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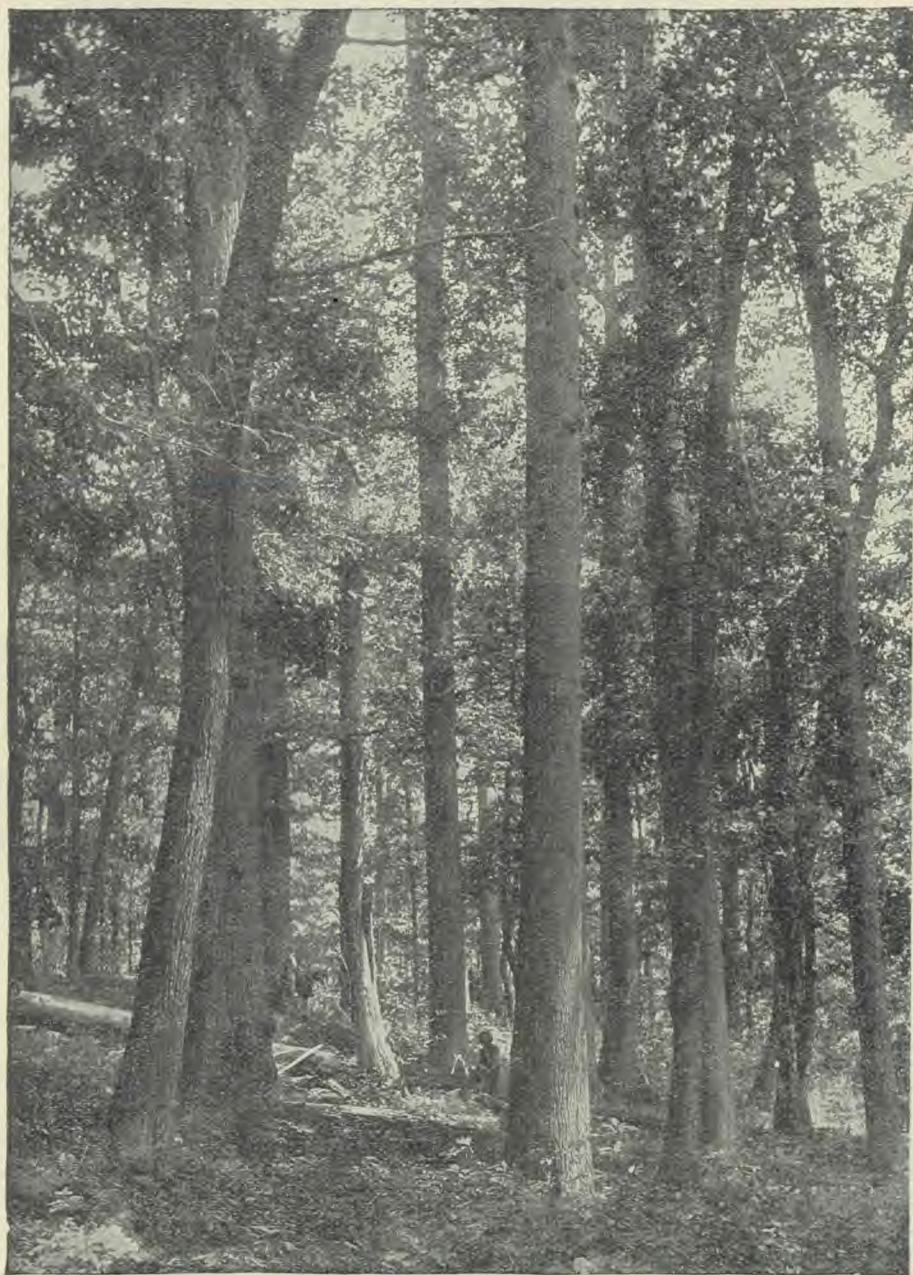
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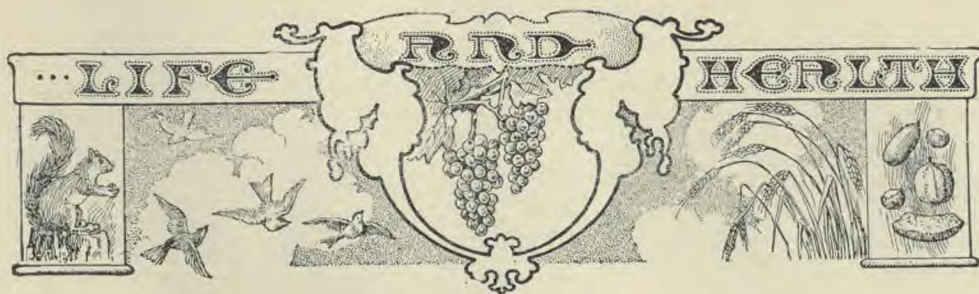
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" THERE IS A PLEASURE IN THE PATHLESS WOODS "





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

Vol. XXII Takoma Park Station, Washington, D. C., December, 1907 No. 12

## The Tobacco Habit and Race Degeneracy

D. H. KRESS, M. D.

*Superintendent Washington (D. C.) Sanitarium*

### An Alarming Condition



It is everywhere observed that the human race is deteriorating. A knowledge of this fact has led to the organization in civilized countries in recent years of health associations, physical culture societies, gymnastic clubs, all of which have for their aim the physical improvement of the race.

A few years ago we were startled when it was made known that out of 11,896 of the most likely men who enlisted for army service at Manchester, England, there were so many who were "ill developed and poor in physique," most of them suffering from heart-disease, that only 3,076 were able to pass the required physical examination. Tobacco was considered by the examiners to be the chief cause of this degeneracy.

Official statistics show that there is also a marked deterioration in the physique of the German nation. It is authentically stated that nearly one half of the young men in Germany between the ages of eighteen and twenty-two are incapable of bearing arms. The prevalence of heart-disease among the young men has increased over three hundred

per cent within the last few decades. Tobacco and beer are considered the causes of this alarming degeneracy.

A similar condition exists in America. It will be recalled that out of sixty-seven applicants who appeared for examination to enter the medical department of the United States army in 1902, forty-three — nearly two thirds — were rejected, having what the doctors pronounced "tobacco heart." This is especially significant when we bear in mind that those who applied were young men who considered themselves in the pink of health. That such a condition exists in our most highly civilized countries is certainly sufficient reason for alarm, and should lead to a careful investigation of its causes, with a view of correcting them.

### Some Effects of Tobacco

There can be no doubt that the great increase in Bright's disease, apoplexy, heart-disease, and the many sudden deaths from heart failure in modern times, are due largely to the free use of tobacco. Tobacco not only weakens the heart's action, but in the course of time brings about the course of certain pathological organic changes in its structure.



The school board of Chicago in a medical examination of pupils, before allowing them to take part in certain athletic sports, discovered that a number of boys were in a physical condition that made violent exercise of any kind dangerous. Twenty-one out of one hundred were found totally unfit, and all but three suffered from some form of heart-disease. The verdict was, "Almost without exception, they were cigarette smokers."

While during the last few years a great deal has been said about the evils resulting from the use of tobacco, I am convinced that half the truth has not been told. I fully believe its pernicious influence, especially upon the young, is not yet fully understood or appreciated. It has been observed by those who have been associated with cigarette fiends that they can not be relied upon; they will deceive, lie, and steal, just as will the morphin or opium fiend; tobacco, like cocain or morphin, blunts the moral perceptions and demoralizes the entire being. It not only stupefies the brain and nerves, but lowers the vital resistance of the body, and paves the way for consumption, a disease which is carrying off one out of every four of the young men in civilized communities.

To ascertain the real injury to the race from such a habit, we must necessarily go to the third or fourth generation. We have reached that time, and the results of the tobacco habit are now fully manifest. As Sir Benjamin Brodie says, "No evils are so manifestly visited upon the third and fourth generations as the evils which spring from the use of tobacco."

#### Prevalence of the Tobacco Habit

Smoking is at present universal in all English-speaking countries, as England, Ireland, Scotland, the Continent, America, Canada, and Australia, also in Polynesia, China, Japan, Siam, etc. That the habit is spreading among women in

English-speaking countries, may be inferred from the following pledge, which was a few years ago circulated among the girls in Leeds, England, by an anti-cigarette league:—

"I promise with God's help to abstain from purchasing or using tobacco in any form, at least until I reach the age of twenty-one, not only for my own sake, but for the sake of my country."

#### Recent Study of the Tobacco Question

For a number of years not much had been said or done to arrest the spread of the habit, and no special attention had been called to the dangers resulting from its use. Consequently it has many devotees who are entirely ignorant of its injurious nature. But owing to the rapid decline of the race, special attention has of recent years been called by leading medical men, scientists, religious teachers, and commissions appointed by various nations for the purpose of investigating the causes of the almost universal physical, intellectual, and moral degeneracy, to the fact that tobacco is responsible for much that has, in the past, been attributed to other causes.

#### Anti-Tobacco Laws

Realizing the accumulated results upon the present generation, laws have been enacted prohibiting the sale of tobacco to youths, and making smoking by them a criminal offense, punishable with severe penalties. In Canada laws have been passed prohibiting the sale, manufacture, or importation of cigarettes. In Japan there exists a law which forbids persons under twenty years of age to smoke. Parents or guardians who allow their charges under this age to smoke violate this law, and are punished by a fine. Tobacconists who knowingly sell tobacco to a youth under twenty for his personal use are also prosecuted.

It appears that at least nine legislatures within the British empire have



passed laws against juvenile smoking. So far as Canada is concerned, the prohibition extends to the age of eighteen in Ontario and New Brunswick; to the age of sixteen in Quebec, Nova Scotia, Prince Edward Island, British Columbia, and the Northwest Territories. Similar laws exist in Cape Colony, New South Wales, and Australia. In Switzerland a boy found smoking on the streets is promptly arrested, and punished by fine or imprisonment.

#### Does Age Make Such a Difference?

If tobacco is so highly injurious that we find it necessary to prohibit its use by the young man of sixteen or twenty, and to frown upon its use by women, by what logic can it be shown to be free from danger to the man of thirty?

If a substance is capable of destroying a young man of eighteen, is it not also capable of destroying a man of twenty-five or fifty? Is there any evidence that between the ages of eighteen and twenty-

five the human organism undergoes a mysterious change which would render it immune to the evil results of nicotine? If ten cigarettes used daily are sufficient to demoralize physically, mentally, and morally a boy weighing one hundred pounds, will not fifteen cigarettes have a similar effect on the man weighing one hundred and fifty pounds?

The evils resulting from the use of tobacco must be determined by its influence upon the weak, and not by its influence on the robust. Any substance which acts injuriously upon the weak, will in a lesser degree, perhaps, act injuriously upon the strong. In order to check this evil, reforms must be made by fathers and teachers who say in all their habits of life to those who look to them as examples, "Follow me." When this is done, our educational and legislative efforts will be consistent, and will appeal to the youth. Just as long as the work of reform does not begin here, will the tobacco habit and degeneracy continue.

#### Cigarettes and Morals

I have had before me (in twenty months' experience on the bench) 1,208 boys and girls—mostly boys—all of whom have been charged with offenses against the law. These offenses have covered the entire list of offenses known to the law of Indiana, from the most trivial misdemeanor to the greatest of crimes. . . .

In inquiring into the causes that have brought about such a great increase in the number of offenses against the law in the last few years by boys, I have reached the conclusion that, aside from the frailties that afflict our common humanity, and which are apt to blossom and develop into crime, especially where there is lack of parental control, or where the parents themselves belong to the vicious classes, by far the most potent factor is the cigarette habit.—Judge Stubbs, of the Indiana Juvenile Court, in a paper read before the Indiana State Teachers' Association.

The physician in charge at the Whittier Reform School for Boys wrote, saying that ninety-eight per cent of the boys who had been in the institution were cigarette smokers, and ninety-five per cent were cigarette fiends. The officers tried to keep tobacco out of the school, but it would be smuggled in at times. The doctor comments: "We can generally tell when there is a supply of tobacco in the school, by the conduct of the boys themselves, and particularly by the poor work they do in the schoolroom. I should say decidedly that the use of tobacco has a very appreciable demoralizing effect upon young men."



# Tobacco on the Brain and Nervous System

T. D. CROTHERS, M. D.

*Superintendent Walnut Lodge Hospital, Hartford, Conn.*



THOUGH tobacco is one of the most widely used of narcotics, it is only recently that its poisonous effects have been carefully studied.

Its first use is often followed by such toxic symptoms as pallor of the face, intense nausea, tremulous heart, and general muscular relaxation and prostration. Later, when it has been used for years, there is anemia, paleness, muscular trembling, with general nervousness and extreme debility. Though the signs which lead to the recognition of its effects are often obscure, and the degree of damage is frequently difficult to determine, it is certain that tobacco is ever a depressant and narcotic, and of necessity must injure the brain and nervous system.

Its first effects are on the sensory nerves, diminishing the acuteness of sight, hearing, and taste. Persons who use their eyes in delicate and exact work find that tobacco injures them; and musicians who depend on the accuracy of their hearing in the recognition of sounds, very quickly give up tobacco, especially before doing any work that calls for accurate hearing. The ability to perform any work requiring delicacy of touch is lessened after the use of tobacco.

Persons whose work does not require a careful exercise of the special senses may use tobacco for some time without observing any resulting injury. Later, however, nervousness appears in the form of trembling, agitation, and loss of control. Foolish enough, many persons smoke in order to experience a certain steadiness, but later they complain of increased nervousness. Finally the heart gives evidence of this continuous narcotic influence, in its irregular action and

signs of exhaustion. When tobacco is withdrawn entirely, this heart condition improves; and many nervous affections disappear.

One of the most common and serious effects of tobacco is amblyopia, or increasing cloudiness of vision due to paralysis and congestion of the optic nerve. It is found that engineers on the railroads, using tobacco, very soon have defective color sense, and this unfits them for work. It is asserted that no one can use tobacco in any form very long without having defective vision. The poison first dulls the color sense, and produces gradual degeneration of the optic nerves with increasing cloudiness of sight, and finally total blindness.

In many instances the heart and nervous system show very serious disorders before the eye. These are apparent in excitability, nervous fears, mental weaknesses, and want of control.

Cigarette smoking is by far the most dangerous form of using tobacco. The combustion takes place so near the mouth that all poisonous products go directly into the membranes of the throat and nose, and are rapidly absorbed into the system. The nutrition is more perceptibly disturbed by the use of cigarettes; and although the poison is small in amount, its effects are continuous. Both sight and hearing are affected sooner by cigarettes than by the pipe or cigar. The nerve-centers show signs of more radical change, and give more conclusive evidence of poisoning. There is a constant battle going on in the cells to overcome the poisons from tobacco. The failure to do this is registered in the disorder of the heart, in diminishing sense acuteness, and in impaired nutrition and insomnia.



Science proves with great positiveness that all use of tobacco is harmful, that it has no food value, that it gives neither strength, increased vigor, nor power to the user, and that its effects are depressant and narcotic in varying degrees, in some instances very marked, in others slow and concealed.

The fascination of tobacco comes from its narcotism and its power to diminish discomfort and uneasiness, and to lessen pain. The pipe or cigar always masks the bad feelings and the warnings of nature, and gives a false sense of security. It acts on the pain centers — the signal flags and warning voices of danger — by quieting them.

Laboratory studies show that tobacco is especially injurious to cell life, even in the smallest quantities. The poisons from tobacco are cumulative; through a long period they concentrate, and then finally break out in some particular weakness or disease of the brain or nervous system. In many instances this is apparent in the

low vitality and feeble resisting power to disease and injury.

Accounts of persons who have used tobacco for years without injury are found on examination to be untrue. It is doubtful if any person who uses tobacco continuously is not enfeebled in mind and body, although the damage may not appear from a casual examination.

"Tobacco heart" is the name of a distinct nervous trouble marked by irritability and weakness, seldom seen except in extreme old age or in tobacco users. Tobacco, like other narcotics, positively and rapidly ages the user.

Vitality and longevity are diminished; and in reality the tobacco user is literally discounting his future for the temporary gratification of the present. No man or woman can expect to succeed and develop the full power of the brain and nervous system who uses tobacco. This is not theory, but can be proved by careful observation and study of every person who is addicted to the habit.

#### College Men and Tobacco

W. G. Anderson, M. A., M. D., Director Yale University Gymnasium: "We have carried on a series of observations relative to smokers. We find that smoking is injurious to youth; that the smoker does not attain and hold as high a stand in the university as the non-smoker does. His physical development is not so good as that of the non-smoker, and his lung capacity is usually lower. I have no hesitation in saying that I consider the use of nicotin harmful for a growing youth."

Jay W. Sever, A. M., M. D., Medical Examiner Yale University Gymnasium: "The effect of nicotin on growth is very measurable." "Whenever it is desirable to secure the highest possible working ability by the organism, as in athletic contests, where the maximum of effort is demanded, all motor-depressant influences are removed as far as possible, tobacco being one of the first substances to be forbidden." "Out of our highest scholarship men, only a very small percentage (about five) use tobacco, while of the men who do not get appointments, over sixty per cent are tobacco users."

George L. Meylan, M. D., Medical Director of Columbia University Gymnasium: "I am fully convinced that the use of tobacco is detrimental to the physical development of the young, and I believe it is also detrimental to their mental development."



# Perils of the Cigarette\*

LUCY PAGE GASTON

*Superintendent National Anti-Cigarette League, and Editor of The Bay Magazine*



AMERICA is confronted with a Spain-like future. There are those who believe that the danger line has already been passed, and that the impending disaster can not be averted.

Gloomy forebodings, however, have no place in a country like ours, with such a heritage from the past and such possibilities for the future. It is rather for the people of this generation to face the situation and sturdily to set about correcting the abuses which have grown up. A pace should be set for the future which will bring our proud America back to her early standards and ideals.

A habit which was first indulged in by American aborigines early appealed to the ease-loving nations of Southern Europe, and soon became ingrained in their national life. Wherever the influence of Spain has been felt, the use of tobacco, especially in the form of the seductive cigarette, is strongly in evidence. All that is undesirable in character seems to follow in the train of this vice, which is believed to have had no small part in bringing Spain down from the commanding position she once occupied among the nations of the world. Serious physical ills from its use do not appear among the lazy people of the tropics, long habituated to the cigarette. This, however, does not prove that the people of our climate, with our high-strung temperament, can withstand the ravages of this pernicious and unnatural indulgence. One generation of cigarette smokers is now in evidence, and we are led to ask, "What of the third and fourth

generations?" Weaklings and degenerates by thousands — the product largely of cigarette indulgence — to-day afflict the nation, crowding reformatories, prisons, asylums, and sanitariums.

In judging any course of action, not only the physical, but the moral effect must be taken into account. The conscience of America is keener, more alert, and better educated than that of nations in which people of all ages and both sexes indulge in cigarette smoking. This is among the blessings vouchsafed to us from our glorious past, and must be kept inviolate.

No normal American can indulge in a single cigarette without qualms of conscience. This is equally true of the small boy who sneaks out of sight to enjoy his cheap poison roll, the young man in college who aspires to be a "good fellow," the man of affairs whose very first paper pipe is at a banquet or "smoker," or the lady of fashion who gives herself up to secret indulgence in her own boudoir. Conscience is stilled by the frequent indulgence which in many circles is no longer a subject for remark. It is taken for granted that everybody smokes at least an occasional cigarette. The effect is a lowering of other moral standards, and cigarette smokers are liable to live loose and irregular lives in other respects. Cigarettes are at war with purity of thought and action in old or young.

It was the daring street boy and the senseless dude that first fell under the charm of cigarette smoking in America. The bad boy naturally gravitated toward the little charmer, and so universal became its use by the "dude class" that a dude came to be known as "the worthless attachment to the damp end of a

\* Read at the Purity Conference, Battle Creek, Mich., November, 1907.



cigarette." Obscene pictures and buttons were among the features used to introduce cigarette smoking in the basest element of society, where it is now so firmly established that the wily manufacturers are able to turn their attention to making cigarettes the "gentleman's smoke" and the society lady's "favorite." How this has been accomplished is an interesting story. Present conditions testify as to the success of the movement.

In college life the popularity of the

right-thinking patrons of our leading universities and colleges.

Coming into every home in daily papers and popular magazines are attractive cigarette advertisements for which fabulous sums are paid. The nauseated beholder is never out of sight for long at a time of flaming pictures of "Bull's Durham" and other brands of cigarette tobacco with which papers for rolling are furnished free. Racing up and down aristocratic Fifth Avenue in New York



ON THE DOWNWARD ROAD

cigarette is well known. A football coach or some other fellow who has a strong following among the students, is often given a large percentage on all cigarette orders taken. He is also furnished for free distribution large quantities of the new brands which are constantly appearing. This helps explain the almost universal addiction of college men, many of whom upon entering have well-grounded principles against the habit, but who leave the college handicapped for life. A united protest against this abuse of college life should be made by the

are green and yellow monster autos advertising "Duke's Mixture," and carrying people for a song. On every hand are suggestions of what we shall drink and smoke; and if there is any power in suggestion, the wonder is that we are not all drinking and smoking with might and main.

Preliminary to all this bold advertising, it was necessary to break down the popular prejudice which had been aroused, and to persuade at least a portion of the public that the cigarette had been grossly maligned. This was partially accom-



plished by cleverly written articles appearing from time to time, and by a pamphlet, "The Truth about the Cigarette," which was sent broadcast. Many physicians began to enjoy cigarettes about this time, and to smoke them publicly. This also helped to allay the fears of the public. But the fact should be duly emphasized that their use by the medical profession does not commend them to the public as innocuous by any means.

The report of the internal revenue collector just published, gives some startling figures showing the increase in the consumption of both liquor and tobacco. It will be noted that manufactured cigarettes show a jump from nine to sixteen billion in a single year. This takes no account of the untold billions that are rolled by the smokers from the bag tobacco, with which books of cigarette papers are furnished free.

Legislatively the situation is encouraging. Eight States have outlawed the cigarette, and more are in line for a winning battle. Tennessee, Oklahoma, Indiana, Wisconsin, Nebraska, Washington, Arkansas, and Illinois have laws forbidding the manufacture and sale of cigarettes, awaiting an aroused public conscience in every city to be made effective. Congress must now come to the rescue and forbid the shipment of cigarettes under the interstate commerce law into prohibitory States. It is hoped that the coming session will pass the Watson

bill, which aims to accomplish this end.

The hope for the future is in a better public sentiment. To the upbuilding of this the Anti-Cigarette League is devoting itself. As the greatest damage is being done to the growing youth, the league is at work enlisting and setting to work the boys and girls, but especially the boys. Every boy on his tenth birthday is invited to sign the pledge and become an associate member of the Anti-Cigarette League; at twelve a boy becomes an active member, and may be elected an officer of a local league; at sixteen the boys are invited to sign the Lincoln Guard pledge, which includes both liquor and tobacco. In this way it is hoped that large numbers of American boys may be reached and safeguarded from the cigarette and kindred evils. An army of a million pledged boys in this generation means the salvation of the nation from threatened peril. Let patriotic men and women everywhere help to enlist at least a million boys, every one of whom shall set his face like a flint against the use of tobacco and other defilement.

The horrors of the legalized liquor traffic have so seared the conscience of men that it is difficult to arouse them to the new danger now hard upon us. The cigarette evil must be soon smitten to the death, if large numbers of our youth are to be saved from a fate worse than death, and our nation itself from early decay.

*Woman's Temple, Chicago.*

In the effort to master the keyboard's technicalities, the suggestion is here offered that alcohol as a beverage of daily use, or even as a "bracer," should be eliminated entirely from the operator's make-up. That nicety of touch which has been dwelt on elsewhere in this manual, will not be his if he becomes addicted to its use. Aside from the moral point of view, the alcohol affects the nervous system, makes the nerves of the arms and hands weak and trembling, and will, if tipping becomes a fixed habit, nullify to a great extent months, and perhaps years, of studious effort. Tobacco should be placed in the same category of nerve-destroying "nervines."—William Henry Stubbs, expert linotypist, in his book of instruction for the linotype machine.



# An Appeal to Christian Workers

MRS. E. G. WHITE



**A**MONG children and youth the use of tobacco is working untold harm. The unhealthy habits of past generations affect the children and youth of to-day. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same habits continued by the children are increasing and perpetuating the evil results. Among the most injurious of these habits is the use of tobacco. To this cause, in no small degree, is owing the physical, mental, and moral deterioration which is becoming such a cause of alarm.

Boys begin the use of tobacco at a very early age. The habit thus formed when the body and mind are especially susceptible to its effects, undermines the physical strength, dwarfs the body, stupefies the mind, and corrupts the morals.

But what can be done to teach children and youth the evils of a practise of which parents, teachers, and ministers set the example? Little boys, hardly merged from babyhood, may be seen smoking cigarettes. If you speak to them about it, they say, "My father uses tobacco." They point to the minister or the Sunday-school superintendent, and say, "Such a

man smokes; what harm for me to do what he does?"

Many workers in the temperance cause are addicted to the use of tobacco. What power can such persons have to stay the progress of intemperance?

I appeal to those who profess to believe and obey the Word of God: Can you, as Christians, indulge a habit that is paralyzing your intellect and robbing you of power rightly to estimate eternal realities? Can you consent to rob God daily of service which is his due, and to rob your fellow men, both of service you might render and of a right example? How will you answer to God for the influence of your evil example upon the youth?

Have you considered your responsibility, as God's stewards, for the means in your hands? How much of the Lord's money do you spend on tobacco? Reckon up what you have thus spent in your lifetime. How does the amount consumed by this defiling lust compare with what you have given for the relief of the poor and the spread of the gospel?

No human being needs tobacco, but multitudes are perishing for want of the means that by its use is worse than wasted.

## Tobacco a Foe to Skill

Even the mild use of stimulants is incompatible with work requiring accurate attention and definite concentration.

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



# THE CONSULTING ROOM



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

## A Young Patient

Mr. A. R., aged twenty, salesman, complains of spells of weakness, indigestion, and heart trouble; his skin is pale and anemic, and he is very nervous, irritable, and sleepless. He is temperate in his habits except that he smokes perhaps a dozen cigarettes daily. The parents are very anxious about the condition of their boy, and are willing to make any financial sacrifice if he can be brought back to his former state of health.

## From Father to Son

Can it be supposed for a moment that, in a home where tobacco fumes constantly permeate the living-rooms, such a powerful volatile poison would have no deleterious effect upon the mother and children, who spend almost their entire time in such an atmosphere? Does it not seem reasonable that a child reared from the cradle under such conditions should present symptoms of nicotin poisoning even though it has never become a victim of the habit? But how few boys, when the husband and father is addicted to its use, escape the injurious habit? When we remember with what pride the boy looks upon his papa, and what interest he takes in a recital of the daily details of the parent's life,—all of which proves to him that no other boy has such a father,—it is reasonable to expect that he would be eager to follow his example even in this harmful practise. Too often the practise of smoking is taken up during the impressionable years of childhood

and youth, with the result that the brain faculties never fully develop.

## Result of a Tobacco Atmosphere

You ask what are the injurious effects of tobacco? As an evidence of its harmful effects when taken into the system by means of contaminated air and through the skin, it may be said that women who work in tobacco factories where it is extensively handled are likely to give birth to dead children, or to imbeciles, or to children who die of convulsions or meningitis very soon after birth.

## Color-Blindness from Tobacco

A well-recognized oculist said that out of twelve thousand boys and girls whom he examined, he found four per cent of the boys and ten girls color-blind. In order to prove the truthfulness of his statement, he proceeded to test the audience of men and women present. Ten per cent of the men were color-blind, while not one of the women present was so affected. When we think of the thousands of passengers who are carried by our railroads, and that their safety depends upon an instant and accurate rendering of signals,—the color of a light or flag,—we can readily see why defective vision would disqualify one for such a responsible position. Is it not therefore for the safety of our lives that we ask railroad officials to have the sight of their employees tested at least every year?



**Tobacco in the Schools**

It is quite well known that tobacco is injurious both physically and intellectually, consequently a number of the best universities and colleges are taking a stand against its use; and the results in schools where tobacco has been discarded are said to be very encouraging. For some years the use of tobacco by students in the public schools in France has been forbidden on the ground that it is weakening both physically and mentally. It is said that for a period of fifty years no tobacco user stood at the head of his class in Harvard.

Professor Oliver, of the Annapolis Academy, said he could indicate the boy who used tobacco by his absolute inability to draw a clean straight line. Trained athletes well know the deleterious effect of tobacco upon the heart and blood-vessels. In order to be able to perform feats of strength and endurance it is of the utmost importance that the heart muscle be symmetrically developed, that the valves approximate accurately, and that the blood-vessels retain their elasticity. In early manhood these structures are particularly susceptible to the influence of nicotin, which soon produces changes in the circulation characteristic of old age. No other cases which demand the attention of the physician present such urgent symptoms as those afflicted with heart trouble; the distressing pain, the oppressed breathing, the cold, clammy extremities, soon bring its victim to realize that he is reaping the crop sown in earlier life in the use of narcotic and poisonous stimulants. After the damage is done, there is no cure, and often very little palliation.

✽

**A Tobacco Inheritance**

If the tobacco user was the only one who had to suffer for his pernicious habit, he might be left to himself as one

bent upon self-destruction, and all our efforts might be put forth to save the younger generation from starting on the same destructive course. But how frequently do we see a whole family of physical degenerates and nervous wrecks, the cause of which can be almost wholly traced to tobacco inheritance. Men who have consumed their body energies by burning the incense of this filthy weed need not be surprised if theirs is a family of weaklings. And with children of weak constitutions and organic defects, they will do well to remember, when almost every disease in the land tarries at their dwelling, that "whatsoever a man soweth, that shall he also reap."

✽

**Obscure Poisoning**

Several years ago we had under our care a boy of seven or eight years who gave evidence of suffering from the effects of some severe systemic poison, the exact nature of which could not be determined. His habits were all carefully inquired into, without giving any clue. He had recently come to live with his grandparents. Upon subjecting our little patient to a severe sweating process, we discovered that the skin gave off a marked nicotin odor and stain. A repetition of the treatment on the following day gave like results, and this continued until the evidences of tobacco disappeared, when the little fellow rapidly recovered.

Further investigation elicited the fact that the boy's father was an inveterate smoker, and when at home, kept the room saturated with tobacco fumes. The boy never touched the weed. But who can be surprised that the sensitive organism of the child, constantly absorbing such an atmosphere, succumbed to it? And who can estimate the multitude of children whose cheeks are blanched, and whose bodies are frail, because of their father's indulgence in the poisonous weed?





"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, 4487 Twenty-third Street, San Francisco, Cal.

## Jesus the Healer

AUGUSTA C. BAINBRIDGE

### All Diseases



YES, "Jesus went about . . . healing all manner of sickness and all manner of disease among the people." Matt. 4:23. Not one was found who was beyond the power of his love or his skill. A large part of his time was spent in healing every sickness and every disease among the people. More than that the blessed Master did. Calling "unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease." Again, seventy more were sent out, and the plain command was given, "Into whatsoever city ye enter, and they receive you, . . . heal the sick that are therein." No limit is placed as to the number of sick persons or the kind of disease from which they might be suffering; the plain command is given, "Heal them." Nor did the blessed Saviour stop there. On, and on, and on was this precious message of healing to be carried, until every soul, hearing the word, and believing, should have power "in my name" to "lay hands on the sick, and they shall recover." Their dependence was to be on the "All power is given unto me," and the "Lo, I am

with you always, even unto the end of the world." Greater help and surer confidence could no man have than this. He told them, too, how this help should come to them, and what should be the ground of their confidence—even the Comforter, the blessed Comforter, the Holy Spirit. He should come, and come to stay. He should abide with them forever. He is the spirit of truth.

God, the Creator, could not do less for his Son, when he sent him into this world, than to give him "without measure" this healing power. And Christ Jesus, the Saviour, could not do less than give this same power to his representatives on earth. He knew he was sending them forth, single-handed as it were, and alone. He knew they would meet opposition at every step. He knew that only divine power could control that opposition. He knew they would need the continual presence of the "I AM." Nothing less would serve them; nothing less could he give.

We find the early followers of the Healer going forth trusting his word, and, of course, obeying his commands. Since he could not deny himself, the results he promised must follow, and they did. Scores in every city believed, and were healed. These carried the precious



tidings far and wide, until, after the space of a few years, "this gospel . . . was preached to every creature which is under heaven." No wonder thousands were added to the believers. No wonder the cause of God prospered, and heathendom trembled. No wonder Satan marshaled his forces against it. Poor human hearts forgot the source of their strength and fell. The wonderful story of the "seven churches" tells of the struggle between light and darkness, truth and error.

But light and truth have not failed. They are at hand, and through the power of the same Holy Spirit are ready to bring the same blessings to believers.

None who heard him will ever forget the joy and gladness in the words and face of that dear babe in Christ, whom Satan had bound for over forty years with the tobacco habit, when in the Helping Hand Mission one evening he held

up his brown, shriveled hand, and exclaimed, "God, even God, came by his Holy Spirit into that hand, and took my old pipe out of my mouth and threw it away. I could not do it for myself; so he sent his Spirit to do it for me; and, praise his name, now I am free."

Liberty to the captive of every disease-producing habit is one office of this precious Holy Spirit. Liberty to be well, liberty to be strong, liberty to obey the laws of life and health, liberty to have a clean, sound mind in a clean, sound body—these are ours for the asking, the believing, the obeying.

We may be pointed to the sunshine, the fresh air, clean water, or good food; for these are God's agencies in health; and we may be started on the road to health, and commanded to "follow on," or we may be made "every whit whole." "According to your faith be it unto you."

#### Y. M. C. A. Physical Directors and the Cigarette

Personally I have examined over fourteen thousand young men; and from general observation, I can say that smoking has had its effect most particularly on the nervous system of the growing lad, as well as hindering his normal physical development.—A. G. Studer.

I find that young fellows who smoke (which is invariably the cigarette) have not the endurance that the ones have who do not. A number of young fellows who have given up the smoking habit, remarked to me how much more they can stand, can run farther, and with much more ease. I believe that the cigarette is the one thing that is keeping many young men from developing the best that is in them, not only physically, but mentally and morally.—E. E. Bliss.

I have made special note of the effects of tobacco upon men in training for special events, running, cycling, swimming, and boxing, and find that in every instance the men who were using tobacco, and especially smokers, were the inferior men, and had either to give up the use of the stuff or to drop out of the training-class. There is nothing that so stunts the growth of boys and young men of the present day as the use of tobacco.—Physical Director of the Denver Y. M. C. A.

Tobacco eats away at the vitality, and, gradually weakening the nerve force and muscular activity, it leaves a man with a physical organism less responsive to his will, and greatly diminished in tone. No boy or young man can afford to permit the cigarette habit to enslave him, because slavery to the use of tobacco in any form will undermine the health.—C. B. Price.



# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Reminiscences

MRS. D. A. FITCH



ONE of the earliest recollections of my childhood is that of my father's rising from his chair in the old farmhouse kitchen and passing to the cellar-way to replenish his much-used tobacco box. It would be difficult to realize the commotion and distress that ensued, after

turned before a four-mile trip could be made for the doctor; but whether in consequence of the crude and frantic treatments to which he was subjected, I can not say.

Good Dr. Rice was a man of advanced reformatory principles for those days. His advice was that the pocket box of

poisonous content be relinquished, since it was the chief cause of father's malady, which, he said, might, even with strict attention to temperate habits, prove lifelong in its duration. For forty years father was subject to occasional attacks, and during this time there was



"THE OLD FARMHOUSE KITCHEN"

his return to the kitchen, as we saw his mouth draw out of shape, every member of his body contort, and father saved from falling to the floor by the strong arms of his sons.

No one knew just what to do except to call the doctor. Consciousness re-

nothing which so readily provoked an epileptic spasm as the odor of tobacco.

We never saw the tobacco box after that day, and my father became a strong opponent of the use of tobacco. Naturally, I was taught the evils of the tobacco habit, and in my somewhat ex-



tended life, I have never seen one instance that would tend to cast discredit on that early teaching.

We were not taught why tobacco is harmful from a scientific standpoint, but we did know the Scriptural reasons, and experience had been our teacher; and experience, you know, is an excellent instructor, though frequently her tuition fee is rather high.

No doubt many tobacco users and whisky drinkers owe their craving for narcotics, in part at least, to their training in professedly temperance and Christian homes. Tea and coffee drinking, the use of fiery, highly seasoned foods, overeating, and irregularity in eating are habits which call for the use of these drugs.

The practise of pacifying children for every hurt and grievance with something pleasing to the palate has a tendency to start them on the road toward the twin curses, rum and tobacco.

Frequenting ice-cream parlors and soda fountains and nibbling at titbits, or keeping the salivary glands in steady action by gum chewing, are practises that lead naturally to the saloon and the tobacco shop.

The boy who thinks he can not pose as a man until he can successfully puff a cigar has at least one lesson to learn.

There has been a failure in his earlier education.

Parents should look carefully to the future of the child. Therefore they will prepare to give him *the reason why* tobacco is an injury to his body. Simply to tell him, "It is not good for you," or, "It will make you sick," or, "It is an expensive habit," is not sufficient.

Teach your boy that his body should be a temple for the indwelling of the Holy Spirit, and explain to him how and why the poisonous drug will defile it. Give his system its needed food elements, and furnish his mind with elevating thoughts and aspirations, and the tobacco habit will not be apt to develop.

It is noticeable that vegetarians

rarely use tobacco in any form. Their bland food is not of an exciting or stimulating nature, and unlawful desires, when they arise, are more easily controlled than by one who daily transgresses the laws of his being by gratifying a perverted appetite. The advice of a noted divine when asked how to become a Christian, was, "Turn to the right, and go straight ahead." The psalmist makes it more emphatic when he says, "Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy Word."



A PROMISING YOUTH



# Master and Man

MAX HILL

THE abject slavery of the man addicted to the use of tobacco is best displayed when he is deprived of it. An acquaintance, a prosperous farmer with a family of growing boys, is one of the most genial of men when his mouth is full of tobacco; but woe be to his horses and cows, and his family, when the last chew is disposed of. The poor animals, of course, can not know what causes the difference in temper, but the smallest boy in the family does. One day while driving, the man kept nagging his team, finally ending with an uncalled-for beating. One of his boys, a lad of six, pondered the matter in silence for some time, and then in the midst of one of the most severe demonstrations of temper, he looked up at his father and



“PAW, ARE YOU OUT OF TOBACKER?”

asked, “Paw, are you out of tobacker?”

It was the man's first intimation that anything was wrong, but the simple question from the child showed that he was wronging his team, his boy, and himself. And yet the habit was so fixed that he could not break from it. Time after time

he made the attempt, but always the vile weed gained the victory, and is victor still, over a man who is in everything else unusually strong. A little weed, a plant that grows in

the field, the master of a man made in the image of his God and destined by that Creator to exercise dominion over all things earthly! Paint the picture black—it can not be too black—that every boy in the land will shudder at the thought of such a bondage.

## Two Recent Letters from Educators

In reply to your favor of recent date, I will say that my observation as to the effect of tobacco, mentally, morally, and physically, on the growing boy, is that it is bad, and bad only.

We are using every influence possible against it, and it is a very rare case that we see the use of tobacco in any form about the grounds or building. We are assisted in this by the director of physical instruction, and by the coach of our athletic teams. Tobacco in all its forms is tabooed. The most effective weapon we are using against it is that of public sentiment among the scholars.

We appreciate the work you are doing, in helping us in this movement.

Chas. P. Lynch, Principal West High School, Cleveland, Ohio.

In all my twenty-five years' experience as a teacher, I have never known an exception to the rule that a boy in taking on the tobacco habit in any form, immediately begins to deteriorate mentally. If he takes cigarettes, he will degenerate morally very rapidly, and physically, too. . . . I am firmly convinced that tobacco in any form degenerates morally as it relates to growing boys.

H. H. Cully, Principal Glenville High School, Cleveland, Ohio.





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

### The Boys

\* \* \*

O, the boys, the bright-eyed boys,  
 With all their sorrows, all their joys—  
 They're standing now upon the brink  
 Where many a boy has plunged to sink  
 Beneath the waters dark and cold,  
 Where monsters grim have caught their  
 hold,  
 And torn from them the good and fair,  
 Or driven them to blank despair.

The fathers of the men to be  
 The boys are now; and don't you see  
 That every little seed they sow  
 Will sometime, somewhere, surely grow  
 And bear its fruit for good or ill?  
 But boys can always say, "I will.  
 I will be good; I will be true  
 In all I say and all I do;

"I will so live that day by day  
 I can look up to God and pray.  
 I will be honest, clean, and pure,  
 And keep my promises all sure.  
 I'll ever strive to do the right,  
 And be the victor in the fight  
 With pain and sorrow, self and sin.  
 The battle by God's grace I'll win."

'Tis boys like these upon whose face  
 We read no crime and no disgrace,  
 And always look with glad surprise  
 Into their clear and honest eyes.  
 'Tis boys like these who will say, No!  
 And conquer thus the wily foe  
 That seeks to lead them far astray  
 From God's own true and sure pathway.

O boys, be ever pure and true  
 In all you say and all you do;  
 And some day in pure robes of white  
 You'll dwell in realms of endless light,  
 And hear in accents pure and sweet,  
 As you bow down at Jesus' feet,  
 "Thou hast been faithful, blessed one,  
 Now enter in, beloved son."

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## Mothers, Keep on Guard!

MRS. M. C. WILCOX



**I** WONDER how many mothers are keeping a vigilant watchcare over their boys, and making thorough investigation of all their habits, before school, at school, after school, in the twilight,

at night, and at all other times. I wonder also whether each mother stops to think, as she sends that dear boy away to school in the morning, of the many temptations that may assail him during that day, and whether she does her best



to fortify him by loving counsel and earnest prayer against these things.

Do you appreciate, dear mother, that our children are taking a journey through the land of the enemy, and are in danger, every moment, of having some deadly arrow shot at them that will make a mortal wound? Surely if you *do* appreciate these things, you will never be off guard. You are carefully watching to help that dear boy over his first temptation to smoke. You are aware that if he has not met it before he has entered school, he will surely meet it there; this is inevitable. "It is so manly to puff away at a cigarette, to watch the smoke curl up into the air. All business men and great men smoke. It is one of the first essentials of a man. Never mind if you do feel a little sick at first. You can stand that if only you can be a man." This argument appeals to him, and the element

of manhood is so strongly and deeply seated in the heart of that coming man that he is willing to endure, meekly and patiently, that awful, deathly sickness of some hours, feeling all the time that his fortitude is an evidence of his manhood.

Long before that little son has reached this age, the true mother has been preparing him for this temptation. Step by step she has led him to understand the awful nature of this deadly poison — tobacco. Perhaps she has been able to show him some of the real effects of the

poison by actual experiments on some animal, as a rat or a frog. It would be worth all your trouble, dear mother, to try some of these things just to demonstrate to that little son of yours that mama's word is not untrue when she says death is the sure result of this poison. The question will arise in the mind of the boy, and possibly in your own mind,

Why, then, do not all men die who use it? Study the question for yourselves, mothers. Be ready to explain to your child, and spare no pains to save him from the awful sins of our time. Talk with him long and earnestly about true manliness, about strength and courage to say No, and the right and duty of having an opinion of his own about things. Teach him moral independence, that the majority is not always right, that might does not make right. It was not so in Christ's time, and it is not now. In

one word, train him to have a *conscience*.

That dear girl is also in danger of being caught in the same snare as that dear boy. Smoking and chewing are not so uncommon among girls as you may think. They are growing more and more common every day. The girls may not be so bold about it, but they smoke. They like the effect of the poison upon the mind. From one cause and another they are not happy, and they enjoy being stupefied by the narcotic of tobacco. Then it is not considered so degrading for



"BEFORE TAKING"



women to smoke and chew as it once was.

The prevalence of any habit, vice, or crime makes it less offensive to the minds of some; but O, it is not so with God! Sin is sin, however popular it may be with men.

To every man, woman, or child who is longing to lead a pure and holy life, and to every one who is reaching heavenward, these things are not measured by man's opinion,—the world's opinion of them,—but by the moral effect upon mankind.

Do not be discouraged, dear mother, because of the overwhelming tide of evil against which you must battle continually. It is true we can not expect to reform the world, but O, if each one can reform or save one soul from ruin, what a grand work will be accomplished!

The old proverb, "An ounce of prevention is worth a pound of cure," is applicable in working for our boys and girls.

Reform schools and rescue homes are each good, and have useful fields in which to work; but it is so much better, wiser, and easier to save boys and girls before they fall than to rescue or reform them after they have fallen. Then let us bend our energies in this direction. Let us look after the *little* children before the seeds of evil have taken such deep root in the heart. Give them a

pure diet, keep the appetites normal, and do not allow them to eat highly spiced foods or anything that will awaken a desire for stimulants or narcotics, and you will have laid a foundation upon which to build a much stronger moral structure.



"AFTER TAKING"

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DEAR SISTER WILCOX: We have seen strange sights and heard strange sounds since leaving home, but I think the worst of all is the tobacco. It really seems to me that I have seen enough tobacco juice to make a good-sized river; have been compelled to wade through more of it than I ever saw before, besides the quantity I have been enabled to dodge. Spittoons are everywhere, and puddles surround every spittoon. The women use tobacco as well as the men. Fred's cook chewed tobacco. One morning I was giving father fomentations, and went to put in

a stick of wood. She had spit in the wood-box, and before I noticed it, my hands were,—well, they just were! The summer kitchen was about twenty feet long, and I was in the back end of it. I flew for the door, gagging every step of the way, reached the wash-bench by the well, and began scrubbing my hands industriously. She heard me trying to throw up my boots, and came out to see what was the matter, ridding herself of mouthfuls of it as she came out. The dense ignorance of the poor people is something frightful.

D. E. H.



# RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Laretta Kress, Washington Sanitarium

## Tobacco and the Home

### Preventive



ANY boys acquire the tobacco habit because of a failure on the part of the mother to make the home what it should be. Home should be more comfortable and attractive than any other place. Busy mothers are taken up with their household duties; and being poor managers as regards time and methods, the whole day and part of the evening is given up to work. No time is left in the evening to be devoted to mutual and social advantage. The mother who allows her household cares to crowd out the social side of home-making, neglects one of her most important duties.

In the evening, father and sons come home from the busy world, expecting to find recreation and enjoyment. This they have a right to expect.

Can there be anything more interesting than to see father, mother, and children enjoying together a few hours in the evening? Such a "home club" may be made more attractive to them than the "down-town club." Reading aloud, innocent games, music, or friendly chatting will make an evening at home pleasant and profitable. The social glass is taken and the cigar or cigarette smoked in the down-town club, not in the home club. Pleasant evenings at home tend to act as a preventive of these habits.

A most important factor, which may either deter or favor the formation of the tobacco habit, is the food furnished in the home. Irritating and highly seasoned foods produce irritability of stomach and mind; and in consequence a desire is created for some nerve soother. Condiments, such as pepper, mustard, spices, and a large amount of salt, all produce irritability of the stomach, and this in turn creates a demand for narcotics. Rich foods do the same, also greasy foods, for the free fats usually undergo decomposition and produce irritating acids.

A wise mother will strive to prepare for her family foods which are non-stimulating and non-irritating, and yet so attractive and palatable that they will be relished by all. Good sweet bread and cereals, fresh vegetables, sweet new milk and eggs, fresh fruit, or canned fruit, and so forth, make a non-stimulating diet which will not create a craving for either drink or tobacco.

### Curative

Since agreeable home life and wisely prepared foods act as preventives of the tobacco habit, the intelligent wife and mother can do much to aid husband or son in the endeavor to give up the habit. Suitable non-stimulating beverages should replace tea, coffee, and cocoa. Nicely prepared meat substitutes should take the place of flesh foods. The



use of fruits should be encouraged. The one who can be induced to eat freely of fruits soon loses his desire for tobacco.

Suitable treatments to aid in the elimination of the stored-up nicotin may be prescribed. The skin represents an eliminating area of nearly eleven thousand square feet, when the capillaries surrounding the perspiratory glands are taken into consideration; it therefore affords our most effective medium for elimination. In health we give off about one ounce an hour of insensible perspiration laden with impurities. Frequent bathing of the skin, and changes of clothing and bedding, are therefore essential. The warm full bath, followed by oiling the skin with olive-oil, or some massage cream rubbed into the skin, softens it, and allows freer perspiration, because of the increased activity. The morning tonic cold spray or shower, or cold-mitten friction given with a bath glove wrung out of cold water and rubbed briskly over the surface, brings the blood to the periphery, and hastens elimination.

A good sweat once or twice a week will be found helpful. This treatment can be given successfully in any home, by placing the feet in a foot-bath of hot water and reclining on a spine-bag filled half full with hot water; a stomach bag, and flat-irons rolled in paper and laid beside the thighs, will hasten perspiration. By increasing the heat in the foot-bath by adding hot water occasionally, profuse perspiration will be induced. This should be followed with a tepid sponge-bath and olive-oil rub.

When the person is very nervous as well as depressed, hot and cold sponging to the spine often affords relief. In giving this treatment use a small sponge or soft cloth, applying the water as hot as can be borne, following quickly with cold or ice water; or better still, the spine-bag half filled with hot water may be laid under the back, allowing it to remain till the back is quite red, then have the patient turn over on the side, and place a towel under the side to protect the bed, while a piece of ice is rubbed up and down the spine several times in quick succession. This, with a neutral bath at bedtime, gives great relief to the irritated nerves.

A neutral bath is always of value. The temperature of the water may be anywhere from ninety-three to ninety-seven degrees. Fifteen to thirty minutes is sufficiently long for this treatment; then have the patient go to bed at once. These simple measures, together with a strong determination to overcome at any cost, will result in mastery of the habit.

The lungs and skin of the tobacco user give off a certain amount of nicotin and other impurities derived from the tobacco. This defiles the air of the room unless there is a constant supply of fresh, pure air entering. The occupants of such a sleeping apartment are frequently in a chronic state of poisoning, and wives and children are often seriously injured by sleeping in such apartments. If ever a good, free circulation of air is needed, it is certainly in the apartment where the tobacco user sleeps.

Tobacco is a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution. It is all the more dangerous because its effects are slow, and at first hardly perceptible.—Ellen G. White.



# CURRENT COMMENT



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

## An English Physician on the Tobacco Habit

I HAVE a very strong belief that whatever a smoker may be able to do well, he would have been able to do still better if he had never smoked at all; but the accuracy of the belief does not admit of demonstration. We know, it is true, that tobacco is a powerful poison, that even a very moderate quantity of it, taken internally, would be fatal to an unseasoned adult, and that the first experience of smoking boys is by no means uncheckered; but we are assured by the advocates of the drug that complete tolerance of its poisonous effects is soon produced by habit, and that, when once this stage of toleration has been reached, smoking will thereafter be purely beneficial. On this I can only express my doubt. We know that a tolerance of all vegetable narcotics is soon induced, at least in the sense that larger and larger doses are required in order to reproduce the original effect; but there are none, unless it be tobacco, in which tolerance implies eventual harmlessness. The rule is that all such agents, which, when freshly introduced into the system, modify the functional operations of the nervous centers in some agreeable way, end by producing structural degeneration of the tissues upon which their action is chiefly exerted. The easily acquired tolerance of morphia, of cocain, or of Indian hemp, is only a natural step toward the degradation ultimately attendant upon their use. [Yet he advocates the "moderate" use of alcoholic drinks!]

The most important fact at present

with regard to a definitely injurious effect traceable to tobacco is its tendency to produce blindness. Concerning this effect, forty years ago I was myself somewhat skeptical, and wrote of it in the sense that I regarded the evidence as incomplete, but time and larger experience have placed the matter beyond the reach of doubt. In common, I believe, with every ophthalmic surgeon, I have now seen a great number of cases in which habitual smokers have suffered from a definite form of gradually increasing failure of vision, attended by characteristic symptoms dependent upon manifest changes in the optic nerves, and always curable, if taken in time, by the *total* abandonment of tobacco, but always leading to complete and hopeless blindness if tobacco in any form were continued. . . .

There seems much reason to believe that tobacco, which is known frequently to produce chronic inflammation of the optic nerves, may exert a similar influence on other portions of the nervous system, and may lead to nerve degenerations of other kinds, possibly to some the causes of which are still unrecognized.—*R. Brudenell Carter, M. D., in The Cornhill Magazine.*

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## Railroading and the Cigarette

BEING an officer of a company that carries, and, of course, is responsible for the safety of, over two hundred and twenty-five million per year, it becomes my moral and legal as well as my public duty to use all reasonable means to protect the lives and further the comfort of this large number of passengers. Having



for some time noticed that our accidents were increasing, upon investigating the cause, I satisfied myself that the standard of our men who did not use liquor or tobacco (the latter in the form of cigarettes) was much above that of those who used either. I therefore deemed it my duty to abate the evil, so far as lay in my power to do so, and tried to uproot it and cast it out through discipline, but found this method inadequate and ineffectual. I then went further, and concluded the desired end could be attained only by removing from the service or refraining from employing all men addicted to the objectionable habits alluded to. It is my aim and intention to pursue this policy without abatement, since I have by it proved beyond all doubt that it has raised the standard of our men. I have been criticized for the stringency of the order, especially the prohibition of the use of cigarettes; but, on the other hand, I have the assurance of our division superintendents (of which we have twelve), aided by my own observations, that persons addicted to the use of cigarettes, especially young men, are the most careless in their duties, and less able to perform them than men using liquor in moderation. I may also mention that in seventeen years' experience as manager of public utility corporations, I have had occasion to promote many of our men from the rank of conductors and motor-men to officers, and in no case has a man using whisky come up to the requirements.—*John Murphy, Superintendent of the Pittsburg Railway Companies, quoted in S. S. Times.*

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#### No Poison More Poisonous

WE can well believe that certain tobaccos are more poisonous than others, but we very much doubt whether substances more poisonous than tobacco itself are ever added to the manufactured

leaf. Flavorings and sweetening substances, as licorice, glucose, and glycerin, are often added, but these are harmless compared with pure tobacco itself.

Statements have been freely made that morphin, or even cocain, is added to cheap cigarettes, in order to give them immediate "soothing" qualities, or to "soften" the flavor of an otherwise harsh smoking tobacco. We can not accept such statements applied, at all events, to cigarettes retailed at five or even six for a penny.

The tobacco in such cigarettes is of an inferior and inexpensive kind, we admit, but we have not been able to find the smallest trace of foreign poisons in some very cheap cigarettes which we purchased recently and subjected to careful analysis. We doubt whether it would pay to add such comparatively expensive poisons. Opium is not cheap, nor is cocain. Tobacco of common quality is, at any rate, infinitely cheaper.

The danger of smoking arises from tobacco poisoning, and it is the wholesale and unchecked poisoning of the child with tobacco, chiefly in the form of cigarette smoking, against which the nation is asked to find a remedy.—*The London Lancet.*

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#### Save the Cigarette Boy

I HAVE been studying cigarette boys for the past six years, not as a philanthropist, but because it is a subject for interesting study. The cigarette boy is an interesting specimen.

At our college, I have found an average of one hundred cigarette smokers a term. These are boys between the ages of fifteen and twenty years. I have made these boys my confidants for the purpose of studying their cases and seeking a solution of the cigarette problem.

Who are the cigarette boys? Last year I picked out fifty cigarette boys



from the college, and compared them with fifty boys of equal standing who did not smoke. At the end of the term I took the two lists to the records. The non-smokers made an average of eighty per cent against the sixty-two and one-half per cent of the smokers. The cigarette boys made eighty-one per cent of the failures. I also made inquiries concerning the physical condition of the smokers. I found that over ninety per cent of them had a decided tendency toward throat trouble, twenty-eight per cent of them being troubled with distinct ulcerations of the throat. The fallow, thin ones made up seventy-two per cent. "Short wind," was the verdict against all the "inhalers." Heart failure threatened twenty-four per cent of them.

I have found that the college boys who smoke cigarettes begin at the average age of fourteen. The boy who begins at six or eight seldom reaches college.

It is quite customary among school-teachers to be harsh with the cigarette smokers, and to give them to understand that they are black sheep as soon as their failing becomes known. This is not the right way to handle the situation. Do not give the boy the impression that he is absolutely worthless because he smokes cigarettes. He may believe this, and then he will become so.

The best way to cope with the cigarette problem is to help the smoker to become master of himself. Give him something wholesome to think about continually.—*From an address delivered before the Kansas Teachers' Association, by William Arch McKeever, Professor of Philosophy, Kansas Agricultural College.*



### Tobacco as the Great Producer of Degeneracy

FROM a comparative study of the symptoms of tobacco poisoning and the stigmata of degeneracy, Dr. L. Pierce Clark,

the well-known neurologist of the Manhattan State Hospital, is convinced that the degenerate is an outcome of the tobacco habit, either in the individual or in his ancestry. This does not mean, he affirms, that every degenerate is a product of the smoking habit. Nevertheless, tobacco seems to be the determining cause of the existence of degenerates.

Animal experiments upon tobacco poisoning have been made with great care in laboratories within recent years, and it is upon the results of his study in this line that Dr. Clark reaches those conclusions.

It is fairly proved that tobacco is primarily a poison to the vascular system of the heart.

Tobacco exerts acute poisonous effects on the whole nerve apparatus. It excites that apparatus to abnormal activity at first. Next it has a convulsive effect. Then ensues depression of all motor-nerve centers, and at last comes paralysis of the central and peripheral nerves of the heart and lungs.

More inaccurately studied than perhaps any other effect of tobacco on the nervous system, says Dr. Clark, is its effect in inducing chronic poisonous congestion of the brain, the spinal cord, and surrounding nerves.

From this it would seem that the growth in numbers of the degenerate and the spread of the practise of smoking are closely related.—*Current Literature.*



### The Criminal Cigarette

OF ninety boy criminals who were arrested and locked in jail within the last six months, all but two were victims of the cigarette habit. Those of the boys who were induced to give up the habit were reformed, and when released on parole, lived aright and did well. The few who could not be broken of the habit turned out badly when given a chance to do better.



These facts are contained in a report of the county jail of Kansas City, covering six months. Mr. Johnson says in this report that of the ninety boys incarcerated in jail in the last six months not one was at work or at school when arrested, and all but two were cigarette fiends.

We sometimes hear boys of twelve, fifteen, or twenty years of age declare that they can not give up cigarettes, and often they have not sufficient energy or will power to even make the attempt. Sad, indeed, is their fate; poor, weak-minded boys, slaves to this insatiate monster, the cigarette. The poison of the nicotin finds its way all through the body, and gives a very unpleasant odor. It injures the nerves of the heart, and thus weakens its healthy action. This is called "tobacco heart." In fact, tobacco is one of the most virulent poisons in nature. A single leaf dipped in hot water and laid upon the stomach produces a powerful effect by mere absorption.—*Everyday House-keeping.*



### Take No Risk

Dog fanciers give tobacco to dogs to prevent them from coming to full size. Boys who use tobacco are likely to grow up weak in mind and body. A word to the wise is sufficient, but to others more than a word is necessary. The use of tobacco by boys tends to the softening and weakening of the bones, and it greatly injures the brain, the spinal marrow, and the whole nervous system, so the user seldom becomes a man of much energy. The tough boy becomes a weak man. A few men who used tobacco in boyhood are seemingly uninjured, but that is no reason others should follow in their footsteps. A man went through Niagara whirlpool and came out alive, but that is no reason others should do likewise. A man fell eighty feet from a building without being injured, but that is no reason that others may do likewise.

Take no risk with the tobacco habit, but shun it and be sure of growing up a man.—*John F. Cunneen, in The Boy Magazine.*



### The Cigarette in London

CITY men in London are charged with being too fond of "My Lady Nicotin." A physician, whose practise is almost entirely among stock exchange men, considers that his clients are as a rule worse offenders than any other class of professional or business men.

"It is rarely outside the city," he says, "that you will find the chronic smoker who persists in the abuse of the habit until nicotin saturation all but amounts to nicotin poisoning. You would find in my practise books the most frequent entry opposite the names of patients to be 'cigarette throat' or 'nicotin heart.'"—*Special cable to The Washington Post.*



### Cigarettes and the Boys

REV. JAMES L. HAMMOND tells what he saw in a San Francisco opium den:—

"In a room not more than twenty feet square, down three stories underground, dimly lighted and dingy, where the air was so foul it almost overcame you as you stood in the entrance, I found twelve Chinamen, busy at work. Sitting flat on the floor, in the midst of indescribable filth, they were rolling cigarettes for the American boy to smoke.

"There was a great pile of material in one corner of the room, and we struck a match and stooped down to examine it. We found it was cigar stumps and quids of tobacco, mixed with the vilest of sewer excretions."—*The Healthy Home.*



### Alcohol and Organic Disease

WHERE *organic disease is present*, particularly if it involves the liver, kidneys, nervous system, or blood-vessels, *alcohol in any amount is positively deleterious.*



Only when positive symptomatic indications demand its use [When is that, pray?—ED.], may it ever be profitably employed; and then with a full appreciation of the fact that any beneficial action will be accompanied by an injurious effect on the organic disease present.

To sum up, in its relation to the human organism *the food value of alcohol is only negative, and may well be ignored*; and by restricting its use entirely to remedial purposes, no loss to the race would be entailed, and incalculable benefit would accrue. [And the indications for the use of alcohol in sickness are becoming fewer. Many physicians prescribe no alcohol at all, and most physicians prescribe much less than formerly.—ED.]—*Current Literature*.



### Do You Cough?

If you have a cough, don't say, "It's nothing but a cold." You may be injuring yourself and others. Go to a doctor who knows, and learn the truth.

Persons suffering from tuberculosis should earnestly desire to know that they have tuberculosis, that they may take advantage of the modern methods of treating the disease, and be restored to health. They should know that "bronchial trouble," "throat trouble," "stomach cough," and such terms are only deceptive, and mean, in many cases, consumption. They should also know that the spitting of blood, unless positively from the gums, nose, or throat, is in all probability from tuberculosis in the lung. Repeated protracted colds are often signs of tuberculosis. A cough that hangs on for any length of time should always excite suspicion.

Among the special directions for members of the household of consumptives are that young children should

not be allowed to play in the sick-room of any one who has any disease of the lungs. Playing on the floor of the sick-room especially should be absolutely forbidden.

The germs of consumption are more dangerous for children than for adults. Mothers with tuberculosis should not nurse their infants, as nursing involves a considerable danger to the child, and a heavy drain upon the mother's vitality. Mothers should thoroughly wash their hands before preparing the bottles or handling the infants' food.

Patients with pulmonary disease should not kiss any one on the mouth. If the mouth and lips have been carefully cleansed, kissing is perhaps but slightly dangerous.—*Journal of the Outdoor Life*.



### Benevolent Assimilation

THE cattle which we eat must suffer in order that we may subsist; they have to, for we are superior to them in this at least—that we know how to destroy them for our benefit. They are a great convenience for us, as well as a necessity. Their huge digestive apparatus can convert the grains of the field into a form which we find easily assimilable. We do not now kill the steer in the unpleasant fashion of our primitive ancestors; we simply relegate this business to certain of our brethren who are ready to undertake exclusively this indispensable function. But the principle is the same. It is Mother Earth's roundabout way of supplying us with the elements essential to our existence—the carbon, the hydrogen, the oxygen, and the rest, which lie dormant in the great storehouse of nature. [Is not Mother Earth's direct way better by far than "her roundabout way"?—ED.]—*Editorial New York Medical Times*.





Conducted by T. E. Bowen, Takoma Park

### The Drug Habit of the Chinese

P. J. LAIRD

OPIUM, we are told, was introduced into China as a remedy for dysentery, but soon its seductive qualities became manifest, and the opium habit was established. At first the crude dried juice of the poppy was taken in pill form; later the ingenious process of smoking the poison was generally adopted, and the habit has grown to such proportions that it may well be called the national curse.

Many places where rice was once grown are now utilized for the cultivation of the poppy, so that while the imports from foreign countries may show diminution, it is because of the home growth of this seductive plant. The great famine in Shansi some years ago has been attributed to the raising of opium by the Chinese.

A few months ago an edict of great length was issued by the governor of Hunan calling upon opium-smoking houses to close their doors in six months. However, this order has been countermanded, and the edict now calls for the closing of such houses on Oct. 21, 1907. The public sale of opium is to be abolished ten years hence.

The visitor to the opium den may see lumps of crude opium being broken up in water, then it is placed in shallow brass pans and heated until it attains the required consistency. The black mass is constantly watched by the expert until it is reduced to the consistency of sirup in cold weather. In this state, at current

rate, the drug is worth at least its weight in silver. The smoker receives a small horn box of the drug, and enters into the smoking room. Here on all sides may be seen board couches arranged in pairs, some of which perhaps have cushions. The smoker takes a recumbent position. By his side is his pipe, a lamp, a scraper, and a steel needle about six inches long. Turning on his side, the smoker dips the needle into the poison, a portion of which adheres to the point as it is withdrawn. This is then held over the flame of the lamp, and the needle slowly revolved. The drug swells and becomes like wax, and is very spongy. Again it is dipped in and held to the flame until a mass about the size of a bean has accumulated on the point of the needle. The pipe is then grasped and held over the lamp, and the poison heaped up around the pin-hole opening in the bowl of the pipe. The needle is now laid down, and the smoker places the pipe to his lips, and holds the bowl with its little mass of opium close down to the flame. The poison slowly burns, and the white fumes are inhaled by the smoker. This operation may take ten or fifteen minutes.

Many Chinese insist that opium smokers are more brilliant than the average man; hence we learn that opium is smoked, not so much with the idea that the drunkard has of drowning trouble in his glass, but to increase the brilliance of the intellect. This, however, is verily a delusion; for the opium smoker proves to be dead to all sense of honor, a prevari-



cator, dishonest, and absolutely indifferent as to the state of his family and finances. His natural affection becomes so blunted that he will sell his own child to procure opium.

The effects of opium are most baneful. The opium smoker can be recognized at a glance. The emaciated form, sallow complexion, discolored teeth, pallid lips, untidy habits of dress, and stained fingers mark the victim. Men fall easy victims to this cruel practise.

It is a habit easily formed, and then its craving makes the man a slave. It is difficult to say which is the worst, the cigarette fiend, the drunkard, or the opium sot. Each one is a menace to the community to which he belongs.

Opium cures are legion, and are well patronized by victims of the habit. These quacks use all sorts of methods to attract the attention of the people,—mechanical figures, graphophones, and various other devices. Many of these cures contain opium in disguise; morphin pills are very prevalent, and now the importation of cheap syringes from Japan has caused hypodermic injections to be very common, so that the last state is often worse than the first.

Unless its victim has but recently become addicted to the habit, or is pos-

sessed of an indomitably strong will, it is seldom that he is able to break away. But there are many who have resorted to Christian opium refuges, where they have been pointed to the Great Physician, and, trusting in his strength, have not only broken with the opium habit, but with sin and Satan, and are now living exemplary lives.

Repeated calls to resuscitate opium suicides remind us that there may be many such if the previously mentioned edict is enforced. When the craving comes on, and these people are unable to go to their former haunts, the probability is that many will take a lump of crude opium and end their lives.

The habit is indulged in by men, women, and young people. Our last call to a suicide case revealed the fact that both the parents of the young girl were addicted to the habit, so it was easy for her to get the drug. In the homes of the wealthy a room is often set aside especially for the purpose of opium smoking.

Will our readers not join us in praying that we may be humble instruments in the hands of God to help many of these people break off not only from the opium, but also from the shackles of sin?

*Chang-sha, Hunan, China,  
July 12, 1907.*



A CHINESE OPIUM DEN



# QUESTIONS AND ANSWERS



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

Questions on health topics which are of general interest are answered in this department. All queries should be addressed to Dr. Hare, with stamp enclosed for reply by mail, as a question, because it is not of general interest, or because it has been recently answered, or because there is not room in the department, may not appear here.

**299. The Use of Tobacco as a Preventive of Apoplexy.**—J. C. S., Mo.: "I have smoked and chewed tobacco for thirty-five years. My father and two brothers died of apoplexy; and when I was a boy, the doctor advised me to use tobacco. He said that its use would prevent apoplexy. Is there any truth in this statement? In my case it seems to have been true."

*Ans.*—This question is often asked, and it deserves a fair answer. In the first place, there is no good reason to think you would have to die of apoplexy if you had never used tobacco. It is so very rare that a whole family dies of apoplexy, that the presumptive evidence is wholly against your ever dying of apoplexy. There is, however, some truth in this claim. The enormous stream of filthy saliva which flows from the mouth of the tobacco spitter is such a constant drain on the system that such persons are usually thinner in flesh, and have less blood, than would be the case if they did not use tobacco.

Apoplexy rarely occurs in thin, active persons who have but little blood, but is the fatal disease of persons of enormous appetites, good digestion, and feeble muscles. Great eaters and little workers, persons whose muscular energy is devoted largely to digesting the "good things" they swallow, are the victims of apoplexy.

Apoplexy is a sudden rupture of a blood-vessel, usually in the brain; and its most common cause is overeating, digesting too much food. This disease can possibly be prevented by chewing anything that will make you spit enough to keep you thin, and tobacco is about the filthiest thing you can select for that purpose.

Apoplexy can also be prevented by cultivating dyspepsia. Anything that will injure the stomach so it can not digest much food

will in a large measure protect the unfortunate owner of the crippled stomach against this disease. But crippling the stomach so as to make an unhappy dyspeptic, would not be a very sensible way of preventing apoplexy, neither would transforming the body into a portable fountain of filthy tobacco juice.

The best plan to avoid this and all other diseases is to eat temperately of wholesome food, work moderately, and lead a well-regulated life. There are those, however, who object to this way of living because it does not permit them to swallow everything that tastes good, and so they go the apoplectic road.

See answer to question on Arteriosclerosis.

**300. Smoking and Consumption.**—L. M., Kan.: "1. Does smoking cause consumption? 2. Does it often cause throat trouble? 3. What is the effect of tobacco smoke on the throat?"

*Ans.*—1. No; not directly. But when a person has weak lungs, it greatly increases the danger of consumption. The use of tobacco, alcohol, tea, coffee, and nervines lessens the vital resistance, and makes the person more liable to consumption or any other disease than he would be without them.

2. Yes; smoking always injures the throat.

3. The effect is that of a local irritant. It causes congestion and increased secretion, which result in a chronic catarrh of the throat.

**301. Are Cigarettes Worse for Boys than Cigars Are for Men?**—J. R., Cal.: "1. Is a small cigar any worse for a small man than a large cigar is for a large man? 2. If not, then why is a cigarette, which is a little cigar, any more injurious to a boy than a



big cigar is to a man, provided both are made from good tobacco?"

*Ans.*— 1. No.

2. Because the growing child is immensely more susceptible to harm from any injurious habit than is a fully developed man. Young plants must be protected from wind and frost, while the mature trees are but little harmed by either.

Slight irritation of the nerve-centers of a child may cause chorea or epilepsy, which, when started, may increase with the growth of the child, while in adult life a similar irritation would be hardly noticed. The evil effect of tobacco and alcohol on growing children has never been overestimated. Especially does the cigarette habit entail deplorable results. The child is so physically stunted, so mentally warped and dwarfed, and morally so depraved that the evil results can never be outgrown. We would have fewer cranks, criminals, and insane if the influence of cigarette smoking and other injurious habits on children were more fully appreciated.

**302. Arteriosclerosis.**—J. L. C., Minn.: "What is arteriosclerosis? I am interested in the life insurance business, and would like to know what this disease is, its common causes, and its cures."

*Ans.*—Arteriosclerosis is a hardening of the arteries. Although it is a very serious disease, it may exist for a long time and give little or no discomfort. The patient may be apparently in fair health until suddenly an artery ruptures, and he dies. This is apoplexy. But the real cause of apoplexy is arteriosclerosis, which has, perhaps, been developing for years.

There are many causes of this disease. The most common are overeating, overworking, the use of alcoholic liquors, eating a large amount of nitrogenous food, the use of highly seasoned foods, and the use of irritating substances in food. Overeating is especially harmful when a person leads a sedentary life, and does not exercise sufficiently to burn up and eliminate the excessive amount of food taken. Overwork, with the use of alcohol, also produces many victims. The great intensity manifest today in every line of human activity, is taxing the physical powers to the breaking point. This factor, coupled with bad living, is causing this disease of old age to appear quite often in early and middle life.

Many cases of heart-disease, kidney disease, and apoplexy are directly and indirectly caused by arteriosclerosis. The human body is "fearfully and wonderfully made," and he who would escape such diseases as arteriosclerosis must live "temperate in all things."

**303. Wine and Tobacco, Effects on the Singing Voice.**—J. Q. A., Neb.: "I am a singer, and have always had what is considered by my friends an excellent voice, but for the last year or two it is not so good. It seems to be losing much of its clearness, and its compass is decidedly less. I especially have trouble when I attempt to produce the high tone. I use wine occasionally and smoke moderately, and have never thought these things harmful. Do you think either one could be the cause of my impaired voice? I am a reader of your good journal, and would like an honest answer to this question."

*Ans.*—It will pay you to discard both the wine and the tobacco. There is no longer any doubt that alcohol in any amount or in any form is an injury to the general health. The effect of alcohol is general, and not especially local on the throat.

Smoking is quite different; while it also has an injurious effect on the general health, and especially the nerve-centers, it is particularly injurious to the throat. The tobacco smoke is an irritant to the vocal cords, and without doubt is the chief cause of your trouble.

Discontinue the use of tobacco and wine, and give careful attention to the hygiene of your throat, and you will no doubt recover the use of your voice.

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**Typhoid as a Contagious Disease.**—Some physicians believe the time has come when typhoid patients should be treated in separate wards, and that their nurses should not mingle with other patients. It is said that nearly one twenty-fifth of all cases of typhoid are the result of hospital infection.

**Experimental Work on the Effect of Powerful Drugs.**—The students of George Washington University will this year make observations and experiments in order to determine the effect of morphin, cocain, and other powerful drugs on the human body. According to the dean of the medical department, this course was added because of the important part that dangerous drugs play in prescription work.



# EDITORIAL



## The Cost

It was a frightful fire that destroyed more than three hundred million dollars' worth of property in San Francisco. But what about that fire that destroys more than three hundred million dollars' worth of property, or at least costs the consumers more than three hundred million dollars *every year*? And this in the United States alone. That is what the habit annually costs the tobacco users of this country; in other words, the indulgence of this luxury—if that is the word—destroys wealth enough to build one of our large cities every year.

And oftener than not, the habit is indulged in by those who need the amount spent in this way for the legitimate wants of themselves or their families. The habitué will deprive himself and his family of almost anything, rather than forego his favorite indulgence. 'Twere wiser never to come under its fascinating influence.

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## Why Are the Poison Habits So Popular?

ACCORDING to Eustace Miles, a desire for stimulants is a significant sign of disordered health. Had he included narcotics with stimulants, the statement would have been more complete; for in the attempt to readjust an unstable nervous system, a narcotic is in demand quite as often as a stimulant.

The assertion may be safely made that no person in perfect health requires a poison of any kind, or in any quantity,

in order to insure perfect functioning of the different parts of the organism; yet the habit of using some form of poison for its effects on the nervous system has become so general that man, whether civilized or savage, might well be defined as the drug-taking animal.

Millions there are who use the stimulants tea and coffee; millions more who indulge in alcohol in some form, which, though it gives a sense of stimulation and apparently increases the various functions of the body, acts really as a narcotic. Millions, again, use opium in one or more of its forms, securing thereby brief stimulation, followed by narcotism. Countless millions there are, also, who use the narcotic tobacco in some form.

Each of these substances produces its own peculiar effects on the body, giving, for a longer or shorter period, added power, increased brilliancy of thought; cessation of cares, a feeling of well-being, or a calming of overwrought nerves, to be followed, sooner or later, by a corresponding feeling of depression or wretchedness, which is most readily relieved by a repetition of the drug. Gradually the periods of pleasure are diminished, and the periods of misery increased, until finally the drug is taken in self-defense to keep off an ever-growing tide of misery and degradation.

As one drug fails in its effect, a stronger one is brought into requisition, and so on, until the entire gamut



of drug-taking has been experienced, or until death ends the wretched existence. This is an extreme case. Not every user of drugs suffers this degree of penalty; but *some do*, and one beginning the drug habit can not be certain that he will not be dragged down to the extreme depths of wretchedness.



EACH country seems to have its own poison, to which the people are addicted. The same principle as is found in tea and coffee is found in the Brazilian holly, and in the cola-nut, and native peoples make extensive use of these substances for their stimulating effects. Others use the delusive coca, from which is derived that latest and most villainous of drugs — cocain.

Some have professed to believe that the almost universal use of drugs of this nature by tribes widely separated — where there is small likelihood that the habit has been transmitted from one to the other — indicates that these stimulants and narcotics meet a deeply ingrained human need. There is an inclination on the part of some to believe that what man universally does must necessarily be instinctive, and hence beneficial to the race.

Concerning some of these drugs, no argument is needed to show that they are decidedly injurious to man. How is it about tobacco?



### Is the Tobacco Habit Always Detrimental to Health?

THIS question is often asked by those who desire to know the truth. There are thousands using tobacco who appear to be in as good health as their neighbors who do not use it, and not a few tobacco users live to an advanced age. There are few persons capable of observing and judging, who have any question as to the harmfulness of tobacco on boys; but

many who believe that boys should not smoke, have the opinion that tobacco is practically harmless to the average grown man.

There can be no question that the body has the power to adjust itself, to a certain extent, to the invasion of poisons, so that doses which would be fatal to the ordinary person are comparatively harmless. But there is hardly a person who will maintain that because a man can use fifteen grains of morphin a day without fatal effect, the poison is not injuring him. The fact that the body so adjusts itself as to prevent fatal effects from a toxic dose of poison when the poison has been given in gradually increasing doses, does not prove that the poison is without serious harm to the body. Doses which might be fatal to a normal person, may be taken by the habitué of morphin, cocain, arsenic, alcohol, and other poisons, without much effect being in evidence; but imperceptibly the poison is working away, producing certain degenerations which will surely be manifest later. Analogy would suggest that the same is probably true of tobacco.

There is a class of witnesses who may be called on to testify in this matter, for they are not identified with the movement against tobacco, and so stand, as it were, on impartial ground. I refer to some physicians and specialists who have mentioned tobacco incidentally in their text-books.



### A Moderate View of the Tobacco Evil

A WRITER, who in one of our exchanges says that the friends and foes of the weed are very active in their approval or denunciation of its use, and are seldom temperate in their discussions, gives the following as an example of what he believes to be a calm, dispassionate statement of the effects of tobacco:—

“Tobacco, used in moderation, is far



less harmful than many of its foes would have us believe. Nevertheless, *there is no doubt*, all other things being the same, that *the abstainer will enjoy better health than the user of the weed*. The reason is perfectly simple. Tobacco contains a poison, nicotin, and its excessive use has a serious effect upon the nervous system. One tenth of a grain of nicotin will kill a frog in a few minutes. There is enough of this poison in one cigar to kill two men if taken pure. *The poison hurts the stomach, and makes the heart beat faster than it should*. Smoking will often increase the action of the heart from seventy-four, the normal number of beats, to more than one hundred."

If even this moderate statement of the tobacco question is true, it means that any man who uses the weed is not wise. Of all the blessings of this earth, there is none that compares with sound health; and no sensible man who has counted the cost, will knowingly contract a habit that will compromise his health, even if the effect is not likely to be very serious.

But, we are told, "its excessive use has a serious effect on the nervous system." The tobacco habit continually demands an increased indulgence. If one has not enough "won't power" to keep him from contracting the habit in the first place, how can he be assured that he will not use it to excess? The habit grows.

The fact that "the poison hurts the stomach, and makes the heart beat faster than it should," ought to cause the young man to make a long pause before deciding to begin a habit that is not easy to give up after it has once been formed. A heart beating at the rate of one hundred a minute will, other things being equal, wear out much faster than one beating at the normal rate; and a damaged stomach means poor digestion, lessened nutrition, and poorer general health.

The carefully kept records of the Yale University Gymnasium, show as the average of hundreds of cases examined, where smokers and non-smokers were compared, that the smoker is arrested in development. He really does not become so much of a man as he would without the habit. This is undoubtedly the result, in part, of the action of the tobacco poison on the stomach and heart.



#### From a Friend of Tobacco

THE "Reference Hand-book of the Medical Sciences" contains an article by Dr. Ralph Clinton Larrabee, which, on the whole, defends the moderate use of tobacco. One naturally infers, as he reads the article, that the doctor himself indulges in the "fragrant weed." But a careful reading of the following quotations from the article suggests the thought that the author has a strong suspicion that when he uses tobacco, he is playing with dynamite. Would such cautions be necessary if the practise were comparatively harmless?

"Smokers will *decrease the dangers*," says Dr. Larrabee, "if they will use pipes with long stems and keep them well cleansed. [Note that word "decrease" in place of "obviate" or "avoid."] Notoriously strong tobacco should be avoided. The smoke should not be inhaled. Cigars should not be smoked too close to the end, nor held too long in the mouth. Athletes in training should *avoid* tobacco. [WHY?] Smoking after meals decreases the quantity of tobacco smoked, and any irritating saliva which is swallowed comes into less intimate contact with the mucous membrane of the stomach. *When any of the symptoms of chronic tobacco poisoning appear, especially if the heart, nervous system, or eyes are affected, the habit should be given up entirely. Abstinence must be prolonged, since, when symptoms have*



once begun, they are prone to recur. Alcohol must also be absolutely forbidden." (*Italics supplied.*)

Such cautions from one who favors the moderate use of tobacco need little comment. Why not, when the symptoms of chronic tobacco poisoning appear, diminish the quantity to a "harmless" allowance? Why not allow athletes in training to use a "moderate" amount of mild tobacco in pipes with long stems? Why prolonged abstinence, in cases of chronic tobacco poisoning? Is this not a tacit acknowledgment that even the smallest quantity of tobacco is hurtful to a susceptible individual? As tobacco symptoms appear so insidiously that no one is aware of the fact that he is being hurt by the practise, until serious inroads have been made on the health, is it not evident that tobacco in the smallest quantity is not without its influence for evil, even on the robust who imagine it does them no harm?



#### Insidiousness of the Habit

As to the insidiousness of tobacco symptoms, the testimony of a German physician, an eye specialist, who has published a text-book that has passed through at least seven editions in Germany, and two editions in America, is to the point. Dr. Ernest Fuchs says, in the American edition of his "Ophthalmology," page 489: "Tobacco amblyopia makes itself evident only by the disturbance of vision; and this sets in so gradually that the patients are for the most part unable to tell when it begins. . . . Many patients declare that they can not recognize red colors, particularly of small objects, as well as they used to."

Can you see any bearing that this may have on railway accidents? Here is a man, a smoker, who passes his examination for railway engineer, including the color test. After he has been on the road

for some time, his ability to distinguish red begins to fade so gradually that for some time he is not aware of the fact. Does that have a significance when it occurs in one to whom is entrusted the lives of thousands of passengers, and who directs his movements by the color of the signals he sees?



#### Is Tobacco Injurious to Adults?

VERY much is said these days to the effect that tobacco is injurious to growing youth, but not to adults. This idea does not seem to have impressed Dr. Fuchs very seriously, for he says, "The cause of tobacco amblyopia is the excessive use of tobacco, whether by smoking or chewing. The disease is found not generally until middle life. It would appear that *the resistance to nicotin diminishes with age.* The quantity of tobacco sufficient to bring on a tobacco amblyopia varies according to the susceptibility of the individual; *in many cases comparatively small amounts of tobacco suffice for this purpose.*" This means, if it means anything at all, that one may be using a very moderate amount of tobacco, with the thought that it is not hurting him, to find, after a while, that a serious disorder, or disorders, have been fastening themselves on his organism, but in so imperceptible a manner that he has not realized the damage until it has become serious, and the habit has become his master.

Another writer on disorders of the eye, Dr. Dunn, also bears witness to the fact that tobacco does not confine its injurious effects to youth. The doctor says, in a recent issue of the *London Lancet*: "Tobacco amblyopia is very rare in youth. It is most frequent during middle age. The toxic symptoms are *probably due to a lowered vitality of the tissues with advancing age, and followed by defective elimination of the poison.*" (*Italics supplied.*)



### Tobacco Cancer

THERE is a chronic affection of the lining membrane of the mouth, characterized by thickening and formation of white opal-like elevated patches which usually become fissured and painful, and which, after continuing for a long time, are apt to terminate in epithelioma, or cancer. The doctors know this affection by the name leucoplacia buccalis.

E. Fletcher Ingalls, A. M., M. D., Professor of Diseases of the Nose and Throat, Rush Medical College, and author of a successful text-book on diseases of the chest, throat, and nasal cavities, which has passed through several editions, says, in this book, "Excessive tobacco smoking is ranked as the most frequent cause of the disease," speaking leucoplacia buccalis, though he admits

that other forms of irritation, if prolonged, may have a similar effect on those predisposed to the disease. "Highly spiced foods and alcoholics," he says, "seem to excite it in some instances." In describing the course of this disease, he says: "Ultimately, in the majority of cases epithelioma results, and runs its usual course."

For treatment, he advises that "all sources of irritation, particularly the use of tobacco, alcoholic stimulants, and strong condiments," "be at once removed."

Some authors are inclined to treat rather lightly the connection between tobacco using and cancer. The testimony of this recognized authority in diseases of the nose and throat and mouth, is therefore worthy of careful attention.



Doubtless many LIFE AND HEALTH readers have had experiences, the knowledge of which would prove of value to other members of the LIFE AND HEALTH family. This department is established as an exchange through which the practical experience obtained by some may become the property of all.

When a happy thought, a fertile idea, a fortunate discovery, comes to one of us, it is an invitation to "pass it on."

Experiences in any line will be acceptable, so long as they point to a better and higher living. For the present, suggestions on the following topics will be especially acceptable: Saving the Coal without Excluding Oxygen, Ventilating the Church and Assembly Room, Evils of Alcohol, Rearing of Children, Diet and Disease.



# SOME BOOKS



Only such books as bear on the topics discussed in *LIFE AND HEALTH* are noticed in this department. Favorable mention of a book is not necessarily an indorsement of all the positions taken by the author.

**"The School of Health,"** by Alfred B. Olsen, M. D., and M. Elwood Olsen, M. A., editors of (London) "Good Health." International Tract Society, Limited, 451 Holway Road, London, N., England.

This book is well named, as it gives in popular language the essentials of healthful living. Beginning with a simple chapter on the anatomy and physiology of the human body, the book contains chapters on physical development, physical deterioration, beauty culture, healthful and artistic dress, personal hygiene, the food problem, the feeding of infants and children, on tea, coffee, tobacco, and alcohol, on the treatment of diseases, on hydrotherapy in the home, on poisons and their antidotes, and on accidents and emergencies. Altogether there are twenty-five chapters, more than four hundred pages, more than one hundred illustrations, eight of which are full-page.

The book can not fail to give many of its readers information, which, if heeded, will make them better physically, mentally, and morally.

**"Heart-Disease and Blood Pressure, a Practical Consideration of Theory and Treatment,"** by Louis Faugeres Bishop, A. M., M. D., Second Edition. E. B. Treat & Co., 241-243 West Twenty-third Street, New York. Cloth, 120 pages, post-paid, \$1.

Though this little book is written for physicians, it contains much concerning the hygiene of the circulatory system that might be valuable for the layman.

Dr. Bishop deals, not with valvular diseases, but with alterations of blood pressure dependent largely upon the involuntary muscles and their innervation. He distinguishes between primary low pressure, high pressure, and secondary low pressure, pointing out the distinguishing features, and outlining the principles to be applied in each of these forms of disturbance.

Bright's disease he recognizes as primarily a disease of the circulation, and treats it accordingly.

The indiscriminate use of drugs is not advised, and hygienic measures are freely suggested; for instance, in discussing primary low pressure, he says: "During the stage of compensation, which may be of long duration, the patient should lead a

well-regulated existence; physical over-exertion, mental overanxiety, and dissipation of all kinds must be avoided."

He believes patients of this class are similar to tubercular patients in their need for fresh air, and says that "the vitalizing effect of fresh air in these cases will more than counterbalance the danger of catching cold." Warm bathing is highly recommended, and he gives little credit to the belief that patients are apt to take cold as a result of exposure after a hot bath, believing that the habit of frequent bathing soon renders the patient less susceptible to changes of temperature after the bath.

In the treatment of high-pressure cases, he first removes the cause, whether it be alcohol, or overeating, or worry, or overwork. He highly recommends hot saline baths for this class of patients.

Of the patients with secondary low pressure, he says: "In the whole range of circulatory disease there is no condition that will so tax the knowledge and patience of the physician." He advises, among other things, warm saline baths, change of climate, and exercise.

Only a brief hint as to his therapeutic measures is here given. The physician who is interested in disease depending on alterations of blood pressure (and who is not?) will do well to obtain a copy of this monograph.

**"The New Hygiene,"** by Elie Metschnikoff. W. T. Keener & Co., Chicago; 104 pages, \$1.

Professor Metschnikoff, of the Pasteur Institute, is the author of a little book with the above title, based on the findings of laboratory workers. The book consists of three lectures delivered by Professor Metschnikoff, only two of which will be of interest to most of our readers, the ones entitled "The Hygiene of the Tissues" and "The Hygiene of the Alimentary Canal." In the first lecture, the evidence of the laboratories is marshaled to establish the proposition that body resistance is largely a matter of phagocytosis, that is, the devouring of micro-organisms and other foreign bodies by the white cells.

An interesting corollary follows from this proposition. Everything which weakens phagocytic action, such as opium, quinin, the free use of alcohol, lessens bodily resist-



ance to disease. Professor Metschnikoff cites examples of the fact that the ingestion of alcohol by either man or animals causes a marked lowering of the bodily resistance against various diseases, and says: "We must strongly insist on the danger of alcoholism with regard to the resistance against pathogenic microbes." He concludes, "One should, therefore, as a general rule, avoid as far as possible all sorts of medicaments, and limit one's self to the hygienic measures which may check the outbreak of disease. This postulate further strengthens the thesis that the future of medicine rests far more on hygiene than on therapeutics."

In the second lecture, he shows how the germ of tuberculosis may enter the body by way of the intestine, producing tuberculosis of the lung, and even general tuberculosis, and points out the probability that many other micro-organisms gain entrance to the blood current and the tissues by way of the digestive tube, usually through injuries caused by intestinal worms or irritating food.

He concludes that there is great danger in eating raw foods, especially strawberries and vegetables raised in the ground, inasmuch as the fertilizing material may often contain pathogenic micro-organisms, and the eggs of intestinal worms. Even cherries, so he says, are sometimes infected by birds picking into them. He favors the Pasteurization of milk, that is, heating it to 150-160° Fahrenheit.

In addition to the avoidance of raw foods, Professor Metschnikoff suggests the use of microbes harmless to the body, but antagonistic to the harmful germs. Some of the lactic acid germs, which cause the souring of milk, belong to this class of "friendly germs," and for this reason, the professor is almost inclined to think the buttermilk pail is the fountain of immortal youth. As there are several kinds of lactic acid germs, differing in their characteristics, he recommends the use of carefully selected lactic acid ferments prepared in the laboratory.

Whether the avoidance of raw foods and the use of "friendly germs" to fight the others will accomplish all that is expected of it remains to be seen. Undoubtedly much disease might be avoided in this way.

**"The Efficient Life,"** by Luther H. Gulick, M. D., Director of Physical Training in the New York Public Schools. Doubleday, Page & Co., New York, 1907. Cloth, 195 pages, \$1.20 net.

This book furnishes additional evidence of the growing conviction among medical men that the mind has far more to do with many diseases commonly attributed to physical causes than was formerly imagined.

The author, a regular physician who has for years made a special study of physical training, so that he is now recognized as an authority in this line, goes so far as to say, "A man who looks out intelligently for

the character of his food, who eats properly, attends to the demands of his bowels, keeps his skin in good order, and provides himself a decent amount of relaxation—such a man can go for a long time without any special exercise." He recommends for the business man (1) five minutes a day of active muscular exercise in room without necessity of any apparatus, (2) short brisk walks with deep breathing at intervals during the day, (3) the reservation of one day in the week for recreation. His attitude toward the mental phase of exercise is shown by the expression, "The kind of exercise that hits the mark is the kind that a man likes for its own sake." This is in striking contrast to the physical culture enthusiasts who would keep a man constantly working at some uninteresting exercise in order to develop giant muscles.

In regard to diet, he earnestly recommends cutting down the heavy meat ration. "The majority of us," says the doctor, "eat a much larger quantity of meat than we need—more, indeed, than we can get any possible good from." "Such foods as grains, nuts, fruits, and vegetables should take a much more prominent place in our diet than they do." Still, he does not advocate vegetarianism.

The effect of the mind on digestion is shown in such expressions as, "Worry, hurry, unsettled mind, low spirits, all tend to delay or stop the activities of the alimentary canal." And the reverse, "If you have a feeling of depression and low spirits without any apparent cause, it is time to inquire into the food supply."

Regarding constipation, he says, "Discouragement and low spirits lead the straight road to constipation," and "the first step in the cure of constipation is to get into the right frame of mind." Though he gives prominence to the mental causes of disease, he also gives careful attention to the physical factors.

The author shows the importance of having a sound mind and a sound body in order to lead an efficient life. He takes no extreme views, and gives, on the whole, most excellent advice, which, if intelligently and persistently followed, will add to the efficiency of many a reader of the book.



**Shorten Courses and Promote Pupils by Subjects.**—A recent investigation shows that teachers throughout the United States favor promotion by subjects, instead of by grades, in the secondary schools, and believe that a liberal education course should be devised to take fifteen instead of sixteen years in its completion. It is thought that the matter will soon be brought before the National Educational Association, with a view to revolutionizing the school system throughout the country.



## Protecting the Red Cross Emblem

NATIONAL HEADQUARTERS, ROOM 341,  
WAR DEPARTMENT, WASHINGTON,  
D. C., NOV. 11, 1907.  
*Editor Life and Health, Washington,*  
*D. C.*

DEAR SIR: As a member of the executive committee of the American National Red Cross, I have been requested to forward to you the enclosed resolutions, with the hope that you may find it expedient to kindly print them in your publication, and lend what assistance you can in discharging the international duty assumed by this country in agreement with all the great powers, of protecting the Red Cross name and insignia from any use save that agreed upon by the Treaty of Geneva.

In cases where the name and insignia are used as trade-marks, the suggestion would be of value that their use should be gradually eliminated within the next three or four years, in conformity with the provisions of the treaty that the prohibition of the use of the emblem and name should be enforced not later than five years after the treaty went into effect.

Very truly yours,

R. M. O'REILLY,

*Surgeon-General, U. S. Army, and Member of the Executive Committee, the American National Red Cross.*

❖

### Resolutions Adopted by the Executive Committee of the American National Red Cross, Oct. 18, 1907

Whereas, By international agreement in the Treaty of Geneva, 1864, and the revised Treaty of Geneva, 1906, "the emblem of the Red Cross on a white ground and the words Red Cross or Geneva Cross," were adopted to designate the personnel protected by this convention, and —

Whereas, The treaty further provides (Article 23) that "the emblem of the Red Cross on a white ground and the words Red Cross or Geneva Cross, can only be used, whether in time of peace or war, to protect or designate sanitary formations and establishments, the personnel and material protected by this convention," and —

Whereas, The American National Red Cross comes under the regulations of this treaty according to Article 10, "volunteer aid societies, duly recognized and authorized by their respective governments," such recognition and authority having been conferred upon the American National Red Cross in the charter granted by Congress, Jan. 5, 1905, Sec. 2, "the corporation hereby created is designated as the organization which is authorized to act in matters of relief under said treaty," and, furthermore,—

Whereas, In the Revised Treaty of Geneva, 1906, in Article 27, it is provided that "the signatory powers whose legislation should not now be adequate, engage to take or recommend to their legislatures such measures as may be necessary to prevent the use by private persons, or by societies other than those upon which this convention confers the right thereto, of the emblem or name of the Red Cross or Geneva Cross"—

Be It Resolved, That the executive committee of the American National Red Cross requests that all hospitals, health departments, and like institutions kindly desist from the use of the Red Cross created for the special purpose mentioned above, and suggests that for it should be substituted some other insignia, such as a green St. Andrew's cross on a white ground, to be named the "Hospital Cross," and used to designate all hospitals (save such as are under the Medical Departments of the Army and Navy and the authorized volunteer aid society of the government), all health departments and like institutions, and, further—

Be It Resolved, That the executive committee of the American National Red Cross likewise requests that all individuals or business firms and corporations who employ the Geneva Red Cross for business purposes, kindly desist from such use, gradually withdrawing its employment and substituting some other distinguishing mark.





**A Costly Smoke.**—A match used to light a cigarette started a \$75,000 fire at Steeple Chase Island, off Bridgeport, Conn., recently.

**Unwilling Oblations to the Nicotin God.**—According to a recent New York daily, New York City pays out annually in fire losses caused by carelessly dropped cigarettes and matches the sum of \$2,500,000.

**Seven States which Protect Their Boys.**—The following States have laws forbidding the manufacture and sale of cigarettes and cigarette papers: Arkansas, Indiana, Nebraska, Oklahoma, Tennessee, Washington, and Wisconsin.

**Asylum Head Bars Tobacco.**—The superintendent of the Illinois State Insane Asylum, though himself a smoker, has forbidden all use of tobacco by the inmates of the institution, under heavy penalties. The superintendent and his staff do not use the weed while on duty. Harmless, of course!

**A Prolific Error-Breeder.**—The general freight agent of a large railway company said that eighty-five per cent of the mistakes made in his offices by the two hundred clerks were traceable to the thirty-two who use cigarettes. It is such observations as these that cause far-sighted employers to seek for young men who are free from the tobacco habit to fill all positions of trust.

**Warfare against the Tobacco Trust.**—“Collier's Weekly” has undertaken to give a history of the tobacco trust and a staggering expose of its methods. The story of the wholesale bribery of State legislatures and the other reprehensible methods used will help the public to understand the difficulties encountered in combatting the cigarette evil. The attack of the federal government upon the tobacco trust will, it is believed, curtail the power of the most dangerous of all the trusts.

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

**A Vigorous Centenarian.**—Dr. William M. Starr, of Washington, D. C., who recently celebrated his one hundredth birthday, attributes his excellent health and advanced age to the fact that he has always been an abstainer from tobacco and liquors, and has always eaten a trifle less than his appetite seemed to call for. He has also made a practise of retiring at sundown and rising with the sun.

**Servants Who Smoke.**—English housekeepers, it seems, are being confronted with a new problem, that of the smoking maid. It is not so uncommon for the mistress to indulge in the cigarette and the cigar; and what is “genteel,” of course, is soon adopted in the servants' quarters. Does it make you shudder to think of the gentle sex smoking? Why shouldn't they? Is there any argument against smoking by women and girls that is not equally forcible against smoking by men and boys?

**Decision Adverse to the Keeley Company.**—The Keeley Company in the lower courts obtained judgment against the Memphis Keeley Institute for infringement. On appeal the United States Circuit Court of Appeals decided against the Keeley Company on the ground that its claim that its cure contains gold is fraudulent, and it is not the function of the government to protect a fraud. It is a “gold cure” to this extent that it requires the outlay of about all his available gold (or its equivalent) on the part of the patient. Relieved of his gold, he does not have so much wherewith to dissipate on.



**Flies as Transmitters of Disease.**—The health officers of Liverpool refer the abnormal amount of child illness and death in that city during the warm season, to the unusually large number of flies, which added to the contamination of milk and other foods.

**The Onion Cure for Gout.**—It is said that certain fashionable physicians are prescribing onions extensively as a cure for gout and similar ills. On the old theory that disease is an entity that must be driven out—smoked out, as it were—the remedy ought to prove eminently successful.

**International Tuberculosis Congress.**—The international congress on tuberculosis, to meet in Washington, D. C., next fall, will have the co-operation of seven of the governmental departments, which will take measures to secure the necessary appropriations. Many of the State governors have also taken official action regarding the congress. The session work will be done between September 28 and October 3; but from September 21 until October 12 there will be a tuberculosis exhibit, and special lectures will be given. Active membership in the congress, including full set of the published "Transactions," five dollars; associate membership, not including "Transactions," two dollars.

**Muck Rakes?**—Dr. Denslow Lewis, of Chicago, who is working to spread such information as will cause men and women to see the danger of exposing themselves to venereal diseases, finds the public press unwilling to co-operate in the work. "Of the wealth of information furnished by rescue workers, clergymen, a few physicians and noble-minded men and women whose lives are consecrated to the cause of humanity, only meager details, exploited in a sensational manner, reached the public. But the remarks of the saloon-keepers were reported verbatim, and the actions of drunken denizens of the dives were described in full." A paper on the subject of vice, which he had read by invitation, was offered to the daily press, and promptly returned with the explanation, "The policy of our paper has been to avoid the discussion of the sex relation." O, yes! But they do not object to giving all the sickening details of the Thaw case. All they object to is such a discussion of the subject as might educate away from vice.

**Pullman-Car Hygiene.**—The State Commissioner of Health of Pennsylvania has ordered that the sheets in Pullman cars be made longer, in order to prevent the faces of passengers from coming in contact with the blankets, and has issued an order forbidding porters to brush clothing in the aisles.

**Microbes on Court-plaster.**—Recent bacteriological examinations show that a square centimeter (which is about one-sixth of a square inch) of isinglass plaster contained three hundred forty-one bacteria, including a number of varieties of pus-producing germs. The rubber plasters made from pure para rubber were freest from contamination.

**England's Milk and Food Question.**—Sir James Crichton-Browne, in the recent annual meeting of the British Association of Sanitary Inspectors, made a speech in which he stated that the protection of milk is the primary and permanent pure-food question to which all other food questions are secondary. Sir James believes that the entire dairy business and milk trade in England must and will be reorganized. Referring to the packing-house scandals, he said, "If Chicago had its jungle, London had its dismal swamp."

**Healthful Living at Two Cents a Day.**—Dr. Hindhede says it is possible,—if we may believe a New York daily,—to live healthfully on a diet of rye bread, potatoes, and margarine, at a cost of two cents a day. This is in Europe, where food is cheaper than here, and presupposes the most economical buying. The doctor himself uses a little more liberal fare for himself and family, costing them four cents apiece daily. Though he is not a strict vegetarian, Hindhede reduces animal food to a minimum. He teaches that the body requires only a small amount of proteid food, and that an excess is a great injury to the system. He has a large following, known as "Hindheders," who are said to be healthier, stronger, and more cheerful than people living on a heavier diet. His health principles are commendable. He advises (1) life in the open air, and good ventilation; (2) avoidance of overheated and overcrowded rooms and excessive clothing; (3) plenty of exercise in the fresh air; (4) care of skin—massage a wonderful help; (5) diet; (6) no liquor nor tobacco.



**Suicides Increasing among School Children.**—According to Professor Entenberg there have been 1,152 cases of child suicide in Germany in the last twelve years, nearly a hundred a year. More than half of these were driven to the desperate step by failure in examinations and overwork. And this is education!

**Excessive Light.**—The medical magazines call attention to the growing belief that excessive light has an injurious effect, especially on the nervous system of man. The dark-skinned people stand light better than those who are fair. While light is destructive to germs, it may, according to this belief, not be entirely harmless to human beings. Neurasthenics are said to do better in cloudy climates where there is not too much sunshine. The question requires further study.

**Vegetarian Football Team.**—Stagg, the Chicago University football coach, has been a vegetarian for two years. He attributes his magnificent physical condition to his new mode of life, and he has decided to advise the members of the football squad to refrain from eating meat in preparation for this year's work. For a long time he kept his experiments quiet; but observing the remarkable effect of the vegetarian diet on his rheumatic and other troubles, he became an earnest exponent of vegetarianism, and has converted a number of other athletes to his views.

**Lemon-Juice Catarrh Cure.**—The following is clipped and passed on for what it is worth: "Lemon-juice, when snuffed in the nose, will cure the most obstinate case of catarrh," said L. R. Owen, of Springfield, Ill., at the Hotel Duncan. 'The operation is a painful one; but if one can stand it, a cure will most assuredly follow. Of course, the tart juice burns for a second like wild-fire, and the patient must be nervy, or the remedy will cause much bad humor. Five years ago I took a trip to Europe. On my way over I suffered terribly from nasal inflammation. The ship's steward took a great interest in me. He had been traveling the waters for forty years. He said he first learned of the remedy on the island of Sicily. He insisted that I snuff lemon-juice up my nostrils. I did so, protesting, but in three days I was in a normal condition, with all inflammation gone. I used it several times since, with excellent results.'"

**Teaching Hygiene in the Schools.**—Byers, in the foremost London medical journal, urges the teaching both by example and by precept of hygiene and temperance. Girls from ten to thirteen he would have taught the first principles of the care of infants. These girls could thus be the means of saving the lives of some of their baby brothers or sisters. Byers favors the use of gymnastic athletic exercises, and games, especially "team games," as an education and development of the child.

**Buttermilk for Infants.**—In Holland, buttermilk has been used for infants for more than a hundred years. In Germany, babies have been fed buttermilk for about five years. A recent number of Chicago's health bulletin, published by the board of health, devotes more than a column to the discussion of buttermilk for poorly nourished infants. It is not recommended as a regular food to be given indiscriminately to all babies, but as a food for cases of malnutrition. A Boston periodical devoted to children's diseases contains an article telling how to prepare the buttermilk for infant feeding, and when it should be and should not be used.

**A Profession or a Trade?**—A New York rabbi paid his respects to the medical profession in the following language: "It is not a profession; it is a trade that the doctors ply to-day. It is not the practitioner of a profession, who, with his commission to heal from on high, comes into a household and demands his fee of five hundred or one thousand dollars before he will apply the knife. . . . All such practises ought to be condemned from every pulpit, every rostrum in the land." A physician, commenting on the rabbi's words, said, "I think medical men are not entirely undeserving of the criticisms which they receive. In the first place, they try to combine sentiment and business. . . . Now, would it not be better for the medical profession to drop all the foolish cant about the extreme nobility of their profession (which is really no more noble than other professions), . . . and give up this ridiculous habit of patting themselves on the back and calling God and man to witness that they are the noblest works of the Creator?" It certainly would be for that doctor who is in it for the almighty dollar. His charities seem to be "tainted."



# 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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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.

✽

## The Home without a Child: the Child without a Home

To the woman who is denied the holy privilege of motherhood; to the man who sees no eager little figure hastening to meet him, to welcome his return home; and to those homeless little ones who are deprived of the parental embrace, the *Delineator* offers a mutual solace.

The home without a child: the child without a home—"each needs the other

to lead it to the highest happiness." For this reason the *Delineator* has inaugurated a Child Rescue Campaign. In its first announcement it presents the cases of two little supplicants for home and family affection. Discussed in the November and December *Delineator*. The Butterick Publishing Co., New York.

✽

## Life Preservers

THE following excellent prescription for every-day use contains a number of rules, which, if carried out, will make them indeed preservers of life:—

"Don't worry. 'Seek peace, and pursue it.'

"Don't hurry. 'Too swift arrives as tardy as too slow.'

"Sleep and rest abundantly. 'The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.'

"Spend less nervous energy each day than you make. 'Work like a man; but don't be worked to death.'

"Be cheerful. 'A light heart lives long.'"

### VEGETARIAN MEAT!

Should you be one who thinks flesh-meat substitutes are too expensive for you to use, you are cordially invited to send your name and address to us. We have succeeded in producing a first-quality substitute called **Vegetarian Meat**. It excels flesh-meats of all description, and can be used in nearly every form as meat.

We have one of the best-equipped health food factories in the denomination, and can supply you with anything along this line. Wholesale direct to the consumer. Send for prices. Iowa Sanitarium Food Co., Des Moines, Ia.

## HYGIENIC COOKING OIL AMERICA'S BEST

For more than five years we have been furnishing to our people everywhere, the very best salad, table and cooking oil America affords. An abso-

lutely pure vegetable product, containing no chemicals or animal fat of any kind. Easily digested, does not become rancid, and next to olive oil. Satisfaction guaranteed. Sole agents for America.

FIVE GALLON CAN, \$3.85. TEN GALLON CAN, \$7.70

70 cts. per gal. in bbl. (about 50 gal.) and ½ bbl. (about 30 gal.) lots. By freight direct from the factory in Louisville, Ky., to you. Send stamp for cook booklet and circulars, also cash with each order to

DR. O. C. GODSMARK

Chattanooga, Tenn.



**Course in School Hygiene.**—Beginning October 12, there is to be given at University College, London, a course in school hygiene, consisting of lectures, demonstrations, and practical work. The design is to train school-teachers, school lecturers, medical school inspectors, and school medical officers for the proper performance of their duties.

**Vegetarian Diet in Psoriasis.**—Dr. L. Duncan Bulkley, of New York, recently read a paper before the International Dermatological Congress (New York City, September, 1907) in which he stated regarding psoriasis, that the cause, though yet unknown, seems to be some nutritional disturbance, accompanied by diminished excretion of the purin products. Long observation shows a marked increase in the eruption when excessive meat is eaten. Under a strict vegetarian diet there is a marked improvement, often a complete absence of eruption; and when relapses occur, they are often directly traceable to a return to flesh food.

**Two Kinds of Lightning.**—Lightning struck a New Jersey barn. Flames were soon rolling from the roof. A horse was dragged out, and pronounced dead by a "horse doctor." A fireman who had a bottle of "Jersey lightning"—otherwise, whisky—poured half of it down the animal's throat, and to the astonishment of the crowd—so the story goes—the animal got up, neighed, and appeared none the worse for wear. Strong stuff! Makes an especially powerful draft on our credulity.

**Rummage Sales Spread Disease.**—The health authorities of a New York town, becoming alarmed at the number of deaths from infectious diseases among the foreign population, have stated their belief that the cause lies in the rummage sales, which are quite popular in this town, and have taken measures to put an end to this means of spreading disease germs, much to the disgust of the church societies, the members of which say there is no connection between the sales and the spread of disease. The rummage sales bring a considerable revenue into the churches.

# LISTERINE

The original antiseptic compound

¶ Listerine is peculiarly free from irritating properties, even when applied to the most delicate of the tissues, whilst its volatile constituents give it more healing and penetrating power than is possessed by a purely mineral antiseptic solution; hence it is quite generally accepted as the standard antiseptic preparation for general use in domestic medicine, and for those purposes where a poisonous or corrosive disinfectant can not be used with safety. ¶ It is the best antiseptic for daily employment in the care and preservation of the teeth.

Literature more fully descriptive of Listerine may be had upon request, but the best advertisement of Listerine is—LISTERINE

**Lambert Pharmacal Company, St. Louis, U. S. A.**



# Life and Health for 1908

## A LOOK AHEAD

The recent enlargement of "Life and Health" makes possible a number of important changes which will add greatly to the worth and attractiveness of the magazine.

Among the improvements may be mentioned—

### 1. SEVERAL NEW DEPARTMENTS

There will be a department called The Home Acre, which will dwell on the advantages of a simple life "away from the maddening crowd." Helpful and reasonable suggestions will be given for owners of small gardens.

A department of Experiences will contain the good things in the way of suggestions and discoveries which members of the "Life and Health" family desire to pass on to others of the family.

Chats With Our Readers is a means of informal communication between the editor and the "Life and Health" family.

The above departments will appear from time to time as interest demands.

Some Books will discuss books on health topics that may be of interest to our readers.

Rational Treatment in the Home, conducted by a physician with large experience in practise and in teaching, will give, in plain language, from month to month, timely directions regarding the treatment of the common disorders met with in the home.

### 2. SPECIAL CONTRIBUTORS

Articles appropriate to the season from writers of national reputation will be arranged for, and it is expected that at least one such article shall appear in each number.

### 3. EVERY NUMBER A SPECIAL

Every month some leading topic will be discussed. There will be one or more numbers devoted to Temperance, one to Stimulants and Narcotics, one to Winter Diseases, one to Summer Diseases, etc. The choice of subjects will be governed by the special demand and the season of the year.

### 4. ILLUSTRATIONS

"Life and Health" will be more fully illustrated than heretofore.

### 5. SPECIAL COVER DESIGNS

Every month a new and attractive cover design will be used.

### PRICES AND TERMS TO AGENTS

Single copy, 10 cents.

Two to 25 copies, 5 cents a copy.

Twenty-five to 500 copies, 4 cents a copy.

Special rates on orders of 500 or more copies.

The regular subscription price, beginning Jan. 1, 1908, will be 75 cents.

Ten or more copies one year to one address, one order, 45 cents a copy.

Foreign subscriptions, including Canada, \$1 a year.

Old subscribers may, before Jan. 1, 1908, renew their present subscription for one year from the date of expiration at the old subscription price, 50 cents.

New subscribers who, before January 1, subscribe for the year 1908, will receive the October, November, and December numbers free.

Regular agents will be allowed forty per cent discount on subscriptions.



# Home *and* Health

A BOOK TRUE TO ITS  
TITLE—A HOME-MAKER AND A  
HEALTH-RETAINER



It embraces "The Home,"—how to make it; "General Housekeeping,"—all of its details; "The Diet,"—what it should be; "The Care of the Body,"—revealing the simple things one must do to keep the body healthy; "The Care and Training of Children,"—sound common sense for parents; "The Home Treatment of Disease,"—a valuable instructor, doctor, and nurse.

It reveals some of the most practical means by which we may make our homes in every way desirable.

It gives the message of health, which is due just now in all the world.

It tells us how to live a plain, happy, consistent, simple life.

It imparts information that will prove to be practical in the mechanical construction of homes.

It enables the reader to apply many of the remedies of nature in the treatment of common diseases.

It will lighten the labors of many an overburdened housekeeper through practical suggestions on the practical features of housekeeping.

It will prove to be an all-round valuable counselor in every feature of home life.

It is in truth a book of real merit and practical value.

It is that kind of book that never causes the purchaser to regret buying it.

It is bound in the following styles:—

Cloth, Marbled Edges	- -	\$3.00
Full Law Sheep	- - - -	4.00
Full Morocco	- - -	5.00

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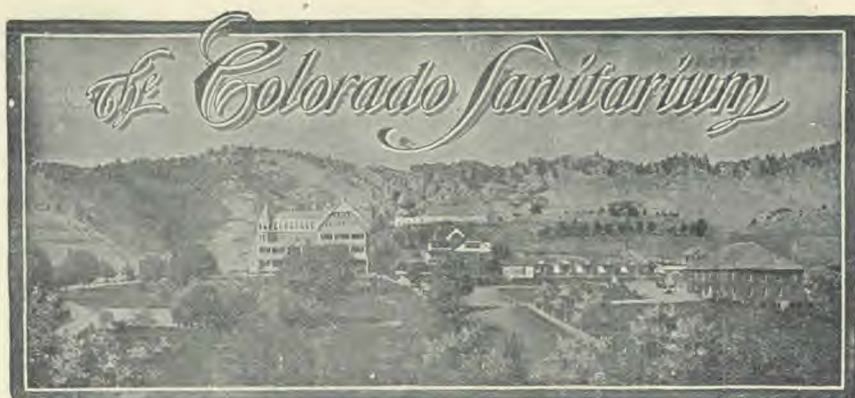
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The buildings are equipped with all modern conveniences, including Steam Heating, Electric Lights, Elevators, Gymnasium; Baths of every description, including the Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form. Classified Dietary, Laboratory of Hygiene for bacteriological, chemical, and microscopical investigations; experienced Physicians and well-trained Nurses of both sexes. No contagious or offensive diseases are received in the institution.

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Boulder - - Colorado

## ST. HELENA CALIFORNIA SANITARIUM



The largest and best-equipped institution west of the Rocky Mountains, following the same rational principles as to diet, treatment, and health, as the Battle Creek Sanitarium. Beautiful mountain scenery, delightful summer and winter climate. Postal will bring large illustrated booklet. Address, California Sanitarium, Sanitarium, Cal. Railroad station and express office, St. Helena, Cal.