

Why Worry?

LIFE AND HEALTH

NOVEMBER 1907



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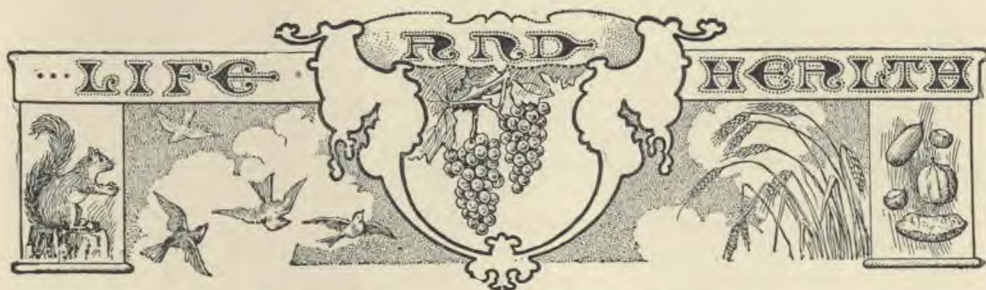
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If thou wouldst read a lesson that will keep
Thy heart from fainting, and thy soul from sleep,
Go to the woods and streams!—no tears
Dim the sweet look that nature wears.

—Arranged from Longfellow.



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

Vol. XXII Takoma Park Station, Washington, D. C., November, 1907 No. 11

Why Worry?



O GLOOMY THOUGHT of to-morrow's storm or of the hunter's gun disturbs the joy-song of the birds as they gather the crumbs and flit in the sunshine of to-day.

PONDER THE WORDS of Him who said, "Your Heavenly Father feedeth them," and "ye are of more value than many sparrows."

MOST OF OUR TROUBLES are those of the future, which never materialize. But they are to us an ever-present reality, an unending torment, and a prolific breeder of disease.

HAVE YOU EVER NOTICED that your premonitions of impending evil are always worse than the reality, so that your mental torture far exceeds any actual physical distress, both in duration and in severity?

VISIONS OF SICKNESS, incapacity, financial ruin, social ostracism,—these are some of the mental hobgoblins which lodge in the brains of altogether too many unfortunates, unfitting them in many ways for the serious work of life.

MUCH STRENGTH IS SQUANDERED in the foolish anticipation of misfortune. This mental condition of fear actually paves the way for disaster; but even so, the real trouble seldom equals the mental distress which preceded it, and helped to produce it.

PERHAPS YOU REALIZE THE FOOLISHNESS of these irrational fears, but believe it to be a part of your mental make-up, that you can not help. If so, you are the one this magazine is for. You CAN overcome this pessimistic style of thinking, and we want to help you do it.

Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous doctrines also, that . . . have produced the same result upon sensitive minds.—Mrs. E. G. White.

The mind is a potent force whence may spring that healing power, or force, of nature whereby recovery from infectious disease is so frequently obtained. Thus worry directly makes for death; for it directly interferes, at the very fountainhead, with the forces that make for life. True religion is a cure of worry, a preventive of worry, and utterly incomparable in its power of performing these functions.—Professor Saleeby.

The true physician does more good by his words than by his prescriptions.—Dubois.

The Need of Possessing a Healthy Mind

D. H. KRESS, M. D.



MOST intimate relation exists between the mind and the body. It is impossible for one to suffer and the other not be affected. While derangements of the body due to wrong habits of living are often responsible for derangements of the mind, and improvement in the mental condition can not be expected until the bodily conditions are improved by the correction of wrong and injurious habits, heart sickness is without doubt also responsible for many physical ills which can not be cured by diet or treatment. Remorse of conscience, dissatisfied and restless feelings, discontent, mental despondency, *all* interfere with, and mar, the healthy action of the vital organs of the body. Obstinate digestive disturbances, and often more serious difficulties, may many times be *wholly* or in part due to a perverse mental state. When the mind is sick, the entire body is sick, and true mind-cure is the only effective remedy. To the poor palsied man who was suffer-

ing mentally because of a knowledge of past sins committed, Jesus said, "Son, be of good cheer; thy sins be forgiven thee." The Saviour of men understood fully this man's mental state, and recognized that to heal the palsy of the body, he must first restore the palsied mind. When "good cheer" had taken the place of despondency, and hope the place of despair, he could say to the paralytic, "Arise, take up thy bed, and go unto thine house." The wise man said, "A merry heart maketh a cheerful countenance," and it "doeth good like a medicine." It is only when the mind is cheerful that the stomach, liver, and other organs of the body are at their best, and able to do their work well. It is seen that "a man's life consisteth not in the abundance of things which he possesseth," but that "godliness with contentment is great gain." "He that is of a merry heart hath a continual feast." "Better is *little* with the fear of the Lord than great treasure and trouble therewith."

It is impossible for one to withhold from God, or from a fellow being, that which rightfully belongs to him, without sustaining an injury to his health. "Evil shall slay the wicked." "He that sinneth against me wrongeth *his own* soul." "Woe to that man by whom the offense cometh."

The Remedy

A knowledge of sins forgiven is the only remedy that can ever help in such cases; therefore the admonition is, "Confess your faults one to another, and pray one for another, *that ye may be healed;*" and the promise is given, "The Lord shall raise him up; and if he have committed sins, they shall be forgiven him." If this simple prescription should be more literally carried out, there would be much less need of doctors, and many, many more marked cases of healing would be the sure result.

Feelings of despondency must not be cultivated. An effort should be made by all who would have health to look upon the bright side of life, or to learn to recognize a divine providence and see good in everything. It is also important for all to talk health instead of disease. This was very forcibly illustrated a few years ago. At the close of one of my lectures delivered in Australia, in which I dwelt upon the need of cultivating

faith, hope, and courage, if not for our own sakes, for the sake of our influence upon others, a minister of the gospel who was present, arose and said, "I wish to relate my own experience to emphasize what has been said. Several years ago when editor of a paper in America, I was in poor health, and one morning felt very much indisposed for work. A knowledge of the many papers piled up on my desk, needing attention, led me to make an effort to start for my office.



On the way I met a friend who said, 'Good morning, Mr. —. You are not looking well this morning.' This almost led me to turn round and start for home, but by a renewed effort I continued on my way toward the office until I met another friend, who said, 'Mr. —, you are certainly looking poorly.' This was too

much for me, and I turned round and started for home. The next morning I felt even worse, and less inclined to go to work than on the preceding morning; but I made another effort to go to my office. On my way I was just on the point of turning round in despair and starting for my home, when I chanced to meet another friend, who said, 'Good morning, Mr. —. You are looking real well.' This gave me a mental uplift, and enabled me to get to my office. I worked

the entire day, and started for my home at night feeling greatly improved in health." Then he turned round, and to my surprise said, "The friend who spoke these encouraging words was the lecturer of the evening." This seemed a very simple thing for me to do. I determined then never to talk discouragement or disease. If

not for our own sakes, for the sake of others, we should cultivate and talk courage and health. To do this benefits not only the one to whom encouraging words are spoken, but it reacts and benefits the doer. Talk health, and health will find you. Talk faith, and faith will be yours." "Give, and it shall be given unto you," is a divine law.

"Giving is living; denying is dying." It was not until Job prayed for his friends that the "Lord turned the captivity" of Job, and "gave Job twice as much as he had before" his affliction.

The prophet Isaiah in speaking of a people who are self-centered, said that

they sought God daily; they fasted and afflicted their souls, bowing down their heads like a bulrush, and saying, "Wherefore have we fasted, . . . and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge?" The reply is: "Is it such a fast that I have chosen? . . . Is not this

the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own



flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily." Disinterested benevolence, living to bless others, brings about a wholesome condition of the mind, which in turn reacts upon the entire body, carrying healthy impulses to every organ.

Suggestion in Sleep



IHESITATE to use the word "suggestion," lest it be misunderstood. There is a form of suggestion connected with hypnotism, that is, in the hands of some physicians, productive of marked results; but we believe, with many physicians, that this form of suggestion is not without danger to the patient, mentally and morally. It is not hypnotic suggestion to which we refer in this article.

Suggestion, as we here use the word, is a process to which everybody is subject irrespective of his will. It may exert a power for good or ill, for health or disease. Several students conclude to play a practical joke on the janitor. The first student says: "Why, John, you are not looking so well to-day. Are you feeling sick?" John, a little surprised, says, "No! Never felt better in my life!" A few minutes later, another student accosts him: "What's the matter, John, you look as if you had been drawn through a knot-hole!" John answers quite bravely, but not with the certain tones of his first reply. As John goes about his duties, one after another of the boys salutes him in a similar manner. John's answers become more and more doubtful, until, finally, he feels so bad he has to quit work and take to his bed. This is an example of suggestion working in a wrong direction. One will say it would not have worked if John had not been simple minded. But it is working with you, my dear reader, perhaps even as you are reading this article. An excellent example of the good and the evil effect of suggestion is given in an article by Dr. Kress in this number.

Suggestions of health are fully as po-

tent as suggestions of disease. Every patent medicine label is a suggestion of this kind. Encouraging words from friends are suggestions for health.

But suggestions are not always in the line of health and disease. You go to the faucet to get a glass of water, and your little girl is immediately so thirsty that she can hardly wait till you have drawn the water. Some one sees you eating an apple, and is at once "apple hungry," though he had not thought of it before. One person in a company yawns and stretches, and the sleepy feelings and motions are quickly contagious.

We suggest sleep to the little one by rocking it or patting it on the back. This, at first, may be a lengthy process. Later, the connection between the rocking or the patting and the sleep are so close that the child loses consciousness almost immediately.

Normally, there are a number of operations that suggest sleep to the adult. There is the disrobing, the darkness, the quiet, the horizontal position, with head on pillow. These form so powerful a suggestion of sleep to some people, that no matter how wide awake they may have been before, they drop to sleep as soon as their heads touch the pillow. Sometimes a break in this suggestive chain is enough in some persons to disturb sleep, as, for instance, when one is in a strange room. To the nurse who is accustomed to sleep beside a sleeping child, the peculiar rhythm of the child's breathing during slumber is the suggestion favoring the nurse's sleep; and when this rhythm is broken by the child's attempting to rouse up, the nurse awakens immediately. Some children's nurses

find it difficult to sleep when they have no child under their care. A person accustomed to sleep in a mill or other noisy place, may find that sleep is impossible or broken when it is quiet.

Now the person whose sleep is poor probably was once a good sleeper, the sleep being favored by certain suggestions. One or more of these suggestions may have been removed, and without his knowing the cause of it, his sleep may have been disturbed. Having once begun to lose sleep, it would be natural for him to worry about his condition and dread the sleepless night. This very worry and fear would act as a powerful suggestion for wakefulness.

Ten, eleven, twelve, one, he hears the clock strike, seemingly wider awake at one than at ten. Vexed and discouraged, he sees specters of a broken-down nervous system. His very anxiety to sleep is a preventive. Finally, exhausted nature asserts herself, and he falls into a troubled, unrestful sleep, from which he awakens feeling worse than when he retired. If he obtains no relief by other means, he may render his insomnia more complete by the use of sleeping-powders.

What Is to Be Done About It?

In the first place, one should, as far as possible, re-establish the old suggestive chain which was in operation when he was a good sleeper. Here, regularity is everything. Retire at a certain hour; have your regular routine; but above all, banish all care or worry as to whether you are going to sleep. Can't? — O, yes, you can.

Settle in your mind, in the first place, that nervous breakdown is not caused by loss of sleep, but by *worry*. Many a person gets and expects only four or five hours' sleep at night, and on that he maintains his health, and does good work. If you are resting with a contented mind, be assured, your body is recuperating. You may pos-



sibly not get so much sleep as you once considered necessary; but if you maintain the attitude of indifference as to whether you sleep or not (and you can do this if you realize that lying awake is not hurting you, you will eventually find yourself sleeping like a little child. But the least anxiety about your wakefulness will retard the process of recovery.

In those cases where the thoughts run like a mill-race, and it is impossible to

control them, it is well to have a lamp so placed that it will not shine in the eyes. Bolstered up in a comfortable position, and with some book of light weight and large clear type, the time can be passed. If one is careful as to the position of the book, it is not necessary to hurt the eyes by reading in bed. But where one can keep the mind within bounds, it is better to avoid reading. The horizontal position, with a mind free from all anxiety, is, next to sleep itself, the best restorer of the body.

It is, of course, necessary to avoid any physical causes of sleeplessness, as indigestion, gas on the stomach, an overloaded intestine. Sometimes the avoidance of the late meal may be sufficient, or it may be necessary to avoid some one or more foods that cause disturbance.

Some awake at about two o'clock in the

morning with a feeling of distension from gas in the intestines. In some cases the waking hour has been postponed by eating the last meal just before retiring, thus throwing the period of intestinal fermentation and gas formation two or three hours later — that is, about five o'clock in the morning. But a better way is to have the intestinal difficulty remedied.

Other physical causes of poor sleep are overeating, hearty suppers, indigestible mixtures, tea and coffee, especially if used at night.

Another mental cause of sleeplessness is the habit of taking business and household cares to bed. Such a practice can effectually drive out all tendency to sleep.

The avoidance of the causes of wakefulness, and the cultivation of a hopeful attitude toward sleep, will eventually result in the restoration of normal sleep.



Keep Your Worries in Retirement

BENJAMIN KEECH



IF you are suffering with worries, take some old advice, and don't exhibit troubles any more than is necessary. These despicable kill-joys depress other people who themselves have a brilliant assortment of woes which they are endeavoring to rise above, live down, out-grow, and overcome. The rehearing of your afflictions does no one any good —

yourself least of all. Therefore keep your worries locked carefully away out of sight, except when you are alone. Then you have a right to tell God about them. When you are feeling blue or any other way, hunt up all your blessings, and enthusiastically exhibit them. These are not only a great deal more attractive than your troubles, but can do a thousand times more good.

Dangers in Home Treatment

G. C. EMERY, M. D.

[No one presentation of truth can give all the truth. As we view one phase, we tend to forget that truth is many sided. Dr. Emery's paper will present some truth on the "other side."]

IT is not my purpose to discuss any particular method of treatment, nor the hygienic and dietetic measures to be used in preventing disease and preserving health, but rather to point out some dangers incident to caring for the sick without consulting a physician. These dangers may be divided into two classes: (1) those affecting the patient, (2) those affecting the family or neighborhood. In this article we shall consider those of the first class.

In many, I might say a majority, of the cases of illness in children, and often in adults, the cause is some digestive disturbance; and cleaning out the bowels, together with proper diet, is all that is needed. These cases may be successfully handled with home treatments.

But there are others which are not so simple either in the character of the trouble or in the treatment demanded. And right here lies the chief danger to the patient—the danger that the gravity of the condition will not be appreciated until the golden moment when medical skill would have been of avail has passed. Thousands of lives are lost annually because they waited too long before seeking help. This melancholy truth none realize so well as the physician.

A large proportion of the cases of consumption date the beginning of their trouble from what they considered either a cold or *la grippe*; and by far too often they have treated their "cold" until too

late. Consumption, in its incipency, under proper care and treatment, has a fairly favorable prognosis; but when far advanced, there are few diseases where medical skill can accomplish so little. The "great white plague" would lose half its terror if all its victims sought a physician sufficiently early.* In a disease like consumption, where, no matter how early the condition is recognized, an arrest of its progress will require a long, hard fight,—a fight in which every possible advantage must be given the patient,—it would hardly seem necessary to say that the direction of this fight should be in the very best of skilled hands.

Cancer is another disease where early treatment is absolutely essential to a cure. Here home remedies are worse than useless; curative measures are nearly always surgical, and the various applications which are used do more harm than good. Especially do they cause delay in seeking competent advice—a delay which is often fatal. No more hopeless condition can be found than that of a person afflicted with cancer which has passed beyond the stage where cure is possible; while, if taken early, the disease may often be completely eradicated. Especially is this true of cancer of the uterus—probably the most frequent site of

[*Unfortunately it is too often the case that the physician himself fails to recognize tuberculosis in its incipient, curable stage.—Ed.]

malignant growth. There are danger signals which the careful, painstaking physician would recognize if only the patient came to him in time. But in a large majority of cases, medical advice is not sought until the disease is well advanced, and has involved tissues which are impossible of removal. Attention to diet or personal hygiene will not avail in combatting this dread disease, although these measures may do much to prevent its onset. But I wish to emphasize that, after the malignant growth has once begun to develop, baths,—internal and external,—starvation, overfeeding, outdoor life, or any other like measures are not to be relied on as *curative*. Any or all of them are to be used as indicated as aids; but the only treatment, according to our best knowledge at present, is surgical. The X-ray, radium, and other radio-active chemicals have possibilities, but they are still in the experimental stage.

Attacks of severe pain in the abdomen, especially when accompanied with nausea, vomiting, and fever, should not be passed over lightly as "colic." It may be that, or it may mean any one of a

number of serious conditions, the most common of which is appendicitis. Only the best medical help obtainable should be relied on to make the diagnosis.

These are a few of the conditions that are not susceptible of successful treatment at home, even with the assistance of some of the numerous family doctor books. There are few chronic diseases in which it is wise for the patient to rely entirely on his own knowledge and skill. A physician should at least be consulted to find out just *what* is the trouble. This is often by no means easy to determine, and certainly impossible for a person without medical training. And if we can not tell which organ of the body is at fault, how can we expect to know the proper measures to effect a cure? It is useless to treat the kidneys when the heart or the liver is the offending member.

The part of wisdom, then, is to first be sure you know *what* is the matter; then use home treatments if they will prove effectual. But if certain measures, surgical or otherwise, are essential to a cure, do not delay until it is too late.



Effect of Mind on the Body

There is not a natural action of the body, whether voluntary or involuntary, that may not be influenced by the peculiar state of the mind at the time.—Dr. John Hunter.

Do not go about repeating the statement that nothing affects the temper like diseases of the stomach; it would be better to say that nothing troubles the functions of the stomach like moody tempers.—Dr. Paul Dubois.

We are just beginning to understand the part that good thinking holds in good health. Our thoughts are just as real a part of us as are our bodies. A man who persists in thinking unhealthy thoughts can no more keep sound and healthy in body than a man who violates all the physical laws of his nature.—Dr. Gulick, in "The Efficient Life."

I suspect that neither the nature nor the amount of our work is accountable for the frequency and severity of our breakdowns, but that their cause lies rather in those absurd feelings of hurry and having no time, in that breathlessness and tension, that anxiety of feature and that solicitude for results, that lack of inner harmony and ease, in short, by which, with us, the work is so apt to be accomplished.—Prof. W. James, in "Talks to Teachers."

The more we study the processes of recovery, the more we are convinced that they depend, not upon the introduction of drugs from without, but upon the activity of forces within the body. . . . This power depends upon the ability of various organs in the body to produce protective and antidotal substances which destroy the poisons produced by microbes, or even kill the microbes outright. Such a substance may be produced in the liver or in the pancreas or in the bone-marrow or in the thyroid gland or elsewhere. But these tissues, like all others, are subject to the control of the nervous system. . . . We can readily understand that the trophic [nutritive] influence of the nervous system is diminished by worry and multiplied by hope.—Dr. C. W. Saleeby, in "Worry."

The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are life-long invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary. Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.—Mrs. E. G. White, in "Ministry of Healing."

THE CONSULTING ROOM



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

Disquieting Symptoms

THE case that will occupy our time in the consulting room to-day is that of a gentleman aged twenty-eight, of sedentary habits. For some time he has not had his normal energy and ambition, and has constant fear of an early breakdown in health. Almost unconsciously he finds himself occupying spare moments in analyzing and interpreting every process of the body, normal or abnormal. He has heart palpitation, vertigo, is sleepless at times, easily fatigued, and given to worry.

Avoid All False "Cures"

The number of persons whose diseased condition is solely from mental worry and grave apprehensions of some impending sickness, is alarmingly on the increase. So numerous have these cases become, and so inadequate have the ordinary therapeutic agents proved even to ameliorate the symptoms, that many reputable physicians have become therapeutic nihilists, and turned their attention to hypnotism, mesmerism, and other so-called mind-cures. They recognize that unless the patients can be gotten out of this abnormal groove, there is little prospect of affording even temporary relief. So resort is had to one of the many spurious mind-cures that are flooding the world at the present time. And too many have learned by sad experience that like the subtle influence of a narcotic drug, they have obtained temporary relief from one condition, only to be enslaved by another that is a hundred times worse.

First Find the Cause

A cardinal principle in treating all diseases is to find out the cause, and if possible to remove it. In a great many diseases this alone is sufficient for a cure. This is decidedly so in those neurasthenic or nervous conditions where worry over ills that never come is the most prominent symptom. In order then to know how to deal with these conditions successfully, it is necessary to know the possible causes of such trouble, that each may be considered in the plan of treatment.

Poisoned Brain

When the excretory organs—the kidneys, skin, and bowels—fail to carry away the toxic substances so constantly being thrown into the blood, the brain is naturally bathed in that poisonous fluid. When this waste material accumulates in the system beyond a certain amount, it often gives rise to headache, in some cases producing convulsions or epileptic spasms. But in the majority of cases where the excretory organs are torpid and inactive, as in constipation, the symptoms are not so prominent. These are the cases that complain most of brain fag and nervous fatigue, in fact, the group of symptoms at the beginning of this article are typical of such cases. And further inquiry reveals that the patient in hand is compelled to use some artificial means daily for moving the bowels. An examination shows that as a result of the nerve tension the muscles controlling the bowels are unduly contracted. To relieve this, we shall direct

that he use an injection of warm olive-oil, about a teacupful before retiring in the evening, allowing it to be retained all night. This is often sufficient to produce a movement next morning. In addition, we shall advise the patient to drink more water — say two glasses

opportunity to get away to the quiet country, where invigorating sunshine and fresh air will stimulate all the body processes, and where the quiet of the country will soothe the tired, overworked nerves. If this last suggestion were followed by more of the city dwellers, there



upon rising, two at 10 A. M., two at 4 P. M. and two just before retiring — that the fluids of the body may be increased, and thus more readily aid in carrying off wastes. We shall instruct the patient to avoid all stimulants and narcotics in the form of alcoholic beverages, together with tea, coffee, and chocolate; to adopt regular hours for sleeping and eating, and take as much outdoor exercise as is consistent with his regular duties. In the morning upon arising, a sponge bath of cold water is an excellent tonic, and tends to increase the function of the skin. It is also very important that those who are confined to sedentary work in the noisy, bustling city should take every

would be fewer cases of nervous breakdown among the army of invalids.

Prayer Efficient

As recently reported by a London physician of national reputation, no more efficacious remedy can be found in many cases of neurasthenia than prayer. When the nervous wreck learns that the unfailing One has promised to "renew our strength," to keep in perfect peace the mind that is staid on him, it brings renewed hope and confidence. To know that the One who gives life and breath and all things is able to keep that which is committed to him, has helped many a one to rise above the mental depression and nervous worry that has robbed him of peace and happiness.



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

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

Jesus the Healer

MRS. A. C. BAINBRIDGE

Peter's Wife's Mother



AND anon they tell him of her." It is very evident that Peter's family had never heard any of the wild mother-in-law stories of these days; for the sorrow that came to the home when she "lay sick of a fever" was "forthwith, when they were come out of the synagogue," told to the loving Master. So great was their anxiety for her, that "they besought him for her."

Nor was it in vain, for "he stood over her, and rebuked the fever." He did not fear her breath; her disease could not harm him. He was *full* of the life of the Spirit.

How her need appealed to him! The fever was doing its work, and behind it the Master could see the cause. As he rebuked the fever, the effect, he carried the cause in the same thought. It was a "great fever," one considered dangerous, mayhap fatal in its effect. But, "is anything too hard for the Lord?" The more intense our need, the closer he comes to the trusting soul. Even in her fever, she knew her Saviour's touch, her Saviour's voice. He "who forgiveth all thine iniquities, who healeth all thy diseases," stood beside her, yes, "over her." What a picture of the tender, anxious

physician! A word would have been enough; but the loving heart of the man Christ Jesus yearned over the mother in that Hebrew household. He had a mother of his own; he loved her; and in loving her, he loved all other mothers.

"He came and took her by the hand, and lifted her up; and immediately the fever left her, and she ministered unto them." Can you not see Jesus in this miracle, coming so close, even lifting the form of this dear mother in Israel? Could disease abide under such a rebuke? Could health fail to come at the call of its Creator? Every blood-vessel, every nerve, every sweat-duct, every fiber heard the call, felt the touch, and responded to it.

This is one of Jesus' precious *immediately's*. The ruler's son simply "began to amend," and his healing, no doubt, was gradual; but here, not only did the fever leave her at his word, but strength came at once. How different from the effect of drugs! How many of us have seen a dear one so weak when the fever was subdued, that we feared death would come from actual exhaustion. But here, she arose, sat up, got up, stood up, and more than that, ministered to her healer and to the rest of her son-in-law's guests.

Here we have the pith of the matter of healing. Do we desire to be healed, simply from the inconvenience or pain of being sick? Is there some work for ourselves, or even for some loved one who stands waiting? Is that behind our desire? Or do we see Jesus, and do we hear his call to service? Do we see strangers, aliens, or needy ones anywhere who do not know this precious gospel of a whole Saviour, and are we ready to "arise and minister" in any and every service that comes to our hand? Then, and only then, can we ask and

receive. The willing mind that is listening only to obey, harkening only to carry the message, is the one that will receive the healing word, the healing touch. Many wonder why they are not healed now. Get right with God, and the healing is yours in full harmony with his will.

Do we believe his Word? Then faith is the vehicle for his power to use. Is there an *if* in our minds? Is there *fear*? Is there even a *question*? These must be cast out; and an open face, a quiet, confident mind, a ready hand brought to



"Consider the lilies, how they grow: . . . if God doth so clothe the grass . . . how much more shall he clothe you . . . ? And seek not ye what ye shall eat, and what ye shall drink, neither be ye of doubtful mind. . . . Your Father knoweth that ye have need of these things."

the Great Physician. "In quietness and in confidence shall be your strength." Overanxiety, a burden of care beyond his will, a fretting at circumstances, a worry over conditions, or the outcome of present surrounding influences,—all these bar the door to the Master's entrance. Neither mind nor body so filled, has room for the Saviour. Can you not see this dear mother? Surely she had cares, and burdens, and anxieties. Her posi-

tion in the household held in it all that the mother of the wife in the home could carry. The precious gospel was new to them all, and warm with her priceless first love, her heart went out to Jesus, him who had brought the glad, good news of salvation from sin. Her healing came in the line of perfect harmony with her Creator's will.

"Step into the current;
Thou shalt be made whole."

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Religion and Health

A REAL Christian experience confers health, because Christ is a reality in the life. "Life is real; life is earnest," is true every moment of our lives; and the "Lo, I am with you *always*," makes life strong with the presence of the Life-giver. "Always" means with every breath. Every inhalation of air should remind us of him and his power to heal and to save. Every mouthful of food is a token to us of his desire to keep us in health. Every burden of body or mind is only an invitation to draw more freely on the *always-present One*. So, as our acquaintance with Christ grows from daily association, we catch his spirit of health and strength, and learn to know by experience John 3:12.

THE religion of Christ gives health—not as a separate and far-away blessing; but as part and parcel of the religion itself. "Peace I leave with you," Jesus said; and who does not know that peace, quiet, calm, rest, and kindred mental conditions are the harbinger of health? Did not the disciples say, "Lord, if he sleep, he shall do well"? and how many times the crisis of a disease has been passed safely in sleep or in quiet resting. So the rest of mind that the man or woman enjoys who is really following Christ, is one of the conditions of bodily health. Such a one will not be made sick by disaster, fright, affliction, danger, or disappointment. He is anchored in Christ, and that is his health.



YOUR HEAVENLY FATHER FEEDETH THEM

Effect of Depressing Emotions on Health

It is not always real misfortune which troubles the mind of the patient, and as a consequence, disturbs his physical health; it is the trifling nothings, the petty annoyances, and the pin-pricks of life.— Dr. Paul Dubois.

“The mental attitude of defeat, of discouragement, lowers the resisting power of the individual. It predisposes him to disease. The whole tone of his body is let down. His body becomes a fertile seeding ground for infection.”

Every form of fear tends to depress organic energy, derange the nutritive processes, produce disease, and shorten life. . . . All the mental states characterized by even a slight degree of anxiety, sorrow, or regret, not only naturally and inevitably tend to produce disease, but also prevent recovery from diseased conditions, however they may have been produced.— Lyman B. Sperry, A. M., M. D., in “Physiology, Fear and Faith.”

The most extensive of all the morbid conditions which reflect themselves so disastrously on the human system is the state of fear. It has many degrees or gradations, from the state of extreme alarm, fright, or terror, down to the slightest shade of apprehension of impending evil. But all along the line it is the same thing—a paralyzing impression upon the centers of life which can produce, through the agency of the nervous system, a vast array of morbid symptoms in every tissue of the body.— Dr. Wm. H. Holcomb.

Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution, and unbalances the mind. There are erroneous doctrines, also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds.— Mrs. E. G. White.

The saddest cases of all, perhaps, are those who have a fixed idea that some disease, usually supposed to be inherited, will ultimately kill them. The self-convinced victims of weak lungs, weak hearts, weak stomachs, brood and dwell upon their threatened physical disasters, making them enter into every plan and calculation of life, throwing their pall over every activity of the family. All that thousands of such people need to be well and happy is a better mental state, a buoyant, hopeful attitude, and the activity that would come with such a philosophy. These people are the prey of quacks of every kind. They are the “dope fiends” that swallow millions of gallons of concoctions. . . . They support many a fashionable physician in luxury, and make life tenfold more miserable than it ought to be.— O. S. Mardin.

CURRENT COMMENT



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

Nature Cures

LET US recollect, whenever we are tempted to administer remedies too freely, that, after all, drugs and remedial measures other than drugs, are designed to help nature, not to force it, and that *in many instances nature, if left to itself, will produce cures which are so far beyond our comprehension as to be perfectly marvelous*; and let us inculcate into the minds of our students and patients the fact that *quiet and rest and patient waiting for nature's processes will often produce a cure most quickly*, particularly if gentle remedies are cautiously applied.—*Therapeutic Gazette, Editorial.* [Italics supplied.]

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More Interest in Nervous People

It is fortunate for our people that practising physicians are becoming ever more interested in nervous people, and that they are learning to recognize more fully than formerly the importance of the psychic side of their cases. The deficiency in medical practise in this respect has been due in part (1) to lack of instruction regarding the healthy mind (psychology), and (2) to lack of instruction regarding the sick mind (psychiatry). American universities are far behind those of the rest of the world in their provision for instruction in the latter subject. In Italy and Germany especially every university hospital has its psychiatric clinic in which its professor of psychiatry teaches students how to recognize and treat mental phenomena which deviate from the normal. While America

has made admirable provision for the care and comfort of the insane, American medical schools are lamentably lacking in facilities for teaching medical students psychiatry, and especially for giving instruction in diagnosis and treatment in that wide and indefinite border-land between mental health and mental disease.—*Lewellys F. Barker, M. D., in Good Housekeeping.*

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Unnecessary Troubles

PERHAPS in nothing more than with regard to human health is it true that people go out and borrow trouble. They fear the occurrence of certain symptoms so much that by their very perturbation they actually invite the development of them. On the other hand, deliberate neglect of many bothersome bodily feelings causes them to disappear.

At any given moment there comes streaming into the human consciousness a whole boiler factory of sensations which we have learned to neglect. If any person at any time thinks of a particular portion of the body, immediately a special sensation will be felt in that part, usually of a more or less unpleasant nature. It is easy by concentration of attention so to exaggerate this as to make it a source of serious annoyance, or even of pain. It is this that is overcome at once by the fright or sudden emotional strain which thus becomes curative.

There is a lesson in it all which he who runs may plainly read; and it was never more needed than by our introspective generation, which pays entirely

too much attention to its passing feelings. A goodly proportion of the ill men and women think they have to bear might be thrown off if they could only forget themselves and their intense preoccupation in their feelings, as is the case when, in a moment of intense emotional excitement, their normal selves resume sway.—“*Earthquake Cures*,” *Editorial in Independent*.



Work as a Medicine

ONE of the most noticeable things among the unemployed is the rapidity with which they age. The more delicately adjusted a piece of machinery is, the quicker it rusts out and goes to ruin when not running.

When the mind is not healthfully employed and constantly exercised, it ruins itself very quickly. There are many instances in history where great men, when deprived of liberty, when their employment was taken away from them, very quickly went to pieces. They were unable to sustain the shock. Statistics show that great mental workers are, as a rule, long lived. Activity is conducive to longevity.

There is nothing like having plenty of work, something to look forward to constantly, something to plan for, think for, live for. There is nothing more fatal to growth and normal living than the monotony which comes from mental inaction; nothing more fatal to growth than stagnation.—*Success*.



What Is Fear?

FEAR is physical; courage is a moral quality. The physiologist can put his finger on the physical symptoms of the one, but the other makes no outward sign.

We can tell when we see any one suffering from extreme fear. His mouth flies open; that is because his muscles are so weakened that his jaw falls down. He

sweats, and his breathing is interfered with. His heart beats faster, and his skin becomes pallid. He is all “goose-flesh” because his skin hairs are erect. He trembles, from his muscular derangement. His mouth is dry, because there has been an arrest of his salivary secretion. His voice is shaky, sometimes until he can not speak at all; his nostrils are dilated, and his eyes stare.

In spite of this paroxysm, if his moral nature is strong, courage will overrule his fear, and he will not give way to it. Henry Ward Beecher probably addressed more audiences than any of his contemporaries. Yet, by his own testimony, he almost never faced one of them bravely. He was subject to “stage fright” all his life. His courage, however, enabled him to be one of the most powerful speakers of his time, and to face and cow a hostile mob, as he did, more than once while championing the cause of the American Union before British audiences.—*Boston Globe*.



Tell Patients the Truth

AN explanation by the physician of the patient's state to himself is in the first place very helpful. If we tell our patients the truth, as Dr. Richard Cabot recommends us strongly to do, tell them the nature of their troubles, and which of them are incurable and which are curable, a good start is made. If the physician can say unhesitatingly that he can find no evidence of the existence of incurable disease, the patient's mind is greatly relieved; again, where there is fear of insanity, the assurance that, in the physician's opinion, there is no danger, often relieves much of the anxiety at once. Even where there are imperative ideas which the patient believes to be true, it is sometimes possible to convince him that these ideas are due to the condition of his nervous system, and independent of his will or morality. In other words, where

it is possible to give the patient an insight into his condition, and to make him understand that if it were not for his nervous state, the ideas which trouble him would not be present, much is gained at the outset.—*Dr. Lewellys F. Barker, in Good Housekeeping.*

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Humbugged Back to Health

A WELL-KNOWN practitioner recently confessed to *Answers* that he was obliged to use a great deal of humbug to get his patients well.

"There are many old ladies who would worry themselves into decline if they did not take some sort of medicine daily," he said. "As I am much against medicine taking except when it is required, I have devised a special preparation to meet their needs. It consists of pure water, tinged with harmless coloring matter, and I have made an arrangement with the chemist to whom I send them for it, that he hands eleven twelfths of the money he receives to a hospital.

"The other day the grandmother of a little girl who had sprained her ankle told me the ingredients of an embrocation which she had manufactured for the benefit of the patient. The mixture consisted of the white of an egg, and I don't know what, and there is no question that it was doing the injured limb a deal of good. Of course, there was no sort of merit in the stuff, but it worked a species of faith cure."—*Selected.*

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Self-Martyrdom

OF all the disagreeable types of woman-kind, the one who regards herself as a martyr is the most objectionable, for the simple reason that she has nothing in the world to worry about, and is a fraud of the deepest dye, reveling in imaginary diseases and phantom ills that never cross the shadow of her life's door-sill. She is generally a woman with plenty of time

hanging heavily on her hands, and is always ill, or everything, she imagines, goes wrong with her. If it is not disease that has wasted her form away, she goes about carrying a secret sorrow with her, and if one would but believe all that she says, it would seem that she were a victim of all the doleful episodes that could be imagined. Such people need waking up. Give them a purpose in life, and the ills and worries will vanish in the background. Work will do more for them than all the bottles of medicine which they so assiduously swallow; and when life assumes brighter aspects, their friends will be pleased to listen to what they say, for it will then be untinted by any cloud formed by a diseased imagination.—*Family Doctor.*

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How May We Avoid Dreams?

THE telling of dreams tends, by impressing their details on the mind, to bring about a reproduction of similar spontaneous mental divagations during the sleep of subsequent nights. Listening to the tales of the dreams of others is said, at least, to have the effect of producing dreams. Children are especially affected in this way, and there seems no doubt that many of the illustrated supplements of our Sunday newspapers, which are gotten up more especially for children than adults in recent times, cultivate this tendency to dream. Artists find it easy to let their imaginations run riot over the many curious things that occur in dreams, and these, luridly colored, are presented to children on Sundays, and are conned over with an avidity that every one knows, though not every one bewails. If this supplement is working harm to the already much-worn nervous systems of our American children, it is time to call public attention to it. . . . The main effort of parent and physician must be to keep children's imaginations from running

riot and exhausting vital nerve energy. Children might just as well become interested in a better class of pictures, and would find quite as much attraction in them, if they only told a story. . . .

In both adults and children, the cultivation, as far as possible, of dreamless sleep is an ideal to strive for. Many neurasthenic patients would suffer much less from the tired feeling, which is always so prominent a part of their symptoms, especially in the morning hours, if there was not that partial wakefulness during the night which is indicated by the tendency to dream.

The mental side of therapeutics for these cases would involve a deliberate curtailing of any indulgence in reading or gazing at pictures which might tend to increase dreamfulness.—*Journal of the Amer. Med. Assn.*



Fresh Air

THE late fall and winter months are fraught with greater danger to health in our northern climate because of the cold weather and the disposition to shut out the fresh air, because it is cold air. Every dwelling, schoolroom, and place where people gather frequently or only occasionally, should be frequently thrown wide open and thoroughly ventilated. All shut-up air—especially re-breathed air—is impure, poisonous. Bedrooms especially should be well ventilated. One or more windows should be open all night in the coldest weather. Of course the bed should be so situated if possible that its occupant should not be subjected to drafts of cold air, and yet such drafts, if there was a proper amount of clothing, could hardly be as dangerous to health as a shut-up room. The windows might be closed when dressing and undressing.

As a general thing, churches are poorly ventilated. For an hour before service in the morning every door and window

should be thrown wide open so as to thoroughly change the air by driving out the week's pent-up air, and substituting for it God's pure, oxygenized air. Such a baptism of fresh air will help the preacher, and those in the pews as well. Then after the morning service is over, before another service the church should be similarly disinfected. We say disinfected because all impure air is more or less infected. These suggestions apply not only to churches, but to all halls and places where people congregate.

Many store-rooms are miserably, if at all, ventilated. It is cruel, it is extremely demoralizing and murderous the way foul air is tolerated in many large store-rooms—especially the department stores. One has but to go into one of these stores, especially in the latter part of the day, to experience how stifling the air is, and to see how jaded and thoroughly exhausted the employees are.

It was a humane act for the legislature to require proprietors of such establishments to have seats for the accommodation of their "help," and yet how few, though ready to drop with fatigue, are allowed to have an opportunity to sit down. The use of electric fans, which keep in motion the imprisoned impure air, though perhaps grateful, is a poor substitute for what should be fresh, pure air.

Invalids get an idea, too often from the family physician, that a foreign air is much healthier than the home air. It is a great mistake to send a person with pulmonary disease to health resorts, however noted, unless they have friends and the conveniences of home. Fresh air and proper living at home are infinitely better than summer climes or colder climes away from friends and home environments, with the added depressing effect of association with invalids and homesickness.—*Iowa Health Bulletin.*

Effect of Courage on Health and Efficiency

Let the will be kept awake and rightly directed, and it will impart energy to the whole being, and will be a wonderful aid in the maintenance of health. It is a power, also, in dealing with disease. Exercised in the right direction, it would control the imagination, and be a potent means of resisting and overcoming disease of both mind and body.—Mrs. E. G. White.

Whence comes the power which enables a frail, delicate woman, an invalid for years, . . . to rush up-stairs and drag sleeping children from a burning home? . . . No new strength has been added to the muscle, no new strength to the blood, but still she does what, under ordinary conditions, would have been impossible for her. In the emergency she forgets her weakness. . . . It is the changed condition of the mind, not the changed blood or muscle that gives the needed energy. The muscle has furnished the power, but the conviction of the ability to do the thing was first necessary.—O. S. Marden.

In the maintenance of health and the cure of disease cheerfulness is a most important factor. Its power to do good like a medicine is not an artificial stimulation of the tissues to be followed by reaction and greater waste, as is the case with many drugs; but the effect of cheerfulness is an actual life-giving influence through a normal channel, the results of which reach every part of the system. It brightens the eye, makes ruddy the countenance, brings elasticity to the step, and promotes all the inner forces by which life is sustained. The blood circulates more freely, the oxygen comes to its home in the tissue, health is promoted, and disease is banished.—A. J. Sanderson, M. D.

I know people who are really out of order, whose heart and lungs are really crippled, but who make the best of it, who know just what they can do, and what they can not do. They do not think about their troubles, and no one would even know that anything was wrong with them. They lead efficient lives. They accomplish more than most people in perfect health. Other men who have nothing serious the matter with them fail to be efficient just because they are always turning their introspective microscopes upon their condition. They are troubled about everything they eat, and wonder whether it will hurt them or not. They suspect each glass of water or milk to contain injurious microbes. They do not eat strawberries because they are afraid appendicitis may lurk there. They do not drink water at meals because they have been told it causes indigestion. They never dare let go of themselves and have a good time, for fear they may overdo. The real root of all their misery is their state of mind. If they only knew how to get at that, they could become as well off as the best of us.—Luther H. Gulick, M. D., in "The Efficient Life."

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

This Home and That

MRS. D. A. FITCH



JOHN and Mortimer McDermot were twin brothers — twins in looks, in character, in aspiration, and in fact, in everything which goes to constitute noble youth and manhood. In their early teens their hearts were given to the Saviour, and together they were led into the baptismal waters, thence to rise and walk in newness of life. The counsel of parents and the Word of their God were always sought before entering upon any business transaction or engaging in recreations about which there might be any shadow of doubt.

Years sped by until they were of a marriageable age. As aforesaid, counsel was sought, that none but right decisions be made; that the difference between true love and simple attraction might be made manifest; that beauty of form and feature should not offset or counterbalance real worth.

As is easy for many another John to do, so this one was inclined to think that a choice of one educated, gifted, and possessed of a fair fortune could not prove unwise, since she, too, was a sincere Christian. Injudiciously for himself, herself, and others, he failed to learn concerning her domestic qualifications,

regarding such things as of minor importance or likely to regulate themselves.

On the other hand, Mortimer thought seriously of the home which requires two interested parties to make it complete. He regarded the body of each as being a sacred possession, the temple of the Holy Spirit, holy and to be kept so by the proper care each might be enabled to give it. To do this, there must be knowledge of body needs, a practise of self-denial, and that self-control which keeps self in abeyance and the spiritual nature in the ascendancy.

After these homes have been established a few years, we visit them to inquire after the welfare of the inmates — to learn of the folly of one man and woman, and to rejoice in the wisdom of another pair. No locations could be more beneficent than those of our rural friends. Side by side near the parental home these brothers dwell; but, alas! how different the conditions in the two homes. In one is peace and contentment, while in the other there is constant anxiety, sickness, and worry, if not strife and discord.

The mother of John's wife had neglected a sacred and highly important duty in not training for him a good

housekeeper and cook. To say nothing of the preparation of food in a healthful manner, she could not prepare a palatable meal of the ordinary kind. It could not be either relished or digested by those so unfortunate as to partake of it. Order and cleanliness did not reign supreme. No man objects to a tidy home and a systematic way of doing things, but it is difficult for him or his mother to give the necessary instruction in the time of dire need. John did not always make the best of the situation,—if there was any best to it,—but let the fevered, deranged condition of his body exert such an influence that wife and children wondered why their home was so different from the *real* home of Uncle Mortimer.

Plain Aunt Mary seemed always peaceful and at ease, though there were twice as many in the family to receive care. The close observer might readily tell us why. As before intimated, the united head of their home had entered it with a view to their best present and eternal welfare. The wife well knew the principles underlying hygienic cookery, proper ventilation, healthful dress, chastity, etc., in their relation to present and future life.

With such a homekeeper there is little cause for dissension, strife, or any evil work. Realizing the responsibility and

difficulty of training children in these days of degeneracy, they chose to make a home for such as were already in need of parental care, rather than provide for those who should be of their own flesh and blood. Having brought the needy stranger to their home, they can justly claim the precious promise of Isa. 58:7.

Their table is simply furnished, and presents an ample supply of Eden's bill of fare as given our earliest ancestors. (See Gen. 1:29.) All appointments of the home are plain, time to eat is not limited, hygienic methods are observed, the peace of God which passeth understanding shuts out all occasion for peevishness, petulance, and passion.

Now, dear reader, which home will you choose as a model after which to pattern your own? Read between the lines, and as you do so, decide in your own mind which of these homes will be most likely to furnish victorious candidates for the soon-coming kingdom of Jesus. Consider which is better, to have a home in which are seen the fruits of the Spirit (Gal. 5:22, 23), or the one where just the opposite continually dwells. To avoid care, worry, and fretfulness, and have abiding peace, real pleasure, purity, and genuine prosperity, the life must be lived in accordance with the laws governing the whole being—the law of the Creator.



POTOMAC RIVER EXCURSION STEAMERS

Practical Suggestions

MRS. D. A. FITCH

AN emergency blackboard may be improvised of buckram, or any other black goods which is not glossy.

A shallow box, with one broad side removed and replaced with wire or cotton netting makes a fine fruit dryer.

Onion flavor is best obtained by cooking the whole onion in the food to be flavored, or by putting slices of it in a clean cloth to cook with it. Thus it is easily removed, if desired.

Having decided where the button-holes are to be worked, machine stitch a little to each side of where the cutting is to be done. This holds the cloth firmly in place, thus facilitating the work and strengthening the hole.

Select a convenient basket or bag for clothes-pins, and in some way attach to the handle a hook which will clasp the clothes-line firmly enough to resist the wind, and yet slide along the line ahead of you as you hang the clothes. When removing articles from the line, let it follow you, and you will be glad you have read this.

If there is reason to suspect sewer gas in the kitchen drain, and the fault can not be immediately remedied, fill a bag with ashes and lay on the opening. The moistening of the ashes helps to clean the pipe, and prevents the gas from rising. But do not trust to this except as a temporary expedient. If there is much grease in the pipe, the action of *strong* lye, as the concentrated, has been known to make a quantity of hard soap. Vegetarian sinks do not have much grease.

When you cook rice, macaroni, or any kind of vegetables, save the water in which they are cooked, and you have a good foundation for all your soups. The two former are very gelatinous.

When a shoe-string breaks, remove the worn portion, lap the ends an inch, and sew together smoothly, so the string will slip through the eyelet. This is better than a knot or discarding the string.

It is worth knowing for the fly days that a few drops of sassafras oil scattered about the house will keep the flies away as if by magic. This is said to be the secret of the absence of flies in drug-stores, where the soda fountains would otherwise attract flies by the thousand.

Be careful not to cut the towel when drying sharp knives, thus saving a few minutes' sewing to repair damage. Steel knives should not be immersed in water, because the moisture penetrates the part where the blade is embedded in the handle. It becomes rusty, so there is no wonder they separate readily.

If you have not a wooden spoon, whittle a piece of thin board as nearly like one as you can, and the probabilities are you will have a fair spatula, which is much nicer than sharp-edged spoons for stirring food likely to mush. But it must be remembered that wooden kitchen utensils require especial care, as bacteria can "hide" in the pores of the wood much more readily than on smooth porcelain or silver or agate. Woodenware ought to be scalded after use.



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

Don't Worry

Don't worry, dear heart, keep calm,
 For life is too short at best;
 You'll find in your work a balm
 If you only let worry rest.

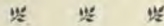
Don't worry, dear heart, O, no;
 What matter if things go wrong?
 When work goes hard and slow,
 Just sing in your heart a song.

'Twill give you a brighter side,
 Bring peace to your saddened heart;
 You'll find at the eventide,
 You've chosen the better part.

Don't worry, dear heart, be bright;
 Though clouds shut away the blue,
 Ere long they are pierced by light,
 For sunbeams are streaming through.

Don't worry, dear heart, it kills
 Far more than the work you do;
 What God in the heaven wills,
 'Tis that that he sendeth you.

'Tis always in mercy given,
 Though sometimes 'tis hard to bear;
 But above are the clouds all riven,
 And he will 'our troubles share.



* * *

How Much Does It Benefit Us?

MRS. M. C. WILCOX



IR WALTER SCOTT, when told by his physicians that he must stop intellectual toil until his physical health was improved, and that he must stop fretting and worrying, said: "Doctor, I might just as well tell Mary, the cook, after she puts a kettle of water over the fire, to keep it from boiling. I've got to boil, and I've got to fret, and I've got to worry." This is a good illustration of the way a great many persons of the present day and age feel. They have so formed the habit of worrying that it has become a sort of second nature with them.

It is an old, but nevertheless true,

adage that "worry kills more people than work." And when we stop long enough in the busy rush and whirl and grind of our lives to think what small trifles we worry about anyway, and study the effect of the worry upon ourselves, we can better appreciate the truth of this adage. Almost nine times out of ten the thing we worry about turns out better than we had dared to hope. Anticipation is often worse than realization. Of what profit, then, is the worry? It exhausts the nerve force, and leaves us weaker to cope with trouble when it does come.

But we have lived so long in the worry atmosphere that we do not feel natural to

be our normal selves, do not feel natural unless we have something to worry about; so, if we find nothing readily at hand to exhaust our nervous energy upon, we contrive to invent something. We worry about some remark we have made, about what our neighbors and friends think of us, or because we can not keep up as good an appearance as our next-door neighbor, and our imaginations

turns our hair gray, deepens the lines in our faces, steals the luster from our eyes, and thus continually adds to the already long worry list.

O, let us stop in the mad rush of this strenuous life! Let us bathe once more in the sparkling waters of the fountain of youth, and become, like the little child, light hearted and happy; bearing more responsibility, of course, and knowing



make things appear a great deal worse than they really are.

But to be strictly frank with ourselves, how much does worry really benefit matters? Does it keep the children off the street? does it keep them from getting hurt? Does it keep John away from the saloon or Mary from bad associates? Does it make the dinner better, the day brighter, the air fresher, ourselves sweeter? Does it make our lives happier in any way?

Rather, does it not act adversely? It strains the nerves and keeps them on a continual tension; it causes sleepless nights, nervous headaches, digestive disorders; it makes us cross and fretful. It

more of sorrow and trouble, but tasting again of the sweetness of life, and rejoicing in the joy of living.

It will take desperate efforts and fierce struggles to overmaster the foe which is daily fastening itself more firmly upon us. But it can be done. And, O, it will bring joy and peace! It will make us stronger to meet whatever comes, and will keep us calm and unruffled. Let me whisper to the weary, overburdened mother, to the tired, care-worn wife, to the overworked, perplexed man of business, the secret: "Cast thy burden upon the Lord, and he *shall* sustain thee." "Casting *all* your care upon him; for he careth for you," and yours.

The Worry Habit

MRS. M. C. WILCOX



HABIT is a tendency toward an action, or condition, which by repetition has become spontaneous. With far too many mothers the habit of worrying has become so fixed by repetition that they can not be calm, quiet, and tranquil when they fain would be.

There are times in most mothers' experience when nothing else will do but tranquillity. Conditions are such that to be ruffled, anxious, and perplexed is fatal to life, as, for instance, in times of sickness, accident, or calamity.

Imagine a mother with a perplexed, anxious, worried look on her face acting as nurse for one of her loved ones lying low and reading the faces of those around as indicative of the seriousness of his condition. Nothing will do in cases of this kind but a calm look of trust and hopefulness.

But if the habit is fixed, what shall we do at such times? Kill our loved ones by our looks and actions? Habit always shows on the face. No; we would not

for the world do that! It is our love and anxiety for their welfare that makes us worry.

What would you think of a little girl of ten years who says to her mother, "Mama, the members of our class are all going to the redwood forest to-mor-

row for a picnic, and we have to take that early train leaving at half-past four, and you know I always sleep till six. Will you please awaken me so I can be ready?" And her mama says, "Most certainly, dear, I will see that you are up and ready."

The little girl goes to bed, but can not sleep. She rolls, tosses, and tumbles, and at last falls into a restless slumber, awakening suddenly every now and then to ask if it is time to get up. How much confidence would

you feel that she had in her dear mother, who has never yet failed to keep her promise with her little girl? And how would the mother feel to have her daughter treat her this way?

But is that not just the way we treat our dear Heavenly Father, who loves us



far more tenderly than any earthly parents can love their children? Does he not say, "Be careful [full of care] for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God"?* Then, why, after we do this, do we so persistently take up the load and tug it along again?

Just tell him all, all, and after having done what naturally belongs to us to do, that which will put us in a condition to discern and receive his help, trust, *just*

[* Yes; and he says more. With this admonition there is this promise: "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." The Revised Version reads "shall guard your hearts and your thoughts in Christ Jesus."]

trust. A loving, trusting child is a sweet and beautiful thing to behold; and who could have the heart to work ill to such a one? Shall we not, then, become as little children in the matter of trusting God?

Shall we continue to borrow trouble and anxiety, anticipating some evil? Does it not come fast enough without going out to meet it and urging it on, when he said, "*Sufficient* unto the day is the evil thereof"?

Truly —

"Our ills are not so many,
Nor so hard to bear below;
But our suffering in *dread* of the *future*
Is more than our present woe.

"When if we would trust in His wisdom,
Whose purpose we may not see,
We would find that whatever our trial,
'As our day, our strength shall be.'"





Conducted by T. E. Bowen, Takoma Park.

Signa Cheng Hsien, China

LEAVING our station now is a little different from what it was a year ago. While we were in attendance at the Shanghai meeting, the second evangelist looked after things. He had over three hundred cases in the dispensary during that time. Of course they were all simple, most of them being malaria. He also saved the lives of three attempted opium suicides.

Our medical work here was a very interesting feature to Professor Prescott, from Washington, D. C., U. S. A., on his recent visit in China. We have from two hundred and fifty to three hundred patients a month, but we have this line so simplified that it takes very little of our time. This gives us more opportunity for the greater work of preaching the gospel. We have our medicines all weighed out by the workers here, and put up in the proper doses for all ages; and, moreover, we try to limit the kind of cases that we treat to those that can be greatly helped by very simple methods. Of those we treat, practically every one is restored to health. I have trained some of the brethren to help me look after the work, and so if the case is an ordinary one, I do not have to go out to the dispensary at all. Sometimes they will look after twenty or more patients, and not call me out.

The work we do serves the purpose of a more complete medical line. It breaks down prejudice in going into new territory, and makes friends for us of those

who would not otherwise be such. It also serves another important function—the distribution of literature. Every patient who comes has an opportunity to hear the gospel from the evangelist in the guest-room; and with the medicine, we give to every one three pieces of literature, including a copy of one of the Gospels.

A. C. SELMON, M. D.

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Burma

THE opening for a lady dentist seems more urgent than ever. There are in Rangoon thousands of emigrants from India. Some of them are very wealthy and progressive. Yet their old customs bind them, and the women are not allowed to be looked in the face by any strange man—in fact, none but the nearest relatives. Among this class of women there is an opportunity for a lady dentist to make a good living with very few hours of work each day. And then she could devote her remaining time to evangelical work. Her profession would open the way for talk with many.

This is a fruitful land. Our work is most encouraging. Mrs. Rouff has been making a good living ever since she came. Within three days after her arrival she had a patient, and has since had all the work she cared to do.

Dr. Oberholtzer is now located at Moulmein, and the outlook is encouraging. She is just getting her house fixed so that she can give some simple treatments, and the patients are beginning to come.

H. H. VOTAW.

Medical Missions

THE glad evangel of Jesus Christ is proclaimed in many ways, but these may be briefly classed under three heads: the human voice; the human heart; the human pen. The medical mission unites these three into one strong phalanx with which to attack the enemy.

In the dispensary the silver trumpet is sounded day by day to large and attentive audiences, calling men to repent and turn to the Saviour. Besides the ordinary class of hearers daily in attendance at preaching chapels and mission halls, many are thus reached whose ear can not be otherwise obtained.

There are, for example, outcasts, such as those who touched the Master's heart. Reaping a harvest of corruption from the seeds of their own sowing, they seek our aid in great numbers, and are often very grateful for relief afforded them.

Here, again, is a follower of the false prophet, who regards Christianity as the rankest heresy, to be most carefully shunned or completely extirpated; yet, for the temporal good he is to receive, he is found seated in the dispensary, listening quietly to the story of Jesus' love.

Yonder is a proud literate who considers China to be the center of the world, and all foreigners as "outer barbarians" from whom nothing good can be expected. He also for the time is willing to borrow our light, and gives us a courteous hearing.

See the busy merchant, too, who has little time for spiritual things, brought face to face with the great calculation, "What is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"

Moreover, if I may be allowed to say it, the voice of a benefactor has a very special charm, and the gospel message from him must have a special sweetness. Many of the patients feel that their greatest earthly boon, good health, is in our hand to bestow, and the music of that gospel within the gospel catches and rivets the dull ear.

The human heart can best speak to the human heart. It has been often and truly said that one can do little for a man until one really loves him. The medical missionary lives in the hearts of men. The strong ties of sympathy and compassion bind him very close to the poor sufferers it is his mission to relieve. Said one old man to me as he bowed himself to the ground before me, "O teacher, cure my eyes, and I will be forever grateful. I am a poor man and have nothing to give, but I will be your servant for a year without wages."

The human pen, too, is pressed into our service. Christian literature is doing much to bring China to Christ. So when patients, after a stay in our hospital, turn homeward to their native village or city, we try to make them the bearers of the good news to those at home by inducing them to buy portions of Scripture or Christian tractlets. By this means, from the mission station as the center, wave upon wave of light is sent into the surrounding darkness.

The value of this work I have seen over and over again when itinerating, meeting with those who had been treated in medical mission hospitals at Monkden, Tientsin, Peking, and elsewhere hundreds of miles from here. They, having been instructed in the elementary gospel truths, and bearing these in some permanent form, disseminate them far and wide.—*James A. Greig.*

QUESTIONS AND ANSWERS



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

293. Earache and Discharge.—Mrs. S. M. G., Dak.: "I have a little child who is very nervous. She is ten years old, and has had repeated attacks of earache for years. Sometimes after an attack she has a discharge from the left ear, which usually runs for a few weeks, and then seems to dry up. She is growing quite hard of hearing. She complains of great dryness of the throat, especially when she first awakens in the morning. I wish to know what is the cause of these attacks of earache, and how they can be prevented. I have several other children."

Ans.—Your little girl is probably suffering from overgrown masses of glandular tissue in the upper part of the pharynx and posterior nasal cavities. These masses of enlarged glands, called adenoids, often so obstruct the nose and throat that the child is compelled to breathe through the mouth. Mouth breathing at night is the cause of the dryness of the throat that you speak of.

These growths cover the opening of the Eustachian tubes, which lead to the ears; they also furnish a good soil for the growth of all sorts of bacteria of the throat. It is very easy for an inflammation of the throat to extend into the ears and cause earache, ruptured ear-drums, and the discharge and deafness you speak of.

In every case these glands should be promptly removed by a surgical operation. They can be perfectly cured in this manner. There is no other cure for them.

After their removal the child's health will be improved. The ears may require special treatment for a short time.

The cause of these growths in the throat in early childhood is not always easy to determine. They are usually due to faulty nutrition, either from inherited tendencies or bad feeding and improper care. Taking cold always greatly aggravates such tendencies. Repeated colds will cause increased growths of all the glands of the throat and nose, so that a very mild case from this cause alone may become a most serious one.

294. Enlarged Glands of the Throat—Effect on Disposition of Child.—Mrs. J. S. L., Pa.: "My oldest child, now past eleven, has suffered a great deal from throat trouble; often has a sore throat and difficulty of breathing. His voice has also changed very much. When he speaks, he gives the impression of having something in his mouth. But what worries me most is the great change that has occurred in his disposition. He has grown very nervous, irritable, and wilful, and at times is very ugly in his disposition. He has always been such a well-behaved child that I have wondered if his throat trouble could be in any way responsible for this change in his disposition."

Ans.—Yes, the pressure and irritation of enlarged and diseased tonsils and adenoid growths, which sometimes fill the throat, upper pharynx, and posterior nasal cavities, may cause very severe nervous symptoms and decided changes in the disposition of a child, and may greatly dull his mental powers.

There are many other causes of nervousness and ugly disposition in children, such as heredity, bad feeding, too much excitement, moral pollution, and improper home training, but this cause of pressure and irritation from overgrown glands in the throat and nose is one cause that is easily removed, and is too often overlooked.

We advise you to have the child examined by a competent physician, and if enlarged glands are present, as is most probable, have them removed.

295. Enema—Caution in Cases of Chronic Appendicitis.—Mrs. L. M. S., Wis.: "Do you advise the use of the enema in cases of chronic appendicitis?"

Ans.—Yes. In most cases it is very beneficial to wash out the bowels with warm water, but in some cases where the appendix is slightly swollen, and its orifice partly closed, the water may be forced into the appendix, increase its distended condition, and set up an acute appendicitis. This will not occur unless too much pressure is used.

In all cases where there is pain in the region of the appendix, we would advise carefulness in using enema. Use only moderate pressure.

296. Operation in Appendicitis.—D. J., Ore.: "1. Do you regard an operation necessary for every case of appendicitis? 2. Where a person has repeated attacks, which disappear again, are there not treatments which will afford relief? 3. Can such cases be cured by treatment without an operation? 4. If there is any treatment without an operation, please outline as fully as possible the method of treatment. 5. Please state some of the causes of this disease."

Ans.—1. No.

2. Yes.

3. We believe, by following the suggestions given below, that a very large proportion of cases of appendicitis can be prevented; but when one suffers from repeated attacks, we advise the removal of the appendix by an operation as the surest and by all means the safest treatment. There is almost no danger from an operation if done between the attacks. Where an attack has already begun, the operation should be performed at the beginning—the sooner the better.

4. The best palliative treatment for appendicitis so far as we know is the following: At the very beginning of the attack stop eating; let the fast be continued for one, two, or three days, and then use only a small amount of fluid food, such as malted milk, gruel, and fruit juices.

Place an ice-bag on the right side of the abdomen over the painful area; remove it after forty minutes, and apply a hot fomentation for three minutes, then replace the ice-bag, and keep repeating this process for one or more days until the soreness disappears. In most cases it is best to place a dry towel between the ice-bag and the skin.

Dissolve 10 grains of acetozone in one pint of water, and take four tablespoonfuls of this solution every two hours; this will act as an intestinal antiseptic, and will lessen the activity of such poisonous bacteria as may be present.

An enema of tepid water may be used once or twice a day, being careful not to use much pressure.

Appendicitis is a very sudden and dangerous disease, and one that demands the best counsel obtainable. But where one is so circumstanced that good counsel can not be promptly obtained, we advise the above

treatment, which, if followed, will save many a case that otherwise might prove fatal.

5. See answer to Question 297 in this issue.

297. Appendicitis.—Mrs. C. J. J., Mich.: "For the last four years I have been troubled with attacks of pain low down in the right side of my abdomen. As time goes on, it occurs more frequently and more severely. The last attack was very severe. It hurts me when I cough or sneeze. 1. Is it appendicitis? 2. What is the cause? 3. Is there any remedy besides a surgical operation?"

Ans.—1. Yes; you have been suffering for years with chronic appendicitis.

2. Most cases of appendicitis, either chronic or acute, are due to a catarrhal condition of the appendix, which is caused by the presence of irritating bacteria. Flesh foods and such other foods as undergo poisonous putrefaction favor the growth of such bacteria. Constipation is often a contributing cause. Contrary to the common belief, grape seeds and seeds of small fruits cause but a very small proportion of the cases of appendicitis.

3. See answer to Question 296.

298. Poisoned by Gas.—Mrs. H. M., S. C.: "How can one, poisoned by gas for almost fifteen years, and having lost most of the natural vitality, regain vigor and strength?"

Ans.—Breathing gas is a very serious matter. Common illuminating gas contains carbon monoxid, or CO, which, when taken into the lungs, unites with the red blood corpuscles in permanent form. A corpuscle once loaded with CO, is utterly useless, as it can not carry oxygen to the tissues, neither can it carry the waste product of the body, carbon dioxid, to the lungs. Such corpuscles continue to circulate in the blood stream, but are of no further use to the body, so that if one breathes any considerable amount of gas, he suffers as much as he would from a severe hemorrhage, or even more. One will recover much more quickly from loss of blood by hemorrhage than he will from destruction of blood by gas. Breathing even a small amount of gas is very injurious.

One can recover from the effects of gas only by rational living—by the use of such food, exercise, rest, sleep, sunshine, and cold tonic treatment as will improve the general health, strengthen digestion, and favor the production of more blood. A

(Continued on page 363)

EDITORIAL



THERE are two classes of people who receive no good from quacks (and by quacks, I mean patent medicine men, all irregular healers, and the whole tribe that work on the unwary by advertising): the people who *think* they are sick, and the people who *are* sick. Those who think they are sick, can be well by thinking so. Those who **ARE** sick, can get no benefit from the quacks. They need attention from physicians who understand their business.

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THERE are some people who need a good physician, and "need him bad," and need him at once. Too often, alas, they do not realize their need while their disease is in a remediable condition. Comparatively few of this class.

There are others who think they need a physician, and need him all the time. They tire the patience of the doctor while they replenish his pocketbook. The best the doctor can do only confirms them in their self-constituted invalidism. A great multitude of this class.

There are others who are a hybrid between the two. Where are you?

There is still a fourth class, who need no physician, and who know that they do not. They are normal. Get into this class.

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Contagious Sunshine

CONTAGION is not always bad. There is something contagious in a smile, especially if it be on the face of a child. The

joy beaming on an innocent countenance begets gladness in the heart of every beholder.

Even a picture of a smiling face or of a happy group has an uplifting influence. For the time, the mind is reflexly drawn away from its habitual state of depression and brooding, of worry and care; for by beholding we become changed.

Such a group is an invitation to heed the admonition, "Whatsoever things are true, . . . pure, . . . lovely, . . . think on these things."

We hope the faces and groups that accompany the text of this number may not be without their uplifting effect.

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"Mind-Cure"

It is related of Sir Humphry Davy, that he one day placed a thermometer under the tongue of a paralyzed patient. The man, believing the thermometer to be the remedy, soon felt so much improved that Sir Humphry continued to give the thermometer treatment for a few minutes each day until the patient was well. It is probable that this patient had the same kind of paralysis as that which is sometimes cured by a cry of "fire!" That is, it was probably a mental rather than a physical disorder: but *to the patient the paralysis was real*, and nothing could have made him believe otherwise, perhaps, even after his cure.

Physicians are learning — that is, those who observe — that many of the disorders once thought to be due to disordered

stomach, or bowels, or liver, or pelvic organs, are very often due entirely to mental disturbance. One writer well known to the readers of LIFE AND HEALTH says that nine tenths of the diseases originate in the mind. I am quite willing to concede the other one tenth as being produced otherwise.

Some one will object immediately: "Do you mean to include all the contagious, and bacterial, and parasitic diseases, and diseases manifestly due to unhygienic living, among the one tenth?"—Not by any means. In the first place, many of the people who succumb to an epidemic first yield to fear, which is itself a paralyzant, rendering the body less resistant to bacterial invasion. Then, in the absence of fear of epidemic, who can say how many despondents, discouraged because of family troubles, or financial failure, or blighted hopes, fall prey to infections which they would otherwise withstand?



Nothing is now more certain than that many healthy people harbor bacteria of diphtheria or pneumonia, or typhoid fever or influenza; and possibly all the infectious bacteria are sometimes carried in this manner by persons who, for the time, are immune to the action of the germ. When a person succumbs to typhoid fever, it is believed by eminent students of the subject, that in a considerable proportion of the cases the typhoid germs have been carried by the individual for an indefinite period, but overpower the body only when the natural defenses are lessened by lowered vitality.

When we realize that *there is nothing so depressing to the vitality as fear*, unless it be some of the other unfavorable emotional states (as worry, despondency, self-condemnation, etc., which are a species of fear, and the various types of anger), we can appreciate more than we have in the past, the fact that a very

large proportion of diseases originate, partly at least, in the mind.

In battle, sometimes, the man the enemy would most desire to kill seems to bear a charmed life. Though he is conspicuously at the head of his line, and a mark for many rifles, the very bullets seem to avoid him. We would almost think at times that his determination and daring create around him an atmosphere of immunity to the leaden hail.

The spirit of the man who has a *will to live*, who has the courage to live even in a world of germs, as Luther had the courage to go alone into a city of devils, often creates his own atmosphere of immunity.



Some one has said that the best way to antidote the words of the dyspeptic at the table who is forever telling how this and that food is injurious, is to say, "Nothing I eat ever hurts me!" It usually silences the dyspeptic, and it prevents the unhealthy thought from entering the mind—so says this writer. Perhaps it is so. At any rate, much dyspepsia is of the kind that has been created by the fear that certain foods are injurious. Many patients are for years deprived (by imagination) of the most healthful of foods. Every time they attempt to eat them, they experience trouble. Sometime they have their minds tricked into a more healthy belief (as was the case with the cry of fire and with the thermometer treatment to the paralytic), and then they are able to eat like other people.

No doubt people will read this article who thoroughly believe they can not eat certain foods which are harmless to ordinary people, and who, after reading this article, would, if they attempted to eat the food in question, have a regular old-time attack of indigestion. Mental? Could'nt make *them* believe it is mental, until some time when their mind is

tricked into a proper belief by some one having the right tact, or by some accidental circumstance.

As I read the above, I must myself confess to a fear — a fear that somebody will get the idea that LIFE AND HEALTH teaches that it makes no matter what you eat or do so long as you think it is harmless. It almost tempts me to throw the whole article into the waste-basket; but, no! I'll believe the greater majority of LIFE AND HEALTH readers have better sense.



Fear and Hope

MEDICAL students entering the class in practise of medicine (which deals with diseases, their symptoms and treatment), are very apt, if they are of a susceptible nature, to experience most or all of the symptoms they read about, so that it is not at all rare for one or more of the students to consult the professor anxiously, to learn whether or not they have the disease under consideration. With some persons the minute description of symptoms acts as a powerful suggestive force.

It is this characteristic of human nature that the patent medicine man and the charlatan take advantage of in preparing their carefully written circulars. These men who grow fat on the misery of others are skilful readers of human nature, and know how to play on the fears of the susceptible, helping to develop symptoms which they describe as being of fearful significance. The poor, frightened fellow who reads will give the last red cent in order to get relief from a disease which he is sure would have soon taken his life had he not fortunately seen the circular describing his condition.

There is another class in the medical college, in which the students are apt to become unduly optimistic. That is the class in therapeutics (the study of rem-

edies and methods of cure). One professor of therapeutics began his course of lectures with the statement that it was his purpose to teach the students to do as little harm with drugs as possible, and to let nature perform the cures. But as he took up the consideration of each separate drug, he became so enthusiastic over its virtues that students very naturally concluded that they need never lose any of their patients if they get a supply of *that drug*. It is surprising how many conditions a drug is useful for — in the books.

An active practise gradually leads the doctor to become more skeptical as to the efficacy of drugs, until at last he may arrive at a condition of "therapeutic nihilism," where he can say, with Professor Osler, that there are only four remedies in the entire pharmacopeia that are of real value.

There is one thing every healer — regular or irregular, legal or illegal, student or quack — knows; namely, that *the healer must have the confidence of the patient*. Medicine or water, diet or exercise, suggestion or incantation, *no method succeeds without that*. CONFIDENCE, HOPE, IS THE ONE ESSENTIAL ELEMENT THAT MUST BE PRESENT IN ALL HEALING. So whatever the healer does, whatever he believes, he at least does what he can to inspire the patient with perfect confidence in *his* method.



"Count Your Many Blessings"

COLOR-BLINDNESS is a disorder of vision in which there is a failure to recognize certain colors. Some can not recognize red, others can not distinguish green. It is a permanent abnormality of sight that can not be corrected.

One may be color-blind to the good or evil of events. One man is color-blind to evil, and we call him an optimist.

Another, the pessimist, is color-blind to of his health, for the good of his neighborhood. There is this difference between this color-blindness of the mind and that of the eye: while the condition can not be changed in the eye, that in the mind may often be bettered (or else made worse); were it not so, the time would not be taken to write this article.

There are some people who are unable to see any good, or if they see it, there is the shadow of the evil darkening it. Their presence is a dampener to every one but those who are constitutionally blind to the dark side. "Isn't this a beautiful day?" you say enthusiastically to one of these habitual seers and spreaders of darkness. "Too beautiful to last. Don't know what kind of weather may turn up next." Whether you speak of the weather, or the crops, or national progress, or religion, it is the same, for "out of the abundance of the heart the mouth speaketh." This person may not be a pessimist in the philosophical sense, but that is what he is in his practical life. He has habituated himself to see evil, to see disaster, to see disappointment. He expects it — and gets it; and I may add, he deserves it.

The optimist, on the other hand, sees every evil — if he sees it at all — eclipsed by a good. Though he is in poverty, forsaken by friends (a very rare situation, truly, for the attitude of the optimist draws friends), surrounded by all that men call evil, his profound sense of the blessings of life will cause him to count his trials as unworthy of notice. Such a spirit makes this life worth living. It makes him happier, and all who come in contact with him.

Now the only difference between these two types of men is their habitual viewpoint. One sees so much good that the evil is negligible. The other finds so much evil in evidence that the good shrinks to insignificance. For one's own peace, for his own success, for the sake

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Some one will say, "But it is impossible for me to see any good; everything is discouraging." He may add, or at least think, "Luck is against me."

Now, it must be admitted, that, like all habits, this one of pessimism is difficult to remedy, **BUT IT IS NOT IMPOSSIBLE!** The man who faces this or any other evil habit, saying, "I have a terrific task before me, but I shall take it up with all the courage I can muster, and with bulldog grip hang on until I succeed," can be assured of success. Divine aid in answer to prayer will enable one to conquer every difficulty.

The confirmed pessimist should strike a ledger account, as it were, placing all the difficulties, and disappointments, and discouragements on the left, and the blessings on the right, and should note which way the account stands. But he should be sure to count in all the blessings — all the favorable things.

All have heard of the old lady, penniless and in the poorhouse, who, when asked if she did not find life a weary burden, replied that she had so much to be thankful for that she had no time to think of the dark side. The two remaining teeth in her head were opposite each other, so that she could still use them for chewing. Whatever physical troubles may have come to that old lady, they never came to her mind, and she was proof against the trials of this life. One man said, derisively, of the Christian religion, that it is an "anesthetic to take away the cares of this life." Very well! It were good for many of the pessimists if they took a little of the anesthetic.

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The apostle Paul had a formidable list of trials. Pile them up on one side, and

see what an array they make. But before you finish, pile up opposite to them his blessings, and note which stands the highest. An unswerving faith and an indomitable will turned darkness into light.

THE DARK SIDE	THE LIGHT SIDE
"Troubled on every side"	"Yet not distressed"
"Perplexed"	"But not in despair"
"Persecuted"	"But not forsaken"
"Cast down"	"But not destroyed"
"Always bearing about in the body the dying of the Lord Jesus"	"That the life also of Jesus might be made manifest in our body"

To be stoned and left for dead, to be shipwrecked, to be whipped till his back was lacerated and bleeding—what was the effect on Paul? "For our *light affliction* . . . worketh for us a far more exceeding and eternal weight of glory; while we *look not* at the things which are seen, but at the things which are not seen."



A certain physician, having in charge a patient who was a confirmed pessimist, asked him to throw into the left scale of the balance everything that troubled him, and into the right everything that was favorable. Though the conditions under which the patient had been before wearing his mind out were not changed, the patient himself was, and as a result he was cured. He wrote his physician:—

"Often the scale of annoyances is pretty full, but when I remember your advice, I count up the successes which seemed to me so few; I heap up the scale on the right, and as you said, it is that which carries the day. After that I go to sleep, and in the morning I wake up in good health."

It might do us all good to sing that song every morning, "Count your many blessings; name them one by one." If we

would look more on THAT SIDE, we should see less of the dark side of life, "and our lives would be all sunshine in the sweetness of the Lord."



Now, of all I have said, this is the sum: There are many diseases which are probably due entirely or very largely to the condition of the mind. Among these are many cases of dyspepsia, diarrhea, constipation, neurasthenia, hysteria, hypochondria, insomnia, etc. *Especially is one who is always thinking that something or the other is the matter with him suffering from a mentally induced disorder.* In any case, the safe course is to visit some physician who is skilled in diagnosis, and learn whether or not there is any physical cause for your trouble. Inasmuch as comparatively few physicians have learned the important fact that many of these diseases have a mental origin, you may have to submit to the replacement of some organ, or to a stomach washing, or an amputation of the appendix (provided you can afford it), or you may get nothing worse than an old-fashioned cathartic and a stomach tonic, with a little cerebral and nerve tonic "to bridge over."

Whatever you do, go to a man in whom you have the utmost confidence, for herein lies your chance of regaining health.



A Reckless Sensational Report

A REPORTER on a daily paper, with no other thought than to fill so much space (with sensational matter, usually) for so much money, has the power to do incalculable injury.

The Philadelphia *North American* furnishes a case in point. The National Association for the Study and Prevention of Tuberculosis is composed of able and philanthropic men who have devoted themselves to the problem of stamping

out tuberculosis. Many of these men have shown in a practical manner their profound interest in consumptives, and especially in the consumptive poor. As a result of their efforts in various lines, the conditions of the unfortunate in our large cities is being greatly ameliorated. No one among them has been more untiring in his efforts to relieve the afflicted than Dr. Knopf, of New York.

The association meets in May each year in the city of Washington, to compare notes, to learn of advanced laboratory and clinical and sociological methods, and to receive fresh inspiration for work. Each meeting thus far held has been followed by a marked increase in anti-tuberculosis activity in various cities. By means of anti-spitting cards, circulars regarding consumption, visiting nurses, tuberculosis classes, sanatoria, tent colonies, and last but not least, the sea-breeze colony for the tots with bone and other non-pulmonary tuberculosis, the work is gradually but surely gaining ground.

But it had a serious setback at the last meeting through the thoughtlessness (or shall I call it maliciousness?) of a sensational reporter. The Philadelphia *North American* reported Dr. Knopf to have advised the killing of dying consumptives quickly and painlessly by morphin, and to have admitted that it was his daily practise to do so. The article further said that there was a bitter debate, and that the session adjourned in confusion. I can say, as a personal attendant at the meeting, that no such thing occurred.

These false statements were copied in many if not most of the newspapers in this country, and in many of the European papers. Notwithstanding the vigorous denial by Dr. Knopf, by Dr. Dock, who was president of the meeting, and by others who were present, the false charge still spreads.

Of course, it does not hurt the reputation of Dr. Knopf in the estimation of those who know him; but among the consumptive poor the effects of these reports have been plainly evident. For instance, in St. Louis there were consumptives who, after reading the sensational lie, refused to accept the help of the nurses sent by the Society for the Relief and Prevention of Tuberculosis. As the *St. Louis Republic* said, they probably feared that the visit of the nurse might mean an overdose of morphin.

There is no telling to what extent this story has worked on the fears of those who are most in need of help, so that they will not only refuse help themselves, but will also refuse that counsel which would render them comparatively harmless to others.

You can notice this one characteristic of the average newspaper. Its sensational matter (whether true or not) is in bold scare-heads. If it afterward retracts a lie (*which it seldom does unless under compulsion*), it is usually in some obscure corner of the paper where it will most likely escape notice, and it is NEVER A FRANK, OPEN ACKNOWLEDGMENT OF ERROR.

I have lately received a pamphlet from one Atkinson, of Philadelphia, who is mourning over the encroachment of the Post-office Department upon the liberties of the press. It would appear that he has a grievance because any and every advertising dodger can not be sent out at pound rates.

It would seem to me sometimes that there ought to be some way to hold a paper to account for making public utterances which do incalculable damage. The liberty of the press? The liberty to ruin character and break down reputation, and spread wholesale the news of deviltry in such a way as to render it contagious! Liberty, forsooth!



Alcohol and Drug Habits

Cocain Users in New York City.—Notwithstanding the stringent laws against the sale of cocain, except on written prescription by a reputable physician, such prescription to be filled only once, there are more than eighty thousand cocain users in New York City.

Drunk on Gasoline.—It is said that the children in the down-town section of Philadelphia have discovered a new "booze" in the form of gasoline. They get a small quantity, soak a cloth with it, and place it over mouth and nose, inhaling the vapor. In a few minutes they are as drunk as if they had taken a quantity of liquor.

Georgia's Anti-narcotic Law.—According to the attorney-general, the anti-narcotic law recently passed in Georgia will depend for its efficiency entirely on the judgment and integrity of the physicians, for the law does not prohibit a physician from prescribing a narcotic even to habitués, provided he believes the drug to be necessary.

Alcoholism and Labor.—The National Convention of Socialists at their meeting at Essen, considered the question of drunkenness among the laboring class. In a speech by Herr Wurm, a former member of the German Reichstag, or parliament, it was asserted that drunkenness is caused by long hours, low wages, and unhealthful dwellings. Wurm took issue with the British labor leader for saying that workmen took advantage of short hours and high wages to indulge in dissipation. A resolution, with only one dissenting vote, was passed, declaring the German Socialists opposed to the use of alcohol in any form during working hours, and favoring the abolition of the custom, prevalent in German factories, of providing beer to men at hard labor.

A Harmless Fraud.—The morning paper tells of a medical fraud in the shape of a largely advertised pill, which on analysis proved to be composed entirely of sugar. Not a trace of medicament of any kind was present. Good! Would that all pills were as harmless. But it is an expensive way to buy sugar.

Charcoal an Antidote.—It is worth repeating until it becomes fixed on the mind that charcoal is credited with being a most powerful antidote to internal poisoning, if it is taken in liberal quantities as soon as the symptoms appear. The charcoal should be powdered, poured into water, and swallowed in large doses. It is harmless.

A Natural Antidote for Alcoholism.—For more than a century the water of Potter Spring in the village of Mingo Junction, Ohio, has been credited with possessing qualities which destroy the taste for liquor. It is said that the power of the water to eliminate the taste for the fire-water was first discovered by Logan, a famous chief of the Mingo Indians. The village council has determined to put the water on the market, to be sold, it is said, in "dry" towns.

Is Prohibition a Failure?—The leading liquor-dealers' organs seem to think not. One of these papers said recently: "The license system is in peril, and the business interests dependent upon its perpetuity are threatened with disaster. The growth of the no-license area in the South is phenomenal." The editor then proceeds to explain pathetically how the selfishness of the different representatives of the liquor business prevents their working together for the good of the common cause. After telling how one victory after another has been won by the temperance people, he says: "The next line of battle will be in Washington, in the United States Congress."

Public Hygiene

Emergency Outfit for Factories.—The Boston board of health requires all factories to keep a small emergency outfit consisting of medical and surgical supplies.

Cool Summer and Infant Disease.—The past summer was remarkably cool in England, with increased cloudiness and humidity. The total deaths among children of five years or under, from diarrheal disease in London was less than one eighth what it was the previous year. The same is true of all the seventy-six "great towns" of England and Wales.

Doctors under Government Pay.—The British Medical Association has placed itself on record as favoring the policy that the State should undertake the treatment of all sick people, the physicians being paid out of the State funds. The doctors are distressed because of the worries of fee-collection, competition, and the free work done by hospitals and dispensaries. They desire to exchange present troubles for those that are unknown.

Communicable Diseases

Cholera in Russia.—Cholera is again spreading in Russia, and twelve provinces are now battling with the disease.

Circumstantial Evidence against the Wood-tick.—By the kind (though involuntary) assistance of some guinea-pigs, an experimenter has demonstrated to his own satisfaction that wood-ticks are a means of transmission of Rocky Mountain spotted fever.

Free Antitoxin in Illinois.—Hereafter the Illinois State board of health will furnish antitoxin, in sterilized glass syringes, free to all in that State who need it. It is furnished through the attending physician, who gives a receipt for the antitoxin, and who is required later to furnish to the board a report of the case.

The Plague Situation in San Francisco.—Alarming rumors having been started regarding the plague situation in San Francisco, Cal., the president of the city board of health has published a statement to the effect that there is no cause for alarm, that every necessary precaution is being taken to stamp out the epidemic, and that it will be unnecessary from present appearances to quarantine the city.

Health Inspection throughout Massachusetts.—A recent Massachusetts law provides that there shall be systematic medical inspection in all the schools of the State.

The Dog as a Carrier of Tuberculosis.—The dog is susceptible to tuberculosis, and may be a means of transmitting the disease to members of the family. A dog with a nasal discharge and a cough should be submitted to a veterinarian for his diagnosis.

Rat Extermination.—The California State Board of Health has issued a notice to the public, calling attention to the rat as a means of transmitting bubonic plague, and urging every one to co-operate in the destruction of the rodents.

Danger in Oriental Rugs.—The head of the Pasteur Institute in Constantinople, as the result of an examination of Oriental rugs and carpets, reports that these articles constitute a serious menace to the health of purchasers, unless they are disinfected.

Consumption Mortality Diminished.—A study of statistics in Philadelphia reveals the significant fact that the death-rate from consumption is diminishing in those wards which have institutions for treating the disease, whereas, in adjoining wards which have no institutions, the mortality rate from tuberculosis is increasing.

Bubonic Plague in San Francisco.—The plague has again obtained a firm foothold in San Francisco; but with a successful physician as mayor, we can confidently expect that there will not be a repetition of the disgraceful conditions which the incompetence and lack of perspective on the part of the local officers, with extreme shortsightedness on the part of some of San Francisco's business men, inflicted on the city and the State at the time of the former epidemic. The county medical society petitioned the mayor to dismiss the old health board on account of incompetency. The old board has now resigned, and a new board has been appointed which is thoroughly competent, and which has the confidence of the country. The charge of the work of stamping out the plague has been turned over to the United States Public Health and Marine Hospital service at the request of the mayor, who stated that the city would do all in its power to raise the necessary funds.

Milk

Tuberculous Cows.—Health Officers believe that nearly, if not quite, fifty per cent of the cows supplying milk to the city of Washington have tuberculosis.

The District Milk Commission.—The investigation of dairy farms supplying the city of Washington, which was undertaken in the effort to locate the cause of the marked prevalence of typhoid in the District, brought to light a remarkable condition of things. The water in one fourth of sixty dairy farms visited was found to be unsafe. Other dangerous conditions were found. A milk commission has, as a result, been established for the District.

The Milk Question in Chicago.—Some of the poorer districts of Chicago, inhabited largely by foreigners, are supplied with a better quality of milk than some of the better districts. The reason is given that most of these foreign people scald their milk. If the milk is near the souring point, the heating causes it to curdle, and thus brings trouble on the milk dealer. The dealers in these districts have learned this fact, and are careful to keep the milk in such a condition that it is not likely to curdle on heating.

Free Pasteurized Milk for the Poor.—The Nathan Strauss establishment gave away the past season nearly three million bottles, and more than one million glasses, of milk. A new and more commodious building is being erected, which will contain a large Pasteurizing plant. Undoubtedly many thousands of lives have been saved as a result of the fifteen years' work of this philanthropic project. It is said that in 400 cities in various parts of the world work similar to that originated by Mr. Strauss is now being conducted.

Federal Inspection of Dairy Products.—Secretary Wilson will urge upon Congress the passage of a bill authorizing the Department of Agriculture to supervise interstate commerce in dairy products, in order to prevent, as far as possible, the spread, by this means, of communicable diseases, especially tuberculosis and typhoid fever. This project is the result of an inspection of the dairy farms in the vicinity of Washington City, which developed the fact that dairy products are undoubtedly an important means of distributing disease.

Education

Medical School Inspection in Chicago.—The city has been divided into eleven districts, each with nine subdivisions, each subdivision under an inspector. Every school is visited every school day during the year. Everything possible will be done to safeguard the health of the children.

Eye Strain in School Children.—Examination in several of the larger cities shows that between one fourth and one third of the children suffer from defects of vision remediable by glasses. We are slowly but surely waking up to the fact that much of the supposed mental defect of "backward children" is in reality physical defect, which can be remedied by competent persons.

Tuberculosis in School Children.—This disease is often unrecognized until it is in the advanced stages. Observation in Prussia demonstrates that the disease is "by far the most dangerous enemy of children during the ages from five to fifteen years." It has been recommended that school children be regularly examined for this disease, and that tubercular children be isolated in convalescent homes, and afterward sent to settlements or schools in the country.

New York's Public School for Deaf Children.—Two hundred deaf children can be accommodated in the school recently established in the city of New York. It is probable that no effort will be made to teach the finger alphabets, all the work of the school being concentrated on the method of lip reading and vocal speech. By this method pupils become more self-confident, and make more rapid progress. In order to do the most effective work the classes will be small.

Dirty School Children.—Recent examinations of school children to determine their physical condition, reveal the fact that many of them do not bathe for months. Some of the poorer children were found to have their underclothing sewed on, to remain on until the end of cold weather. To protect the more cleanly against contact with this class, it is proposed to establish baths in the schools, where bathing is not a home practise. As Dr. Gould says, "Let there be less soup and more soap in our charity."

LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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

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Manuscript and correspondence relative thereto should be addressed to the editor.

Questions or correspondence relative to any of the departments should be sent to the head of that department.

If questions are sent to this Office in connection with other matter, they should be written on a separate sheet addressed to the editor; otherwise they may be overlooked. The editor does not look over the business correspondence.

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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THAT our readers may form some conception of the way LIFE AND HEALTH is now being received by the people, we give below a few facts about its sale by our agents. One worker in New York ordered 1,500 copies between October 3 and 9. The lowest sales made by any of his special agents was 59 copies a day. Another agent in Nebraska ordered 700 copies of the October number on the third, and on the eleventh he sent an order for 1,000 copies of the same issue.

His average sales were 100 copies a day.

A school-teacher desiring to do something for the benefit of the people and herself at the same time, took up the sale of LIFE AND HEALTH, and afterward wrote us as follows:—

"I have just returned from canvassing for LIFE AND HEALTH, and am glad to report satisfactory results for a beginner. In my first day I sold 102 copies in a few hours' time. In making up the average of my sales for the entire time, I found I had sold about twelve copies an hour. I enjoyed my work very much indeed."

Hundreds of other experiences might be given similar to these, but these are sufficient to show what is being done, and to offer a suggestion as to what might be done.

The new prices of LIFE AND HEALTH, beginning October 1, are as follows:—

Single copy, 10 cents; 2 to 25 copies, one address, 5 cents each; 25 to 500 copies to one address, 4 cents each. Special rates on orders of 500 or more copies will be given upon that occasion. Regular subscription price, 75 cents; foreign subscriptions, \$1 a year; 10 or more copies, one year, to one address, 45 cents each.

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(Concluded from page 352)

cold shower bath, followed by such a vigorous rub as will secure a good reaction, is an excellent stimulus to the manufacture of blood, and should be taken daily. Horseback riding, automobling, and any work or exercise that is enjoyable and not fatiguing and keeps one in fresh cold air, is highly beneficial.

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Boston's Warfare on Dirty Milk.—The officials have been at work in Boston. Laws against dirty milk and milk containing an excess of bacteria, and milk from diseased animals, has resulted in the gradual improvement of the milk supply.

Boric Acid as a Preservative.—In response to inquiry by the Berlin authorities, certain experts have stated their opinion that the use of boric acid (boracic acid) or borax as a food preservative should be unhesitatingly condemned, because they are not only directly injurious to health, but enable manufacturers to pass off spoiled foods.

Physicians Avoid Publicity.—A number of medical societies have passed resolutions against the publication in the public press of physicians' names. The physician whose "wonderful cure" or "brilliant operation" is chronicled in the newspaper, may find the doors of the local or county society closed to him. This is to prevent the quackish practise some physicians have of "blowing their own horn" through the kindness of a friendly newspaper man.

Government Will Not Protect Frauds.—In a recent suit for infringement by the owner of a copyrighted medicine, the court decided in such a manner as to make it incumbent on the owner of the copyright to prove the truthfulness of his advertisements and claims, in order to obtain government protection. The courts have come to that place where they refuse longer to afford copyright protection to frauds. This is a beginning. Perhaps later, some governmental means will be devised by which these fraudulent concerns can be called to account for their irresponsible advertising of impossibilities.

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