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relative to
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June, 1907

W. B. E. LARSEN

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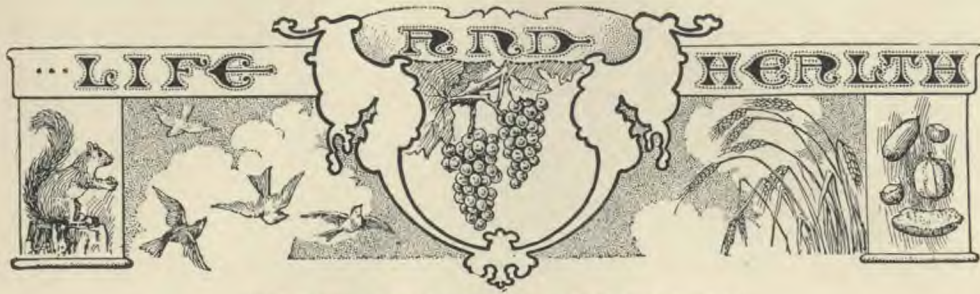
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"Something better is the law of all true living."

Vol. XXII Takoma Park Station, Washington, D. C., June, 1907

No. 6

Are "Little Foxes" Spoiling Your Influence?

BENJAMIN KEECH

It is, indeed, "the little foxes that spoil the vines." A single, needless breach of the etiquette of kindness, frequently repeated, may so far irritate even a good person as to cause dislike to spring up in the place of love, and resentment in the place of respect. Actions speak, as well as words, and the person who shows that he has no care or thought for the feelings of another, need not be surprised to find himself shunned.

It is the little, kind courtesies of life that make life worth living. He who has no respect for a person's moods, feelings, desires, or natural idiosyncrasies is more of a hinderer to goodness, helpfulness, and harmony than many another individual, worse, perhaps, in other ways, but who has the sense not to wound and irritate, especially when he can accomplish nothing worthy by it.

A person is "liked" because he is kind, agreeable, pleasant, courteous, gentlemanly, and shows by his manner that he wishes to be your friend; in other words, because he is genuinely refined. In such a one's hands frankness and candidness, of the tactful, righteous sort, can accomplish wonders, even though

one may say an unpleasant truth rather than a pleasant though undeserved praise.

But, as suggested, a rough, disagreeable individual, even though he may have a good heart, can not accomplish so much for righteousness as an attractive, agreeable man or woman whose life may not be so satisfactory. This does not sound well, but it is true. Human nature is human nature, and in dealing with it, one must meet it on its own ground.

One's manners and appearance help or hinder more than is generally supposed. Success depends as much on little acts as on big ones. Many rough, eccentric people early win the reputation of being hard and cruel. This is often unjust, but there is a good, profitable lesson to be learned from their experience. If one is inclined to let roughness, brusqueness, and bad, unruly mannerisms rule his daily life, let him begin fierce warfare against them, and overrule with opposite virtues.

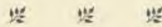
It is just as well to acquire a little polish. Because one is refined is no indication that he is soft; and hardness of conduct is no sign of solidity of char-

acter. The smoother one becomes, the less difficult will his path through life grow to be, and the less friction will he meet from a rough world.

Thistles, burdocks, and sticktight may be much more respectable than many other weeds, but people have a way of avoiding them nevertheless. The real point is to become thoroughly worthy of respect, even to one's manners and mannerisms. Then one can enjoy the

best and most permanent kind of success.

A person may have some trifling personal peculiarity, as oddness of expression, which in his earlier years may cause much irritability. But as he grows genuine, Christianized, and energetically righteous, his friends will lose sight of his defect, which really does not count, and in his larger goodness he himself will forget and outgrow what once foolishly troubled him.



Diseases Incident to Old Age

F. ZELINSKY, M. D.

DISEASES incident to old age call in a more urgent manner for skilful treatment than do diseases of the young. And yet there is no class of patients more amenable to treatment than the aged, possibly because the desire to prolong their lives causes them to comply more closely with nature's requirements.

Because of the extremely wide diversity in recuperative powers possessed by different individuals, the results are more satisfactory if each case is treated on its own merits; hence in general it is not wise to attempt to classify diseases with a view of carrying out some special régime.

Diet, the first and most important factor, enters largely in the individual's recuperative factors. In the main, that which is the easiest assimilated by the patient may be regarded as his normal diet. Some regard must be paid to his past life, as in my experience any sudden departure is apt to cause great annoyance, if not serious harm.

The use of liquids is usually carried to excess. While a cup or less of some hot bouillon sipped, might prove an aid to digestion, the disposition to wash down

the solid food with a mouthful or more of liquid is harmful.

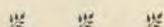
The salivary glands secrete a viscid fluid, containing a most important ferment that acts on all starchy foods. In the young and healthy the habit of rapid eating is compensated by the surplus vitality of youth. In the aged there is a natural retrogression, especially in cases of malnutrition. Such persons must chew their food well, not only preparing it well by mixing it with the salivary secretion, but breaking it in small particles for the gastric and intestinal juices. Often the discomfort of bloating is the result of failure to masticate properly. Unbroken particles of food ferment, and in persons having low vitality, where the muscular tone of the stomach and intestinal tract is weak, putrefaction may take place, and often result in a more serious condition — that of ptomain poisoning.

Intestinal fermentation is often more the result of some pernicious habit of fast eating, with no regard to the quantity or quality of food consumed. The question of quantity as well as quality of food enters more in the régime of the

aged than of the young. What is more, perfect rest of the mind at the meal-time — complete unconsciousness of the present, were such a thing possible — plays an important part in good digestion. It is better to refrain wholly from food when tired, or when the mind is exercised by some taxing problem.

The matter of exercise is more important to one going down grade than to

one going up. In the aged there is no compensation for indiscretion or overexertion, as there is in the young. Great care should therefore be taken to be methodical, and to bring no more tax to bear than the present physical state will stand. In the aged and feeble I have avoided prescribing any exercise or treatment that would in any way bring fatigue.



Better Than Medicine

E. L. VINCENT

I KNOW a man who has been suffering for a number of years with a form of stomach and bowel trouble. All who have ever had any personal experience with this trouble know that there are days when it seems as if the world is all bright and radiant, while there also come times when the shadows fall, and all is dark everywhere. There is probably no disease in which these periods of depression and exhilaration follow each other with greater certainty. So sensitive to his external surroundings is this man, that if his wife ever has a day when she is down-hearted, his own spirits immediately fall, just as surely as the thermometer falls when a cold wave spreads over the country. He shrinks away into himself, and stays there till a change comes over his wife. Even his victuals do not digest. His bowels are more constipated than usual. He grows thinner in flesh if the period of depression lasts long, and becomes pale and wan.

Here is a plain indication of the truth of the statement that mind has a singular power over mind. We all know that on bright days the man or woman who is subject to indigestion is much better than on the days when the skies are dark and

cloudy; but we have been slow to recognize the fact that our personal feelings are quickly reflected in the physical condition of those who are in any way under our care.

The lesson is this, then: Better than any form of medicine, better than any form of treatment we may give, is the influence of a bright and cheery disposition in the presence of one who is sick. An old doctor who had wonderful success once told me that what people sometimes need more than anything else is moral support.

"I go in many times and sit down by one who is ailing and just visit with him, giving perhaps some simple remedy, and go away leaving him better in every way."

How it is that mind acts on mind is yet a thing we have to discover. It does not matter much how that is. The great thing is to accept the truth and make the most of it. For those who have sick or ailing friends, the following rules are set down:—

Keep a cheery heart.

Say helpful things.

Let your face and your words correspond.

Help the patient to keep his mind on things that will inspire hope. Good books, if he can read them, good company, and good thoughts are better than medicine.

If you do not say a word, think the most uplifting thoughts you can. The

eyes of the sick are keen. They know what is passing in your mind often when you least think it.

And above all, never tell the sick man or woman how bad he is looking. If you can not say that he is looking better than yesterday, say nothing about it.



The Food and Drug Act Not Appreciated by the Proprietary Men

THE EDITOR

BECAUSE the Food and Drug act of last June requires that the label shall bear a statement of the quantity or proportion of any alcohol, morphin, cocain, acetanilid, etc., contained in the preparation labeled, some of the manufacturers are asking the privilege of using some synonymous name not so well known to the public. For instance, one manufacturer of a preparation containing opium, asked that he might have the privilege of stating on the label that it contained *papaver somniferum* (Latin for sleep-producing poppy), for the reason that the statement that it contained opium would materially cut down his sales. *Papaver somniferum* is a sweet-sounding name, and has nothing about it to suggest opium to the ordinary reader unacquainted with Latin or botanical terms. This man's request will not be granted, of course, and his stuff will have to have "OPIUM" on the label, unless he changes its composition.

There are others, who, on account of the notoriety of acetanilid, as the result of numerous deaths following the use of this substance in headache powders, are exchanging this substance in their formulas for phenacetin or antipyrin. Antipyrin is even more dangerous than acetanilid, but inasmuch as the public generally do not know of its danger, these

manufacturers have the opportunity of selling thousands of dollars' worth of their drugs before the new name falls into disrepute.

Some people may wonder what these firms do when one medicine is thoroughly shown up in all its worthlessness. Nothing is easier. Merely change the firm name and the name of the product, and start in again.

It is said that there have been some five hundred different preparations of acetanilid sold under different names, but essentially the same thing, for headache. Acetanilid costs the manufacturer about twenty-five cents a pound. It is made into medicine that retails all the way from sixteen to more than fifty dollars a pound. Is it any wonder that the men whose conscience permits them to gain money at the expense of their fellow beings dislike to give up the manufacture of headache powders? "Of course," you say, "these powders are used only by those who know nothing of the principles of hygiene." You might think so; but it was only the other night that the writer was asked for a headache powder by one who has been raised in a family where he was supposedly taught the principles of healthful living from his childhood up.

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Entrees

MRS. D. A. FITCH

IN cooking, the word "entrée" is applied to dishes composed largely of flesh-meat, whether of one kind or another. In the vegetarian dietary we have excellent substitutes, yes, better than substitutes, for we have the *real meat*, far exceeding in nutritive value, purity, and palatability the food secured by taking the life of innocent animals that have just as much right to life and enjoyment as have we their human brothers and sisters. It is true that flesh contains the elements needed to sustain life; it is also true that it is not the only article that does. Those elements may be obtained by us from the fields where the cattle get them. It is not necessary that the natural foods of earth be animalized in order to be suited to the needs or wants of the human system. In a later paper we hope to discuss the flesh-meat question more at length, but for present purposes will draw a few comparisons. Their total nutrition averages about thirty-two per cent, while the grains and legumes—peas, beans, and lentils—average something more than eighty per cent, not to mention the poisons and disease likely to be found in flesh, and the absolute freedom from them in the vegetable foods mentioned.

In making a change from a flesh diet to the natural one, care should be taken to do it intelligently. Thorough mastication is very important, for these foods require fine subdivision, and the mouth is nature's mill where the grinding should be done, for there insalivation is effected, whereas nothing of the kind occurs if some mechanical appliance is depended upon. However, these last will be found much better than swallowing the food in coarse portions.

Much of the discomfort arising from the use of legumes is due to the coarse hulls encasing them. By passing them, well cooked, through a sieve or fine colander, these hulls may be discarded. But some one says, "I don't like them fine and so sloppy." There need be no trouble on this score. Pass them through the colander in as dry a condition as possible, then season, add a dash of flour or zwieback crumbs, spread two or three inches deep, and bake until the top is a delicate brown. Try this in sandwiches, or serve as you would a slice of roast beef, with tomato sauce or other dressing.

Macaroni is an excellent base for a variety of entrées. Care should be exercised to omit all harmful articles in

the combinations. The cheese so often used may nicely be substituted by cottage cheese, hard-boiled eggs, corn, protose, nuttolene, or nut meal.

For the benefit of persons not familiar with macaroni and its kindred,—spaghetti, vermicelli, etc.,—we would suggest that the following be observed: Select the best of its kind, break in pieces of convenient length, and drop into an abundant supply of boiling salted water, and see that the boiling is continued. When tender to the piercing of a fork, pour into a colander, and dash cold water over to prevent the pieces from sticking together. Any one of many gravies may be prepared and poured over while it reheats, which improves the palatability. Tomato gravy is especially fine, appealing to both the palate and the eye.

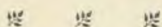
A caution may not be out of place just here. There is danger of partaking too freely of these foods. In themselves they are proper to use, but being very rich in the elements that go to build and rebuild tissue, there should not be used very much more than one would use of flesh-meat. Nature makes no provision for storing an excess of the tissue-form-

ing elements, so do not ask her to care for it.

Peanuts are exceedingly rich in the tissue-forming element, but should not be eaten raw or roasted. Shell, heat in the oven until the brown hull can be removed, rub, winnow, and boil as you would white beans. They need no seasoning, except a little salt. They are rich in fats.

Do not forget that protose and nuttolene contain an abundance of the nitrogenous, or tissue-forming elements, therefore may be used as entrées. Because of their palatability discretion is necessary to prevent partaking of them too freely. They are very much "heartier" than flesh of any kind. They may be combined or otherwise prepared as you would make use of canned or home-cooked meats.

Eggs, too, are rich in the elements for which flesh is used. The same care not to overeat of them is necessary as in the case of any entrées. Any food rich in the tissue-forming elements will cause rheumatic affections if too heartily eaten. It pays to be careful, having first become intelligent.



Seasonable Recipes

MRS. D. A. FITCH

Potatoes with Green Peas

If the new potatoes are not sufficiently matured to use when the peas are ready, peel a quantity of good potatoes, and with a peach pitter cut out as many little balls as you can. They will be the size of an ordinary marble. Use these as a substitute for the new, and steam or boil the remaining portions for mashed potato.

String Beans in Tomato

Cook the beans in a rather small quan-

tity of water. Slice one third as many tomatoes (remove the seeds by passing through a fine colander if so preferred), and cook with the beans until thoroughly permeated. Very little seasoning is needed if we will try to find the natural flavors of the foods themselves.

Strawberry Salad

In the center of a white saucer or pie plate place a butter-chip of sugar, and in its center a fine large strawberry that

retains its hull and an inch or more of stem extending upward. Around the dish of sugar put as many more berries of the same sort as may be desired or afforded. Thus you can serve a dainty salad with very little work. The smaller berries may be reserved for a strawberry shortcake.

Strawberry Shortcake

It is not necessary to use any chemicals or much shortening in making shortcakes. A granose biscuit or slice of zwieback moistened in milk or cream and well covered with mashed and sweetened strawberries is as toothsome as one could wish. If the berries are quite juicy, or the digestion does not admit of the use of dairy products, even they may be omitted and water substituted. A portion of bread dough may be shortened and sweetened to taste, and rolled very thin to fit a pie tin. Brush with a little butter or cooking oil, and put another layer on top. Treat it as you would bread, and bake when light. If crusty, brush with oil or melted butter. Change to a dinner plate, remove the top layer, and cover the other thickly with crushed

and sweetened berries. Puncture several places in the top crust, and invert on the one already spread. Cover well with the prepared berries, and serve.

Strawberry Toast

The berries may be either crushed or cooked and added to slices of zwieback that have been moistened in any liquid desired. Serve hot.

Green Pea Soup

"Take green peas in pod, 4 qts.; spinach leaves, 1 handful; sliced lettuce, 1 head; dash of lemon juice; salt, $\frac{1}{2}$ teaspoonful; sugar, 1 teaspoonful; boiling water, 6 cups; $\frac{1}{2}$ cucumber sliced. Shell peas and throw into cold water; break the shells, and put into a kettle with boiling water; set over the fire and simmer half an hour. Remove the pods, add lettuce, spinach, salt, and sugar. Let boil until the spinach and lettuce are pulpy, take up, and run through a purée sieve; boil the peas and cucumber in a little water, mash and run through a sieve; mix with the soup; season with salt and a dash of lemon juice. Serve with croutons."—*E. G. Fulton, in "Vegetarian Cook-Book."*



DOWN THE POTOMAC



"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

14 — Palsy

"AND they that were sent, returning to the house, found the servant whole that had been sick." Luke 7: 1-10.

Even Capernaum (village of comfort) had a believing centurion. It might have seemed to human eyes and hearts that the "mighty works" done in this "city by the sea" were all wasted; but not so. This centurion, hearing, believed.

"When he heard of Jesus." It would seem as if all the world should have heard, even in the few years he walked before them; but this man heard to some purpose. "Faith cometh by hearing;" and as faith grows, it acts.

"He sent unto him the elders of the Jews." He — a Roman, and a soldier in authority, who might have sent some of his own men — courteously sent those who he believed would be most acceptable to the young Jewish teacher. Roman soldiers usually command, but this man, having found and recognized his superior, sent "beseeching."

"He was worthy," was the language of the elders in bringing their request to Jesus. Even the heathen ruler recognized worth in a clearer sense than these; for not trusting strangers, he sent "friends" with the message to Jesus, "I am not worthy." As we follow the

story in the seventh chapter of Luke and the eighth of Matthew, we wonder at the centurion, whose preparation for the blessing had been so complete.

"I am not worthy that thou shouldest enter under my roof." "Neither thought I myself worthy to come unto thee." Such humility may well awaken our sluggish hearts. That it was beyond the pale of customary Oriental flattery, the next sentence fully proves: "I also am a man set under authority." Like a sudden burst of sunlight, does this man's faith come out in full view. He sees the Christ "set under authority" by the Father, the one God of the whole universe. And through his own small command of men, and their "go"-ings and "com"-ings and "do"-ings, he sees the great command of elements, forces, and powers of the One who "spake, and it was done," who "commanded, and it stood fast." In this Ruler-Supreme, this Creator-Saviour, he is trusting. This trust is fully recognized by the Lord who gave it.

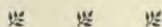
"Go thy way; and as thou hast believed, so be it done unto thee." The "as" of our believing brings the "so" of our healing, even as it brought it to him; for we read next, "And his servant was healed in the selfsame hour." Of the faith of the servant, we have no

mention, but we know that faith is the open door that lets the blessing in; so we feel assured that his heart was in one accord with that of the centurion, his master, who had sent so urgent a message to the Master of the world for his servant's healing.

Our clouds of doubt and darkness would soon disperse if we studied the source of our faith. Since all disease — palsy as well as everything else — is the result of disobedience, sin, transgression of some beneficent law of our physical being, we know there is only One who can forgive sin, and hence only One who can heal. He does not need our help in any way; for the forces at his command are as far beyond those that we are acquainted with as his thoughts are

higher than our thoughts. He may lead us, if he so chooses, without paying any attention to our limited knowledge of cause and effect; but he does not always seem to choose this way. He more often shows us our sin, our transgression, and gives us true gospel repentance and healing. It is not for us to choose; it is only for us to listen and follow.

“Speak the word only,” is our prayer for ourselves and for our believing friends. The hearing of the word and following it in the faith that obeys, is our part. Sometimes the following is slow, and our faith is severely tested; but “he abideth faithful,” and we need only consider who he is, the One “set under authority,” the Eternal Son of God, to rest quietly in his “Go thy way.”



Christ the Healer

THE first Adam was the destroyer of our health; the last Adam the restorer of it. A Healer both of soul and body thou 'didst show thyself, when here, O Christ of God! Ever healing, ever soothing, ever comforting, ever administering thy balm of Gilead! True Healer of the soul! True strengthener of the weak! True Physician of the sick! True light of the sick-room, and companion of the

sick-bed! Thy fellowship is healing. Thy touch is healing. Thy words are healing. Thy love is healing. Long ere thou camest to earth, thy people knew of thy healing skill and power. Often didst thou heal thy Israel in thy great love and pity; and when healing the bitter water of Marah, thou didst proclaim thyself the Healer of Israel. “I am Jehovah that healeth thee.”—*ScL.*



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

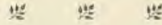
Happiness, Faith, and Health

TALK HAPPINESS. The world is sad enough
Without your woes; no path is wholly rough.
Look for the places that are smooth and clear,
And talk of them to rest the weary ear
Of earth, so hurt by one continuous strain
Of human discontent and grief and pain.

TALK FAITH. The world is better off without
Your uttered ignorance and morbid doubt.
If you have faith in God, or man, or self,
Say so; if not, push back upon the shelf
Of silence all your thoughts, till faith shall
come.
No one will grieve because your lips are dumb.

TALK HEALTH. The dreary, never-ending tale
Of mortal maladies is worn and stale.
You can not charm, or interest, or please,
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make
them true.

—Ella Wheeler Wilcox.



“Behind the Scenes” of the Would-Be Beautiful Form: or, Floating Ribs and Flying Ribs

ALICE M. BURGHART

BECAUSE this subject appears in the Mothers' Department of this paper, some may think these lines are for mothers *only*. Many may read them who *are* mothers, some may read them who *expect* to be mothers, others who *hope* to be mothers some day in the future, while still many others may read them who never have been a mother, never will be, and never hope to be. But whether mother, expectant mother, or of the class that never hope to be, be you girl or woman, then this is for *you*.

That the corset does untold harm to *every* woman who wears it, is a fact so universally recognized that it need not be even stated here. Just as there are thousands of civilized people living today who frankly say that they *believe* the seventh day of the week (Saturday) is the true Sabbath of the Lord, so there are thousands of honest civilized women who will openly admit that the true ribs which our Creator has given us are the natural support of the body, yet that the flying ribs, the corset, while not a health-

promoting garment, is for *them* an indispensable article of clothing. But to simply recognize a fact as the truth will not benefit either soul or body, unless one brings himself into harmony with it by obedience.

That the corset is harmful you are willing to admit, but to come to the place where you cast away the counterfeit ribs and rely upon the true support of the body is the vital question with you, my sister. Every womanly heart longs to see her tobacco-using brother or father lay aside that filthy habit,

and many of you have brothers who, when you are urging them to quit the habit, will freely say to you, "Yes, Mary, I know that smoking is a bad habit," "I know that tobacco hurts a fellow." Many old tobacco-using fathers will say to their sons, "Don't touch the stuff, boys; I wish I had never begun to use it." That all sounds good to any poor, yearning sister or mother, but if they only say these pretty things and continue to use "the stuff," will that take away their strong breath? Will that clear up their bleared eyes and muddled brains, and remove the spittoons and smokers' sets from our parlors? Neither will it do you any good, my sister, to simply say, "The corset hurts me." Ask God to give you the grace, and he will help you to take it off.

There are others of my sisters, too, who do not agree in saying that the corset is harmful, and perhaps in your personal experience you do not see any ill results come from wearing it. Many of our brothers, too, may not see or admit that tobacco is harmful to them. With

such a brother, out of love for him you would try to show him first, in a sisterly way, just how tobacco poisons his system, and all its other harmful effects, before you could expect him to give it up. Now wouldn't you? So let us do likewise with the question of corset wearing.

If I could take you with me into an operating room for only one hour, during some serious operation upon one of our sex, or could have you see the post-mortem examination of some woman's body that has been vitally injured by the beloved corset, I am fully satisfied that you would not leave the room as a friend of the corset.



A VICTIM OF
FASHION

Supposing you step to my side now, as we enter the operating room, and go with me as nurse to assist the surgeon. The operating-table is wheeled in. Upon it lies one of our sisters, lifeless apparently, from the anesthetic used. If it is in a Christian institution, perhaps a short prayer is offered by the surgeon, while the white line of assistants bow in silence. The covering is turned back. The history of the case is read. The patient's trouble seems to be gall-stones. As the field of operation is laid open to view, the wise physician, with a few knowing glances and remarks, allows us to understand that another victim of the "woman-killer," as he frankly puts it, is at the mercy of his knife.

This poor woman before us has a large well-built frame, broad hips, full chest, naturally plump, but her waist is small; it could be nearly spanned with the hands. Lying upon her back as she does, we can see plainly the bony case, the ribs, which enclose the vital organs,

heart, lungs, etc. In the normal woman this long case is similar in shape to a cone, the small end being at the neck, and the flaring end at the lower edge of the ribs. But alas, the lower ribs are curved in, the floating ribs having been pressed so tightly upon the liver that it is nearly cut in two, and the gall-bladder has refused to act as it should, the duct at times being entirely closed. The gall-stones, the surgeon tells us, have caused her terrible agony every time one has tried to work its way through the duct.

Come a little closer to my side, sister. Don't let that blood frighten you. See, as the stomach is outlined, he finds it about five inches lower down in the abdomen than it should be, and all the other organs are out of their normal position accordingly. Her body, taking it all in at one glance, the large womanly hips and bust with the tiny waist, reminds one of the body of an ant — only a tiny substance connecting the two larger parts. The beautiful strong muscles that once formed the waist have wasted away, leaving only a flabby skin and a flat layer of dead tissue beneath. What do you think of

corsets *now*? But this isn't *half* the woe caused by them. It would take only another operation or two to show you the sad effect upon the generative organs, the lungs, the heart, the kidneys. O what a pity! The Chinese practise of feet lacing is naught compared with the evils of corset wearing. There are no vital organs within our shoes, but beneath and below the corset lie all the vital organs of the body. No wonder the human race is growing weaker every generation. If the modern woman could be placed upright by the side of Eve, I am thinking she would hardly recognize herself as a woman.

What shall we do? Come, let the Spirit of the Lord guide you into perfect freedom. The corset is one of the strongest bonds of sin. Angels weep at the sight of such captives as we have just seen in the operating room. "Where the Spirit of the Lord is, there is liberty." 2 Cor. 3:17. The apostle Paul prayed that our "body," as well as our "spirit and soul," "be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5:23.



GRACE, COMFORT, AND HEALTH

A Little Boy's Confession

MRS. M. C. WILCOX

ONE morning after worship a mother was talking to her little son about that verse in the Sabbath-school lesson given as a memory verse, "For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil," explaining most carefully how a faithful record is kept in heaven of all our deeds, and by that record we are to be judged. This would decide the matter whether we would have a home in the kingdom or not. The mother explained that there were some things that even mothers do not know about, that their children do, and the children think that no one knows,—that it is a secret,—but here is God's word that says that God shall reveal every *secret* thing. Now if those things are not confessed, and pardon written on the page, we can not expect to be saved. Then the mother went on to explain further that Christian parents stand in the place of God, in one sense, to children; that children ought to tell their parents all they have done, so the parents will know how to help them overcome.

The little boy listened very attentively to all his mother said, then, climbing up in her lap and putting his arms around her neck, he said, "I told one of the boys at school, mama, that I had a big black dog when I was back East [the little boy had always wanted a dog], and that was a lie; what shall I do? If I confess it, he will say, 'What did you tell me the lie for?' and I don't want to do it."

His mother talked with him a long time and helped him to see how much better it would be to confess it now than to wait and leave it on the books in heaven. She said, "If the boy says what you think he will, tell him it was Satan who made you tell him so, and ask if he doesn't ever tempt him."

The little boy followed his mother's advice, and came home with a light and happy heart, better fortified, by the confession, to withstand future temptations. It is no easy task in these days to train our children always to speak the truth. In the same school where this little boy goes, the roll is called at night, and those who have not whispered during the day answer "Perfect," those who have, "Imperfect." Those who get so many perfect marks have their name on the "Roll of Honor."

Many have been the prayers this mother and son have had together over this matter, praying God to help the little boy to say "*Imperfect*" when he was imperfect, for he longed so much to have his name on the "Roll of Honor." But his mother talks continually about the Roll of Honor in heaven, which is worth so much more than any of man's honor rolls.

Thus you see it must be line upon line, precept upon precept, prayer, watchfulness, and work, to "train up a child in the way he should go," but the promise is *sure* that "when he is old, he will not depart from it."

CURRENT COMMENT



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

Summer Drinks

THE vast increase in the consumption of summer beverages during the past ten years is a fact which demands the attention of the public, writes Prof. Louis B. Allyn in *Good Housekeeping*. This increase may be attributed to two general causes: popular demand for a drink which shall be both stimulating and nourishing, and conscientious endeavor on the part of first-class druggists and dealers to dispense beverages of a quality worthy of public confidence.

It is regrettable that all dealers are not alike in this respect. With some, the sole object in view seems to be the dispensing of drinks at the lowest possible cost, irrespective of quality, disregarding the health of the consumer. When, for instance, a glass of peach soda is called for, the customer should receive something better than a solution of glucose and aerated water flavored with an astonishing compound of chloroform, acetic ether, and valerianate amyl.

An unsuspecting public, the real patrons of the soda-fountain, will swallow almost any mixture that appeals to the taste, provided it has no immediate injurious effect, and that its name tickles the ear, as its appearance does the eye.

■

Prevention of Flies

FLIES rarely travel more than a few hundred yards from their breeding-place. The dirt pile with remnants of food thrown outside of the kitchen door is one of the most favored locations for laying

eggs. The manure piled at the stable is another favored spot for the development of larvæ. The remedies suggested by scientists throughout the world consist in *prophylaxis* and *destruction*. Nests of larvæ should be covered with kerosene or chlorid of lime or sprayed with crude petroleum, bichlorid of mercury, powdered borax, or powdered copperas. All refuse should be *burned, buried*, or treated with some germicide, or it should be carefully *screened* to prevent flies from breeding in it. Burning pyrethrum powder in the house will kill flies. Lemon verbena leaves spread on the sick-bed, or spraying the bed clothing with lemon verbena water, will keep the flies away from the patient. Bay rum, oil of tansy, pennyroyal, and essence of citron have also been found useful as sprays in the sick-room. Darkened rooms will prevent the entrance of the flies while screening the doors and windows with fine wire netting is a matter of the greatest importance to nurses and those in attendance on the sick. All food stuffs from the butcher and the baker to vegetables, fish and candlestick maker, should be carefully guarded from flies. Special care should be taken at the *abattoirs* and dairies. One fly infected with typhoid, for instance, could infect much of the meat and most of the milk. All food stuffs should be carefully screened in the kitchen and all refuse from the kitchen should be destroyed to prevent breeding places. From the foregoing it will be seen that our common house fly as a disease carrier is perhaps the most impor-

tant individual in any community in the causation of our epidemics.—*Pacific Medical Journal*.



Why Have Diphtheria?

IF the antitoxin treatment of diphtheria were still in the experimental stage; if its positive curative value had not long been conclusively demonstrated; if the remedy were still prohibitively high-priced; if it were difficult to obtain; if its expert administration required skill not readily secured—there might be some excuse for deaths from this disease.

But the Department for the last ten years has furnished and still continues to furnish the highest quality of diphtheria antitoxin—potency and purity guaranteed by its own laboratory experts—at practically the cost of its production in the antitoxin plant of the McCormick Memorial Institute, under charge of Dr. L. Hektoen.

It not only furnishes this at production cost to those able to pay, but it furnishes it gratis to those unable to pay. It furnishes gratis the services of expert administrators at all hours of the day and night; and it makes, also gratis, bacteriologic examinations of suspected cases of diphtheria on the request of any physician.

The late Ernest Hart, one of the foremost sanitarians of his time, solemnly declared that "every death from typhoid fever in a civilized community is a homicide, for which somebody is criminally responsible and should be made to suffer."

The Japanese have recently demonstrated the entire preventability of typhoid fever, and put Dr. Hart's proposition into practise by summarily shooting to death violators of their stringent regulations for preventing typhoid fever—with results which are the admiration of the entire sanitary world.

The Department repeats its last week's utterance: "Every death from diphtheria in this city should be made the subject of judicial inquiry, as other avoidable deaths resulting from negligence, culpable ignorance, or criminal malpractice now are."—*State of Chicago's Health*.



Do Not Expose Others

THE free mingling of children at play and at picnics is responsible for the increase of disease. When a picnic is planned for a neighborhood or Sunday-school, there is often some one in the party convalescing from scarlet fever or diphtheria—well enough to go about, but covered with infection, and a certain menace to other members of the party. Parents yield to the wishes of the child, and deliberately expose others to infection.

A child recovering from scarlet fever, no matter how well he may seem, is a source of danger so long as there is scaling of the skin or discharge from the nose or ears or from abscesses. No child should be allowed to go to church or school or picnics or to mingle with other children for a period of six to eight weeks from the beginning of the attack, and then not unless the child and premises have been disinfected.

A child recovered from diphtheria should not mingle with others so long as the diphtheria germ is present in the throat and nose, as determined by a microscopic examination of a culture from the nose and throat. The patient should not be allowed to mingle with others until three such examinations have been made upon three consecutive days with three negative results. If the microscope is not used, keep the patients—no matter how well they appear—away from others for at least three weeks after the membrane has disappeared from

the throat; and where there is a discharge from the nose, keep them at home till the local trouble is cured.—*Dr. Helman Spalding, in State of Chicago's Health.*



The Babies' Right

WHAT can we do to have more breast-fed and vigorous babies, and thus a more vigorous race, and healthier type of American men and women, strong enough to resist a tubercular invasion, or for that matter, any other infectious disease to which a weakened organism easily falls prey? . . . Let mothers who, for the sake of pleasure and convenience, abandon the divine privilege of nursing their own children, change this unnatural practise. I feel certain that if they could know the difference in the physical and intellectual make-up of their sons and daughters when tenderly nursed by themselves, or when handed over to the tender mercies of strangers to become bottle-fed babies, they would surely do differently. I know it will be said that not every mother can nurse her infant. This is true in some instances; and to the women, the mother of mothers of the future, I would like to say that it has been observed that if one generation of mothers fails to give their infants, and particularly the female infants, the food of the sort which nature designed, the next generation of mothers will have greater difficulty in the natural feeding of their infants. The reverse has also been demonstrated.—*S. A. Knopf, M. D., Paper Read before Society for the Study and Prevention of Tuberculosis, Baltimore, Md.*



The Danger of Dust

THE anti-tuberculosis crusade has directed public attention to the danger of bacilli-laden dust, but it must not be forgotten that the bacillus must find suitable soil in the individual in order

that he may become a victim of tuberculosis. In a general way we have known of the way in which certain occupations predispose to disease, but the relation of trade dust to tuberculosis has never been presented in a more forcible manner than by the publication of certain statistics of the Metal Polishers Union of North America in a recent issue of *The Independent*. Dust is constantly being given off from the buffing wheels and from the surfaces of the articles polished. This dust is practically sterile, as far as infectious material is concerned. The death claims paid by the union's treasury show that in 1903, forty-three out of forty-five deaths were due to lung trouble, in 1904 only three out of thirty-eight deaths were due to other causes than pulmonary disease. In 1905, sixty-five out of seventy deaths were due to the same cause. Of the pulmonary diseases, tuberculosis far outweighs all the others as a cause of death in these cases, so that it would appear that clean dust, if one can use the term, is very dangerous, irritating the lungs and forming a fertile soil when once the bacillus tuberculosis finds lodgment.—*Bulletin, N. Y. State Dept. of Health.*



Read the Canned Food Labels

READ the canned food labels, advises Dr. Olsen, of the Brooklyn Polytechnic Institute, who declares that few women take the trouble to examine the cans, and that "poison" might be written in large letters and still escape attention. Ninety per cent of the preserves sold in the market are of the fake apple-pulp variety, in which this constituent and chemical flavors are substituted for fruit. Many a jelly can not claim a currant bush as an ancestor. Many a guava jelly proves on examination an utter fraud, while the taste carries no suspicion. Many canned goods, especially corn, are preserved with

boric and benzoic acid and formaldehyd; such products spoil quickly. Dr. Olsen is, however, one of the conservative leaders of the pure food campaign. He finds that some of the preservatives are not in themselves seriously harmful; it might be possible to drink all the boric acid in a can of fruit without sustaining any injury. But here lies the real danger. The manufacturer using a deadly poison would come directly under the ban of the penal code, while the housekeeper would not allow it in her kitchen. Preserved foods are less digestive and less nutritious than natural ones; neither the flavor nor the odor is fresh, and these two elements enter largely into nourishing food. Preservatives often make diseased food marketable; eggs preserved with boric acid will keep eighteen months, while formaldehyd will remove all odor from those already spoiled.—*New York Medical Times.*



What Will Make a Well Man Sick Will Make a Sick Man Sicker

It seems incredible that any sensible man will question the truth of this proposition, but it is a fact that many doctors do so. Because a drug may cure a specific sickness, they hastily infer that it can not for a greater or less time, add to the sum of the patient's distress. . . . John Brown sick is still John Brown. If epecac will nauseate him in health, it will nauseate him in sickness. . . . If it is highly exceptionable to give the *right* drug—which, while it is doing 7 of good is doing 3 of bad—how shall we estimate the harm the wrong drug does? Is it any wonder that some of the brainiest physicians we have ever had—with Holmes at the head—have been drug

nihilists? . . . What we should all realize is that food is the *friend* of our physical organism; *drugs are its enemies.* The only excuse there is for the use of drugs in sickness is that they are enemies to our organisms. Drugs cure *by shock.* Any one can recall many a cure that resulted from non-drug shock. Whether shock will or will not cure in a given case, will depend on the vigor and rebound of the patient. If the patient is robust and not much reduced by sickness, shock *may* cure him; but if he is feeble, shock will hasten his death. The truth of this statement will not be disputed, and the importance of it can not be overrated.—*Wm. C. Cooper, M. D., in The Medical Times.*



Ice Water

BOILED, distilled, or other water which is perfectly satisfactory for drinking purposes is frequently contaminated by adding dirty ice, or by keeping it in a water-cooler which has not received proper attention. If there is any doubt as to the ice supply, it certainly seems the part of common sense to cool the water in receptacles placed near the ice, or in some other way so that it is out of actual contact with the ice. Under favorable conditions the process of freezing is undoubtedly a process of purification, but it may be safely assumed that under ordinary conditions contaminated water will produce an impure and unsafe ice. Moreover, ice is generally handled in a manner which is not conducive to cleanliness. Obviously such ice should not come in contact with food or drink. Its beneficial effects can be obtained without actual contact.—*Kansas State Board of Health.*



Experiences in Korea

ALTHOUGH the medical work has not yet been started in this country, we have had a few experiences of interest along that line.

We chose for our location a country village on the railroad, sixteen miles from Ping-Yang. There are no doctors here, except native medicine-men, who treat diseases in a very heathenish way. For instance, for spasms a red-hot coin is placed in the middle of the top of the head. Many children may be seen with the same round scar on their heads where the hair does not grow. Therefore, the people are beginning to look to us for medical help.

Our first experience of special interest was that of a man who had been stabbed in the leg by a man who wanted a wife, and who had gone to this man and demanded his sister-in-law, and upon being refused had thought to force the matter further by the use of his knife. The assailant was arrested and taken to prison, where he is kept tied in an uncomfortable position. His friends have to bring his food to him, as the Korean government does not feed her prisoners.

We dressed the man's wounds until he was able to return to his own village. He showed his appreciation by bringing us a stem of eggs. By a stem of eggs is meant ten eggs in a row, surrounded with lengthwise straws, with a straw passing round and round the stem between the eggs and tied firmly at either end, so as to keep the eggs from slipping out between the straws.

One Sabbath afternoon we went for

a walk to a neighboring village about two miles distant, and while watching the process of grinding the husks off from rice, a stranger came and asked us to go with him to see his wife, who was very sick. We found her lying on the floor with nothing under her, a hand pillow under her head, and a dirty mat over her. The house was very dirty and smoky, with cobwebs hanging from the walls and ceiling.

She was suffering intensely from inflammation of the breast, of ten days' duration. I bathed and poulticed it, doing what I could for her relief for several days. We were thankful to find her able to sit up and sew the third day when we called.

The neighbors were very anxious to see what was going on, so each day when we called, they would crowd in until the house was filled, and those who could not enter stood outside. Many asked for medicine for ailments of divers sorts, some simple and others incurable. How we longed to be able to tell them of the Great Physician who could heal the carnal heart and make it pure. We have not even a tract or paper in their language, teaching the truths of the third angel's message, that we can hand to the people.

A man of official rank came with his wife and baby one day to see if we could do anything for the baby's eyes, as they were sore. We gave him a solution of boracic acid.

A few days later some men came running for us, saying that a boy had been shot. We went with them, only to find

that the boy was already dead. What a sad picture it presented! — a boy fourteen years of age lying dead upon the floor, having been taken away in good health. He and a younger child had been playing with a gun, and as he was looking down the muzzle, it went off, shooting him through the eye. He was the nephew of the official mentioned above. We could see that the boy was married, as his hair was done in a topknot, and

taught to clean up their houses, and what is still more important, to clean up their bodies. Surely the work is great, and the laborers are few, among these fourteen million people.

MRS. W. R. SMITH.

Soonan, Korea.

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An Accident in China

SOMETIMES the missionary living among a heathen people has the truth



THE KOREAN GRIST-MILL

an unmarried boy always wears his hair braided down his back. His wife is nineteen years of age.

The Korean doctor's wife stepped in with her baby one day. What a pitiful condition it was in! The top of its head was one mass of sores and scales of dirt, and both ears had healings in them, and pus was running from them. Sister Scharffenberg and I decided to clean it up. First we gave it an ear douche, then a bath, and then cleaned up its head as well as possible. The mother appeared anxious sometimes for its safety, but we proceeded in our undertaking, and finally presented the child to her, sweet and clean.

Occasionally we find a home that presents quite a clean, neat appearance, but for the most part the people need to be

emphasized in his experience that "the dark places of the earth are full of the habitations of cruelty." I met an instance of this a few days ago.

While sitting in my room, preparing for my Sabbath services, I heard a continued cry, as of some one in distress. On going out to see what it might mean, I found that just across the way an elderly woman had fallen and broken her leg. As I came in sight of her, an old man had hold of the foot, moving it from side to side to prove that the bone was broken. Then a young man came along, and taking hold of the foot, jerked it endwise, for some reason perhaps best known to himself, while the poor woman all the time wailed with pain and fright.

I hastened to her to save her from further torture. Her daughter-in-law

and young son soon appeared, and I sent them to get a bamboo couch on which to carry her home. They hastened away and soon returned to say they had secured a couch, but could not get any one to carry it. I told them to go back and get the couch, and I would get men to carry it.

In the meantime men would come up to see what was going on, look at the woman for a moment, and pass on, not one offering to help.

Having secured the couch, and placing it alongside of her, with the help of one of our Christian men who had come up, I lifted her and placed her on it. Then three Christians and a friend picked it up and carried her home.

Arriving at her home, which was a straw-thatched house occupied by two or more families, I wanted to get a place to lay her while we set the broken bone. Some one suggested taking the front door and placing it on benches which had been secured. A woman objected to that because of the New-year being close at hand. The poor woman might suffer, but her own near neighbor was not willing that she should have her door to help her out. Another door was secured, and with the help of Chinese friends the broken limb was cared for, and amid the sincerely expressed gratitude of her family we placed her on her bed and came away.

I was sadly impressed with the callousness of the hearts of the people as I saw it manifested in this instance. The only people who offered to help were Christians or those who were favorable to the gospel. We sometimes hear a great deal said about there being a divine

element in every religion, but it is still true that "by their fruits ye shall know them."—*Selected.*

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THE use of chloroform is always a wonder in a medical mission hospital. The performance of painful procedures without the patient's feeling anything, is a new token to a Chinaman of the wonderful power of the foreign doctor.

✽

ONE medical missionary in Syria saw 2,230 patients, and performed 118 operations, over half being diseases of the eye, in twenty-five days. Of these patients, eighteen hundred were Moslems, and the majority women and girls.

✽

THE governor of Hunan has recently given two thousand taels, amounting in English money to about £250 or £300 toward the China Inland Mission Hospital in Chang-sha, the capital of Hu-nan. The change of attitude toward the foreigner that such a gift signifies is most remarkable.

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WRITING from Canton, China, Mrs. J. N. Anderson says: "Now my people dub me the 'foot doctor,' because I have quite a practise curing up the sore feet of the burden-bearers. Poor fellows! they stub their toes, and tread on sharp things, and then get horrible sores from infection. Sometimes, as they can not work, they are turned out to beg, and lie about in the street, in sun, and rain, and cold, till they become utterly vagabond. I think prevention is better than charity for the Chinese beggar question."

QUESTIONS AND ANSWERS



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

271. Chronic Gastritis — Cause, Symptoms, and Home Treatment.—Mrs. F. L., N. Y.: "Will you give in Questions and Answers department the cause, symptoms, and cure of chronic gastritis?"

We have received more than twenty-five questions recently pertaining to this subject. As they can not be answered briefly, they have not appeared in this department. They are of such general interest to our readers, however, that we will make our Questions and Answers department this month a sort of dissertation on that most common form of dyspepsia, chronic gastritis.

Chronic gastritis is a very common disease, but it is by no means a simple one. The causes are numerous. Mistakes in diagnosis are easily made, and treatment often fails because it is either not scientific, is not persisted in for sufficient time, or is not directed by broad-gauged common sense. Chronic gastritis is the result of oft-repeated attacks of acute indigestion.

Acute indigestion is frequently caused by overeating, hasty eating, swallowing masses of unchewed food, bad bread, pickles, and other indigestible foods, spices, condiments of all sorts, and the use of alcohol, all of which cause local irritation of the stomach. Coffee, tobacco, mental depression, and violent exercise immediately after eating, all retard digestion, and give rise to fermentation. Decayed teeth form a veritable hotbed for all sorts of offensive bacteria. Nasal and pharyngeal catarrh cause offensive, decomposing secretions, which pass down the throat unnoticed.

Decayed teeth and naso-pharyngeal catarrh keep many a stomach in a constant state of bacterial infection, and are often the unsuspected cause of obstinate cases of chronic gastritis.

SYMPTOMS.—Belching of gas, heartburn, loss of weight, constipation, lessened mental activity, disinclination to exercise, irritable disposition, irregular pulse, pain in the stomach, and tenderness to pressure over stomach are a few of the symptoms of chronic gastritis;

but ulcer, cancer, and dilation of the stomach may also give rise to such similar symptoms that an expert can not make a positive diagnosis without careful study.

TREATMENT.—Bodily resistance is always lessened in chronic gastritis, so that one is more liable to such diseases as inflammatory rheumatism and tuberculosis; therefore, *increase the bodily resistance* by cheerful, health-inspiring surroundings, pure air and sunshine, abundance of rest, with moderate exercise, which must be enjoyable, supplemented by a daily hand bath as cool as the vitality of the patient will warrant. In very sensitive persons begin at a temperature of ninety-five degrees, and cool the water a few degrees daily, till a good reaction is secured.

In the home treatment of chronic gastritis, diet and mental attitude stand first. *Soft or fluid foods* should be selected, such as gruels, soups, custards, poached or curdled eggs, raw whipped eggs, egg nog, malted milk, or malted nuts, cottage cheese, cream, cream toast, and milk, either hot or cold. Mild fruits, and especially fruit juices, can be used freely in most cases. The juice of pineapple is especially to be recommended. It is pleasing to the appetite, and contains a digestive ferment that is a valuable aid to the stomach. Such foods as beans, peas, and coarse vegetables, like celery, turnips, cabbage, and asparagus, should be excluded, but many acceptable foods can be made from the ground meal of beans and peas. In some cases of gastritis a milk diet alone is advisable; not less than two or three quarts should be taken in the course of twenty-four hours. When a milk diet is used, the milk may be taken every two or three hours, and a whipped egg may be added to the milk four times a day. Where raw or hot milk does not agree with a patient, malted milk may sometimes be used. In cases that do well on it, it may be continued for several months. But a rigid diet should be persisted in only long enough for the stomach to regain its power to digest ordinary food.

Overeating is to be most carefully guarded

against. *Sufficient food to fully satisfy the appetite should never be taken*; far better to eat a small amount of food, and take it every two or three hours. Overeating of the best food will prove disastrous. Hasty eating, eating when tired or when depressed, are serious errors.

Keep the teeth clean by the use of the tooth-brush and a mouth wash. A few drops of essence of cinnamon in a half glass of water makes an excellent disinfectant for the teeth. Where the tongue is foul, it is often well to cleanse it daily by brushing it with a soft tooth-brush. Decayed teeth should be filled; but if impossible to fill them, have them removed. Artificial plates should be kept scrupulously clean by brushing at least twice a day.

Hot fomentations to the stomach for an hour, taken twice a day, is one of the best treatments for chronic gastritis, often affording immediate relief. Lavage is also of great benefit in those cases where there is much mucus in the stomach, as it washes out the mucus and stimulates contraction of the stomach walls. It is an unsafe procedure if ulceration be present.

Artificial digestants are of little or no value in the treatment of this chronic form of dyspepsia. The use of hydrochloric acid is of decided benefit in many cases. One fourth tumbler of water made as acid as can be easily swallowed, may be taken after meals. A teaspoonful of powdered charcoal or two or three charcoal tablets may be taken after eating, in cases where gas is very troublesome.

Last, but by no means least, in the cure of all forms of indigestion is the mental attitude. Hope, cheerfulness, and a clear conscience are worth more as an aid to digestion than all the medicines ever compounded. Flowers never contribute more to human happiness than when placed upon the dining table. A funny story at meal-time is worth more as an aid to digestion than a discussion of dyspeptic symptoms.

Keep the head out of the stomach. After food has been eaten, never discuss whether or not it will sour—in such cases it will. Have faith that the stomach will do its work well, and don't discourage it. Keep the mind out of the stomach; it does not belong there. Give it something else to think about, and allow the stomach a chance to do its work without being hindered by the discouraging nervous influence of doubt and unbelief.

272. To Prepare Raw Eggs in a Most Palatable Form.—Mrs. J. L. C., Cal.: "I am suffering from tuberculosis, and am not able to take much food. I have been advised to use raw eggs, but do not like the taste of them. Can you suggest any way I can prepare them so as to disguise the taste and make them more pleasant?"

Ans.—If prepared as follows, you will find them a most delicious food and beverage: Take one or two eggs, beat the yolks and whites together, add the juice of one sweet orange and one half a lemon, which has been sweetened with sugar. Whip all together, and add an equal amount of carbonated water. We have found this acceptable to almost any stomach. Try it. You will find it both pleasant and nourishing.

273. Enlargement of Finger Joints.—Mrs. E. G., N. Y.: "What causes enlargement of the finger joints, when there is no pain attending it, no apparent rheumatism?"

Ans.—The enlargement you speak of is a form of rheumatism, known as rheumatoid arthritis, or arthritis deformans. The cause of this disease is somewhat obscure. It is supposed by many to be due to an infection, and this is probably correct. It always affects the small joints, causing them to be enlarged, and giving them a crooked appearance. In some cases it is accompanied by pain and swelling. In other cases it is not. Its progress is exceedingly slow. In some instances it remains for many years, causing but little inconvenience, and producing but little deformity. In other cases the progress is more rapid, the deformity more marked, the pain is severe, sometimes involves the larger joints. The treatment of this disease consists wholly in building up the general health. An outdoor life, abundance of sunshine, freedom from depression and worry, and a wholesome, nourishing dietary, are the first essentials. In some cases where the patient is not well nourished, an outdoor life must be supplemented by rest, so as to encourage the building-up process. Daily massage, skilfully given, not only to the affected joints, but to the entire body, and the use of galvanism to the affected joints, are perhaps as satisfactory methods of treatment as any known at the present time, but to secure good results, they must be persisted in for many months, sometimes a year or more. Persons suffering from this disease must avoid damp rooms, rooms from which sun is excluded, and rooms over damp cellars. We would advise you to spend several months at some good sanitarium.

EDITORIAL



Toxemia from Undrawn Poultry

THE *New York State Journal of Medicine*, in an editorial article, calls attention to the danger arising from the use of cold-storage poultry. We quote:—

“In the efforts which have been made to remedy the practise of the cold-storage industry some instructive information has come to light. Cold-storage owners have testified that poultry is kept in storage for three and four years in the undrawn state, and then sold for food. We know that spring chicken appears upon the bills of fare every month in the year: it is always spring with the cold-storage industry.”

The statement is made in this article that the poultry is, much of it, shipped over great distances before being put into cold storage.

And attention is called to experimental work which has been performed, showing that bacteria from the intestinal canal invade the different tissues of the body, probably before the birds are put into cold storage. Birds which were drawn before being placed in storage showed no trace of intestinal bacteria. The article concludes:—

“It is evident that the poultry of the market presents a distinct hazard which could be overcome, or at least greatly reduced, by a removal of the viscera immediately after slaughter. Inasmuch as there is no disposition on the part of the producers or dealers to comply with this simple hygienic demand, the only

protection which remains to the consumer is through legislation.”

There is yet another protection, and that is for the consumer of these dead birds to cease to be a consumer. By all means it is the simplest and safest solution to the problem.

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Cow's Milk and Infant Feeding

WALLS, of Chicago, states his belief that the proteid of cow's milk is not hard to digest by infants, as has generally been taught. His reasons are: (1) Though cow's milk in a test-tube, with rennet added, forms hard curds if the test-tube is allowed to stand still, it forms a flocculent precipitate if the tube is slowly inverted so as to imitate the churning movements of the stomach; (2) if cow's milk be removed from a child's stomach by means of a stomach tube, a similar flocculent precipitate is found, and not a hard curd.

The so-called curds in the bowel of an infant, he finds to be composed, not of proteid, but of fat, or mucus and bacteria. In hundreds of experiments, in which he gave undiluted fat-free milk to babies, even exceeding a quart in twenty-four hours, he never, after careful examination, found curds in the stools. In three cases of ulcerative ilio-colitis (a grave intestinal disorder) he fed sterilized, undiluted, fat-free milk, and says that as a result, the bowel movements quickly changed “from lumpy, mucopu-

rulent, bloody, putrid evacuations to smooth, salve-like, yellowish-brown movements devoid of odor."

This, it will be seen, is revolutionary teaching. The custom has been of late to use diluted top-milk, or diluted milk-and-cream mixtures, that is, milk with the proteid content diminished, and the fat increased. Dr. Walls's experience would seem to indicate that this is a wrong procedure.

Dr. Walls does not advocate a general use of fat-free milk, as the normal baby needs a certain proportion of fat in its diet. He believes the cream mixtures give too much fat and too little proteid. He favors the use of whole milk containing two or three per cent of fat (ordinary rich milk contains four per cent of fat), beginning with a dilution of one part milk and two of water, and gradually increasing the proportion of milk until pure milk is given.



"The Doctor in the Public School"

A NEW YORK physician, in the April *Review of Reviews*, gives a carefully written description of the work of the medical school inspectors of that city, showing conclusively that physical defects are present in about sixty per cent of all New York school children; that a large proportion of these cases may be remedied by appropriate treatment; that backward, mentally deficient, and truant children can by the early recognition and treatment of the physical defects underlying their mental and moral delinquency, be saved from what would almost surely be a career of illiteracy and crime to one of useful citizenship.

The medical inspectors have been chosen by competitive examination from a large number of candidates, and constitute a medical body of unusual aptitude for this line of work. The value of the work being done has been attested by many teachers, pupils, and parents.

At first the work of medical inspection was confined to the effort to diminish the spread of infection by sending home all children whose symptoms indicated the presence of some infectious disease. But it was soon noted by some of the medical men that a considerable proportion of the students not suffering from the ordinarily recognized infectious diseases, were physically unfit for their work. An examination of the children of a few schools showed that considerably more than half the children were physically defective. The large proportion of defectives was a matter of wonder even to the health officers.

As a result of these findings, the inspectors had added to their duties that of periodically examining all the school children, and sending to the parents of defectives a brief statement of the condition of the pupil, and urging them to take the child to the family physician. The results of such work are already apparent in better health, better scholarship, and in improved attendance and morals.

Among the most prevalent defects are poor eyesight, necessitating the use of properly fitted glasses, and growths in the throat, causing obstructed breathing. Many apparently dull pupils, on having these defects remedied, stood among the brightest in the classes.

Under the Roman government the individual lived to serve the state. The modern conception of good government is a state living to serve the individual. Aside from the benefit that may accrue to its several citizens or members, a government has no cause for existence; and every means employed by the government for increasing the longevity and efficiency of its members adds to its efficiency, and incidentally to its strength as a power among the powers of the earth.

It is possible that sooner or later the profession of the health officer will be

distinct from that of physician, requiring an entirely distinct course of study, or at least a specialized course of study with a diploma differing from the M. D. sheepskin.



The Relation of a Salt-Containing Diet to Kidney Disease and Dropsy

IN a recent issue of the *Journal of the American Medical Association* there appears an editorial article entitled "The Relation of Chlorids to Edema," which recites, briefly, the history of an investigation that has been in progress for some time past, the object of which was to determine whether or not the use of large amounts of salt may cause Bright's disease with dropsy and loss of albumin.

The editorial writer concludes that "the treatment of renal dropsy [kidney dropsy, that is, dropsy due to disease of the kidneys] by 'dechloridization therapy' [in plain English, the removal of common salt from the dietary] seems to be warranted on several grounds." These grounds he gives as follows: (1) in many cases, edema is relieved by this means; (2) "there is considerable evidence that chlorids [including sodium chlorid, or table salt] may act injuriously on the diseased kidneys; indeed, excessive quantities of sodium chlorid cause albuminuria, even in healthy individuals, which observation suggests the possibility that the use of oversalted foods may be an important factor in the production of nephritis [inflammation of the kidneys—Bright's disease]. It seems to have been commonly found that nephritic patients kept on a chlorid-poor diet show a decreased amount of albumin in the urine, while administration of chlorids causes it to increase."

The writer goes on to state that there is abundant evidence going to show that there is no danger in reducing the chlorids in the food to a minimum.

In view of the fact that the removal of salt has given very marked results in the control of epilepsy, and also, as above, in the control of the important symptoms of kidney disease, the inference is natural that man might possibly profit very materially by eliminating table salt as a seasoning from the diet. A certain quantity is present naturally in our foods, sufficient, probably, for all the needs of the body.



The Economic Aspects of Bovine Tuberculosis

"FARMERS as a class are certainly far from unintelligent, and there is no doubt that when they shall have been brought to realize the menace, not only to public health, but also to agricultural prosperity, involved in a hostile, or even in only an indifferent attitude toward the effort to exterminate tuberculosis in cattle, they will be only too willing to aid those who are trying so hard to convince them of this necessity. We trust the time will soon come when so misguided an exhibition of feeling as that shown by the meeting of Massachusetts farmers who recently assembled in Swansea to protest in no measured terms against the local health board's recommendation that the dairy herds of the vicinity be examined for the presence of tuberculous animals, will be an impossibility. Self-interest alone should point out the wisdom of accepting, if necessary, some immediate sacrifice in order to avoid the infinitely greater future loss."

With the foregoing introduction the *Medical Record* furnishes figures supplied by the committee on prevention of tuberculosis, of the Charity Organization Society of New York City. In that city it is said that each year eleven thousand beef carcasses and sixty-five thousand hog carcasses are condemned on account of tuberculosis; the value of the condemned

animals at present valuation being more than \$1,200,000, this valuation not including more than 142,000 parts of carcasses, the approximate value of which could not be obtained. In addition to these animals condemned by the federal inspectors, a considerable number are condemned by State and municipal inspectors. A large proportion of the condemned animals are from dairy herds.

Considering these enormous losses to the dairy industry, in addition to the great loss due to the decrease in milk, in connection with the fact that the evil, if unchecked, is bound to increase, the interest of the dairy farmer demands that he co-operate with all movements that have in view the eradication of cattle tuberculosis. Now that it is pretty generally conceded that tuberculosis is actually transmitted through the milk of tubercular animals, the motive of interest in the welfare of humanity should combine with a far-seeing motive of pecuniary personal welfare to induce the dairymen to enter enthusiastically into the effort to eliminate tuberculous animals from their herds. Unless such measures are taken on the part of the dairymen, the herds will eventually be in such a condition that the policy of self-preservation will suggest to milk users a universal boycott of dairy products. This would not work to advantage to the dairymen.

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The Sugar Cure for Tuberculosis

ACCORDING to one of the daily papers, a prominent English physician has expressed some opinions concerning sugar which should be very consoling to con-

sumers of that article of diet. The doctor is reported to have said: "My experience has taught me that a sugar eater is proof against consumption, and can not possibly become a drunkard. Furthermore, for a girl who is sallow and yellow skinned there is nothing more sure to make her complexion clear than to eat plenty of sugar. All children should be brought up to like sugar. . . . This would do away with the vast army of consumptives. I should recommend as a health preserver that every person should eat at least twenty lumps of sugar a day. The difference would become apparent in a few days."

Unfortunately the paper does not tell us who the physician is, and we are left to infer that it may have emanated from the fertile brain of some reporter anxious to fill space.

Possibly it is true that consumption is a penalty for neglect to eat sufficient sugar, but we are inclined to believe that the above is an extreme position, as much so as is that of those who condemn entirely the use of sugar, and especially of cane-sugar.

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Summer Foods

AN exchange has some very good things to say as to the value of fruits and vegetables in the summer menu; but we can not agree that cherries and various berries are especially valuable for the large amount of sugar they contain, while pears and grapes are deficient in nourishment. To say the least, the pear and the grape will rank with the cherry and the berries.



It is predicted that Missouri will likely follow Kansas as a prohibition State.

THE Second International Congress of Physiotherapy will convene in Rome, Italy, Oct. 13-16, 1907.

THE State of Kansas, which has never had a capital punishment, has passed a bill abolishing the death penalty. They prefer to preserve their degenerates at the State's expense.

IN New Orleans a movement is on foot to exterminate mosquitoes — not only the death-dealing *fasciata*, but also the ordinary mosquitoes which make life unbearable when they have their innings.

A EUROPEAN physician reports favorable results in treatment of tuberculosis of the throat by the "silent treatment," that is, by absolute disuse of the voice for months, or until a cure is effected. The report does not say whether he had any women for his patients, but the inference is that he did not.

THE sultan of Turkey, believing that electricity is of the devil, has forbidden the use of electrical apparatus in his kingdom. This means that the Turk will do without electric lights and power. He will not miss it; but the Western hospitals situated in that kingdom will be at a disadvantage because deprived of the privilege of using electricity and the X-ray in diagnosis and treatment.

THE enterprising mail-order houses of Paris are helping poor unfortunates to get what the government deprives them of, and incidentally they are making a neat little income out of the business. One Paris firm advertised in a German weekly to supply physicians and druggists "in discreet cases what they could not otherwise obtain." A German physician, writing to know if he could obtain morphin, was answered in the affirmative. No doubt any one not a physician would have his order filled in the same way.

DURING the winter months the deaths from pneumonia in New York City were 4,519, while only 3,426 died from tuberculosis.

A CHEAP grade of candy caused the death in Camden, Pa., of a two-year-old child. A short time after the child took the candy, he died in great agony.

FROM Spain comes the report that one person is known to have had scarlet fever seven times, each time the disease being diagnosed by competent physicians. The first attack was at the age of seven, the last at twenty-one.

THE city of Baltimore, Md., begins, May 1, a crusade against mosquitoes. The health department has been granted ten thousand dollars for this purpose. Cities in Texas and other Southern States are beginning a similar crusade.

BECAUSE of the recent agitation of the milk supply question in New York, the mayor has appointed a special milk commission, the work of which will be entirely independent of the health department. After an ordinance relating to the milk supply is passed by the aldermen, it must be approved by this board before it can get the mayor's signature.

HEROIN is one of the alkaloids of opium, obtained in connection with morphin, but supposed to be not so poisonous as the latter. It was once thought that its use would not be followed by a habit, but this supposition has proved to be false. A physician of Paris recently reported sixteen cases of heroin addiction, a few of them being patients who took the drug as a remedy for the morphin habit. He found the cure of the habit to be far more difficult, and attended with greater danger, than the morphin habit, and that its habitual use was more degrading to the patient than the morphin habit. It is well to take note of this, as many of the cough remedies are preparations containing heroin in place of morphin.

KING ALFONSO of Spain is said to be a victim of tuberculosis.

At the Jamestown Exposition five thousand square feet of space is devoted to the demonstration of methods for the prevention of tuberculosis.

THE anthracite coal-mines of Pennsylvania are to be supplied with car-ambulances, as a means of rendering speedy aid to the injured. The cars will have springs, and will be furnished with upholstered stretchers and complete emergency outfits.

A WASHINGTON man aged fifty-nine, last fall noticed a wound on one of his feet, produced by a new shoe. Blood poisoning followed, as a result of the dye in his socks, and after several months' residence in the hospital, during which time the leg was amputated in the attempt to save the patient's life, he finally died.

RECENTLY in Paris, as the result of a smallpox scare, half a million people were vaccinated in fifteen days—"a million a month." The craze was caused by the sensational writing up of a half-dozen cases of smallpox in one epidemic by the newspapers, when, as a matter of fact, the public had paid little or no attention to the thousand or so cases occurring in the city every year. "The crowd" has brains, but principally for ornament.

IN England there is a clashing of weapons between physicians on the question of the harmfulness of alcohol. The severe pronouncements against the medical use of alcohol by some members of the profession has raised the ire of others who have risen to defend the old-time favorite. A London correspondent to the *Journal of the American Medical Association* comments (1363): "We are only at the beginning of what threatens to be a very hot controversy. It is a curious comment on our boasted progress that the leaders of the profession should be so diametrically opposed regarding the use of a remedy as old as civilization, the experience of the use of which is incalculably great, and concerning which an enormous number of experiments on man and animals have been made. It is unfortunate that the controversy should have extended to the lay press, but this was rendered inevitable by the publication of the manifesto there. Once more the differences of the profession will become a subject of jibe for the public."

THERE is a peculiar dry cough epidemic among the young people of Philadelphia, said to be due to the fine dust of the skating rink.

A PENNSYLVANIA pharmacist has called attention to the fact that physicians who are prescribing medicine for children with elixir as a menstruum are administering alcohol to the little ones in dangerous, or at least harmful, doses.

THE Academy of Medicine, at Rome, Italy, has requested the Italian government to distribute tannate of quinin in chocolate drops at cost price to the children in malarial districts. Good results are reported from the use of the tannate, as it is better borne than the other quinin preparations.

THE dailies tell of a servant girl in New York who spreads typhoid fever in every house where she works. She herself does not have the disease, but, according to the physician who examined her, she is a veritable factory of typhoid fever germs. Moreover, she was not any too neat in her manner of preparing meals.

DR. DOTY, health officer of the port of New York, expects to make a quick riddance of salt-water mosquitoes in Staten Island. He has, to this end, been for the past four or five years draining the island. He believes that it will eventually be found that the mosquito is the means of transmission of other forms of disease not now attributed to the mosquito.

CERTAIN food and drug manufacturers, taking advantage of one clause in the new National Food and Drug act, are printing on their labels, "Guaranteed under the Food and Drugs act, June 30, 1906," or similar language, in such a way as to give the impression that the government guarantees the purity of the food. This has led the Secretary of Agriculture to publish a statement to the effect that the government does not guarantee any such thing. The intention of the government is to fix the responsibility on a certain manufacturer, in case the goods prove to be illegal. It is the manufacturer, and not the government, that guarantees the product. Secretary Wilson says: "If this outrageous misrepresentation does not cease, the department will publish a list of the manufacturers who are indulging in this campaign of deception. Manufacturers who are deceiving the public about the guarantee will lie about the quality of their products."

THE average American citizen consumes yearly half his weight of sugar—four hundred pounds of sugar a year for a family of eight.

LABBE, in *La Presse Médicale*, Paris, advocates four meals a day. He believes that four light meals are far better than three heavy ones, and he does not believe that one can live on three meals a day without overeating at some of the meals.

THE *Buffalo Medical Journal* for February gives a discussion of the recommendations of the New York Dental Society, that potassium sulphocyanate be taken in one-grain doses before retiring by those who have decayed teeth, as it has been observed that this substance is absent in the mouth which contains decaying teeth, and is present in mouths containing nothing but sound teeth, or rather in mouths where the teeth are immune to decay.

PEPTO-MANGAN, a very much advertised blood preparation, is coming in for its share of unenviable notoriety because of certain garbled hospital reports, supposed to show the superiority of this preparation as a blood builder. One of the physicians in the hospital—now in South America—had falsified the reports in such a way as to make it appear that certain patients who had taken pepto-mangan and died had been cured! Other patients were said to have had pepto-mangan, when the original records of the hospital show that they had no such thing. The unscrupulous doctor probably received a consideration for the sale of his conscience—if he had any to sell.

RATS are causing immense injury in the central provinces of India; but little can be done in the way of getting rid of them, as the Hindu population object to killing them. As a method of meeting the difficulty, Mr. Ram Narayan, a native banker, proposes, the *Journal of Tropical Medicine* states, to provide a "ratruksha," or sort of pen, in which captured rats may be confined as pensioners for the natural term of their lives, the sexes being kept apart. The suggestion has been gratefully received by Major Buchanan, I. M. S., who is in charge of the plague operations. The difficulties of managing for superstitious people are great. It is often a very great political advantage to have a man at the head of affairs who, instead of riding roughshod over native ideas, will accept other means, and attain his end.—*The General Practitioner*.

THE *Boston Post* tells of a boy who was found in an almost dying condition because paralysis of certain muscles, through an excessive dose of nicotin, had nearly stopped his breathing. He had been using a large number of cigarettes.

IN Chester, Pa., numbers of dogs are infected with a disease which appears to be diphtheria. In order to prevent further spread, the infected animals are being killed, and owners of animals are urged to report all evidence of sickness in their livestock.

IT is said that forty per cent of the cows of New Jersey are tubercular. The authorities in this State propose to kill the affected animals, and pay the farmers the full value of all the animals killed. This is to induce the farmers to co-operate with the plan until all the carriers of infection are destroyed. In one dairy, out of forty cows, twenty were found to be tuberculous, and were killed, the owner being paid for them in full.

THE enforcement of the meat-inspection law during the last ten months has caused forty-six Chicago establishments to give up their interstate trade in meats. Twelve companies had failed to maintain a sanitary condition in their establishments, the others being condemned because of the use of preservatives. Most of the institutions preferred to continue their old practices, selling only in the State of Illinois. This, of course, places them outside of the jurisdiction of the federal authorities. A large number of the small packers are said to have ignored the inspection laws until they found that the railroads would not accept their products for transportation.

DR. H. W. WILEY, Chief of the Bureau of Chemistry, of the United States Department of Agriculture, is reported to have given expression to the following language before the congressional committees: "I think a man ought to choose his own ration. Many people are vegetarians. I think we eat too much meat for health. For the sustenance of physical exertion, if you have hard work to do, there is nothing better than starch or sugar. The cereal-eating nations can endure more physical toil than the meat-eating nations. That is not the accepted view, but it is true. You can not tire out a Japanese, who eats rice. He will draw you all around the town on a pound of rice, and be as fresh at the close of the day as when he started. You could not do that on a pound of meat to save your life."

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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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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THE *Ladies' Home Journal* for June will contain the following articles pertaining to health:—

"Keeping Food in Hot Weather," Mrs. S. T. Rorer's article, gives practical instruction regarding the extreme danger of diseases caused by partly spoiled food in hot weather, and the means of keeping it from spoiling. Among the points touched upon are: danger from food

kept on the cellar floor; caring for the refrigerator and arranging it; how to keep various kinds of foods.

Dr. Emelyn L. Coolidge deals, in an article entitled "The Young Mother and Her Family," with the problems which confront the young mother when her youngest child is but six months' old, and the older children still so young as to need careful attention. She tells in detail what the diet of each one should be, and describes various little trips for warm weather which will help to keep the family in a healthy condition.

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Things Worth Practising

If there is another seat in the room, do not sit on a bed. The constant repetition of this act causes the mattress to become thinner just where it unavoidably gets the most wear. Most persons never think of sitting on the corner of the bed, any more than of stepping on the part of the stair carpet where no one else steps, or of using any other part of the towel than the middle.

Have you ever seen the housewife gather her sweepings on the dust-pan, lift the cover of a hot stove, and practically shake the mass of dirt over the heat? Let me tell you what was to be seen. Besides the smoke, the dust soon reached the ceiling and fell back, perhaps into some uncovered kettle of food, and quite likely on everything near. Now if there is an open hearth, or a chute in front, how much better to empty the débris there, and save its circulation about the room. It is not a bad plan to empty such material, nut shucks, and the like on a paper, wrap it, and then burn it.

MRS. D. A. FITCH.

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Our advertisers are reliable. When you write them, be sure to mention *Life and Health*. This will be a favor to us and to the advertiser.

THERE is founded in Iowa a society of eternal youth which has for its object the prolongation of life. Every member who is sick in bed for three days will be fined from one to fifty dollars for the first offense. For the second offense he will be suspended, and for the third offense the penalty will be expulsion. Every member on joining signs a pledge that he will continually assert that sickness, old age, and death are the results of habits of mind. The society began with one hundred members. If they follow their original plan for a few years, they will eventually be a very select company, unless they continue to add new blood from the outside.

SOME scientists recently observed that the human soul has weight. The proof: A person dying, suddenly loses weight that can not be accounted for in any other way. Now comes another scientist who in the same manner has weighed the souls of mice and kittens. The wise man says (Eccl. 3:19-21, A. R. V.): "That which befalleth the sons of men befalleth beasts; even one thing befalleth them: as the one dieth, so dieth the other; yea, they have all one breath ["spirit," margin]; and man hath no pre-eminence above the beasts:

for all is vanity. All go unto one place; all are of the dust, and all turn to dust again. Who knoweth the spirit of man, whether it goeth upward, and the spirit of the beast, whether it goeth downward ["that goeth," in both places, margin] to the earth?" The same experiments that prove a soul in man prove a soul in beasts, and testify to the wisdom of the writer of Ecclesiastes.

"AN account showing in an interesting manner the spread of malaria is reported by Thaller from a province in Austria. The town of Zrmanja had been a locality without malaria until 1902, when a party of workmen returned from building a harbor in Dalmatia. Most of these were suffering from malarial cachexia, and some died. A few days after the arrival of the first workman in this hitherto healthful locality, the first severe case of malaria appeared. The disease spread rapidly and soon decimated the town, 136 persons dying during the year. As the natural conditions of the locality are favorable to malaria, there is little hope of stamping out the disease except by vigorous treatment of all suspected cases, which has already decreased its alarming fatality."

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