The last spring and summer were the most favorable times we have ever experienced for our sanitarium work. We were so full at Caterham that we were pressed at times for rooms to accommodate the patients. Of course now we feel the slacking-off which is usual at this season. Still, our weekly average is above twenty-three a day.

ALFRED B. OLSEN, M. D.

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The Heroism of Daily Drudgery

ROMANCE in missions constitutes an element of their interest and reality, but not all of their reality. Missionaries find and feel solid facts that are often very uncomfortable. Heavy burdens gall the back. Not only must new recruits count the cost as they take up the real cross to follow Christ, but so should we at home. It would lead us who have never been on the mission field to feel a truer sympathy; to gain a more real conception of the greatness of the work; to have a more solid basis for our faith; to be more patient, as well as genuinely hopeful of results that are worth while, and to be more patient in waiting for them. Missionary success, to use Dr. Ashmore's phrase, is not a matter of "carpet conquest." A vivid imagination is a help to realize the work, but real facts are in-

deed as fuel to make the fire of enthusiasm burn brightly during the chilly, cloudy days of the long winter of waiting. Those who know the hardness of obscure toil, seemingly unrewarded, will appreciate the following words from Dr. Underwood's "Tommy Tompkins." They will help all of us to know and feel the truth:—

"No matter how inspiring the main object of the work may be, or how devoted and enthusiastic the missionary, any work that amounts to anything, means a great deal of wearisome drudgery, and takes obedient faithfulness, from moment to moment—and many, many moments when there is no applauding crowd looking on, nothing in the detail itself to inspire or reward, when people have nothing to support them but God's Spirit, urging obedience and faithfulness. If we were to tell of all that is not entertaining, you would never bother to read it, even if a publisher could be found to print it. One day just like another, mixing medicines, listening to revolting stories of people's pains and aches, trying to be sympathetic and helpful, teaching stupid children arithmetic and geography, translating English into Korean books, jogging along weary miles in the country, sleeping in dirty inns, trying to overcome the deadening indifference of heathenism, struggling to be patient and forbearing with dishonest, lazy, and dirty servants,—there is nothing interesting in it all; yet it must go on, and much more like it, day in and day out, month after month and year after year—just the common every-day work that anybody with a conscience does anywhere, nothing great or good or noble or interesting about it. They couldn't even feel they were great or heroic or in any way uncommon, or that what they were doing was remarkable in results. They just knew, for their comfort, and

(Continued on third cover page)

QUESTIONS AND ANSWERS



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

260. Scarlet Fever.—Mrs. J. R. S., Ill.: "When a child has scarlet fever, how long should he be kept in quarantine, or in other words, how long a time is required before the poison so far disappears that there is no danger of any one's taking it? Will the disease poison disappear of itself, or must the house be disinfected?"

Ans.—Every case of scarlet fever should be quarantined for thirty days after the fever has disappeared. During this time desquamation will usually have been completed; that is, the patient will have shed more or less, sometimes all, of the superficial skin. At the end of thirty days the patient should be given a warm bath, using plenty of soap, and thorough rubbing. The body should then be disinfected by a hand bath, using two quarts of water in which is dissolved five grains of corrosive sublimate. The surface of the body and the hair should be washed with this solution. The patient should then be dressed in clean clothing that has not been in his room before. His room and everything that has been in it should be thoroughly disinfected after the manner described in last month's *LIFE AND HEALTH*. The corrosive sublimate solution is poisonous, and must be handled carefully, so that no one will drink it by mistake. It is perfectly safe to use in the manner described. It must not come in contact with metal of any sort, as it will ruin both the metal and the solution. The poison of scarlet fever is very long lived, and will remain in the house or in articles of clothing for several years. The sick-room and everything in it should therefore be disinfected after every case of scarlet fever, and this should not be done till thirty days after the disappearance of the fever, for the reason given above.

261. Children's Disorders.—L. S., Wash.: "1. Give a remedy for preventing a baby from having frequent colds. He is bathed in tepid water, and has good ventilation. Colds yield easily to onion poultice to chest, but it is not long before he has another cold on his lungs. 2. What shall I do with my little girl with swollen tonsils? They do not pain, but swell so as to almost close the throat. Sometimes

there are little sores with yellowish matter in them, and sometimes a few clear-looking lumps in the back of throat? 3. Shall I keep her from school? She has cool baths in the morning, has plenty of fresh air, and avoids sweets and fats. 4. She has worms, I think. What is good for worms? 5. What is good for the eyes when they become dry at night so that it hurts to open them? They become very tender when attempting to get them moistened so that they will open."

Ans.—Many cases of so-called colds in babies are not due to taking cold at all, but are the result of bad nutrition. Bronchitis, which often proves fatal, is, in many instances, due entirely to bad nutrition. Usually the whole trouble comes from not knowing how to properly feed the baby. Such "colds" affect the baby when there is no reason to think the baby has taken cold. Such babies are not always thin in flesh—they are sometimes quite fat and flabby, but not strong and vigorous. Such babies can be gotten entirely well, but require months of intelligent persistence in right feeding. There are no fixed rules or methods that fit every case. Each case must be studied individually. No one food, however perfect, will agree with all of these imperfect babies. The method of preparation of food for babies has often been given in the columns of this journal. Where one takes cold easily a cool hand bath followed by an alcohol rub will prove an excellent preventive treatment. 2. Have tonsils removed. 3. If the throat is properly treated she need not be deprived of school. 4. The only reliable evidence of worms is the actual passage of worms or pieces of them. To cure a child of worms it is necessary to give medicine sufficiently poisonous to sicken or kill the worms. It is usually necessary to give but one or two doses of worm medicine. Because of the poisonous character of all worm medicines, we can not recommend them for home treatment. 5. Bathing the eyes in very hot and very cold water alternately for half an hour twice a day will prove helpful. A moist compress placed on the eyes at night

covered by dry flannel will doubtless relieve the trouble.

262. Sterilized Milk.—L. S., La.: "Does milk lose any of its nourishing qualities by being sterilized?"

Ans.—Practically none. Boiled milk is not so easily digested by some stomachs as is raw milk. On account of the marvelous prevalence of tuberculosis in milch cows, we can not recommend too strongly the sterilization of all milk. It need not be boiled to sterilize it. Milk can be safely sterilized, so far as the tuberculosis germ is concerned, by keeping it at a temperature of 170 degrees Fahrenheit for twenty minutes. This does not affect the digestibility of milk to any appreciable degree. Of course it is sterilized as well or better by being boiled, but the degree given above will destroy the tubercular bacilli.

263. Pancreatin — Cottonseed Oil.—A. M. B., Minn.: "1. Will pancreatin assist in digesting the food if a patient has weak or slow digestive powers? Would you advise the use of it in such cases, or at all? 2. In an article on page 41 of the February LIFE AND HEALTH this statement is made: 'Cottonseed oil is as wholesome as any olive oil, as cleanly and nutritious as any butter,' etc. Is that true? I thought of all oils or fats that we might use for food, pure olive oil ranked first."

Ans.—1. Yes. If food be placed in a test-tube and kept warm, and pancreatin be added, the pancreatin will digest the food. It will do the same in the stomach, so that if taken for a few days only, it may prove helpful. But unless the cause of the slow action of the stomach and intestines, which made the pancreatin necessary, is removed, the digestion will be made no better, but really worse, because when artificial digestants are supplied for a long time, the digestive glands cease to make them, and the patient is in a worse condition than if he had not used them. We therefore do not advise their use at all unless it be in very exceptional cases, and then not to exceed ten days. 2. The words quoted are from the Jackson (Florida) *Tribune*. They occur in connection with some statements which the *Tribune* gives on cottonseed oil. Had we been writing that statement, we would not have made it quite so strong, and yet it

is practically true. While different oils and fat foods may be equally nutritious, it does not follow that they are equally good foods for every one. Some are more readily digested than are others. As a general statement, vegetable oils are not so easily digested as are animal oils. The chief objection to the use of butter is because of its danger of being diseased, but if butter is fresh and sweet, and is made from clean milk, and the milk is from perfectly healthy cows, it is more easily digested than olive oil or any vegetable oil. As to the relative merit of olive oil and cottonseed oil, living in an olive-growing district, we prefer the pure olive oil, although the cottonseed oil is as clean and nutritious, and by many persons is relished and digested quite as readily as olive oil. In fact, most of the olive oil sold is made largely of cottonseed oil with an olive label on it, and it is just as well to use it straight as cottonseed oil; and it is much cheaper.

264. Lumps Coughed up from Throat.—L. M., W. Va.: "I am annoyed by coughing up small offensive lumps about the size of half a pea. They are a dirty white or yellow color. 1. Do they come from the lungs? 2. What causes them? 3. How can I cure them?"

Ans.—These questions were answered in the November LIFE AND HEALTH, question 231.

265. Cold Compress.—"I have been using the cold compress on the throat and chest as advised in LIFE AND HEALTH, and find I can break up a cold more quickly than with any medicine I ever tried, but I am told that there is great danger of taking cold after taking off the compress. Is there any danger, and if so, how can I avoid it?"

Ans.—There is no danger whatever in putting on a cold compress to the throat or chest, neither is there any danger in wearing it overnight, nor in taking it off, provided it is done properly. Brief directions were given in a former number of this journal for putting on a cold compress. When the compress is taken off, the parts should be bathed with cold water, giving a good rub so as to bring a strong reaction. In sensitive persons this may be followed by rubbing the skin with alcohol, followed by an oil rub. When removed in this manner there is not the slightest danger of taking cold.

EDITORIAL



Filth in Type

IN connection with a recent celebrated murder case some clergymen have gone so far as to defend the publication of the details on the ground that it would tend to prevent further crime by teaching that "the way of the transgressor is hard!" But experience shows that such exploitation of crime has the opposite effect. The publication of the details of an especially revolting suicide is very apt to be followed by the record of a number of similar cases, every one of them induced, probably, by reading the first account.

There are people with unbalanced nervous organization, weak in the function of self-control, and especially liable to act on suggestions which possess the mind, and for the time control it. Parents have had experience with children who, when forbidden to do a thing, seemed possessed to do it, regardless of consequences. They are considered vicious, disobedient, and malicious; but more likely are they the victims of a disordered nervous system that seems to drive them on as if hypnotized. To put such a child in a chair and command him to sit still, is to make it impossible for him to sit still. The very command not to do, sets up in the child an ungovernable impulse to go ahead and do it. The children of older growth who are unbalanced, are led by some overpowering impulse to commit a crime, which under other circumstances they would not think of committing. They are weak

and distorted, rather than vicious. They need help; and the sickening details, such as are freely published on the occasion of every sensational trial, is the lighted match which is pretty sure to fall into a powder-magazine.

Clean parents who are desirous of rearing clean families should do what little they can to stop the peddling of this infamous matter by subscribing for only clean papers. There are a few.



Can We Handle to Advantage an Excess of Food?

MELTZER, in an address before the New York Academy of Medicine last December, took issue with Chittenden and others who favor the adoption of a dietary standard representing the minimum body requirement, especially of the proteids. Chittenden and his associates, by experiments performed on a comparatively large number of men over considerable periods of time, found that a greatly diminished ration, especially with respect to the proteids, but also with respect to the fuel value of the food, was followed by no ill results, but by good results.

Meltzer attempts to show that in its various functions the body has a greater capacity than it is called on to use in any ordinary emergency. For this characteristic, he borrows a term used in engineering,—“the factor of safety,”—a term referring to the fact that machines, bridges, and other structures are built

to stand a strain much greater (from three to forty times as much) than is likely to be required in the ordinary service of the structure.

He calls attention to the fact that if we remove one of the double organs, as a kidney, the other is fully capable of carrying on the work of the body. If only a small part of a gland—the thyroid, for instance—remains, its functions are carried on as well as if the entire organ were there; but if the organ is entirely removed, the function ceases, and the animal dies.

He believes that as the body is abundantly provided in all its parts with surplus functioning power, it is right that it should be supplied with a surplus of food material. He does not believe that in the matter of food supply there is what would be an exception to that general law of the body which we may call for convenience the “law of safety.” That is, he does not believe that the minimum food supply that will meet the body requirement is the best for the individual in the long run.

Dr. Meltzer's address is a valuable contribution to medical literature; but he proves too much when he refers to the large intestine of man, of which he says: “From the present attitude of bacteriologists and physiologic chemists toward the activities of the large intestine, one is led to believe that the body might do best without any part of that organ.” If “nature” provided more intestine than was good for man, or in other words, if the “factor of safety” in this case is in reality a factor of *unsafety*, why may it not also be in the case of a liberal food supply? Experience certainly points to certain diseases that are evidently diseases of “good living.” Most observing physicians know this as a result of their experience with patients. And testimony is accumulating from dif-

ferent laboratories confirming Chittenden's results.

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In Place of Meat

THE *Washington Times*, on its women's page, gives, once a week, a cooking lesson. Recently these lessons have been on meat substitutes. This is only one of numerous instances indicating that the leaven of higher living is gradually doing its work. Prejudice, cultivated and inborn, gradually gives way before the light of advancing truth. The mass of the people are learning, at least, that too much meat is not good; and though comparatively few are becoming strict vegetarians, many are lessening their meat rations, and adopting substitutes which furnish the tissue and the energy required, without also burdening the blood current and the eliminative organs with the partly broken-down material which adds more to the work of the body than it does to its energy. The careful work of Chittenden, Folin, and Fisher in this country, and of men of prominence in Europe, has caused those who are not too much wedded to an old idea, simply because it is old, to view with doubt the supposed advantage of a diet rich in meats.

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Are the Japanese Vegetarians?

THE rapid advance of Japan in civilization, its adoption and improvement of the methods of modern States, its wonderful achievements both in war and in peace, constitute one of the most remarkable scenes in the rapidly changing panorama of modern times.

Is it true, as is popularly supposed, that this people have achieved their great victories on a vegetarian diet? The United States Department of Agriculture has published a bulletin (No. 159, Office of Experiment Stations), entitled “A Digest of Japanese Investigations on the

Nutrition of Man." This pamphlet was prepared by Kintaro Oshima, Director of the Hokkaido Agricultural Experiment Station, Sapporo, Japan.

On the battle-ship "Ryujo" the surgeon, on a long voyage, conducted a series of dietary studies with the officers and marines, extending over seven or eight months. The report shows that all the men, from the marines to the head officers, eat meat, the quantity increasing with the rank. The quantity of vegetable food was practically the same. The marines received of meat and fish 147 grams (28.3 grams to the ounce), the cadets 218 grams, the subofficers 289 grams, and the officers 396 grams—nearly a pound of flesh.

During this voyage, which was into the tropics, there were many cases of the disease beriberi. It was seen that much the greater proportion of patients was among the part of the crew which had the low-protein diet. The conviction gained ground that it was the low-protein ration which favored the attack of beriberi, and so an act was passed increasing the protein ration among the seamen.

As a result the amount of protein was more than doubled for the marine, and increased for the other men. Another battle-ship was ordered over the same route, the men being fed according to the new schedule, with the result that there was less than one twelfth as many cases of beriberi as before.

The army ration contains a regular supply of beef or fish.

The jinrikisha men eat meat; sometimes more than the average American. To quote from the pamphlet: "Contrary to popular belief, it is the general impression of close observers that these jinrikisha men commonly spend a comparatively large part of their income on animal food. . . . During their period of rest they consume large quantities of

meat in order to build up strong muscles; but when actually working, they subsist mainly on rice—a food consisting chiefly of an easily digestible form of starch."

Practically all the subjects of the dietary studies ate meat, but this is not, perhaps, a fair representation of what the bulk of the population eats. To quote again from the pamphlet:—

"Most, if not all, of the meat used in Japan is consumed by the well-to-do people in large cities. The larger part of the fish is also used by people in comfortable circumstances, and especially in the coast regions. . . .

"The rural population of the interior depends very largely or entirely upon a vegetable diet. Fish is eaten, perhaps, once a month, and meat once or twice a year, if at all. The poorer working classes in the cities use little animal food. But the poorer classes in the cities and the peasantry of the rural districts comprise nearly seventy-five per cent of the total population, and it is therefore safe to assume that this proportion lives chiefly or wholly upon a vegetable diet. And this, it may be observed, means vegetarianism literally. The so-called lacto-vegetarianism is unknown in Japan. Cows are scarce, and milk and dairy products are expensive, and such as are available are consumed almost entirely by the wealthier people in the cities.

"In general, however, the Japanese are vegetarians from force of adverse financial circumstances rather than from principle."



A Remedy Suggested for Baldness

IN the *Medical Record* of February 9 is a paper by Delos L. Parker, M. D., relating to a series of investigations which have been progressing since 1887 with a purpose to discover the cause of "common baldness,"—not the baldness that occurs in small round patches, nor that

which follows in the wake of certain diseases, but that which affects the top of the head. About nine tenths of all cases of baldness are of this variety.

As a result of this investigation, the theory has been developed, and apparently verified, that common baldness is caused by improper breathing—specifically, by neglect to use the upper chest in breathing. Favoring this theory are the following statements: (1) Observation extending over many years and applied to thousands of persons, has failed to find one person afflicted with baldness who uses the upper chest in breathing; (2) when persons having this disorder have been induced to practise upper-chest breathing, the restoration of normal conditions has been proportional to the thoroughness with which the breathing exercises are carried out.

One week of proper breathing causes disappearance of dandruff (which is present in four fifths of the cases of common baldness), and a change from a harsh, dry condition of the remaining hair (or else an abnormally oily condition) to a normal condition. In the course of a few weeks (five or six weeks usually) new hair begins to appear, but the growth is extremely slow. Interruption to the treatments was accompanied by interruption in the progress of the patient toward complete recovery.

Animal experiments were performed, showing that the material from expired air, when injected into animals or birds, is capable of causing them to shed hair or feathers, as the case may be, without apparently disturbing the health of the animals in any other way. When the injections were discontinued, the lost hair or feathers were replaced by a new crop.

This work was all reported in 1901. The present paper deals largely with the isolation of certain poisons from the expired breath. The author himself recognizes that the evidence in favor of his

theory is not yet complete. However, it is certainly worth while for those who view with apprehension the progressive thinning of their hair, to adopt faithfully the practise of breathing deeply with the upper chest, so that the residual air in the upper lungs may be completely changed.

The experiment can do no harm. It need take up no valuable time, and if the results are similar to these reported by the author of the paper, it will be a cause of deep gratification on the part of the one who made the experiment.

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What is Health Reform?

Is it conformity to ten rules, or a hundred rules—"Thou shalt eat this and wear this; thou shalt not eat that or wear the other"? Is there a decalogue of health, a certain prescribed formula, with which every one should comply in order to have health? To some, such questions may appear ridiculous, and with such, to ask them is to answer them. But there are some who believe that certain foods are healthful because the Lord ordained them to be healthful, and that other foods are unhealthful because so ordained by the Creator.

That this is not a universal rule, applicable to all, will be apparent when it is remembered that there is a great difference in people as to their ability to handle different foods. The expression, "What is one man's food is another man's poison," is often verified. Foods which are generally recognized as healthful are not so to some people. For instance, some are unable to use fruit, except, perhaps, in the most limited quantity. Others do not do well on nuts. A dish of common dry beans will give others an acute dyspepsia.

Undoubtedly the man who originated the statement, "Bread is the staff of death," had some difficulty in digesting

bread. One doctor found health by leaving off his breakfasts, and so he proceeded to preach the gospel of health without breakfasts! Another was made well by using his teeth, and forthwith he began to teach, not that men dig their graves with their teeth, but by not using their teeth. Another who has succeeded in growing an ornamental crop of protruding muscles all over his body, had as his slogan, "Weakness is a crime; don't be a criminal." Each man who has found health, by whatever method, concludes that what was good for him will be good for everybody. These people, presumably honest, most of them, are usually enthusiasts, and enthusiasm is contagious; and enthusiasm itself begets health. Moreover when one is in an atmosphere of enthusiasm for one belief, and constantly reads only the literature representing that belief, he imagines he is improving, when, in fact, he may be losing ground. Then, there is a certain pride, which, after one has espoused a certain cause, prevents his repudiating it.

These facts may furnish sufficient explanation for the large number of health systems, each built up on one idea, and sometimes the ideas of one system diametrically opposed to those of another. The element in common to all the systems is the faith and enthusiasm imparted by the leaders. And yet each probably has a substratum of virtue, depending, partly perhaps, upon the peculiar idiosyncrasies of its adherents.

Here are a few rules, however, which, though not the product of any particular health cult, would be approved by nearly all who make any study of health hygiene:—

Do not worry nor quarrel.

Do not carry your business into your eating, sleeping, or recreation hours.

Do not overeat, nor hurry your eating. Be moderate.

Do not starve yourself, either in quantity or quality of food.

Do not eat foods which disagree with you.

Do not poison yourself with narcotics and other drugs.

Live happily, comfortably, hopefully.

Make it your recreation to do kind acts to others.

Live as much as possible in the open air.



Holstein Cattle

FOR two thousand years, so we are told, Holstein cattle have been raised in Holland. There, on land ranging in price from five hundred to one thousand dollars an acre, the thrifty Dutch produce milk and butter, and are able to compete in price with the product of lands worth only a tenth as much. But they get enormous yields.

Cattle and people live under the same roof: but that does not mean that the people live in a stable, as we understand the term in this country. It means, rather, that the cattle get better care than many persons in other countries give themselves.

Every day the cows are scrubbed with warm water and soap, dried, petted, talked with as members of the family. The rooms in which they are kept are scrupulously clean—much more so than many (or perhaps I might say most) human habitations in America. Dogs never worry the animals.

The result is an abundant yield of clean, healthful milk and butter, meaning profit to the farmer and health to the consumer. We are too busy for such methods.

The Holstein is usually looked upon as giving quantity rather than quality of milk. It is true the percentage of fat

is lower than in other breeds, but when the large quantity of milk is considered, it becomes apparent that the Holstein gives per cow — as shown by comparing the average of a large number of cows — more milk and more fat than other breeds. Estimated *by the quart* — which would be the proper way to estimate when buying by the quart — the Jersey milk is the richest.

It is said that for general healthfulness, the milk of the Holstein, especially for the use of infants — on account of its slow coagulation, its small cream globules, and its consequent slowness to raise cream — is superior to the milk of the Jersey.



The Magazines

THE *Quarterly Journal of Inebriety* has begun the fourth decade of its existence with a new department,—The Physiological and Psychological Therapeutics of Drug Addiction. In pursuance of this policy, arrangements were made whereby the *Archives of Physiological Therapy* is incorporated with, and published as a part of, the *Journal of Inebriety*. The *Journal* will hereafter publish, in addition to its usual matter, articles on the therapeutic effect of hot air, radiant-heat baths, electricity, massage, and psychotherapeutic and other

physiologic measures. Price, \$2 a year. Address 194 Boylston St., Boston, Mass.



THE *Ladies' Home Journal* for April contains a profusely illustrated article by Dr. A. C. Magruder, showing the different varieties of porches which may be arranged for sleeping purposes, and pointing out what a delightful practise it is, how beneficial, and how easy to adopt. Outdoor living has done more to rob consumption of its terrors than has any other method of treatment. Many who are now sleeping indoors — who have received a "reminder" from the tubercle bacillus, but who still have fair health — would find the porch-bed a means of prolonging life.

Any one interested in this important topic (and what family is not?) will do well to secure this article.



THE February number of the *Long Island Medical Journal* — the "Anesthesia Number" — contains eight valuable papers on different phases of the subject, Anesthesia. Every physician who has occasion to do any surgical work will find valuable instruction in these papers. Price, 20 cents. *Long Island Medical Journal*, 223 Eagle Building, Brooklyn, N. Y.



THE American Anti-Tuberculosis League, which has branches in most of the States and numbers more than three thousand physicians, is making a strenuous effort to have legislation enacted in the various States, providing for the erection of State sanatoria to take care of patients who are unable to meet their expenses at a private sanatorium. The next meeting of the league will be in Atlantic City, N. J., June 1-4, 1907.

STATISTICS prepared by the Bureau of Commerce and Labor furnish the astounding intelligence that the average American citizen consumed, during the past year, one-half his weight in sugar, or about one fifth of a pound a day. For a family of eight this would make six one-hundred-pound sacks of sugar during the year. As many do not eat nearly this much sugar, some must eat much more. It is more than probable that if this enormous consumption of sweets were cut down one half, the result would be a marked diminution of those diseases which owe their existence largely to deficient oxidation.

THERE are many kinds of experts in hygiene, and some of their teachings are startling, to say the least. Some time ago we reported the Italian who believes that bathing is a process of slow suicide. Now we learn, from another authority, that fresh air is worse on the health than impure air. This, notwithstanding the fact that there are thousands of tubercular patients who have lengthened their lives by means of pure air, and disregarding many other evidences of the healthfulness of pure air. But there is a method in this man's madness. The railroad commissioners in Massachusetts were trying to force a certain street railroad to properly ventilate its cars. This doubtless meant more fuel to heat the cars. So it is not hard to understand why an expert in the employ of the road should testify before the commissioners that fresh air is not healthful. It was an opinion with a money value.

As a result of the recent epidemic of scarlet fever and diphtheria, an emergency health conference was held in Chicago, February 10, at which time the city council was attacked in a number of speeches, for its opposition to the erection of an isolation hospital for contagious diseases. Resolutions were passed calling for more medical school inspectors, for more efficient milk control, and for change in hospital ordinances.

THE English government has finally committed itself to the policy of feeding the children of parents who state that they are too poor to give their children proper meals. This, is very thoughtful. It will allow the parents more money for beer and tobacco, and will encourage the growth of large families among the physically, mentally, and morally deficient. One object of the law is to prevent race deterioration, which some believe to be due to insufficient feeding of the poor. Will not the adoption of the poor children as guests of the nation, thereby leaving the parents free from responsibility, tend to increase the number of professional parasites?

MUCH the meanest and most despicable of the "tricks of trade" in adulteration to cheapen the cost of the product is that which makes big profits on the cheap candies and sweet stuffs sold to the children. Fully three fourths of three hundred samples examined by the Pennsylvania authorities recently was found to contain adulterations, many of them poisonous, all of them dangerous when eaten in quantity. Not only are adulterants and poisonous chemical flavorings used in these goods, but many of them are made amid filthy surroundings and under disgusting conditions. Deaths have been traced to the stuff, and it is responsible for many illnesses the source of which has appeared a mystery.

STARTLING disclosures concerning the quality of flavoring extracts are made by the November *Good Housekeeping*. This magazine, through its department of Pure Food Assu-

rance, employed R. O. Brooks, B. Sc., formerly State chemist of New Jersey, and food inspection expert of the Pennsylvania dairy and food commission, to analyze the leading brands. This investigation reveals the astounding fact that of the sixty-two brands of flavoring extracts examined (all sold as pure and at the usual prices for pure extracts), only twenty-six, or not quite forty-two per cent, were legally pure. Fewer still were of really high quality. This shameful condition of affairs is generally true, in many cases worse, with respect to other classes of food products sold in New York City, which are subject to adulteration. The recently enacted national pure food law is powerless to deal with this situation, as it has absolutely no jurisdiction or control over food products manufactured and sold in the same State or city.

A REPORTER for the *Cleveland News*, after being examined by competent physicians, and pronounced sound in every respect, visited the various quack establishments in the city, where he was informed that he had all kinds of possible diseases, and especially diseases of a private nature which he could not publish in the paper. Almost every quack informed him that he was the victim of certain unmentionable diseases. The *News* has been doing an excellent work in exposing these miserable frauds, and it is to be hoped that the newspapers in other cities will do the same thing, for every city has its quota of this class of parasites. The highway robber is in comparison an honorable man, for he takes from those who have health and can earn more; but the quack will take the very last cent from the helpless and confiding invalid, and when he has bled him dry, will turn him adrift without the least compunction.

THE Minnesota Health League has been studying along lines of healthful living, with the result that many of the members have become vegetarians. One year ago at their annual meeting they served one hundred of their friends with a vegetarian dinner, which was so successful that it was decided this year to give a vegetarian banquet to a larger number. This being more than the ladies of the league felt capable of handling, an effort was made to have the dinner prepared at one of the city restaurants. They tried every large restaurant and dining hall in St. Paul, but could find no cooks who would make the attempt to prepare vegetarian dishes. Remembering the Adventists, they appealed to them, and

finally it was arranged that the Adventist ladies would undertake the preparation of the dinner. Nearly two hundred were present at the banquet, which, we understand, was a credit to vegetarian cookery.

AGITATION with a view to securing more complete control of the milk supply of our cities is becoming general. More stringent legislation is being called for. The leaven of popular education in hygiene is taking effect, and people are getting tired of using dirty milk. In New York City, the latest move is to have all milk Pasteurized or sterilized that does not come in sealed bottles from dairies which are managed under the personal supervision of the board of health.

THE movement to combat tuberculosis is becoming general. Physicians and others in the larger cities are forming associations for the purpose of preventing the further spread of the disease. Dispensaries are being established for the free treatment of the consumptive poor. Literature regarding the nature, cause, prevention, and treatment of tuberculosis is being circulated among those who most need it. Sanatoria are being erected, and tuberculosis camps established, for the cure of recent cases. Boards of health are attempting to secure laws requiring physicians to report cases of tuberculosis—not that they may be quarantined and restricted, but that they may be helped in all possible ways, and that they may be taught how to avoid infecting others and re-infecting themselves.

IN view of the fact that after the thirty first day of December, there will be no internal revenue tax on "denatured" alcohol, the United States Department of Agriculture has issued two Farmers' Bulletins,—numbers 268 and 269,—one giving the sources and explaining the process of manufacture of industrial alcohol, the other explaining the uses and advantages of alcohol in the arts. There is no reason why many of the products of the farm, as small potatoes, corn-stalks, etc., and the refuse from fruit canning and sugar establishments which now go to waste may not be converted into alcohol to be used in lighting, heating, and in driving farm and other machinery. But it is probable that time will be required in order to establish commercial alcohol as a successful rival of gasoline. Any one interested may obtain copies of the above-mentioned bulletins by addressing the Secretary of Agriculture, Washington, D. C.

THE Illinois State Senate has passed a bill making it a misdemeanor for youth under the age of eighteen to smoke cigarettes in public.

A FAST of forty-six days and four hours,—said to be the longest on record,—was recently completed in London by Sacco, the professional Hungarian faster. His purpose was to fast for fifty days, but extreme weakness made it necessary to give up the attempt.

IN New York there is a conflict between the newspapers, which demand Pasteurization or sterilization of the milk as a remedy for the dangers of dirty milk, and the health commissioner, who asserts that Pasteurization and sterilization are injurious to milk,—that sterilized dirty milk is at best a poor makeshift,—and who desires an increase in the number of dairy inspectors. The contention of the newspapers is based on the assertions that "Pasteurization is a quick, direct, and thoroughly efficacious method of purifying milk and making it absolutely safe," and that adequate inspection of all dairies would cost \$10,000,000 annually, while Pasteurization would cost but \$3,000,000 a year.

PROHIBITION is gaining ground in the South. In Tennessee, under the Adams law, the sale of liquor is prohibited in the smaller towns. Recently the Pendleton law was passed, which provides that no new city charters may be granted authorizing the sale of liquor. If any of the thirteen larger cities of Tennessee desires for any reason to change its charter, it will have to do so as a "dry" town. South Carolina, in abolishing the dispensary, does not legally restore the saloon. The saloon-keeper has no legal rights in that State. It lies with each county now to accept either prohibition or a return to the dispensary system, in which the county itself will be the saloon-keeper. Probably most of the counties will accept prohibition "as the lesser of two evils."

THE health officer of New Orleans has been threatened with a lawsuit because of his vigorous campaign against dirty milk, but he is going right ahead with his work. The work of a conscientious health officer is not all smooth sailing, as is attested by the reports from all parts of the country. As soon as a man tries to do something efficient in the way of protecting the health of the public, he necessarily treads on the corns of those who are carrying on business in violation of public health and decency. And these men, instead of sneaking out and hiding themselves with

shamefacedness, immediately put up a vigorous fight on the ground that their rights have been interfered with. When the people learn to value health as they do dollars, there will be a cleansing out of some of these holes of corruption, as there has been lately in the financial world.

AN official of the District Health Department, who is a veterinary surgeon of high standing, makes the statement, according to the *Washington Times*, that one sixteenth of all the cows supplying milk to the city of Washington have tuberculosis.

THE Health Commissioner of Peoria, Ill., who has been experimenting on undrawn cold-storage poultry, reaches the conclusion that intestinal bacteria are not destroyed by the low temperature, and rapidly multiply as soon as the bird is taken from storage. They soon pass through the intestinal walls, and the putrefactive poisons are distributed through the body of the fowl. These poisons, which are not destroyed by heat, if taken in sufficiently large amount, produce ptomain poisoning, for which there is no antidote.

RECENTLY, so it is reported, the belief that disease germs do not live long in pure water has been challenged. It is stated that pure water, even distilled water, may be an excellent medium for disease germs; for the reason, it is said, pure water, once infected, is more dangerous than foul water, and that typhoid germs may live in ordinary water for more than a year. This, if true, explains, partly at least, why the Washington city filtering plant did not lessen the amount of typhoid fever present in the city.

MOUNTED POLICEMAN JOSEPH PROBST, Jr., of Richmond Hill, Queens County, has two strong, healthy children, who, through all the severe weather of the present winter, have been sleeping on the porch of the home at Ward Street and Jamaica Avenue, Jamaica, N. Y. The older, a boy, sleeps in a carriage, and the younger, a girl, in a basket. The boy is sixteen months old, and the girl four months. Their mother was a nurse at the Babies' Hospital, in Manhattan, before her marriage, and is a believer in an abundance of fresh air, and has applied her belief to her children. Neither of them has had a cold, and they are strong and vigorous. The porch is well protected from storms, but air circulates freely.—*New York Herald*, Feb. 4, 1907.

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.

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All questions must be accompanied by return postage. If the reply is not worth that much to the inquirer, it is not of sufficient value to take up our time in replying. We are glad to answer all reasonable questions of subscribers, but we do not wish to pay two cents each time for the privilege of doing so.

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Value of Useful Occupation

THE city boy or girl has little or no useful work to do. This constitutes one of the serious menaces and dangers of city life, and furnishes an explanation of the marked superiority of the country boy over the city youth of past generations. Socrates taught that to deprive a child of the opportunity to perform useful services was to deprive him of much needed experience in life. . . . The early

years of life should be a preparation for useful work in after years. Work is the natural occupation of each and every individual. Service, not wealth, should be the end and aim of human activities. — Frank T. Carlton, in *Journal of Pedagogy*.

✽

An Explanation

THOSE answering my offer in January and February issues have been sent "True-Meat" Formula, and are under no obligations regarding the twenty-five-cent charges. A pamphlet explaining this food in detail, with many new features and health-food formulas, will also be sent to them when printed.

MRS. JENNIE E. BROWN.

✽

COLDS are contagious, declares Dr. Frederick Treves. The common cold is of bacterial nature; it can be conveyed from person to person. "The germ would seem to linger in the haunts of men and to find pleasure in the madding crowd." Fishermen returning to port after a two months' voyage, during which they were free of disease, were very prone to catch cold. "The chilly blasts of the North Sea in the winter were unpleasant enough; but they were not laden with the cold-in-the-head bacillus, while the air of the cozy seaport was."—*New York Medical Times*.

✽

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MICHIGAN SANITARIUM of KALAMAZOO, MICH.

Dept. A. 8.

A Yellow Shaker

(Continued from page 94)

fore the hour for the chill. The fever following should be combated by cold enemas, cold compresses, and cold friction. For troublesome perspiration, hand sponging with water as hot as can be borne, is excellent. Alcohol or witch-hazel sponges are also good.

The bowels should be kept open; the diet should be nutritious, but easy of digestion. For the anemia and poor nutrition, the patient should be kept out in the sunshine and fresh air as many hours as possible each day.

✽

Who Heals Unbelievers?

(Continued from page 96)

any power, medicine, rest, or electricity, massage, heat, or cold, restores that normal action, the organ at once resumes its work,

Healing is one of the natural processes of the body. The Creator formed it so;

and whoever the transgressor may be, healing will come to him, if he will allow these natural processes to do their work unhindered. If he hinders them, they will work on, and on, until they win, and the man is well; or until their vitality is exhausted in the uneven fight.

God the Creator is the only Healer. Healing in answer to prayer or faithful obedience to known law is a special blessing to the believer; but God has not left himself without a witness in the body of every human being.

✽

The Heroism of Daily Drudgery

(Continued from page 108)

it was all that sustained them, that they were where God had sent them, trying with more or less faithfulness to obey his commands and follow his guiding hand, and without seeing much, left results to him, and always the vision of the coming of the kingdom and the King put life into humdrum detail."—*Selected.*

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