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In contemplation of created things,  
By steps we may ascend to God.— *Milton.*



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

Vol. XXIII Takoma Park Station, Washington, D. C., January, 1908 No. 1

## Influenza and Its Rational Treatment

D. H. KRESS, M. D.

*Superintendent Washington (D. C.) Sanitarium*



**A** CENTURY ago very little was known or heard of the disease commonly termed influenza. During the past fifty years there have been quite a number of severe epidemics of the disease in various parts of the earth. In its epidemic form it seems to have originated in Russia, and from there it rapidly spread to Germany, France, England, America, and other civilized countries where travel is common. During some of the epidemics the mortality from the disease has been quite alarming among the aged and feeble.

While it is not generally a fatal disease in itself, it frequently undermines the constitution, and paves the way for more fatal maladies, such as pneumonia among the aged, and tuberculosis among the young. The rapid increase of these two diseases during the past fifty years may be in part due to this apparently innocent malady. In view of this, it is important that the nature of this disease be understood, and if possible that its communication be prevented.

The disease is conveyed from man to

man, chiefly through contaminated air. The probable reason why it prevails during the winter months is that during the cold weather people congregate or are huddled together in halls, theaters, places of religious worship, street and railway cars, etc., and usually these places are not sufficiently ventilated, every effort being made to shut out the cold air in order to save fuel or to protect from draft.

The air in these places stagnates and becomes impure, and specific germs, or poisons, thrown into the air by the one who has the disease are inhaled by all.

A few or many may become infected from one such exposure. From these gatherings these go to their homes in various parts of the city or community.

### Symptoms

In a few days symptoms of the disease appear. The person feels chilly, and urges that every crevice through which pure air gains access be closed. Other members of the family are compelled to inhale the contaminated atmosphere, and as a result one after another is stricken down with the disease.

At the onset influenza closely resem-

bles an ordinary cold. The symptoms are a feeling of fulness in the head, due to congestion; increase in the secretion of mucus; later there is headache, and pain in the back and legs. There is a general unbalanced state of the circulation, and the extremities are cold because of the congestion of internal organs and mucous membranes. The head is usually hot and feverish.

#### Treatments

Great injury is often done by employing the much-advertised influenza remedies. The simplest methods of treatment are the best. The main object of the treatment should not be to reduce the temperature, but to assist nature in her efforts to oxidize and eliminate the poisons which are responsible for the disturbed circulation, the rise of temperature, and other unpleasant symptoms.

Various simple means may be used, but the following treatment I have found most convenient and effective for use in the home: Give the patient a copious enema to flush out the colon. Follow this with a sweat bath, which may be taken by placing the feet in a bath as hot as can be borne, to which two tablespoonfuls of mustard have been added. The patient and the bucket should be surrounded with several blankets to confine the steam, a hot-water bag should be applied to the spine, and cloths wrung out of cold water

be placed on the head. Hot lemonade or hot water should be taken freely, and hot water should be added to the leg bath from time to time.

If this is carried out properly, in a few minutes profuse perspiration will result.

After the patient has been sweating for fifteen minutes, place him at once in a warm bed, wrap him in a sheet wrung out of cold water, cover up well, and encourage perspiration for thirty minutes, or even an hour. If the patient is well covered, the windows may be opened. At the expiration of this time, the room should be warmed, and a cool or tepid sponge-bath should be given, and the bedding changed. Then have the patient remain quiet in bed. One treatment is usually sufficient.

Abstinence from solid food is an important part of the treatment. Fruit juices, preferably orange juice or grape juice, will be found valuable for a day or two. A well-beaten raw egg may be added to the fruit juice, if desired, on the second day. The bowels should be kept open, and the patient kept from work and at rest for a full week, as a rule. If this rational treatment is adopted, the patient's health will be better after his recovery than before he had the influenza: for nature has been successful in ridding the system of the specific influenza poison, and also of other impurities.

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## Health

MRS. J. L. STANSBURY

To every person, at birth, is allotted a certain amount of vital force, which, owing to hereditary conditions, may be more or less. This force is a fund of vitality which can be husbanded, or which may be wantonly squandered. The preservation of this treasure during our infancy depends upon the wis-

dom and intelligence of those who care for us. But when we reach the age of accountability, this responsibility comes to our keeping like a legacy.

How much pain, suffering, and sickness could be avoided, how many untimely deaths could be prevented, and how many years of usefulness and hap-



piness might be added to the lives of every generation if greater importance were attached to the problem of caring for the health. But the violation of physical laws, of which this suffering is the consequence, has so long prevailed that men and women look upon sickness as the appointed lot of humanity. It is our duty, then, to study the laws that govern our being, and conform to them. Hence the study of physiology and hygiene should occupy the first place in our studies. It has been sadly neglected, scarcely touched upon, and much less practised. A sad commentary on the universal ignorance regarding these laws is the fact that highly educated persons are absolutely unacquainted with the most simple laws of health. How often have such persons as these, on learning the principles of health at some of our institutions, expressed their surprise at the simplicity of the operations of nature.

All branches of business have been reduced to a system and a science. But the fate of the most precious boon (health) is often jeopardized by our total ignorance or by our almost crim-

inal negligence, and thus by gross ignorance on one end and by sheer wantonness on the other end, the candle of vitality is in many cases rapidly burned out. Much of this ignorance is entirely inexcusable, for although the science of hygiene and sanitary living is not generally understood, yet it has been developed wonderfully within the last generation; and if people would give the attention to these problems which their importance demands, and then apply the principles learned to the treatment of their own bodies and the regulation of their living, with one half the zest and perseverance which they display in the accumulation of wealth, how great would be the reward! They would reap a wealth of health and happiness with which no financial success can compare.

"O blessed health! thou art above all gold and treasure; 'tis thou who enlargest the soul, and openest all its powers to receive instruction, and to relish virtue. He that has thee has little more to wish for, and he that is so wretched as to *want* thee, wants everything *with* thee."

The physician knows not and practises not the whole extent of his art when he neglects the marvelous influence of the mind over the body.

— Sir James Y. Simpson.

Confidence in a physician and in his means of treatment, independent of the "medicines" employed, is so important that, doubtless, in many cases it is the factor which decides for recovery instead of death. In a majority of cases, perhaps, confidence is of more importance than all the medicines administered.— Dr. Lyman B. Sperry.

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings,— as much a duty as it is to pray. Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion.

— Mrs. E. G. White.

# THE CONSULTING ROOM



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

## Tendency to Catch Cold

The patient under consideration is a lady, aged about fifty, well nourished, and ordinarily quite active. Her only complaint is a tendency to "catch" cold. Scarcely is one gotten rid of until another begins. Each time the system seems less able to return to the normal. The last attack had been so severe that the patient was compelled to go to bed, and it was thought best to send for a physician.

## The Home Conditions

All windows in the sick chamber were closed, as the patient complained that the least tendency to draft only intensified her symptoms. A door leading into another room was the only possible entrance for either fresh or foul air. Upon inquiry the patient stated that she had become so susceptible to cold that no matter how much clothing and wraps were worn, she could hardly venture out of doors without contracting a fresh cold. Additional undergarments had been added, until at this time the chest was found, on examination, to be protected by three undervests, besides two layers of flannel used as a chest pack.

## Result of Examination

Careful examination of the chest failed to show anything more than a slight congestion, together with some bronchial trouble and catarrh. Instructions were left for treatment to be given to the chest, as well as to the whole body, with the intention of hardening the skin

and underlying structures. By such measures the physician hoped to enable the patient to lay off a large part of the extra clothing, and to overcome her extreme sensitiveness to fresh air.

✽

## Treatment

In order to relieve the distressing symptoms of the throat and upper chest, fomentations should be applied to the affected parts for fifteen or twenty minutes, a hot foot-bath being given meanwhile. But in these cases it is best to follow the hot applications — which are best given at night before retiring — with a thorough application of cold water, to give the skin tone and resistance.

## To Increase Resistance

To increase the resistance against repeated attacks of cold, patients should accustom themselves to cold treatment. A cool or cold sponge given by dipping the hand in water and vigorously rubbing the part under treatment for a few seconds, is an excellent beginning procedure; one part being exposed at a time, and sponged and dried thoroughly, before uncovering more of the body.

A plan that has given excellent results in such cases is to remove the night clothes and go over the body with a dry friction rub, using a flesh-brush or the bare hand. This is followed for a minute or two by gymnastic exercises — arm and trunk bending with deep breathing — which serve to quicken the heart action and heat production: after this the cold

hand sponge is taken, followed by a friction towel rub. For those with fairly good reaction the morning rub-down imparts a feeling of warmth and comfort that almost makes one regret that clothes must be donned afterward.

✽

### Disregard of Counsel

Notwithstanding the urgent request that this patient should adopt some systematic measures for increasing the body resistance after this acute attack was over, nothing was done. Like the man visited by the Arkansas traveler, who, when it rained, couldn't shingle his house, and when it wasn't raining, didn't need it shingled, many see no necessity of doing anything to keep well; and when they are sick, of course they are dependent upon others, so they go along, good subjects for any epidemic disease.

### The Result

This lady was out in a few days, and was not seen again for a year, when another call came for medical attendance. The underclothing and chest pack had not become fewer during the year, and some little trouble was experienced in baring enough of the chest to make a careful examination. The surprise of the family may be imagined when they were told at this time that our patient gave unmistakable symptoms of advanced tuberculosis of the lungs. Such a condition had not been at all suspected. The present

attack of cold had seemed only a little more severe and obstinate than previous attacks. But insidiously that dread disease, tuberculosis, had gotten hold of another victim, and when discovered, had progressed too far to be stayed in its fatal course. One repeated cold after another had gradually lowered the vitality and resistance until the danger-point was reached. With each succeeding attack the bronchial tubes were less able to throw off the excess of secretion which results from a cold in the chest. As a fire is sometimes necessary to clear the back yard of straw and rubbish, so in some of these cases of chronic catarrh it seems almost to require the presence of scavenger germs to rid the system of its overburdened load of wastes; but as is the case with the fire, these germs do not always respect the tenement near by.

### The Lesson

If mankind would only realize that most germs thrive only on dead or dying tissue, more attention would be given to keeping every part of the body free from the accumulations of poisonous wastes. These substances not only endanger our lives by furnishing the best of food and breeding material for germs, but also interfere materially with the normal functions of the body. Under such conditions one is not only susceptible to frequent attacks of cold, but also to pneumonia, bronchitis, typhoid fever, and a long list of preventable diseases.

In the treatment of the sick, the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease. Sympathy and tact will often prove a greater benefit to the sick than will the most skilful treatment given in a cold, indifferent way. Frankness in dealing with a patient inspires him with confidence, and this proves an important aid to recovery.—Mrs. E. G. White.



"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.

## Peace and Healing

AUGUSTA C. BAINBRIDGE

**P**EACE I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27.

In times of peace, nations advance in art, science, finance, and all else that comes with prosperity. States, cities, villages, families, individuals, all follow the same wonderful law of development.

Since Christ Jesus came to seek and to save that which was lost,—man having in a large measure lost the image of God,—the peace, the quiet rest of soul that only he can give, was given freely as one means of its restoration.

The soul advances in Christlikeness when it quietly, trustingly *beholds him*. In this way it is changed into his image, going onward from one glory to another, as the character is being transformed.

The mind can receive new ideas, can solve hard problems, can follow the deep thought of the scholar, only when it is quiet. Let uncertainty, grief, terror, or any strong emotion take possession, and clear thought-control is impossible.

There is only one God, and only one law for soul, mind, and body; and hence we see the same results in our physical

being. Growth and development are only possible in a condition of health. Let sickness invade, and there is unrest, fever—war, if you please; for the leucocytes are endeavoring to drive out the invaders; and all growth ceases until the battle is over. When physical peace is restored, and *dis-ease* is routed, then health holds the fort, and advance is possible. The oftener we have these battles, the longer is the development delayed, and the growth retarded. The nearer to the line of perfect health we travel, the more symmetrical will be our development of bones, tissues, muscles, and nerves; the nearer to the pattern will each vital organ conform, and the more faithfully will it discharge its duties.

Our Creator, knowing the wonderful relation, yes, interrelation, of mind and body, and, desiring this "perfect soundness" in each one of his children, gave us the message of peace. Peace can not be separated from faith. "Thy faith hath made thee whole; go in peace," stands to-day, and will stand every day as long as a sinner needs healing. Go in peace, and keep on going in peace, and the wholeness is a certain result.

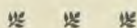
"Believe, and keep on believing," is only another version of the same truth.

A constant peace, an abiding trust, brings healing. It is impossible to heal a restless soul, as long as it clings to its restlessness; and restlessness is fever, disease, whether of body or mind. When we, hearing, receive the message of peace, and rest the mind, by faith, in the Peace-giver, the healing, the wholeness, follows.

The oftener we have these restless

spells, the more uncertain and wavering will be our condition of health, and the slower our advance toward perfect healing. The more constant our "abiding in him," the more restful our lives, and hence the more he can work his will of perfect health in us.

"Now the God of peace . . . make you perfect."



## Saved to Serve

ROLLO McBRIDE came to the mission three years ago with two other companions; they were all under the influence of liquor, and thought they were going to another saloon. Seeing their mistake, they started out, but were requested to stay. At the close of the meeting they raised their hands for prayer, and Rollo was saved. He has been a free man from that day to this. He is now secretary of the R. R. Y. M. C. A. in this city. His parents had not heard from him for over ten years. They heard he was dead. The day after his conversion he wrote a letter home to his father, and asked forgiveness, and the family ties so long severed by this curse of strong drink were reunited, and there was joy over him that "was dead, and is alive. . . was lost, and is found." The father has since died, and been laid away to rest till the Life-giver shall come. His only son was at the bedside till the last, and held his father's hand as the death dew settled on his brow. He breathed a prayer of praise to God that he had been redeemed from the life that he had lived, for such a time as this. Every Sunday morning he may be seen at the Harrison Police Station telling the inmates what the Lord did for him, and entreating them to turn to the only Source of deliverance and freedom from the power of sin that holds them

captive. The Lord has crowned his efforts with success.

Brother Sutton was the son of a minister, and in comfortable circumstances. He was given the best education that the schools of the land could give. Then he was sent away to a theological school to prepare for the ministry. At the age of twenty he began to drink, and was debarred from the ministry on account of his conduct. He entered the business world, and had a degree of success, but at the last he was conquered by the appetite for strong drink. He fell to the lowest depths. His mother spent a fortune trying to cure him at the different institutions for inebriates, but they availed nothing. The moment he came out, he would seek a saloon. The appetite was there, and nothing could quench that thirst. After thirty-five years of this awful life he came to the mission and heard the testimonies of others who had gone through the same experience; hope revived, and then he called on the name of the Lord, and he was made free. From the day he prayed the Lord to save him, he has been free of the appetite.

"I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth."

E. B. VAN DORN.

*471 State St., Chicago.*

# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Seasonable Recipes

MRS. D. A. FITCH



OME recipes are seasonable at all times of the year. Some are seasonable at one time in one latitude, but not in other localities; therefore it is well to preserve those which commend themselves to you until the season rolls round; and besides, a yearly file of this magazine will be found an excellent volume of reference for other things than cooking recipes.

#### Corn Bread without Sour Milk, Soda, or Baking-Powder

Take three cups of sponge as set for white bread (measured when light), three heaping tablespoonfuls of sugar, two eggs, one-half cup of nut meal, or one rounding tablespoonful of butter, or one tablespoonful of oil; add to this a mixture composed of two thirds corn-meal and one third flour, until it is as stiff as will stir conveniently. (If too stiff, it will be dry; if too soft, it will be sticky.) Spread in a pan to the depth of one-half inch, and let it rise to twice its bulk. Bake in a moderate oven. It may be made into deeper loaves, but not quite as satisfactorily.

#### Hot Water Sponge Cake

Beat the yolks of six eggs and two cups of sugar to a froth. Beat the whites stiff. Add half the grated rind

and one teaspoonful of lemon juice to the yolk mixture, then one-half cup of boiling water, now the beaten whites, and last of all, two cups of well-sifted flour. Beat rather than stir during the whole procedure. Bake on a shallow tin in a moderate oven.

#### Buttermilk Pie

Make the same as a custard pie, using fresh buttermilk instead of sweet milk. Custard pies are better if baked slowly.

#### Lemon Pie

To the depth of three fourths of an inch fill an under crust with finely sliced, easy-cooking apples, and over them spread this mixture: One-half cup good molasses, same of sugar, one level tablespoonful of flour, and the finely chopped interior of one lemon. Cover with crust and bake.

#### Corn Brewis

Cut corn bread slices in small cubes, and toast nicely in the oven. When needed to serve, drop them in hot, creamy milk, to which a little salt has been added.

#### Corn Gofio

Parch (not pop) some good field or sweet corn, and grind fine in a mill of suitable capacity. Serve in milk or cream. Wheat may be substituted (wheat

gofio). It is said to be the principal food of the hardy Canary islanders.

### Pumpkin Pie

To one cup of pumpkin, which has been cooked until it is of a rich dark-brown color, add one well-beaten egg, two cups of milk, sugar, salt, and flavoring to taste. Baked in a crust, it makes an excellent pie, or in a deeper dish without a crust, it may be served as a custard. If custard cups are at hand, fill them nearly full, and bake in a shallow pan of water. Squash or sweet potato may with advantage be substituted for pumpkin.

### Winter Shortcakes

Shortcakes may be made very appetizing at any time of the year. When fresh fruit is not obtainable, one may use canned fruit, or as a last resort, stewed dried fruit. A good crust may be simply made on bread-baking day. Slightly shorten sufficient dough to meet the needs of the family. Roll a piece very thin to cover the bottom of a pie tin and half way up the beveled edge. Brush it over with a trifle of oil or butter, and cover with dough of like thickness just as large as the bottom of the tin. Keep it warm to rise; bake, and spread fruit between crusts and on top. Stewed apples make an exceptionally fine shortcake.

### Lentil Hash

Boil a few brown lentils until tender. Mix with them twice as much chopped cold potato, each having been previously salted. Moisten with good milk or a brown gravy, and place in the oven. If onion flavor is desired, boil an onion with the lentils, removing it when they are done.

### Hulled Corn or Lye Hominy

Put a quart of best shelled white corn in a granite kettle, with nearly enough cold water to twice cover it. Scatter over it in fine flakes enough concentrated lye

to cause the kernels to assume a yellow tinge. Keep it heating until the hull may be readily rubbed off by pressing a kernel between the thumb and finger. Immediately remove, and fill the kettle with cold water. Stir well, pour off the water, and barely cover with water again, working off the hulls with a wire potato masher. Change the water until all hulls are removed. Soak overnight in a large quantity of cold water. Early in the morning remove to clear cold water, and cook rather slowly until tender. Serve with any accompaniment desired. Cream is usually preferred. It may be heated in tomato. With beans it makes good succotash.

### Left Overs

It is a wise and prudent cook who has no left-overs from any meal. Most cooks do have some, and it is not always best to just warm them over, and serve a second time. Many are suitable to remodel into a loaf for slicing and serving under a delicious gravy, while others can be utilized in a soup.

A method recently discovered by the writer is as follows: Bits of vegetarian cutlets, scalloped or other potatoes, cereals, nut foods, etc., may be rapidly dried (almost toasted) in the oven, ground fine, and preserved until needed in an emergency, when they can be soaked in water or milk, and made into a palatable soup, with perhaps the addition of some harmless seasoning.

### Baked Eggs

Separate the white from the yolk of a new-laid egg. Butter a small jar, put the yolk of the egg into this, and then the white, which has been previously beaten to a stiff froth. Bake until lightly set. When done, turn the egg on to a round of buttered toast, and serve. This makes a welcome change from the usual mode of serving eggs.

# Domestic Dangers Averted

MRS. D. A. FITCH



ONLY a cold," is the oft-heard expression of a popular but dangerous fallacy. A cold too often leads to grave results to be counted a small thing. The prevalence of colds among those who ought to "know better" is due partly to ignorance of the real danger of a neglected cold, partly to ignorance of the causes of a cold and of preventive and curative measures, and partly to procrastination. Foresight and carefulness would, in nearly all cases, avert a cold.

Many persons permit themselves to become so tender that when they are in the least exposed to a draft, they "take cold." To overcome such a state of tenderness let the diet be correct, free from excessive fats and irritating spices and condiments. Let thorough mastication be the rule, from which there must be no deviation. Do not house yourself closely either by day or by night. Remain outside crowded, ill-ventilated halls and theaters, for many colds are the effect of breathing impure air.

Take frequent baths, warm ones for cleanliness, but cool or cold ones to harden the skin. The morning cool sponge-bath, occupying not more than five minutes, is an excellent preventive of colds. But a bath should always be followed by a sense of warmth or vigor. If it is not, it is an injury. If the bath is followed by a sense of chilliness, vigorous exercise should be taken until reaction follows; and for the next bath, a smaller portion of the body should be exposed at one time, the water should be applied more briefly, and the towel rubbing be more vigorous. It may also be well to have the room warmer. The "hardening" process must be conducted carefully, or harm will result.

Damp under-house cellars and damp brick walls are prolific sources of colds. If the recently cleaned kitchen floor is slow to dry, it is better, by opening doors, to allow a current of air to pass over it, and not to use it for a while. A newly plastered house should be well-ventilated, that the moisture may escape through the open windows.

Damp shoes and hose should be changed for dry ones as soon as vigorous exercise ceases. This unpleasant duty may be forestalled by having in possession at least one pair of rubbers, and those members of the family who work away from home would do well to keep a pair at each end of the line, to be prepared for an emergency. If the rubbers become damp, they should be dried before they are needed again.

A wise man will seldom allow himself to be caught without an umbrella when it rains, and when he does, he will take the first opportunity to change his wet clothing for dry.

To save the housekeeper the extra work of cleaning, all wet rubbers and wraps should be removed as near the entrance as is practicable.

The importance of thorough ventilation can not be overestimated. To teach a child how much air is spoiled by each breath, let him go out on a frosty morning and notice the space occupied by the vapor as he exhales. Let him estimate this space in cubic feet, and use it as a divisor with the cubic contents of the room in which he sleeps as a dividend, the quotient to show how many breaths will be required to spoil the air of the room. Even this demonstration will not tell the whole story, for it is not safe to remain in a room until all the air is spoiled.





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

### Trifles

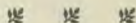
WHAT will it matter in a little while  
That for a day  
We met and gave a word, a touch, a smile  
Upon the way?

What will it matter whether hearts were brave  
And lives were true?  
That you gave me the sympathy I craved,  
As I gave you?

These trifles! Can it be they make or mar  
A human life?  
Are souls as lightly swayed as rushes are  
By love or strife?

Yea, yea! A look the fainting heart may break,  
Or make it whole,  
And just one word if said for love's sweet sake,  
May save a soul.

— *Selected.*



## Cold Weather Hints to Mothers

MRS. LUELLA B. PRIDDY



HERE is tonic in the crisp cold air of winter, and the rosy cheeks and sparkling eyes of children coming in from play tell of quickened circulation and added vigor. But this life-giving, pure, cold air, when children are not properly clothed, has death-dealing possibilities, which it is not safe to disregard.

To avoid this danger by coddling the children in a heated house, is to invite another danger, or dangers, through the enfeeblement of the children. A better way is to give them abundance of fresh

air, but always with the body properly clothed. There is not much danger that the trunk will not be warmly clad with cloaks and mufflers. It is not here that the greatest danger lies. It is the feet and extremities that require special care.

Mothers should insist that the children have on their overshoes and leggings if the weather is cold, or damp, or snowy. Snow, melting on their stockings and shoes after coming into a warm room, is a frequent cause of colds. In their eagerness to play they are very apt not to notice that their feet are damp. It takes

time to look after these things, but it pays to do it.

A cold is often considered so slight an ailment that sufficient precaution is not taken to prevent it. A child who has a cold every winter is apt to grow up with catarrh or weakness of the lungs.

If a child's feet are habitually cold, add more clothing to the limbs and feet.

Often the baby is as poorly protected for the cold weather as any member of the family, although he is the most delicate one of all. Very likely his father and mother and older brothers and sisters are dressed in

warm knit garments that reach to the ankles, while his own dainty knees and limbs have only the scant covering of thin stockings. If he lives in the country, he may possibly enjoy the luxury of home-knit stockings, but they are sometimes made so short that there are several inches of tender skin exposed to the unfriendly weather; and it is no wonder, with his little body in constant discomfort, if he is "cross." Even though he is strong enough not to be actually sick as a result of such exposure, he should be so dressed that one garment

laps carefully onto the next, the limbs being well covered.

Leggings can be knit or crocheted of wool yarn and worn inside the stockings, or they can be made of the legs of old

stockings, by cutting off the feet. If they are home-knit, take up the stitches and bind off the edge. If bought ones, finish neatly with needlework. Add a strap across the bottom of each one to fit under the instep, so that they will not slip up when the stockings are put on. Fasten at the top with the fasteners that hold up the stockings. If carefully fitted, they will look



DRESSED FOR COLD WEATHER

neat and will be very comfortable.

The feet and hands being at the greatest distance from the heart, the circulation of the blood is retarded by exposure to cold. If there is too little blood in one part, there must be too much in other parts, which causes disease. The white hearse is not seen so frequently in the winter months as during the summer, but the foundation is often laid then for those chronic diseases that cause the death of many in the prime of life. "An ounce of prevention is worth a pound of cure."

# The Dignity of Conferring Life

## or the Responsibility of Fatherhood

MRS. MARY E. TEATS

*National Evangelist, W. C. T. U.*



SAD company gathered around the family breakfast table in the home of Mr. Brown. The idol of that house, the oldest son, was to leave the old homestead, to go into the great unknown world to make a name for himself.

The time had arrived when the good-by must be said. With the anxiety that only a fond mother knows, she pressed her boy to her heart in one long, loving embrace, and sank into a chair.

The father followed his boy to the gate, and bidding him good-by, said, "Son, be good to my grandchildren."

The son replied, "Why, father, I am not even married!"

"Never mind, my boy; think out your father's parting admonition, and be kind to my grandchildren."

The young man thought very seriously of his father's parting words. He could come to but one conclusion; namely, that his father could have meant nothing less than that he must live a clean, pure, upright, manly life. Many times when he was tempted to step aside from the path of rectitude and virtue, the father's words proved a good talisman. The more he pondered them, the more the weight of the responsibility of fatherhood was borne in upon his soul.

He realized, first, that he must maintain God's fundamental law of the conservation of vital force, to hand down to his father's "grandchildren."

Second, he realized that he must keep his mind clean and free from impure

imaginations and unholy thoughts, for as a man "*thinketh* in his heart, so is he," and so to a large degree will his posterity be. Impure thoughts almost invariably result in impure actions.

Third, in order to keep his thoughts pure, he realized that he must not partake of stimulating foods, strong drink, or tobacco in any form. These, having the tendency to stimulate the passions, would most surely preclude the possibility of his being kind to his father's "grandchildren."

If this young man's parents had taught their boy from childhood the sanctity and sacredness of his entire being, and when he was merging from the sunny meadows of childhood into the broader fields of youth, had instructed him still further as to the responsibility of fatherhood; if they had told him that somewhere in this beautiful world, God was developing a pure soul that doubtless one day he would call by the hallowed name of wife; that he must keep his own life as sweet and pure as he expected that bride's life to be, it would have been much easier for him to solve intelligently the problem of his father's request.

Only as parents sacredly and wisely instruct their children regarding their origin and the sex-life will they have any adequate appreciation of the responsibility of parentage, and the sublime privilege and "dignity of conferring life."

Blessed are the pure in heart, for they shall see the godlikeness in their own children and in their parents' "grandchildren."

3517 Grand Boul., Chicago.

# A Talk with Our Girls about Thin Waists for January

MRS. M. C. WILCOX



**W**HAT do you think of them? Are they not as pretty in winter as in summer? And are not the elbow sleeves much more artistic than long sleeves?

Well, from the esthetic standpoint, thin waists and short sleeves are very attractive, especially on girls of beautiful forms with plump and pretty arms. Especially are they attractive to men. If they were not, they could never be so popular. And why is this so? Have you ever stopped to consider this point and analyze this matter, or have you merely adopted them because they were in vogue?

I am well aware that there are those who wear them simply because they appeal to their esthetic taste; others because they are very comfortable and convenient on warm days. The sleeves do not soil so readily, and hence make less washing. But what about those who wear them through the winter, when they, perhaps, are compelled to hover over the stove in order to be comfortable? Why wear them then? We must give those who wear them thus unseasonably the credit for being thoughtless in the matter, and believe that they would not do it if they

carefully considered the danger connected with it.

Now I am going to appeal to my dear young sisters on this question from the standpoint of health alone. Other reasons there are why it is not wisdom to wear waists so thin as to disclose to curious eyes the pink skin of the body, together with its outlines; but from a health standpoint alone, it means much to you.



WELL PROTECTED

Do you appreciate what it really means to *live* with all your God-given powers in full play; your buoyant, exuberant spirits, bubbling over with the life, energy, and enthusiasm that belong to youth? It is your God-given right to be well and happy.

Yes, it is your *duty* to be well and happy, for you are to be the mothers of the next generation, and upon your physical and moral health rests the future health and happiness of our nation. Then have you any right to take any course, however much you may feel that you belong to yourself, that will mar the happiness of others? Have you any right to impair your health either by thoughtlessness or ignorance, when you have an opportunity to learn how to do differently?

I want to ask you seriously which part of your body always gets cold the soonest? Is it not the extremities — either the hands and arms or the feet and limbs? — Most certainly; they are farthest from the vital organs. Which part, then, needs the most clothing, the trunk or the extremities? Of course it must be that part which gets cold first. "But," you say, "how clumsy one would look dressed thus!" Not necessarily. This order has been so long reversed that it might seem a little queer to change, but just as pretty and artistic dresses could be arranged if only women were disposed to dress strictly for health.

Which do you admire the more, my sisters, a ruddy, bright-eyed, happy, healthfully dressed maiden, or a pale, dull-eyed, pinched-faced, fashionably and elegantly dressed girl? What are your ideals along this line anyway? I wish some of you would write me. I would like to know why you think fashionable clothes more beautiful than real living things. It may be that some of you have already lost your health, and feel there is not much use anyway. Dress, you reason, will not make much difference with your health, and you might as well get what pleasure you can out of fashionable clothes. Ah, but dress *does* mean *much* to you from a health standpoint. You may never fully recover lost health, but you can do much toward reclaiming it by adopting every right principle.

It will make your heart glad to know you have at least tried to put yourself in line with health, and you can more confidently look up to your Heavenly Father for his blessing and his life to "quicken your mortal bodies."

Then do not think of wearing that thin,

white waist with those short sleeves on a cold winter day. Do not permit any one you can influence to do it without a protest. The great white plague is constantly marking new victims, and this short-sleeved, thin-waisted girl is apt to fall a victim, sooner or later, to this awful, insidious disease which makes its inroads even on fairly robust constitutions.

That slight cold which seems of so little consequence is preparing the way for a chronic catarrhal condition which may work its way down the bronchial tubes, irritating, inflaming, and relaxing the entire mucous membrane. True, people never die simply from catarrh; but catarrh prepares the way for more serious disorders, and I wish to arouse my dear young girl friends to sense the fact that it is hazardous to lay the foundation for this condition, which, in addition to being unpleasant to the victim and all her friends, furnishes a fine soil for the development of more dangerous disease.

Shall we, then, sacrifice health to the goddess of fashion? Shall we call ourselves sane if we become so fascinated by any style that we can not reason from cause to effect, and emancipate ourselves at once from the slavery?

I have confidence to believe that no girl who reads this talk, no girl who has the true, womanly instincts burning within her breast, no girl who longs to live a true, pure, noble life, will feel that she can afford to be careless or thoughtless in these things, either from a moral or from a health standpoint, by following fashion at the expense of her own health and happiness, as well as that of her offspring.

# RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Lauretta Kress, Washington Sanitarium

## Simple Home Treatment for a Cold



THE remark often heard, "I have only a little cold," seems of little moment to the young and robust; but it is becoming more apparent that a cold, however simple it may seem in the beginning, may become a serious thing.

Frequent colds bring about a diseased condition of the mucous membrane, resulting in catarrh of the throat and nose, and ending sometimes in acute or chronic tuberculosis.

A cold is a congestion of the mucous membranes of the nose, throat, or bronchial tubes. This congestion, or increased flow of blood to these parts, is caused usually by a disturbance in the nervous mechanism which controls the blood-vessels. Chilling of the surface drives the blood internally. But this can not take place while the blood is free from poisons. There must be something in the blood which acts as an agent in disturbing the circulation so that a cold is possible.

When the circulation is normal, the feet, hands, and skin are warm. Cold feet and hands, and a goose-flesh ap-

pearance of the skin, indicate a disturbed circulation. These symptoms are the forerunners of a cold. Then appear chilly sensations up the spine, sneezing, a sense of fulness in the head, profuse flow of thin watery mucus from the nose, and inflamed and tearful eyes. There is usually dryness in the throat and mouth, with a desire to drink. The head feels hot and confused.



WRINGING THE FOMENTATION CLOTH

Later the head and the eyes ache; the flow of tears continues, and the eyes become red and congested. The throat increases in dryness and roughness until it becomes sore and irritated, causing pain in swallowing. Because of the dryness in the throat the desire for water is increased, and relief is sought by drinking freely or swallowing often. The tonsils become enlarged, and the inflammation gradually descends to the larynx and bronchial tubes. This causes cough-

ing. The cough is at first hoarse and tight, but later it gradually loosens, and expectoration becomes more free as the cold is "thrown off."

There is good reason to believe that colds are contagious. Not infrequently

one member after another is attacked, only the very robust escaping. It is better, as far as possible, to isolate those who have a cold. They should sleep in a room by themselves, and only the one who attends them should be allowed in.



CARRYING FOMENTATION

A cold should receive attention at once. A copious enema or saline cathartic is a great help to clear the system of impurities that are responsible for the trouble. A hot foot-bath taken in a warm room, while sitting up, or better still, one taken in bed, lying down, with fomentations applied to the chest, and a spine bag half full of hot water at the back, makes an effective treatment. This treatment can not be given alone, but necessitates some one of the family to assist. The advantage of this simple treatment is that the patient is in bed, and the heat to the spine, chest, and feet at the same time produces perspiration in a much shorter time than would a hot application to only one portion of the body. Another point in its favor, is that the inexperienced can give this treatment without difficulty, and nearly every home can furnish the articles required.

If a spine bag is not at hand, a long bag may be made of strong cloth, and bran or salt or sand put into it; this can be thoroughly heated in the oven, and used in place of the rubber spine bag. If

a foot-tub can not be obtained, a pail may be used. Every home has flannel in some form. Parts of an old blanket answer the best.\* One piece of about thirty inches square should be doubled to four thicknesses. While the two ends are grasped, the middle portion should be dipped into boiling water, and each end twisted so that it wrings out all water. This done as quickly as possible, it must be placed in the dry one, folded the size of the part it is to be applied to, and laid on the skin. In most cases it is better to rub the skin first with vaseline. This prevents the fomentation from burning. Allow the fomentation to remain about four or five minutes, renew the wet one in boiling water in the same way as before, allowing the dry cloth to remain on as a protection. This should be done four or five times.

At the same time the water in the foot-bath must be heated gradually as the patient can endure it. To facilitate the



APPLYING FOMENTATION TO CHEST

perspiration, mustard may be added to the foot-bath, at the rate of one tablespoonful to a pailful of water.

If the head aches, and the face is very  
(Continued on page 20)

\* In an emergency, an old flannel undershirt or other garment, or if no flannel can be had, almost any cloth that will take up water, may be used.



## “Every Child in a Garden—Every Mother in a Homeroft”

“And Individual Industrial Independence for Every Worker in a  
Home of His Own on the Land”

THIS is the ideal of George H. Maxwell, publisher of the *Talisman*, who is devoting his life to a number of movements for the uplift of the producing classes.

The homeroft is, first of all, a home in the country. But a suburban residence is not a homeroft, neither is a farm. “The word was coined to express an idea that is to be of as great importance to the country dwellers as to the man who lives in the city apartment or in the vile slums. . . . The homerofter may be a city or a country worker, a salesman, clerk, or factory hand, but he is the owner or hirer of a plot of ground that will enable him to secure part of his living from the good brown earth.” (Quotations from Randolph, Mass., *Register and News*.)

Whether the homeroft is in the vicinity of one of our great overgrown cities, on a Western prairie, or on the irrigated lands of the far West, “it is away from the hot, crowded alleys, narrow streets, and towering brick tenements of the city; it is out in the clear air and sun and rain of the country, where trees, flowers, birds, and stars welcome home the tired worker, and refresh his wearied brain and body in the long, quiet evening.”

The slum is the breeding place of alco-

holism, vice, crime, of tuberculosis and other evils. Philanthropic societies and settlement workers have done what they could to ameliorate the evil. Model tenements are replacing old, dilapidated, death-dealing structures. Mothers are being instructed in the care of the home and in the feeding and training of children. But at best, the back alleys, the crowded thoroughfares, are sorry places for the rising generation to get what they can of sunshine and fresh air. Such soil furnishes poor nourishment for the physical, mental, and moral growth of the child. “Pure air, fresh food, abundant sunshine, and room for proper exercise and play for children, can not be secured in crowded slums, or even in the more desirable portions of a metropolis. Neither can rest for overwrought nerves, nor peace for the fatigued brain, nor cheer for the depressed spirits be found where cars, and carts, and hawkers, and a hundred obnoxious noises and odors rise from the heated pavements, where dust and refuse take the place of cool, moist earth and grass.”

By many of the older people who have never known the first thing in regard to cultivation of the land, the proposition to move out of the crowded cities on to the land, might not be received with favor,



even if they were each offered a homecroft as a gift. The landward sentiment is therefore being cultivated among the children.

Mr. Maxwell, to this end, conducts garden schools, where the children dig, plant seeds, and raise flowers, vegetables, and fruit; where by observation and experience they become acquainted with some of nature's most precious lessons, and where, above all, they learn to love the land and the simple life.

Such garden schools are now being conducted in various cities as vacation schools in connection with the public school; and these young people, many of them, will eventually turn landward for their homes.

Meantime land is being bought here and there, adjacent to cities, near factories, or perhaps in a region surrounded by large farms, subdivided and sold to the people who will settle on the land

and improve it. The homecrofts are usually too small to furnish the entire living for a family. The husband may be a bricklayer, or a salesman, or a bookkeeper, or a farm hand. He works at his usual occupation, and his spare hours he uses in the improvement of his home place. Other members of the family devote more or less time to the little garden spot.

The advantages?—1. A HOME, with all its blessed associations—a place where the members of the family impress their individuality year by year in tree, shrub, and flower, until this little bit of earth literally represents THEM. 2. Independence, and opportunity to utilize all spare time in labor that is congenial, in work that one soon learns to love. 3. Sunshine, fresh air, contentment, and HEALTH. 4. Opportunity to rear children under natural surroundings, free from the contamination of the city.



## Planning for the Garden

MANY think of gardening as an occupation for the summer months only, when in reality there are crops to attend to either in the planting or in harvesting every month in the year. A man can not sit around the store, or even his own home, until the beautiful spring days come, and then begin to stretch himself and think about a garden—if he wishes to have a very successful one. As early in the year as the catalogues are out, it is well to be looking over a few of them, and making plans for the coming crops.

The last of our celery crop was dug from the pits in the garden and sold January 23, and as that was the last of the garden products to be sold, the evening of the same date was devoted to preparing some soil for seed tomatoes. The

same box is used from year to year. It has a narrow strip of wood nailed across the top for a handle, also hand holds at the end, to facilitate easy handling. Some good, rich dirt had been taken to the cellar before the freezing weather came, and this was placed in the box and watered. The next evening, January 24, the seeds were sown. The box is now tarrying near the heater in the cellar, but it will soon be placed in a sunny south window and given more care and attention than some children receive. In due time the tender little plants will be transplanted from the box to the cold frame, and later to the garden. We expect to dine on early tomatoes, but not withered ones from Florida.

Care and thought should be given to

crops, whether it assumes the form of duty or pleasure. I seem void of pity for people owing grocery bills when we live so much out of our garden.

We laugh each year over the ease with which our pumpkin crop comes. The husband cuts the big pumpkins, and re-

moving the rind and seeds, throws them in the compost heap. Nature alone takes care of them—the land is fertilized by this heap, and each season some of the seeds come up, and we are thus easily provided with pumpkin pie for winter.—  
*Cora S. Lupton, in Talisman.*



GROWN IN A HOMECROFT

### Simple Home Treatment for a Cold

(Concluded from page 17)

red, a cloth wet in cold water should be placed over the head, and the face should be bathed frequently in cold water.

When the patient has perspired well, remove the fomentations and foot-bath, and sponge the patient off with tepid water, avoiding exposure of any part of the body to the cool air of the room, and being very particular to have the bed warm and no moisture left in it from the preceding treatment. A copious drink of hot lemonade is a very effective finish to this treatment.

The attempt to put into practise the admonition, "Feed a cold and starve a fever," does not work very well. It is

better to starve it, or to "drown" it out, by perspiring and by drinking hot lemonade freely.

Colds are not always due to exposure; they are often produced by a hearty meal, which excites and congests the stomach, calling the blood to the digestive organs, thus causing cold hands and feet, and chilling the surface of the body. Eating carefully, and dressing according to the weather, will ward off many colds.

The best protective measures that can be taken to ward off colds are: exercise in the open air, a short morning cold water spray, towel rub, or bath followed by a vigorous towel rub. The extremities, especially the feet, should always be kept warm, day and night.

# CURRENT COMMENT



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

## The Indoor Habit

THE child who prefers to sit in a corner reading a book is an abnormal product of civilization, and has as distinct a vice to overcome as has any child with any degree of moral obliquity. The family whose physical discomforts lead it to crave the immediate comforts of warm air, no matter how polluted, and whose economic necessities make it necessary to exclude the external air, is inexpressibly more the proper object of State intervention than if it were being poisoned by food, drug, or alcohol.—*Favill, in the Chicago Medical Recorder.*



## Open-Air Treatment of Pneumonia

I LOOK upon open air in the treatment of pneumonia with the same unbounded confidence that the surgeon looks upon the knife in the treatment of appendicitis — *it is the only hope for bad cases, and will certainly save ninety-eight in one hundred if used early and properly in all cases.*

Guided by a distinct perception of the needs of each patient, with open air and good nursing, one need not worry over the contingency of death from pneumonia. The air can't be too fresh, nor its temperature too low. There is no danger of "taking cold" when the fever is on. The younger the patient, the older the patient, and the more hopeless the case seems, just so much more important it is to enforce open air and exclude artificial heat. Keep the patient's feet warm, but don't heat the air he breathes.—*Harnsberger, in Medical Record.*

## Treatment of "Colds"

WHAT physician has not tried in vain to cure acute coryza? To most of us the treatment of the "cold" is an unsolved problem, yet one urgent to be solved; for this complaint, aside from the distress peculiar to itself, is the open avenue to so much graver trouble. It would be difficult to recall any pathological state at once so common and so predisposing to infection; for coryza often ushers in tuberculosis, pneumonia, and the eruptive diseases.

Negative though all reliable experiments and conclusions seem to be, there are enough claims of cures. Nearly every druggist has his "cold capsules" of Dover's powders, quinin, etc., and many laymen can tell you how to break up a cold by the aid of Turkish baths, or by the free use of calomel, etc.

So far as I know, acute coryza is understood to be a disturbance of circulation depleting the superficial areas of the body, and congesting the deeper areas, particularly the submucous parts of the nose and throat, this disturbance being probably due to bacterial infection. Thus it seems rational to attempt to recall the proper proportion of blood to the skin and superficial parts by hot baths or by the use of appropriate drugs. But when we remember that the calibers of blood-vessels are dependent on the control of those sympathetic nerves and centers called the vasomotor system, it is plain that any transitory influence, such as hot baths, will not definitely change the action of these nerves, and permanently shift a

considerable volume of the blood current.

But the normal distribution of circulation will always eventually recur spontaneously if the nervous system is not overtaxed in other directions, as by worry, overwork, etc. Therefore the rational remedy is to give the vasomotor system a good opportunity to fall back into equilibrium. How may this opportunity be best afforded?

Any acute coryza will respond favorably to forty-eight hours' rest in bed. No other thing is indicated or needed, and my personal observation, as well as that of others, bears out this statement. Some, perhaps most, patients have not sufficient intelligence to follow this treatment, but they may easily be induced to do so if given a placebo, such as hypodermic injections of sterile water, or teaspoonful doses of compound tincture of gentian, together with strict orders to remain in bed, well covered, for forty-eight hours.—*Editorial in Medical Consensus.*



### Overcoats and Health

THE season of overcoats is approaching, and probably in no other department sartorial is there exhibited so much indifference to hygienic considerations. The greatest fallacy of all, perhaps, in regard to the choice of an overcoat is that the terms "weight" and "warmth" are synonymous. As a matter of fact, they are nearly always diametrically opposed.

Heavy materials are often good conductors of heat, and are calculated therefore to allow the heat of the body to escape, while light materials are bad conductors, and so preserve the heat and energies of the body. Moreover, the heavy overcoat is a tax on the resources of the organism, and destroys the economy which a good insulating cloth is intended to secure. Further, heavy material encourages an uncleanly and un-

healthy state of the body, chiefly by imprisoning the exhalation of the skin.

That cloth is best, therefore, which gives the minimum of weight and the maximum of warmth, while being porous enough to admit of ventilation.

There seems to be little doubt that a well-chosen overcoat surrounding a warm but light suit of clothes is for the reasons just given much more comfortable than a heavy suit of ordinary clothes.

There is another important point about the qualities of an overcoat, and that is in regard to the color of the material. The choice of a somber hue—black, dark gray, dark brown, or dark blue—is totally opposed to scientific indications. The polar bear is not provided with black fur; if he were, he would not be able to defy the cold with that impunity which he does.

Light-colored material, as a matter of fact, does not so easily give up its heat as does dark materials, and this would appear to teach that our notions as to the suitability of color of garments for winter wear are illogical. Fashion and custom bind us hard, and are seldom on all fours with reasonable ideas.

If he would follow the dictates of science and common sense, the purchaser of winter clothing would choose, if he were able to do so, garments of a light rather than a dark hue. And why should every one be clothed in a funereal type of material just when winter sets in, when every effort is necessary to compensate for the dreariness and darkness of its days?—*Lancet.*



### The Plague

THERE are a few facts which can not be too strongly impressed on the minds of all, and the first is that there is nothing in the climate of California or any other State that will inhibit the spread of plague. Heat or cold is all the same to

it; wet or dry makes no difference; it accommodates itself to the conditions. The second important fact is that it is a rat disease primarily, and that it will flourish where they are, if once introduced. No rats, no plague. A third point is that rats live where they are invited; that is, where they are fed and given shelter. Make basements and cellars rat proof, and keep all food from them, and they will not stay with you. Their great source of livelihood is foraging from the garbage barrel; hence, all waste matter should be put into a closely covered tin or iron can, and all food kept out of their reach. If every one would trap and poison the rats about his own premises, plague would soon be wiped out of existence. The cases are growing constantly less, but the work of cleaning and destroying vermin goes on with increased vigor all over the State.—*Bulletin California State Board of Health.*



### The Rat and Disease

It is a defective and unclean civilization that endures the rat. . . . Such seems to be the case to-day in Copenhagen, where the conditions are so bad that a society has been formed for the extermination of that creature, which harbors in its mangy hide so many varieties of disease-engendering parasites. Besides engendering disease, the rat destroys property, causes fires and inundations by gnawing through water-pipes. Wherever living and housing conditions are unsanitary, where filth and refuse remain unremoved, where drainage is bad, where dankness and darkness prevail, in regions unreachable by sunshine and fresh air, under conditions, in short, where scavenging is necessary,—there the rat is to be found, there, indeed, in the scheme of things, is the rat indispensable.

The rat seems to be almost entirely responsible for the propagation of bu-

bonic plague from port to port; the germ of typhus and typhoid fevers, and no doubt also of tuberculosis, and many other infections are disseminated by it. Investigations in Chicago have shown that the rat is in very loathsome ways related to trichinosis in man. Rats and mice are very susceptible to hydrophobic infection; they may, therefore, be responsible for many cases of canine rabies.—*The Medical Times.*



### Bubonic Plague

THE bubonic plague still lingers along the Pacific Coast, eighty-four cases, with fifty-four deaths, having occurred in San Francisco between August 12 and November 4, besides fatal cases in Berkeley, Oakland, and Seattle since September 1.

It would seem like going far afield for cause of worry to refer to this if it were not that the incidence of this disease has been demonstrated—in the language of Dr. J. A. Turner, medical officer of Bombay, and one of the most intelligent students of the Oriental scourge—"to follow closely insanitary surroundings, absence of domestic personal hygiene, overcrowding of insanitary areas, want of ventilation and light, and the presence of filth"—precisely the conditions which still exist in too many Chicago localities. [In place of Chicago, the reader may insert the name of his own city.—Ed.]—*Bulletin Chicago School of Sanitary Instruction.*



### British Statesmen Confer about Temperance Instruction

ONE of the events of far-reaching significance connected with the meetings of Colonial Premiers in England was a conference on "The Teaching of Hygiene and Temperance in the Universities and Schools of the British Empire," which

was attended by a large number of educational and medical experts of Great Britain, from the colonies and foreign countries.

Lord Strathcona, widely known as one of the empire builders of Canada, presided at the opening session, and after stating the object of the meeting, bore witness to the great good which had followed the teaching of hygiene and temperance in the province of Ontario. He declared his conviction that the subject of informing each child "what was best for himself, his body, and his life, was one of those matters which ought to have their best support;" that a child thus advised "would grow up in the belief inculcated, and would do his best not only as regards himself, but also in the interest of others."

The following resolution, moved by John Cockburn, of Australia, was unanimously adopted:—

"That this conference has heard with great satisfaction that instruction in hygiene and temperance is systematically given in the elementary schools of the colonies of the empire, and that there is strong evidence of the value of this teaching. This conference urges upon all local authorities the necessity of providing that the teaching of hygiene and temperance shall form an essential part of the whole curriculum of education of all children."

This London meeting affords striking evidence that the scientific temperance instruction movement has passed far beyond the stage of experiment or of dismissal by ridicule. The principle which it represents is founded on reason and common sense, and therefore appeals to those instincts of self-preservation and of altruism which are the safeguards of the individual and of society. That is why, as a correspondent of the *Journal* recently wrote from a distant State of our own country, "The people are entranced

by the scientific temperance instruction message."

The philosophy of temperance education is simple; namely, that what we would have appear in the man or in the nation, we must early implant in the mind of the child. . . .

The instruction is cumulative in its effects. We see that already in its reflex influences in the home, in business, and even in the ballot-box. So far, its results necessarily have been largely indirect because of the comparatively short time during which it has been in the schools.

But one of these days when the boys and girls who have been taught these truths throughout their school life become participants in the active life of the world, there can not fail to be wholesale, intelligent total abstinence sentiment that will unmistakably decree that alcohol shall cease to lay its imposts of misery, sorrow, poverty, crime, insanity, and degeneracy upon the nation and the race. — *School Physiology Journal*.



### Intercollegiate Athletics

THE football season was scarcely opened when, during the first week of October, it was announced that there had been a death from the game. . . . Broken collar-bones are especially favorite lesions of the early football season, and one way for eliminating candidates from the team is through the door of the hospital. It was hoped that the open game introduced by changes in the rules would take away much of the stigma that has attached to the sport because of the accidents; but that hope has proved illusory. . . . The question that naturally arises is whether the game is worth the candle. . . .

There is a growing feeling that the solution of many of the evils of college athletics at the present time lies in the

prohibition of intercollegiate contests. At the present time there is encouragement to take part in the games only for those who probably least of all require such physical training. Instead of proper division of efforts, the tendency is to narrow still further the opportunities of the ordinary student to secure the pleasant, healthful exercise that open-air games give. . . . This is an unfortunate development, a true pathologic condition. . . . While making a few athletic specialists, colleges are doing but little for the great mass of their students toward producing a healthy body that will properly aid a healthy mind.—*Editorial, Journal of the American Medical Association, Nov. 2, 1907.*

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### What Happens When You Smoke

BY A SMOKER

MEN are so habituated to the outcry against smoking that there are few who do not ignore it.

Smokers who have some regard for the anxieties of their friends say that they smoke tobacco from which nicotine has been eliminated. Tobacco so prepared can be found near at hand; but few smoke it, because the process which eliminates the nicotine, if it does not destroy the savor of the smoke, materially modifies it.

The outcry is always the same—nicotine! But many other of the principles of tobacco are as pernicious as nicotine. The smoker carries in his mouth a little furnace, whose fires are fed with oxid of carbon; the fire smolders under ashes, and the smoker fans it by means of the stem of his pipe or the vent of his cigar or cigarette. Year after year, and all the year, the furnace is in place, burning oxid of carbon, and the smoker is working the bellows with a part of the force of his respiratory organs.

The composition of tobacco smoke is complex. . . . Of all the products of tobacco, the most venomous are nicotine, phridic, and methylamin bases, prussic acid, sulphureted hydrogen, oxid of carbon, and empyreumatic oil; and all that we draw into our lungs with more or less satisfaction.

We forget that while we breathe the intoxicating aroma, we are not breathing the air as we ought to breathe it; and we forget that when we smoke, we change our respiratory rhythm, and by so doing disturb functional regularity. As nicotine is popularly considered the most pernicious principle of tobacco, we try to suppress it; but by doing that we do not suppress the poison of all the other products.—*Harper's Weekly.*

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### "Viavi Treatment" and an Accommodating Press

IN a recent number of *The Journal* we abstracted the *California State Journal of Medicine's* exposure of the "Viavi treatment." Our enterprising Western contemporary, at the time of publishing this article, sent marked copies of it to every San Francisco newspaper. Two papers—the *Call*, a daily, and the *Star*, a weekly—made some reference to it. Large advertisements immediately appeared in all the San Francisco newspapers, extolling "Viavi treatment." The newspapers themselves became aphonic [silent] on the subject of Viavi—except that the *Call*, apparently repentant for its modified outburst of free speech, published a complimentary write-up of the fraud and its promoters. As Viavi has not advertised in the press for years, the conclusion is overwhelmingly forced on us that the San Francisco papers have sold their birthright of freedom of speech for a paltry mess of advertising pottage.—*Journal of the American Medical Association.*

### The Cause of Alcoholism

AN unstable, nervous system is the fundamental basis on which habitual alcoholic excesses develop. There is the weakness of the will, the tendency to overindulgence, the lack of self-control, and when once the narcotic effect of alcohol is felt, the inevitable craving for more can not be resisted. In these weak individuals there is often the marked self-conceit which deludes them into the belief that they can resist when they wish, and that further indulgence will make no difference. Among the very poor the grinding weariness of overwork and insufficient food drives them to seek temporary relief in alcohol, and before long, what was first only a luxury becomes a dominating necessity. The false idea that alcohol is a tonic and a strength-producer causes many of the poor to give alcohol to their children, and thus lay the foundation for early excess.—*Alexander Lambert, M. D., in Osler's "Modern Medicine."*



### The Laboratory Doctor

THIRTY years ago the medical schools of the United States furnished but little laboratory teaching. The first meddlesome work which the author did in the curriculum of the college to which he was attached was to extend very greatly the laboratory method, and to tax his faculty with fifty thousand dollars for buildings and equipment, to double the faculty with an army of laboratory teachers, and to add to the burdens of the student a year or two of time. This extension proved fashionable, while the coincident, clinical, and literary courses were never realized. All other medical schools followed with enormous laboratories and extensive laboratory courses. But to the profession these methods have proved disappointing. They monopolize the time of the stu-

dent, they disparage the study of the history of the patient and all clinical observation, and they utterly neglect the medical literature, and send out the young doctor with a distorted sense of the probability of disease, ignorant of the experience of medicine, and armed with impedimenta of prejudice and paraphernalia of diagnostic instruments, and wholly out of sympathy with the profession whose emoluments he would divide, and ignorant of the life of the community on whom he expects to subsist. All this is attested by the proceedings of our medical societies, by the columns of our medical press, and by the bag of instruments of our young medical men, and by their utter disregard of any sense of responsibility to cure the patient.—*Bayard Holmes, M. D., in Jour. of the Amer. Med. Assn.*



### Better Days Coming

THERE is a ray of hope: a number of religious and daily papers begin to refuse quack advertisements. Senators, Congressmen, clergymen of all denominations, sisters of charities, and heads of educational institutions now think twice before they give certificates on the value of patent medicines. Upon the call of Mr. Champe S. Andrews, counsel for the Medical Society of New York County, a national society known as Public Health Defense League, has been formed to combat adulteration of food and drugs, the sale of alcohol and opium in the guise of "patent" medicines, the practise of the quack and charlatan, both in and out of the medical profession, the use of the United States mails for fraudulent and indecent advertising, and other similar dangers to the public health and morals. We all hope that great good will result from this new movement.—*Journal of the Outdoor Life.*



# THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park

## The Second International Congress of Hydrotherapists

CHAS. T. EVERSON

THE Second International Congress of Hydrotherapy, which convened at Rome, Italy, October 13-16, was international not only in name, but in fact. Every leading nation of the world contributed its share of representatives to participate in the sessions of this most important congress. England, France, Germany, United States, Russia, Japan, were represented by leading doctors sent by their respective governments as delegates to the congress.

One important feature of the congress was the realization of the plan of making this congress more representative than the previous one. It was not therefore confined solely to leading hydrotherapists, but eminent doctors of the other branches of medical science were also present. In fact, the acceptance of the presidency of the congress on the part of Professor Guido Baccelli, the most famous doctor of Italy and a scientist of world-wide reputation, immediately raised it to a convention of the first order. With such an eminent man as president of the convention, which is held under the patronage of the king of Italy, the congress attracted to its sessions some of the leading professors of Europe; and contributions were received from prominent doctors of almost every country.

The presence of such men as Professors Buchard, Landouzy, and Gautier, of France; Lassar and Senator, of Ger-

many; Guido Baccelli, Tamburini, and Colombo, of Italy; together with contributions from Professors Goldscheider, Huchard, Von Leyden, Von Noorden, Van Breemen, and a host of other celebrated doctors whose names stand high in the medical world, places this congress as an epoch maker in the history of hydrotherapy. Never in its history has this branch of the medical science been extolled and honored by such a concourse of eminent men of the medical fraternity.

Professor Colombo, the general secretary to whose indefatigable efforts is due, to a large extent, the splendid outcome of the enterprise, told me some time before the congress, that he desired this congress to call together not only the zealous hydrotherapists who are already convinced of the importance of this branch of the medical science, but also the leading doctors of other schools, who have been too busy to give it any study or attention. By this means this latter class would come in contact with these principles, so that even if they did not immediately put them into daily practise, they would at least become friends of this method of treating disease.

This plan proved to be a good one, for as we have already noted, it achieved a victory for hydrotherapy such as has not been registered in its annals up to the present time.

The program lacked nothing to make the congress worthy of the historic place in which it met. "The Eternal City" threw open its magnificent and stately

palaces, and opened to the admiring view of the assembled delegates its unrivaled treasures of art and antiquity.

One evening during the congress, the delegates strolled through the spacious halls of the Capitoline Museum, and amid the statues of the great spirits that once ruled the world, partook of refreshments offered them by the municipal government. There must have been over a thousand persons present that evening.

Then a select party of about seventy-five persons, who represented the leading

walls of "the ancient capital of the Cæsars" by tendering them a brilliant reception.

I shall not take time to speak of the numerous sessions of the congress, for a minute report of all the proceedings and papers will be published in due time. Suffice it to say that the Second International Congress closed as brilliantly as it opened; for on the last night of its session the Roman Forum and Coliseum were brilliantly illuminated with Bengal lights in honor of the noted guests.



DELEGATES TO THE SECOND INTERNATIONAL CONGRESS OF HYDROTHERAPISTS

governments and academies of science, gathered at another time in the sumptuous Palace "La Consulta," home of the foreign minister. The minister of public instruction, Signore Rava, received the guests with much grace, characteristic of the Italian people. The great scientists present gave dignity to the gathering by the large number of decorations and medals of honor that adorned their persons. Some were literally bedecked with these trophies won on the battle-field of science.

Also the University of Rome did homage to the delegates gathered within the

The stately Roman Forum was all aglow with fantastic fires of varied hues. Behind each ancient monument and in every dancing shadow the forms of the great spirits of old Rome seemed to peer forth, calling to memory "the golden days" of "the iron kingdom."

From each nook and corner of the massive Coliseum shot forth the blazing rays of red, violet, green, and other resplendent hues, while soft strains of music were wafted on the evening breeze by a large band of stringed instruments. Surely under such inspiring conditions even the least imaginative person would

be capable of transporting himself back to those bloody times when in the arena before him men fought with wild beasts, while over fifty thousand spectators, more savage than the beasts in the arena, made the walls of the huge Coliseum ring with their maddened cry.

The next International Congress will be held in Paris, in 1910, with Professor Buchard as honorary president and Professor Landouzy as president. The Fourth International Congress will be held in Berlin, in 1912, with Professor Senator as president.

Before concluding this brief account of the congress, I must not forget to mention a most important part of its work; namely, an exposition of health foods, electrical appliances, and other articles used in the hydropathic cure of disease.

We were also represented in the health-food department of the exposition by Brother Riehlan. A beautiful new tent was placed near the main entrance of the Policlinico, the famous hospital of Rome, where the congress was held. In this tent were displayed in a very artistic way our health foods and health garments.

Many of the leading doctors of Italy and other countries thus had an opportunity of getting acquainted with these good foods. A thorough explanation of the principles underlying the use of health foods was given to the visitors, as well as a taste of each food.

Professor Baccelli made a special visit to the tent, and listened with interest and attention to the explanations given concerning the foods. He tasted the different kinds, and went away pleased with what he had seen. Professor Gualdi, of the University of Rome and head of the medical department of the city, became very enthusiastic about our foods, and took home with him some packages. Professor Postempski, another professor of the university and head of the large hospital of San Giacomo, bought a

sample of all the foods, with a view of experimenting with them in the hospital. It will be impossible to speak at length of the visits of the many doctors and professors, who manifested a great interest in the food question, which to most of them was quite new.

That our exposition was a complete success, we can infer from the fact that it was given the highest award, the gold medal offered by the Italian government.

The great interest that has been raised by this exposition and congress in Rome, and in Italy also, certainly furnishes us with a great opportunity of doing something in the health work.

Italy is ready and waiting for the health work to be taken up by some one. This is our God-given work, and surely we ought not to let this splendid opening pass without doing something.



### The Power of the Bible

AT the close of a lecture by Dr. Chamberlain, several years ago, while he was laboring for all classes in darkened India, at the Arcot Mission, where were gathered about two hundred native people, including learned Brahmans, farmers, artisans, officials, and students, a Brahman of culture and refinement politely asked permission to address the assembly. He said:—

“I have watched the missionaries, and have seen what they are. What have they come to this country for? What tempts them to leave their parents, friends, and country, and come to this, to them, unhealthful clime? Is it for gain or profit they come? Some of us, country clerks in government offices, receive larger salaries than they. Is it for an easy life? See how they work, and then tell me. Look at this missionary! He came here a few years ago, leaving all, and seeking only our good. He was met with cold looks and suspicious

glances, and was shunned and maligned. He sought to talk with us of what, he told us, was the matter of most importance in heaven and earth, but we would not listen. He was not discouraged; he opened a dispensary, and we said, 'Let the *pariahs* (lowest caste people) take his medicines, we won't;' but in the time of our sickness and distress and fear we were glad to go to him, and he welcomed us. We complained at first if he walked through our Brahman streets; but ere-long, when our wives and our daughters were in sickness and anguish, we went and begged him to come, even into our inner apartments; and he came, and our wives and our daughters now smile upon us in health. Has he made any money by it? Even the cost of the medicine which he has given has not been returned to him.

"Now what is it that makes him do all this for us? *It is his Bible!* I have looked into it a good deal, at one time and another, in the different languages I chance to know; it is just the same in all languages. The Bible!—there is nothing to compare with it in all our sacred books, for goodness, and purity, and holiness, and love, and for motives of action. Where did the English people get all their intelligence and energy, and cleverness and power? It is their Bible

that gives it to them. And now they bring it to us, and say, 'That is what raised us; take it, and raise yourselves!' They do not force it upon us, as did the Mohammedans with their Koran; but they bring it in love, and translate it into our languages, and lay it before us, and say, 'Look at it, read it, examine it, and see if it is not good.' Of one thing I am convinced: do what we will, oppose it as we may, it is the Christian's Bible that will, sooner or later, work the regeneration of our land."

"I could not," adds Dr. Chamberlain, "but be surprised at this testimony. Some time ago I had attended in his zenana his second wife, a beautiful girl, through a dangerous illness, and I knew that he was grateful, but I was not prepared to hear him, before such an audience, give such a powerful testimony to the power and excellence of the Bible."

In view of the results of medical missionary work in India, and with testimony to its value such as we have given, are we not reminded of the words of Moses in his song of triumph? "Their rock is not as our Rock, even our enemies themselves being judges;" and were this agency more largely made use of in that "land of idols," such testimony would doubtless be more frequently heard.—*Medical Missions.*

The patient should feel that the physician does not regard him only as a "client," nor only as an "interesting case," but that he is a friend with no idea but to cure him. We practitioners ought to show our patients such a lively and all-enveloping sympathy that it would be really ungracious of them not to get well. When the patient experiences this state of mind in the physician, he is already well advanced on the way to cure. He is like one under the spell of a kindly thought. This moving joy gives him the feeling of euphoria. The physician experiences the counter-effect of this emotion, and can also say to himself: "That is all right; my patient will get well."—Dubois.

# 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.

**304. Cold Wind Cause of Deafness.**—J. W. K., Maine: "Your encouraging words in 'Questions and Answers' lead me to hope my case can be understood by writing; so I will say that I am sixty-nine years old. Last April I came from western Washington, where the temperature is quite mild compared with this part of the country. When I arrived in this place, I rode two miles in a cold wind, and next day I could not hear. After a month my hearing returned, but any cold wind on my ears will injure my hearing. What can I do to save my hearing?"

*Ans.*—A warm climate is best for cases like yours, where it can be conveniently secured, but in any climate your ears must be protected from cold winds. A bit of cotton in the ear, or some covering worn over the ear only when exposed to the wind, will afford the needed protection. If there is a sense of itching in the ears, as there usually is, a little vaseline should be used in the ears. It is best applied by means of a bit of cotton wrapped on the end of a toothpick. Such ears are nearly always very dry, and this will supply the lack of normal secretion. A person with such ears must avoid taking cold. Raise the vital resistance. Proper food, outdoor exercise, clean skin, cool hand bath daily, with an alcohol and oil rub twice a week, keeping the circulation balanced, living in the fresh air, keeping the feet warm, and avoiding crowded, overheated, and poorly ventilated rooms, are all directly and indirectly essential in the care of such a case of chronic otitis media as yours, and if carried out, would have prevented the attacks from which you have suffered. If the hearing is already impaired, it will pay you to have your ears treated for a short time by a good specialist. In many cases good hearing can be restored if treated early.

**305. Linen Underwear as a Preventive of Taking Cold.**—L. S. C., Minn.: "I dress warm, or at least try to, but I perspire easily. My skin is always damp, and I take cold on the slightest provocation. 1. Why do I perspire so easily? 2. Will you advise me what kind of underclothing is best to wear next to the skin? 3. I have been advised to wear linen mesh, do you know whether or not it is of any practical value? and would you advise me to wear it?"

*Ans.*—1. You are probably wearing too much clothing to keep you warm; many persons make this mistake. The skin is constantly throwing off moisture, which is, or should be, absorbed by the clothing next to the skin, and which should pass through the clothing and evaporate. When too much clothing is worn, especially closely woven, heavy underwear, this moisture is retained next to the body. The skin then becomes tender and very sensitive to the slightest change of temperature or draft of air, and the person is repeatedly taking cold.

This condition can not be remedied by wearing additional clothing. Additional clothing causes more perspiration, makes the skin more tender and sensitive, and increases the tendency to take more cold. Such persons should take a cold hand bath every day, followed by an alcohol or oil rub. This will tone up the relaxed skin, and make it less sensitive to drafts and change of temperature.

2. The underwear that is worn next to the skin should be of light open mesh fabric, through which the bodily moisture can readily pass to the outer clothing, and thus keep the skin dry; for the first essential of keeping warm is that the skin be kept dry. Silk, cotton, and wool each have disadvantages. Of the three, silk is the worst, and should never be worn next to the skin. Woolen is the best underwear for cold

weather, but it is not the best to wear next to the skin.

3. So far as we know, linen mesh is the best underwear made to wear next to the skin. It is best for cold weather, and it is also best for hot weather. It should be remembered that the light underwear that is worn next to the skin is for the purpose of keeping the skin dry. The clothing worn outside of this is to keep the body warm. Open mesh linen meets these requirements best of any fabric so far as we know.

**306. Mechanical Dietetics.**—[We publish the following letter, as it is a fair sample of quite a number that we have received. We omit the name for obvious reasons.] "I am a regular reader of LIFE AND HEALTH, and I beg of you to answer the following questions: I am nineteen years old, and have been suffering the last three years with faulty nutrition and general debility and a concomitant dazed mental condition. I ate no meat during the first three months, and Fletcherized every mouthful of food during that period; and although I can see no change for the better in my condition of health, it is at least no worse, saving a loss of ten or twelve pounds of weight at the beginning of this Fletcher régime, since which my body-weight has remained constant at one hundred and two pounds. Although of fair height, I am naturally very slender, verging on emaciation, and it seems to be a physiological impossibility for me to put on weight. I eat two meals a day, and the amount never exceeds fifteen ounces of solid food, with ten ounces of cream for the two meals; that is, each day I eat from twelve to fifteen ounces of solid food,—cereals, whole-wheat bread, butter, nuts, dates or maple sugar,—and always the eight to twelve ounces of cream. 1. While the body-weight remains constant, is there any ground for enlarging this dietary? 2. Would you suggest any change as to its quality? 3. In your judgment would an occasional short fast be all right in my case? 4. How can I keep my hands and feet from getting cold?"

*Ans.*—Your whole plan of eating is on the wrong track. You are trying to substitute a perfectly rigid mechanical method of eating in place of nature's very flexible physiological one. Nature gives us some very simple, but very practical lessons.

Babies were intended to be fed from the breast, hence they have no teeth. Nature intended children and adults to chew their

food, hence she provides a full set of teeth set in strong jaws. Food should be softened before it is swallowed, hence abundance of saliva in the mouth. For the purpose of digesting food, nature has supplied the digestive juices. To select the right character and quality of foods she gives us appetites and the sense of smell. Our appetite, properly educated and intelligently observed, is the best guide we have to tell how much to eat and how much to drink.

Animals do not often have dyspepsia. Most animals know when they have eaten enough, except a part of the human species, and most of these have some form of dyspepsia.

Had nature intended us to weigh our food accurately and measure out our drinks with precision, she would have placed somewhere along the alimentary canal a pair of scales and a graduated beaker. But she made no such provision, for the good reason that living tissue is not nourished mechanically.

When we work, we should eat more than when not working. Work is the expenditure of energy, which can be supplied only by additional food. In cold weather more food is burned to keep us warm, hence we need a larger amount. In hot weather we must drink more fluid so that its evaporation can keep us cool.

The scientific study of nutrition is a great benefit. We commend it earnestly. But in applying the scientific truths learned, we should not get too far from the simple method of living. The old-fashioned way of chewing the food because we thoroughly enjoy it, is a far better aid to digestion than Fletcherizing it as a scientific fad.

1. Yes; you are at least thirty pounds under weight, and should digest and assimilate more food than you are taking.

2. The quality is good, but you should not restrict yourself too rigidly to a definite amount of definite articles of food.

3. We see no reason for advising you to fast.

4. Increase your body-weight, and increase the volume of your blood. Breathe the abundance of pure air; live in the sunshine. Cultivate hopefulness about your health, and forgetfulness about your stomach.

# EDITORIAL



## Early Treatment of a Cold

NEVER is the admonition, "Do it now," more appropriate than when used in reference to immediate treatment of an on-coming cold. Delay in beginning treatment, for whatever cause, is always unwise. It is comparatively easy, with appropriate treatment, to break up a beginning cold, provided it is taken as soon as the first warning symptoms can be noticed. This is the golden moment, and should not be allowed to pass by, either for business or for pleasure or in order to keep an appointment.

A cold which is allowed to run, always does more or less permanent injury to the delicate lining membrane of the air-passages, and to other parts; and not infrequently death results from what started as a simple cold.

It is customary to delay treatment until a cold is fully established and becomes distressing. As long as the inconvenience can be borne, it is apt to be neglected; and when it becomes too annoying, effort is usually directed to the relief of the annoying symptoms rather than to the cure of the disease. The first symptoms, which may consist of chilliness, or sneezing, or a feeling of rawness in the throat, or of unusual dryness in the nose, should be the signal for immediate action.

*The first step in the treatment of a cold, both in time and in importance, is to assume a proper mental attitude.* Resolve, the first thing, that you will not yield to the disease, that you will not

have a cold. A determined state of mind at this stage will wonderfully increase the resisting power of the body-cells against disease. When one says to himself, "I am in for another run of cold," his mind yields assent, as it were, and the body-cells, like soldiers under a discouraged leader, become demoralized. The body defenders do not do their best, because they are not energized by the mind.

The next step, for one who is vigorous, is to exercise freely in the open air, to the point, if possible, of active perspiration. Bicycle riding, sawing wood, doing a washing, walking rapidly, skating, anything which will secure a good circulation, is proper. This exercise is best followed by a full hot bath, a vigorous towel rub, and a change to dry underclothing.

For one who is not vigorous, or if the cold has progressed for a day or two, a hot treatment, as a hot leg bath, followed by rest in a warm bed until the next morning, will prove most efficient. Appropriate treatment is described in detail in another department of this paper.

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## Sunlight Bad for Consumptives?

THE candidate for a public hearing nowadays throws out his thoughts in the form of explosive bombs. The doctor who discovered that "bread is the staff of death," the unwashed septuagenarian who teaches that all man's physical ills are the result of his bathing, the good man with simian propensities who de-

clares that cooking destroys food — these all belong to a type.

The latest addition to this series of worthies is a major in the army medical corps who declares that sunlight is bad for consumptives.

Now our good Colorado and New Mexico people will have to advertise differently. Instead of calling attention to the three hundred and sixty sunny days in a year, they will have to show that they have other climatic advantages that are so superior that they cure patients notwithstanding the fact that they have only five cloudy days in the year!

We here in Washington ought to take courage. According to this we have a very fair climate, and we must attribute the high death-rate from consumption to the depressing mental influence caused by a belief that sunny weather — which we often lack here — is needed in the treatment of tuberculosis.

Now that our minds have been set right, the depressing mental influence should cease to be operative, and the natural salubrity of an often-clouded sky ought to be made manifest in a lowered mortality.



### Bubonic Plague in San Francisco

PLAGUE was discovered in San Francisco May 27 last year, and within the next five months there were seventy-eight cases, and fifty deaths. An insignificant epidemic, you say? Yet the great black death, which depopulated London and ravaged Europe, was preceded for a number of years by a mild epidemic which claimed but few victims; and it is probable that all severe visitations of the plague, which is the same disease, had their beginning in a mild epidemic, such as is now prevalent in San Francisco, and perhaps elsewhere on the Coast.

We now have the great advantage that we know the nature of the disease, and the method of its transmission. We know

the necessary steps to take in order to prevent its spread, and we have men who have skilled themselves in this work of prevention. On the other hand, we have, sometimes, a lack of co-operation, and an apathy on the part of the public that severely handicaps those who are working for the eradication of the disease.

It is now known that the plague is transmitted by infected rats. In fact, it is really a rat disease, transmitted to man. In every epidemic, so far as is known, the rats begin to die off before the disease is present in man. Infected rats travel from one city to another, from one State to another, and from one country to another, spreading death and desolation. From the rat, plague is transmitted to man through the agency of fleas. If a human being dies of an unrecognized attack of plague, and is buried without proper precautions, the chances are that other rats will be infected, and thus spread the disease. The important preventive measures are destruction of all rats, isolation of all cases of the disease, disinfection of premises where the disease has been, and proper care of all bodies dead of the disease, in order to render them non-infectious.



In India, the religious prejudice of the people, who regard animal life as sacred as Western nations regard human life, if not more so, is a great obstacle to the destruction of rats, and so the people are victims to their religious belief.

In San Francisco, a few years ago, it was not the prejudices of ignorant natives that prevented the inauguration of anti-plague measures, but worship of the money god. In heathen India, it is the exaggerated regard for animal life that results in the wholesale destruction of human life. In civilized San Francisco, it was the mammon god that threatened the safety of a city. Prominent business



men, who regarded their own immediate commercial interests as of more importance than the health and welfare of the city, made every effort to have the existence of plague denied, "because it might hurt trade." Some doctors there were, who were so recreant to their trust as to fall in with this policy of suppression; and conscientious physicians—men of scientific attainment—who declared, after careful investigation, that plague was present in the city, were vilified and abused. The writer is not aware to just what extent the newspapers were implicated in this disgraceful affair.

At the present time, the plague situation is too well known for any to attempt the policy of ignoring it, and several surgeons of the United States Public Health and Marine Hospital Service, with the co-operation of local physicians, are prosecuting a vigorous anti-plague campaign. Rats are being trapped and poisoned by the thousands, all suspicious cases are reported and properly isolated, and the dead are examined in order to detect and give the proper attention to plague victims. As a result of these thorough measures, the number of plague victims is already decreasing.

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Recently investigation was begun in Oakland, across the bay from San Francisco, and among the dead a number of plague victims were found, showing that the disease has already obtained a foothold there. The *California State Journal of Medicine* states that the medical societies of other interior cities and towns of California are giving serious study to the plague situation, and comments as follows:—

"There is just one way, and one way only, of determining whether or not plague exists in any place; and that is by a careful inspection of all dead persons over a period of months. And this in-

spection must be made by one who knows. We know that plague, in the early years of an epidemic, is a very insignificant thing, so far as the number of cases is concerned. We also know that it is not difficult to eradicate, in these early years, if we know that it exists. How long did it exist in San Francisco before it was recognized? Nobody knows, for its discovery was almost, if not quite, accidental, and it was some time before any systematic examination of the dead was enforced. . . . We should know, and know at once, just where the pest infection may have spread during these past years. . . .

"We may, with a certain amount of safety, assume that plague is a disease of rats, to which man, and probably some of the domestic animals, are susceptible. For years it exists in an apathetic state. In London, from 1616 to 1625, there were but few cases annually, but in the last-mentioned year the terrible devastation occurred, and about thirty-five thousand deaths were recorded. It was nine years incubating in the city, and then—Where pest rats have gone, there they have carried the plague. But where have they gone?" "The Norway rat is the greatest traveler on the face of the earth, and the Norway rat has been carrying plague from country to country for a good many generations."

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It is to be hoped that the medical men of the Pacific Coast towns will institute an inspection that will result in the detection of any cases of plague that may develop in the interior, remembering that there is a probability that if a physician is not on the lookout for plague, he will mistake it for something else. Meantime, a relentless war should be waged against the rat.

It is probable that, with the awakening of the physicians of the interior to the

folly of such a course as was pursued in San Francisco a few years ago, and to the importance of immediate concerted action, the disease will not obtain foothold in the interior.

In the effort to prevent the spread of the disease, the most important measure, probably, is the destruction of rats. Where there is a case of plague, there should be the same energy used to exterminate the rats as is applied to the mosquito problem in yellow fever and malarial districts. The warfare should be unremitting and unrelenting until the rat is only a memory.

Other preventive measures, as stated before, are isolation of patients, disinfection of premises and of bodies.

Naturally, the disease gets its strongest hold in the thickly congested, unsanitary parts of a city, but it is not necessarily confined there. Proper sanitation and personal hygiene seem to have a marked preventive influence. In well-lighted and well-ventilated buildings, the disease does not gain a foothold.

In this, as in other diseases, morbid fear serves only to invite the disease. One who, *other things being equal*, ignores the disease, is less likely to be attacked than one who is in constant fear of an attack.



### Pneumonia from Mice

IT has long been known that the microbe of pneumonia may be found in a very large proportion of human mouths, and that only a small proportion of those harboring the disease germ contract the disease. This has been attributed to the difference in susceptibility of individuals. The pneumonia germ is there, always a menace, and when the individual is run down, or has contracted a severe cold, infection takes place.

Dr. Palier, of New York, believes that mice play an important part in the trans-

mission of the disease, and that the reason why the disease is more prevalent in the winter months is because the cold drives the mice into the houses, and more in contact with man. Swallowing human saliva, or the remnants of food, they become infected and die.

After the germs have passed through the body of a small animal, they are more infectious for man. This is known to be the case with other germs. A germ with disease-producing power so feeble that it can barely kill a weakened mouse or guinea-pig, may by successive inoculations be made to kill a much more resistant animal. On the other hand, a germ that has grown for generations in a test-tube, loses largely its death-dealing power; and the same is true of germs living in the mouth.

In some way, these pneumonia germs from dead mice are introduced into the human organism, and pneumonia results.

Whether or not this theory proves to be well founded must be determined by further observation and experiment. It is of interest, now, in connection with what we know of rats in the spread of plague. Good hygiene, as well as good housekeeping, demands that our dwellings be reserved for humans to the exclusion of rodents.



### Drugs and Disease

IN a recent editorial in *The Journal of the American Medical Association*, this statement is made: "It is impossible for one man to have the knowledge of chemistry and physiology indispensable to a real understanding of the relation of drugs to each other and to the organism, and at the same time be a skilled diagnostician and therapist. Rare indeed is the pharmacologist who can master his own subject."

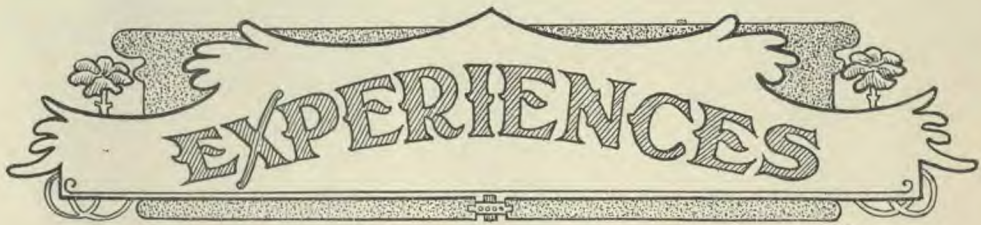
The reader is invited to give careful study to this remarkable statement, which

is, in fact, a confession that no physician has brain enough or time enough to have a real understanding of the relation of drugs to one another and to the system, and at the same time to understand disease and its treatment. One man can not fully understand the nature of drugs and disease. Some must specialize on drugs with a partial knowledge of disease. Others must specialize on disease with a partial knowledge of drugs, or else have a smattering of both, without a full knowledge of either.

Some doctor I believe described the practise of medicine as "the use of remedies the nature of which we know little,

in the treatment of disease the nature of which we know less."

If it is impossible to "know it all," is there any wonder that the physician who expects to deal with the sick spends his time largely in the study of disease, and often trusts to the large proprietary drug houses and their optimistic literature for his remedies? The writer does not defend this practise; for such literature is all written with the prime object of increasing the output of the drug house. It is not scientifically reliable. But what is the poor man to do whose brain capacity is not sufficient to enable him to grasp drugs and disease at the same time?



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."

For a number of years I was troubled with intense itching after a warm bath, especially between the knees and the feet. I have discovered that an alcohol rub of this portion of the body, with a little vaseline dissolved in the alcohol, will prevent the itching of the shins after a hot bath. If the first application is not sufficient, the shin, or whatever portion of the body is affected, should be treated to the alcohol rub with the vaseline anointing following. Common yellow vaseline is the best kind to use.

R.

As a small boy, I was called a "runt," and was subject to severe stomach-ache. Through dietetic treatment these periodical attacks ceased, but for years the stomach

was weak. I found that absolute rest for the stomach was the most effectual treatment. When I arose in the morning, I took a bath, ending with a cold spray; washed out the mouth thoroughly, even to gargling of the throat with warm water, and afterward drank a glass of hot water, and went to work. At noon I washed out the mouth again, and drank another glass of hot water. At night I applied a few hot fomentations to the stomach, and took a neutral bath and a thorough mouth wash and throat gargle, and went to bed in an airy room. Usually one day's treatment of this kind was sufficient to cure the irregularities of the stomach and restore normal health.

D. A.



### Food and Dietetics

**Tainted Oysters.**—There have been three deaths, four others are expected, and about twenty persons are seriously ill, as the result of eating oysters at a banquet held at Dover, Mich.

**Consumption of Beef in England.**—Recently published returns show that the amount of meat consumed per capita in Great Britain has doubled within the last few years, the proportion of meat to bread having greatly increased.

**American Canned Goods Shut Out.**—As the result of an investigation, it has been charged that American manufacturers, since the enactment of the pure food laws, have been dumping their adulterated and impure goods into the Mexican market, and that there is much illness in that country as a consequence. The Mexican National Board of Health therefore proposes to issue an order forbidding the sale of American canned goods in that country.

**Are Diseased Meats Harmless if Cooked?**  
—Inasmuch as the present inspection laws necessitate the destruction of three million dollars' worth of diseased meat, it is now proposed that we adopt the Germany system, recognizing three grades of meat: good meat, "passed" as fit for consumption; bad meat, "condemned" to destruction; and meat which is only a little bad, which is to be cooked, canned, and properly labeled by the packer. No, thank you; no cooked cancer, or lumpy jaw, or hog cholera for me. Inasmuch as the meat that is prepared for local use in many States is not subject to any kind of adequate inspection, the person whose habits do not compel him to subsist on flesh, can look with complacency on this question of "good," "bad," and "indifferent" meats, for to him they are all bad. He knows of something better,

**Poisoned by Ice-cream.**—At a dinner given by a wealthy resident of Lawrence, N. Y., twenty-three persons were dangerously poisoned by eating ice-cream.

**Peanut Diet Found Wanting.**—Archie Venuto (or Peanuto?), the Nebraska man who accepted the statement of certain so-called scientists who asserted that the peanut alone is sufficient to sustain life, has died a martyr to his faith. He survived the peanut ordeal for six weeks. At the end of the fifth week, he was so weak that he could not walk.

**Peanut Diet Kills Man.**—Another newspaper version. Becoming enthused with the idea that the peanut is all-sufficient to sustain life, a Nebraska man attempted to live on a peanut diet, with the result that at the end of a week he died of exhaustion. At the end of four days, he was noticed to be insane, and placed in a hospital. He refused to eat anything but peanuts, or to drink anything but water. It has been asserted that the peanut diet caused the insanity, but it is more probable that the insanity was the cause rather than the effect.

**Food and the Arteries.**—Two investigators state that the developing bones in young animals use up the lime salts. In older animals, when bone growth ceases, the tendency is for any excess of lime salts to be deposited in the walls of the arteries. Animals fed on foods rich in lime salts, as cabbage, develop arterial hardening much more rapidly than animals fed on potatoes and other foods poor in lime. The excess of lime salts will not in itself cause arterial hardening. It merely predisposes to it. The active agent is some poison, as, for instance, alcohol or tobacco, or the products of intestinal decomposition. Arterial hardening is the characteristic of old age, and perhaps the cause of causes in the shortening of life. Its causes are (1) cessation of

active bone growth (the expectant mother can not by any means develop arteriosclerosis, as the excess of lime salt goes to the fetus; (2) use of lime-containing foods; (3) the determining cause, some poison or poisons in the system, as alcohol, tobacco, or products of auto-intoxication.

### Alcohol and Tobacco

**Alcoholic Insanity in France.**—The French Ministry of the Interior has published statistics showing that of a total of 71,551 insane people in the asylums, 9,932 were due to alcoholic excess—nearly fourteen per cent, or one seventh.

**Prohibition Wave Cuts down Revenues.**—President Roosevelt has ordered the consolidation of two Tennessee internal revenue districts, because the recent prohibition wave has greatly diminished the liquor revenues in that section.

**Scientific Investigation of Alcohol.**—The British National League has in contemplation a series of scientific investigations into the action of alcohol on mental and muscular efficiency, and on the disease-resisting power of the blood, by means of an improved apparatus that has been devised for the purpose.

**Anti-Cigarette Law Declared Unconstitutional.**—A Washington State judge has discovered that the law prohibiting the sale of cigarettes and cigarette material is unconstitutional. Do you suppose that the tobacco trust is grateful enough to "recognize" such a patriotic service on the part of a judge?

**Appetite for Candy and for Alcohol Almost the Same.**—That is what the health commissioner of Pennsylvania believes. One who is passionately fond of sugar and candy—and gets it—does not crave alcohol, and vice versa. A physician suggests the explanation that when one eats sugar or candy in large quantity, fermentation takes place, producing alcohol in the body. Of course this applies to "artificial" sugars, such as cane-sugar, honey, etc., and not to "natural" sugar produced by a secret process.

### Drugs

**Pills Kill Woman.**—Pills which were thrown into a St. Joseph (Mo.) yard by an advertiser were picked up by the aged wife

of General Carroll, who took two of them, and died in agony.

**Crusade against Unlawful Medical Advertisements.**—The postmaster-general has adopted more drastic measures against illegal medical practitioners who use the mails for the purpose of defrauding the public. He has not only declared unmailable certain fraudulent advertisements, but has begun criminal proceedings against some of the most unscrupulous of the advertisers.

**Hygiene Versus Drugs.**—Professor Osler, lecturing to the students of St. Mary's Hospital, said that success in their profession was largely a matter of good health, and in this respect doctors were notorious sinners. Concerning the matter of personal hygiene, he said: "If you do not work too hard, you smoke too much and are indifferent about exercise. The best students seem to pay the least attention to nature's laws." He also paid his respects to drugs in the following language: "Be skeptical as to the pharmacopœia as a whole. He is the best doctor who knows the worthlessness of most medicines. Study your fellow man and fellow woman, and learn to manage them. Remember, above all things, that you are in this profession as a calling, not as a business. Once get down to a purely business level, and your influence is gone, and the light of your life goes out."

**Prevention Versus Cure.**—At the annual congress of the British Royal Institute of Public Health, the president, Sir James Barr, in his address created some sensation by saying that if the money spent in the treatment of disease were devoted to the preservation of health, our large hospitals would not be half filled. Synthetic-remedy men and artificial-food men would be left destitute. The necessity for surgeons and specialists would largely disappear, and physicians would be at work teaching health instead of curing disease. He advocated the regular medical inspection of schools and school children. He says the healthy children should receive proper attention, as well as the halt, blind, and degenerate.

### Tuberculosis

**State Tubercular Sanatorium.**—Pennsylvania is arranging for a million-dollar sanatorium for consumptives at Belle Alto.

There will be fifty cottages, each having a capacity for four patients. There will also be a large infirmary, administration building, central dining-hall, laundry, and buildings for employees.

**The New York Ferry-boat Hospital.**—June 13 the Ferry-boat Hospital for Consumptives was opened by the health board of New York City. From that date to October 31, 242 patients had been treated. Night accommodations were not furnished. Patients remained on the boat during the day for the fresh air, and received three meals and medical treatment.

**Tuberculosis from Monkeys.**—The curator of the New York Zoological Park has been attempting to stamp out tuberculosis among the monkeys, and now his doctor tells him that he has the disease, so he has packed up his things and gone to the mountains to take the "cure." About a year ago another man, a director in the "zoo," was suddenly taken with tuberculosis, thought to be from the animals.

**Recent Tuberculosis Investigation.**—Dr. Louis Cobbett, as a result of extensive animal experimentation, has demonstrated that the human tubercle virus can be divided into two groups, one producing a generalized tuberculosis ending in rapid death, the other producing a localized tuberculosis tending to recovery. His investigation favored strongly the theory that tuberculosis may be transmitted readily by way of the intestinal canal. The Report of the British Tuberculosis Commission, which contains this information, insists that bovine tuberculosis is infectious to man, and that butter and milk from infected animals, as well as tubercular sputum, may spread the disease.

**Influence of Diet on Tuberculosis.**—An experimenter, Weigert, fed one set of young pigs on fatty food, and another on sugars and starches, and then inoculated them all with tubercle bacilli. At the autopsy the animals fed on fats were found to be in better condition, and with distinctively less tubercular lesions than those fed on the carbohydrate food. The experimenter concludes—and this is in accordance with the observation of physicians generally—that an insufficient amount of fatty food predisposes to tuberculosis; and this is one factor contributing to the prevalence of tuberculosis among the poorer

classes, who naturally purchase very little food in the form of fat, on account of the expense.

**A New Test for Tuberculosis.**—It is asserted that if a drop of a specially prepared tubercular solution be placed in the eye of a well person, there will be no reaction, but if placed in the eye of a tubercular patient, there will be an inflammation of the conjunctiva, varying in intensity with the extent to which the patient has succumbed to the tubercular infection. There is absolutely no fever nor constitutional symptoms as a result of this test, but it is not advised when eye-disease is present.

### Other Infectious Diseases

**The Cholera Situation.**—In Japan and Russia, cholera is rapidly spreading, and strenuous measures are being enforced in order to control the epidemics.

**A Health Crusade in Louisiana.**—The members of the State board of health are arranging for a series of illustrated lectures on hygiene and preventable diseases, to be delivered in many of the towns, those especially where State and county fairs are held.

**Discovers Cure for Diphtheria.**—A Munich professor claims that he has discovered, in the germ known as the bacillus pyocyaneus, a cure for even the worst cases of diphtheria. The germ is developed on a liquid culture medium, and the filtered product is blown into the patient's throat, completely destroying, it is said, the diphtheria bacilli.

**Free Antitoxin.**—Massachusetts and Illinois are the only States which furnish free antitoxin for all diphtheria cases, whether poor or not. In Massachusetts only the antitoxin is furnished; in Illinois the antitoxin is furnished, together with a hypodermic syringe, ready for use.

**Plague and Superstition.**—The authorities in India find it difficult to deal with the plague situation on account of the prejudices of the natives. We have already reported the fact that, because of their religion, many of the natives oppose the extinction of rats. Now it appears that there is also difficulty with the Mohammedans who refuse to desert infected villages because they are forbidden by the Koran to

flee from the wrath of God. It is said that fully a quarter of a million of Mohammedans have perished as martyrs to this adherence to their faith.

**Railroads as Distributors of Typhoid.**—Those who investigated into the causes of the epidemic of typhoid fever in Scranton, Pa., failed to find adequate cause for the outbreak. A medical exchange calls attention editorially to the fact that "the streams and brooks which supply the ill-fated city of Scranton with drinking water are crossed and recrossed by the railroad, which daily carries hundreds of persons from Philadelphia, the asylum of typhoid," and refers to "the positive knowledge which we possess concerning railroads as distributors of typhoid." Convalescent patients still harboring the germs of typhoid fever in a virulent form, undoubtedly use the trains, and by means of the toilet room, contaminate the road-bed and the streams over which the road passes.

**Infantile Paralysis Epidemic.**—Many Eastern localities have this fall been visited by an unusually severe epidemic of the spinal disease known as infantile paralysis. This is one of the diseases whose causation is still enshrouded in mystery, though analogy suggests that it is an infectious disease of microbic origin. In New York, and probably in other large cities, the large laboratories offer in doubtful cases to make lumbar puncture and examine the cerebrospinal fluid, free of charge. It has been suggested that if as many fresh cases could be brought to the attention of the pathologist for examination as there are old cases of deformity resulting from the disease which appear at the clinics for treatment, it would probably be only a short time till the cause of the disease would be discovered.

### Schools

**Medical School Inspection in South Australia.**—The minister of education of South Australia will attempt to secure parliamentary legislation providing for an examination by the proper authorities of every pupil's eyes and ears, with a view to having all defects of this kind remedied.

**Sight and Hearing of School Children.**—The sight and hearing of the children attending school in the incorporated villages of New York will be tested under joint ac-

tion of the departments of health and education. The teachers will examine all pupils over seven years of age.

**Growth of Athletics.**—Statistics published at the Amateur Athletic Union in New York City show that there are nearly two and a half million people in this country engaged in athletics in some form, exclusive of swimmers, wrestlers, boxers, and players of baseball and basket-ball.

### Miscellaneous

**Imitation Becomes Reality.**—After witnessing a production of "Dr. Jekyll and Mr. Hyde," some time ago, a young man attempted to imitate the ravings of Mr. Hyde. He became so adept that his impersonation amazed his friends, but in a few weeks he began to experience the same difficulty that Dr. Jekyll did in returning to his normal self. A few days ago he seemed to lapse involuntarily into the character of Mr. Hyde, which now apparently has complete control of him. He was taken yesterday to the insane hospital at Richmond, Ind.

**A New Habit.**—An infant, born strong and healthy, developed thrush when two weeks old. A mixture of borax and honey was applied, and in a short time removed the growth, but the baby took very kindly to the borax mixture. As the manufacturers of baby foods say, "The baby cried for it;" and indulgent nurse or parent let the little fellow have it as a soother. Two or three four-dram boxes of borax per week were used, the result being that the child began wasting away, and an eruption appeared on the palms of the hands and soles of the feet, and on other parts of the body, with scaling between the fingers and between the toes. There was digestive disturbance, and other signs of disordered nutrition, which continued until the borax was stopped, and the child confined to breast milk, when the child began immediately to recover.

**Nurses Should Be Singers.**—In an address to the Hopkins Hospital Nurses' Club, Dr. George Stratton, professor of psychology in the Johns Hopkins University, laid great emphasis on the importance of music in the sick-room, saying that there is nothing so appealing to the emotions of a sick person as melody of some sort. Dr. Stratton believes that the young woman who intends to take up the profession of nursing should be able to sing.

# LIFE AND HEALTH

(Continuing Pacific Health Journal)

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

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

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Editor Life and Health,  
Washington, D. C.

DEAR SIR: Notwithstanding the immense amount of publicity which has been given to Esperanto, the international language, I find that at this time not more than one tenth of the people of the United States have even a vague idea of its purpose and scope, and perhaps not one in a hundred has a reasonably definite conception of it. As a sort of counter-irritant

to the irresponsible criticism which is occasionally circulated by the uninformed, I have printed for free distribution a second edition of 100,000 copies of a small primer, "Elements of Esperanto," setting forth the grammar, word-construction, and purpose of the language, and will mail a copy to any person who requests it, sending stamp for postage. There are thousands of your readers to whom this movement for an international auxiliary language, which now covers every country on earth, will appeal as something more than a fad, and they would appreciate your giving publicity to this letter.

Cordially yours,

ARTHUR BAKER.

Editor American Esperantist,  
1239 Michigan Ave., Chicago, Ill.

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### Miscellaneous

**Intercollegiate Football.**—At the annual convention of State universities, President Barker, of the University of Colorado, severely condemned football and other intercollegiate sports when they are permitted by students to become too engrossing.

**Kankakee Endurance Contest.**—On Thanksgiving day forty-eight men entered a contest to determine who could carry a one-hundred-pound sack of sand the farthest. Five men carried their sacks a distance of ten miles, and then as it was getting dark, and the men did not show signs of giving up, the newspaper which offered the prizes, called off the men, and gave the amount of the first prize—ten dollars—to each of them. Thirty-eight carried their sacks a mile or more, thereby earning a consolation prize of a sack of flour each. Now Kankakee challenges the world to do better.

**Medical Esperanto.**—At the recent Esperanto Congress, held in England, there was organized an International Esperantist

Scientific Association. It was decided to issue an Esperanto medical dictionary, and to make an effort to have one of the Paris medical journals issue an Esperanto edition of the journal.

**Good Teeth Prolong Life.**—A German insurance company has appropriated twenty-five thousand dollars annually to provide dental work for its policy-holders. The company has found that men with sound teeth live longer than those with defective teeth.

**Death of Major Carroll.**—September 16, after a long illness, James Carroll, M. D., Major and Surgeon, U. S. A., died in the city of Washington. He was a member of the commission appointed in 1897 to study the cause and prevention of yellow fever, and as an experiment permitted himself to be bitten by a mosquito that had been caused to bite three yellow fever patients. Within four days, he was attacked with yellow fever in severe form. To the courage of this man and his associates we owe much of our present knowledge of the causation of yellow fever.

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