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February  
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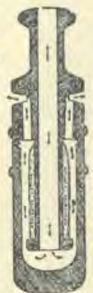
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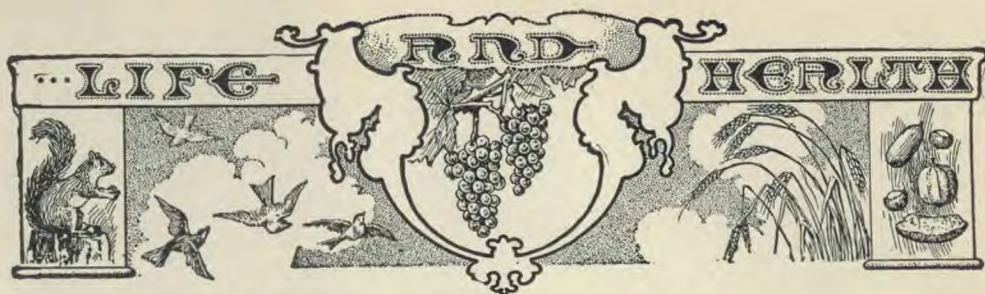
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Vol. XXIII Takoma Park Station, Washington, D. C., February, 1908 No. 2

## Pneumonia

D. H. KRESS, M. D.

*Superintendent Washington (D. C.) Sanitarium*

**P**NEUMONIA, one of the most widespread and most-to-be dreaded of diseases, is present in all climates, and attacks people of all ages and during all seasons. The sudden temperature changes of spring may explain its greater frequency at that time of the year.

### Predisposing Causes

Anything which lowers the vitality of the lung tissue renders one more liable to an attack of pneumonia. Among adults, alcoholism is one of the most potent of predisposing causes. The disease frequently follows a cold, or an attack of influenza.

Butchers, saloon keepers, commercial travelers and others who live high and exercise little are especially subject to the disease, and with such it frequently proves fatal. As a result of overloading the system with material that can not be appropriated, cell activity is lessened, tissue vitality is lowered, the circulation is rendered sluggish, and the internal organs, especially the lungs, are engorged. This is a condition that frequently precedes pneu-

monia. Exposure to cold or chilling of the body aggravates this condition, increasing the lung engorgement, and preparing a soil favorable for the growth of the germs.

### The Pneumonia Germ

Pneumonia is believed to be due to a specific micro-organism, or germ, and to be communicable from one person to another. There are numerous instances on record where several members of the same family were, one after another, stricken down with the disease.

The germ is always present in the saliva of persons who have recently recovered from an attack, and may be present for years after. In fact, it is frequently found in the mouths of healthy individuals who have never had pneumonia.

Like the germ of tuberculosis, it is present nearly everywhere; but while the tubercle bacillus produces its most fatal effects on those who are poorly nourished, the germ of pneumonia is more apt to cause a fatal termination when it gains a foothold in the lungs of the overfed and overnourished,

gouty, or rheumatic subject. It is usually the weakling who succumbs to tuberculosis. It is often the middle-aged man, who appears to be as sound as a dollar, that the pneumonia germ selects as a candidate for the undertaker.

#### Prognosis

While the disease is not apt, as a rule, to be fatal in childhood, a fatal end is almost a matter of course in the aged, and in those suffering from heart weakness, or kidney disease, or from diabetes. The disease is also highly fatal in the "well-nourished," the stout, the apparently robust who are fond of the pleasures of the table, and perhaps include more or less of alcoholic drink in their intake, and use meat freely.

Pneumonia usually runs its course, and not much can be done to abort it; but care in the matter of treatment and diet adds greatly to the comfort of the patient, and favors recovery.

#### Treatment

The disease requires prompt and careful treatment. It is impossible to outline a treatment that can be employed in every case. The condition of the patient must be understood.

Heroic treatments should not be given by novices, as much harm may be done. As a rule, there is more danger in attempting to do too much than in doing too little. It goes without saying that the welfare of the patient depends very much on the skill and the experience of the attendant.

The aim of all treatment should be: (1) To relieve the engorged condition of the lungs; (2) to reduce the local inflammation; and (3) to allay the symptoms which distress the patient, such as pain and difficulty of breathing.

For the relief of pain, fomentations applied over the chest, in front and behind, for ten or fifteen minutes will be found of value.

On removing the fomentation, a cold compress should be applied both to the front and to the back of the chest. The compress applied to the front should cover chiefly the parts involved, and should be kept cold by changing every few minutes. The compress applied to the back should be allowed to remain as a heating compress until the next fomentation is applied, which should be after an interval of one or two hours.

The feet and arms should be kept warm constantly. This is important, as chilling of the extremities throws more blood into the interior, and embarrasses the already overworked heart and lungs. The circulation of the blood to the skin should be encouraged by cold mitten friction or cold towel rubs. This treatment serves a double purpose,—the friction draws the blood away from the internal organs to the periphery, thus relieving the labored breathing and easing the heart's action; and the application of cold water lowers the temperature, and increases the oxidation and elimination of wastes.

If the fever is high, a wet-sheet pack may be preferred. Wring a sheet out of cold water, and wrap it snugly and rapidly around the patient, and around this one or two blankets, arranged so as to exclude the air. If the feet are kept warm, a reaction will occur in a short time, and the blood will be drawn to the periphery. Sweating may be induced by prolonging the wet-sheet pack, and in most cases will be found beneficial.

An enema of cool water may also be used as an aid in lowering the temperature. Encourage the drinking of cold water. Sipping of hot water will often relieve the cough.

The bowels may be kept open, if necessary, by a light cathartic.



Blue lips and labored breathing indicate extreme congestion of the lungs and failure of the heart, and call for immediate attention. Derivative treatment should be given at once. The hot hip and leg pack, with heat to the feet, is an excellent means of affording relief. An ice-bag or frequently renewed cold compress, should be placed over the heart.



WET-SHEET PACK

Patient lying on couch—on which has been spread the blankets and the sheet wrung out of cool water—ready to be wrapped in the sheet.

[The patient lies on the couch as shown in the first figure, and is wrapped quickly and snugly in the sheet, so that the sheet comes in contact with all parts of the surface. In order to do this, the arms are raised as the sheet, hanging down on one side, is drawn over the chest and body, and the lower part tucked in between the limbs. The arms are now lowered, and the other side of the sheet is drawn over, so as to inclose the entire body, including the arms and shoulders. The sheet should be drawn snugly around the shoulders and the feet. A hot-water bag or its equivalent should be placed at the feet, and then one layer after the other of the blankets should be drawn over the patient in such a manner as effectually to exclude the air. The head should be kept cool during the treatment. If this application is made quickly, and properly, the patient should soon react, and then it becomes, in effect, a warm or a hot treatment, according to the length of the exposure. A wet-sheet pack should be terminated with some cooling treatment, as a wet-mitten friction or a cool sponge, followed by thorough drying, without exposure to the air. To give such a treatment properly requires experience. A pneumonia patient should be under experienced medical supervision. This does not mean under drug medication, but under the care of one who knows the danger-signals and how to meet them.]

As soon as the inflammation of the lungs begins to subside, the cold compresses are no longer necessary. A general heating compress should then be used to promote the circulation of the blood through the diseased area and to encourage absorption.

Other treatment may be indicated. The one thing that should be kept in mind in giving treatments is the condition of the patients, and the treatments should be modified to meet each individual case. Any treatment which successfully equalizes the circulation and draws the blood from the engorged lungs and that will reduce the local inflammation, may be safely employed.

The open-air treatment of pneumonia, giving the patient unlimited opportunity to breathe pure air, is gaining favor in this disease.

### Diet

Attention should be given to diet. While in tuberculosis the chief aim is to improve the nutrition by feeding the patient on nourishing food, and



WET-SHEET PACK

Patient wrapped in sheet and blankets.

plenty of it, in pneumonia it is best to feed sparingly, and of foods which contain comparatively little of the albuminous elements. Meats, eggs, beans, nuts, and nut preparations should be avoided. Beef extracts are dangerous, and aggravate the trouble. Fruit juices are beneficial in all stages of the disease. When the patient is able to take solid foods, thoroughly baked breads and ripe fruits are among the best foods that can be used.

# Sun, Air, and Water; Their Use in the Preservation of Health and the Cure of Disease<sup>1</sup>

S. A. KNOPF, M. D.

Director in the National Association for the Study and Prevention of Tuberculosis; Associate Director of the Clinic for Pulmonary Diseases of the Health Department; Visiting Physician to the Riverside Sanatorium for Consumptives of the City of New York; Consulting Physician to the Sanatoria at St. Gabriels, New York, and Binghampton, N. Y.; the Mountain Sanatorium at Scranton, Penn.; etc.



THE motto of LIFE AND HEALTH is "Why Worry?" If anything has a tendency to do away with worry, or, better yet, to prevent its coming to the front, it is good health; and the agents which kind nature has placed at our very doors, and which are most helpful in the preservation of health and good cheer, are *sun*, *air*, and *water*.

Sunlight from without almost invariably has a tendency to produce sunlight from within; and when we breathe good, pure air, sad thoughts are rarer. When with the aid of water, taken internally, we keep our bowels in good condition and our kidneys flushed, and by its free external use keep our skin clean and the pores open, hypochondria, the result of a torpid liver and bad circulation, will not make our lives miserable. But as with all good things, it is the judicious use, not the abuse nor the wrong use, of these three gifts of God, which will help us to keep well and free from worry, and which will be able to render us happy.

To familiarize the layman with the judicious use of sun, air, and water as means to preserve a healthy body and gain a cheerful mind, and also to indicate how these agents can be helpful under proper medical direction, in curing disease, is the subject of this

article. To facilitate reference, this essay will be divided into three sections indicated by the titles *Sun*, *Air*, and *Water*, and illustrated so as to make the meaning of certain recommendations as clear as possible.

## Sun

There have appeared of late some articles in the medical and also in the lay papers claiming that sunlight is injurious and productive of disease. There is no doubt that, in tropical countries, the newly arrived person who has been born and raised in northern climes, be he blond or brunette, unless he leads an exceedingly sober and careful life, and protects himself against the strong actinic rays and the intense heat of midday, is bound to suffer and become more easily a victim of endemic and epidemic diseases. But to apply this rule to our temperate zones and northern climates is fallacious, unscientific, and even dangerous. It has been demonstrated again and again that in our moderate zones the patients in the general hospitals do best in those wards which have the most exposure to the all-beneficent sun. The celebrated health resort, Davos-Platz, in Switzerland, to which thousands of consumptives flock every year, owes its reputation mainly to the great amount of sunshine characteristic of that region.

And may we not say the same of

<sup>1</sup> Written by special request for LIFE AND HEALTH.

our equally world-famous climates of Colorado, New Mexico, and Southern California, where the number of sunny days each year amounts often to three hundred and more? On the other hand, recent reports show that in England the mortality from tuberculosis is highest in places where weather statistics show the greatest number of rainy, windy, and cloudy days.

Those who have had any experience in phthisiotherapy (treatment of consumptives) in midwinter, either as physicians or as patients, will know how grateful the sunlight feels when one is outdoors taking the cure at a temperature below freezing. There is something beneficial in the rays of the sun, which it is difficult to explain; but, as said in the introduction, the injudicious use and abuse of all gifts of nature is detrimental; and solar-therapy, also called helio-therapy, must be regulated, individualized, and supervised just as much as the administration of morphin, digitalis, opium, or any other drug.

The directions I am in the habit of giving to my consumptive patients regarding the sun when outdoors, are something as follows: Never walk in the bright sunlight without having your head covered; when taking the rest-cure, have your body bathed by the rays of the sun, but keep your head in the shade; if the glare of the sun causes your eyes to feel uncomfortable, wear smoked glasses; when you are feverish, do not take any sun-baths. Should the prolonged exposure to the sun give you headache, cause a rise of temperature, or make you feel uncomfortable in any way, discontinue these sun-baths until the physician orders them to be resumed.

In hot weather, when every one

feels better in the shade, it is of course absurd to expect the patient (unless he feels chilled) to remain in the sun and feel comfortable. On the other hand, in our temperate zone, I believe, most patients gladly remain in the sunshine during the greater part of the year, and feel better for it.

I believe in direct sun-baths for tuberculous patients, but I also believe that the utmost caution is necessary. I attach so much importance to this that when ordering sun-baths indoors, I give each patient the following specific directions:—

“The sunniest room should be selected for the purpose. Fixed carpets should not be placed in such a room, and the floor must be kept scrupulously clean.

“In a private home, where neighboring windows are often near, the arrangement will be somewhat difficult, and low screens may have to be used. In winter the room should be heated to from 70° to 75° F. By and by the patient's skin will be less sensitive to the air, and the temperature of the room can be decreased. The room must always be well ventilated. In summer the upper part of the windows can be left open.

“The patient undresses entirely, but if he complains of cold feet, he can keep his stockings and even his shoes on until he has become warm enough and desires to take them off. He places first a warm sheet around his body, and then a large blanket; he then lies down on the floor in the sun, his head in the shade and slightly elevated by a cushion. As he begins to feel the warmth of the sun, he uncovers himself gradually until the whole of his body is exposed to the rays of the sun; he exposes his back by turning on his chest. He remains in the sun-room

for from half an hour to two hours, according to the directions given him by his physician. He may change the recumbent to the sitting position, or walk about.

"Like all curative agents in the treatment of phthisis, sun-baths should not be taken without the supervision of the physician. Too much exposure may cause irritating skin troubles. To prevent these the patient should cover himself with one or even two layers of the sheet whenever the sun's rays produce a slightly burning sensation. Should these cutaneous complications occur, nevertheless, the baths must be omitted for a time and the skin bathed in warm water, and friction with lemon juice applied. Headache or a feeling of discomfort is the signal to stop, no matter how short a time the bath has lasted. When there is a temperature above normal ( $98.6^{\circ}$ ), sun-baths should not be taken, and the patient should remain in bed. Slightly feverish patients may take sun-baths; but when experience shows that the baths are followed by an elevation of temperature, they must be discontinued.

"While taking the sun-bath, the patient should do some deep breathing.

"If it is not possible to have enough sun-baths while undressed at home, patients should take them outdoors, dressing in light-colored clothes—never in black, red, or brown—so as to permit the better penetration of the actinic rays. Patients should always take an umbrella or parasol with them, so that they may shade their heads, no matter where they take their sun-baths."

To avoid all possible misunderstanding, I wish again to repeat that the indication for solar-therapy and its methods of application will depend not only upon locality (altitude, latitude, and other climatic factors), upon the

season of the year, upon the disease for which it is prescribed, but also upon the idiosyncrasies, that is to say, peculiar susceptibilities, of the individual. Never should solar-therapy be resorted to without direction by a competent physician.

As a factor in the preservation of health we know, of course, that the bed- or sitting-room which has the most light or most sun in winter is the healthiest to occupy, and that narrow streets with high buildings, which may cause a grateful and pleasant shade on a hot summer day, are neither healthful nor pleasant to live in. They are exceedingly uncomfortable and draughty in cold weather, and are not suited for permanent habitation in our temperate or cold zones.

In the prevention of diseases, particularly tuberculosis, I consider the judicious use of sun, air, and water as important as proper food. It may not be amiss here to reproduce the thoughts on this subject in relation to infancy and childhood, which I presented some years ago to the British Congress on Tuberculosis,<sup>1</sup> and later in a lecture before the senior class of the Johns Hopkins Medical School.<sup>2</sup>

The proper bringing up of children that have a tendency to become tuberculous is of the greatest importance. The disinclination to play outdoors, which is so characteristic of the little candidates for tuberculous diseases, can be overcome only by discipline. To dress them too warmly and bundle

<sup>1</sup> Knopf, S. A.: "State and Individual Prophylaxis of Tuberculosis, during childhood, and the Need of Children's Sanatoria," *Zeitschrift für Tuberkulose und Heilstättenwesen*, Bd. III, Heft 1, 1902.

<sup>2</sup> S. A. Knopf: "The Prevention of Tuberculous Diseases in Infancy and Childhood," *Johns Hopkins Hospital Bulletin*, Vol. XII, No. 126, page 275.

them up all the time is as injurious as having them remain most of the time indoors. To harden the constitution will be the best method to counteract a predisposition to take cold easily, which in children predisposed to tuberculosis often tends to develop catarrhs of the deeper respiratory tract.

I consider the air-bath and sun-bath for children at the earliest age most beneficial. Let the little ones toddle around naked or covered simply with their white shirts every day for a short time; in cold weather in well-warmed rooms, bathed by the rays of the sun,

but always on a clean floor or clean Japanese matting. With their growing intelligence children should be taught by practise and example the value and the love of pure, fresh air. As soon as the age and intelligence of the child will permit, breathing exercises should be taught him. He should learn to like them as the average child does general gymnastics.

The lying-in room, the nurseries and play rooms, must always be well ventilated, and should have a southern exposure, particularly in winter.

*New York City.*

Pneumonia occurs more frequently in crowded, dark, and ill-ventilated dwellings than where the supply of light and air is ample. The life of the tenement-house is peculiarly favorable to its development, and the crowded, stuffy, overheated workshop is responsible for an undue proportion of cases. Fortunately the germ is short-lived, or the disease would become endemic in such locations. As it is, the conditions render the lungs especially vulnerable to the action of the specific organism and increase the chances of infection.—Andrew W. Smith, M. D., in "Twentieth Century Practise."

The first and by far the most frequent [determining cause of pneumonia] is exposure to cold. The connection between such exposure and the subsequent attack is often too direct to leave any doubt of the causal relation. For example, of persons rescued from falling into very cold water, a considerable proportion will have pneumonia, and that without having been submerged or having taken water into the air-passages. But even comparatively slight chilling of the surface, especially if continued for a considerable time, is frequently followed by an attack which may or may not be preceded by the usual symptoms of a cold. A period of unusually low temperature very generally leads to an increased prevalence of pneumonia, especially among young children and aged people.—Andrew W. Smith, M. D., in "Twentieth Century Practise."

Pneumonia in chronic invalids frequently runs a comparatively mild course, . . . whereas it may speedily produce death in robust, powerful, muscular men, who frequently succumb to its ravages far more rapidly than more lightly built and apparently delicate individuals. Indeed, the physician of experience dreads the onset of the disease in powerful, well-developed men much more than he does when it attacks those who are less given to active exercise and feats of physical strength.

Stout persons also seem to be more susceptible to the lethal influences of the disease than those who are lean. This probably depends upon two causes: first, the heart and lungs may be overweighted with fat, and second, such persons usually contain in their tissues large amounts of serum.—H. A. Hare, in "Practise of Medicine."

# The Contagion of Health

J. R. LEADSWORTH, B. S., M. D.



CAVILING agnostic was once heard to remark that if he had been the Creator, he would have made health contagious instead of disease. But health is contagious, and men usually have to work hard to get disease. Men can be found by the score who have spent the best part of their lives in hard work, almost night and day, to contract some chronic ailment and get a few shekels thrown in. They have endured poorly ventilated offices, have hardly taken time to eat or sleep, and rushed to catch moving cars or to keep from being killed by street vehicles. Many of them are surprised that it took such hard work covering the prolonged period that it did to get to their present state of disease. They earned it and fully expected it years before.

On the other hand many of these who have worked so hard in contracting some chronic ailment, find, when they get away from the office and counting-room, and spend a few days or weeks in the sunshine and fresh air, that their disease often mysteriously takes its departure. They become aware of the fact that they have "contracted" a condition of health; actually "caught" it. And so pleasurable has been the getting of it, they would like to spend the remainder of their days under the same natural, rejuvenating influences. The city office has lost its hypnotic spell over them, and it requires days before they again become accustomed to its contaminating odors and unsanitary conditions.

It took mankind a long time to learn that the Creator had surrounded the earth with a specific remedy — a per-

fect antidote for that dread disease consumption. And now, instead of its being recognized that there are only a few favored spots on the earth where the climate is especially adapted for ridding the system of this plague, it is known that the poor may live out-of-doors wherever fresh air and sunshine are found, and reap almost equal benefit with their more favored neighbors who have means to pay for luxuries and a trip abroad.

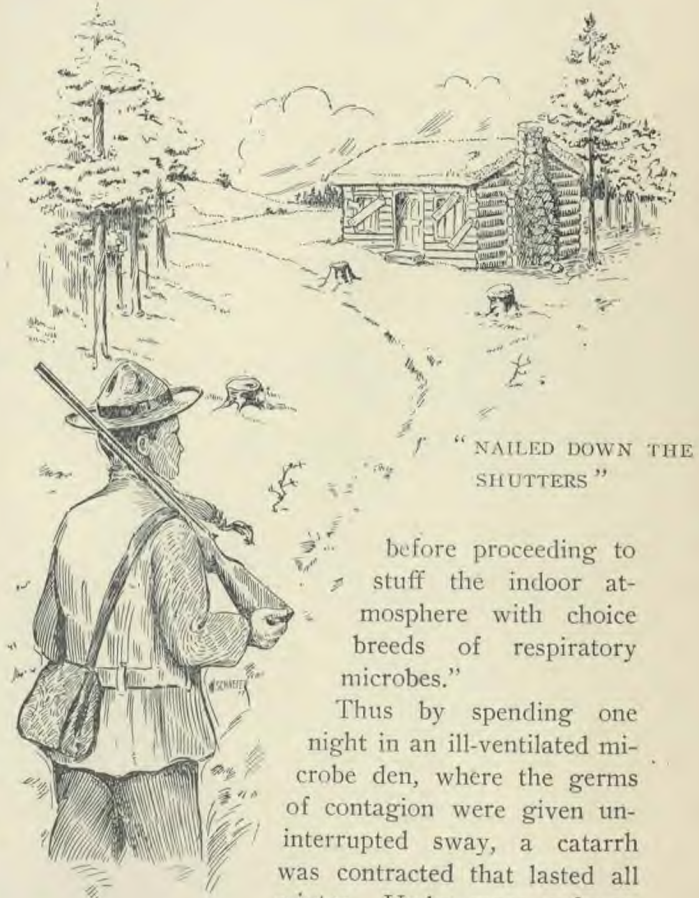
In our large city hospitals, where money has provided every convenience and appliance that can be utilized with benefit for treating the sick, where the leading men in the medical profession are at hand to suggest some new and potent remedy from the *materia medica*, it is found again that fresh air in abundance will do more to bring about a favorable termination of that worst of all winter diseases, pneumonia, than all other agents combined. In some of these hospitals where, because of adjacent buildings, light and fresh air are at a premium, the ward for pneumonia cases is made on the roof, where these natural agents can be had with all the profuseness with which they are supplied by the Giver of every good and perfect gift.

So far the experiment with this fresh-air treatment seems to rob this disease of half its terror. And if a constant supply of pure, fresh air and sunshine exerts such a powerful remedial influence upon the two diseases which are most destructive to life, can we not assuredly expect that they will be equally effective as therapeutic agents in many other disorders? Nay, more, would it not seem to be worth the ex-

periment to try fresh air and sunshine in large, oft-repeated doses to keep us immune from many of the common ailments that lay us up for repairs at frequent intervals?

It has been well said that in the home where sunshine never enters, the doctor does. It is in such homes that disease germs propagate. As soon as one family moves out because of constant sickness, thought to be due to "unhealthful" surroundings, another family moves in to go through a similar experience. Dr. Oswald tells of an experience while spending a winter in the Tennessee highlands that forcibly illustrates this fact. Returning from a hunting trip on the Carolina border, he found the mountain roads buried in snow. Having a camping outfit along, he decided to pass a night in a deserted cabin, some miles from his headquarters. "The cabin had been wide open for weeks, but the home-made shutters were now closed — by the gale, I thought — as I made myself comfortable in the chimney corner, tired enough for a dormouse sleep. The prospects for a good night's rest could not have been more favorable, for the blizzard had abated, and the glen was a sanctuary of silence; but before daybreak I was awakened by the fever fit of a catarrh that worried me all winter, and left traces of permanent after-effects on my organism.

"A week after, and by that much too late, I ascertained that the same gale had snowbound a gang of woodcutters in that cabin, and that they had nailed down the shutters and stopped the chinks with double weather boards,



before proceeding to stuff the indoor atmosphere with choice breeds of respiratory microbes."

Thus by spending one night in an ill-ventilated microbe den, where the germs of contagion were given uninterrupted sway, a catarrh was contracted that lasted all winter. Under more unfavorable conditions it might have been the beginning of a serious case of tubercular infection. And notwithstanding the success which attends the modern methods of treating tuberculosis, it is much safer to sleep in a well-ventilated, sunny room, and thus avoid contracting the disease than to take chances of a cure.

*Los Angeles, Cal.*



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

Conducted by Augusta C. Bainbridge, 4487 Twenty-third Street, San Francisco, Cal.

## Prayer for the Sick

MRS. E. G. WHITE



HE Scriptures say that "men ought always to pray and not to faint;" and if ever there was a time when they feel their need of prayer, it is when strength fails, and life itself seems slipping from their grasp. Often those who are in health forget the wonderful mercies continued to them day by day, year after year, and they render no tribute of praise to God for his benefits. When sickness comes, God is remembered. When human strength fails, men feel their need of divine help, and never does our merciful God turn from the soul that in sincerity seeks him for help.

The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon his strength. Through faith and prayer the sick-room may be transformed into a Bethel. In word and deed, physicians and nurses may say, so plainly that it can not be misunderstood, "God is in this place," to save and not to destroy.

If the life of the attendants upon the sick is such that Christ can go with them to the bedside of the patient, there will come to him the conviction that the compassionate Saviour is

present, and this conviction will itself do much for the healing of both the soul and the body.

And God hears prayer. Christ has said, "If ye shall ask anything in my name, I will do it." Again he says, "If any man serve me, . . . him will my Father honor." If we live according to his Word, every precious promise he has given us will be fulfilled to us.

### Conditions of Answered Prayer

But only as we live in obedience to his Word can we claim the fulfilment of his promises. The psalmist says, "If I regard iniquity in my heart, the Lord will not hear me." If we render him only a partial, half-hearted obedience, his promises will not be fulfilled in us.

Many persons bring disease upon themselves by their self-indulgence. They have not lived in accordance with natural law or the principles of purity. Others have disregarded the laws of health in their habits of eating and drinking, dressing or working. Often some form of vice is the cause of feebleness of mind or body. Should these persons gain the blessing of health, many of them would continue to pursue the same course of needless transgression of God's natural and spiritual



laws, reasoning that if God heals them in answer to prayer, they are at liberty to continue their unhealthful practises and indulge perverted appetite without restraint.

### Submission to God's Will

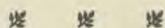
There are cases where God works decidedly by his divine power for the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus. John on the Isle of Patmos was bidden to write, "Blessed are the dead which die in the Lord from henceforth: yea, saith the Spirit, that they may rest from their labors, and their works do follow them." From this we see that if some are not raised to health, they should not, on this account, be judged as wanting in faith.

We all desire immediate and direct answers to our prayers, and are tempted to become discouraged when the answer is delayed and comes in an unlooked-for form. But God is too wise and good to answer our prayers always at just the time and in just the manner we desire. He will do more and better for us than to accomplish all our wishes. And because we can trust his wisdom and love, we should not ask him to concede to our will, but should seek to enter into and accom-

plish his purpose. Our desires and interests should be lost in his will. These experiences that test faith are for our benefit. By them it is made manifest whether our faith is true and sincere, resting on the word of God alone, or whether depending on circumstances, it is uncertain and changeable.

Not all understand these principles. Many who seek the Lord's healing mercy think that they must have a direct and immediate answer to their prayers or their faith is defective. For this reason, those who are weakened by disease need to be counseled wisely, that they may act with discretion. They should not disregard their duty to their friends who may survive them, nor neglect to employ nature's agencies for the restoration of health.

Often there is danger of error here. Believing that they will be healed in answer to prayer, some seem to fear to do anything that might seem to indicate a lack of faith. But they should not neglect to set their affairs in order as they would desire to do if they expected to be removed by death. Nor should they fear to utter words of encouragement or counsel which at the parting hour they wish to speak to their loved ones.—"*Ministry of Healing.*"



"BUT unto you that fear my name shall the Sun of Righteousness arise with healing in his wings." Mal. 4:2.

How often the promise of healing is given to the children of God! Here it is to "you that fear my name."

In order to interpret his health-giving, life-giving power, the Healer, the Son of God, is compared to the sun in the heavens. The sun is really a daily object-lesson to us; for the healing that is in his wings (beams), powerful as it is,

is only a figure of the healing that is in Christ Jesus. Perhaps if we all lived out in the sunshine more, and let the beams from that God-given luminary do their appointed work on and in our bodies, we should be better prepared to receive the righteousness, both physical and spiritual, that the Creator has given to us in his Son, the Lord Jesus.

Truly, it was a blessed thought that put this illustration at the head of the department of Divine Healing.—A. C. B.

# HEALTHFUL COOKERY



## AND HOUSEHOLD SUGGESTIONS

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

### Dairy Products

MRS. D. A. FITCH

**B**Y dairy products is meant those articles of food obtained from the cow; namely, milk, cream, butter, and their by-products, as buttermilk, cheese, cottage cheese, kumyss, etc.

At its best, cow's milk is not the natural food of the human being, either young or old; and with diseased herds and careless handling it is still less so, and in many cases is positively dangerous. To be sure, infants must have liquid food; but, with those who are older, food of harder texture insures more thorough mastication, a better flow and more perfect mixing of saliva, and hence better digestion.

Some say that milk should be chewed. It can be. At all events it should be taken in sips, so that the curds formed in the stomach may be very small, thus enabling the gastric juice to work on them easily.

In order to destroy disease germs, it is a good plan to "sterilize" milk before using. This may be accomplished by allowing water to boil around it for half an hour or a little longer. The more rapidly it is cooled, after sterilizing, to a temperature below 50° F., the better, and the longer it will keep.

#### Cream

Unless separated by mechanical means from the milk, cream is apt to be much exposed to the air and to gather dust and germs. Being an emulsified fat, it is probably more easily digested, and interferes less with the digestion of other foods, than does butter or milk.

#### Butter

In the cream tiny globules of fat are encased in capsules of proteid matter. In the course of the churning process these capsules are broken, the fat is liberated, and the butter appears. This should be thoroughly washed in several cold waters to remove the perishable buttermilk, and insure perfect keeping. If not to be used immediately, it should be packed closely in a suitable jar or tub, and covered with strong brine, or dry salt thickly laid on a cloth. Properly cared for, it will keep sweet and good for weeks, or even months. Its use in or on hot foods is objectionable, since it encases them and prevents the digestive juices from reaching them.

#### Buttermilk

This often serves an excellent purpose for persons convalescing from a

wasting sickness, for it is nutritious, and by most persons is easily digested. As to the amount of bacteria present, all depends on the healthfulness of the cow and the care the milk has received.

### Cheese

Cheese is manufactured by the introduction of rennet into warm milk, which causes it to thicken. When the whey is removed, the curd is pressed into the desired form. Age is required to give palatability. It is a highly nitrogenous food, but is rather prejudicial to good digestion, and contains millions of germs to the ounce.

### Cottage Cheese

This is sometimes called Dutch cheese. It is usually made from milk which has thickened in souring. The cooking is easily done by pouring boiling water over the surface until curds form. Or it may be heated in a steamer, over boiling water, or in a moderate oven. To remove the whey, pour into a cloth and hang to drain. When well drained, there should be added salt and a little thin cream or rich milk, mixing all well together. If there is a tendency to form hard curds, they may be reduced by putting the

whole through a meat mill. The cheese may be made into balls or packed for slicing. One-fourth cup of lemon-juice introduced into one quart of sweet warmed milk will yield curds equal to the above, and by many is considered much more hygienic. Made into balls and rolled in chopped parsley, cottage-cheese presents an attractive appearance.

### Kumyss or Kumyzoon

This is a preparation of milk in which the milk sugar is converted into lactic acid. Ordinary kumyss contains multitudes of germs of many kinds, as a result of which it is quite variable in taste and nutritive value. However, it may be manufactured in a comparatively pure condition.

### Ice-Cream

When eaten without proper precaution, ice-cream is too cold for delicate stomachs; but the principal objection lies in the union of milk, eggs, and sugar. Though it is possible for one to eat occasionally a dish of ice-cream without apparent injury, the ice-cream habit or the soda-fountain habit in a young person is little better than the tobacco habit.

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## Substitutes for Butter

It is so customary to use something on bread that the practise seems almost indispensable. However, many are awaking to the fact that dairy products are not so safe as they have been in the past, and so are seeking something palatable as well as healthful to take their place. Nature has provided a vegetable butter admirably suited to taste and nourishment in the form of the —

### Alligator Pear, or Avocado

The thick green pulp found between the stone and skin of this tropical fruit is simply salted, and it is then ready for use. It is very rich in fat.

### Gluten Butter

Salt well equal parts of water and olive-oil or other good cooking-oil and make it of butter consistency by the use of twenty-per-cent gluten or moderately browned flour.

**Peanut Butter No. 1**

In a moderate oven dry shelled Spanish peanuts until the hulls will readily rub off. Do not brown; browning changes the fat into a poisonous acid. After removing the hulls, soak the nuts overnight, and boil in the same water until very soft. Several hours will be required, as for beans. If there is some liquid, it may be diluted and used for soup in place of beef soup stock. Press the nuts through a fine colander, salt, and you have what is both butter and meat.

**Peanut Butter No. 2**

Reduce raw peanuts to a fine meal, salt, add water to the consistency of thick cream, and steam for several hours. Some prefer this to Peanut Butter No. 1. Pressed through a fine colander, with, perhaps, the addition of a little salt, it makes an excellent

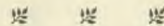
bread spread. The addition of salad oil is an improvement.

**Legume Butter**

Well-cooked beans, or other legumes, passed through a fine colander, seasoned with salt and a little cream or palatable oil, will be found excellent on bread. It has the nutritive properties of both butter and meat.

**Fruit Butters**

Dates, raisins, figs, or other fruits, as olives, and nuts, which do not require cooking, may be ground, and will be found very acceptable in place of dairy butter. Apple and other fruit butters usually eaten as sauce may be profitably used as spreads for bread. Fruit juices sweetened to taste and thickened with a little corn-starch are much better than jelly, since the latter contains too much sugar to be really wholesome.



## Your Hand-Bag

Is it getting shabby? or does the handle need fastening? Let me tell you what you can do. Any cloth which suits your taste may be utilized to cover it, and its utility not be sacrificed.

Measure a strip four or five inches more than the depth of the bag, and perhaps three times its width, or more if desired. Fold an inch hem for both top and bottom, and shir with strong

thread or on a cord. Draw one shir to just fit the bottom of the bag and the other to allow of fastening at the top of the leather, and around to the hinge from which there needs to be a shir to the lower hem. Shir a strip of suitable width to cover the handle and close it on by stitching through and through, and the same at the lower hem of the bag.





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

### He Sleeps

HUSH, he sleeps, and one little head  
 Is laid on the pillow fair and bright,  
 And two little eyes have veiled their fun,  
 Their frolic and play, for the day is done,  
 'Neath the dark-fringed lashes of night.

Two little holes in two little socks,  
 Two little shoes with the heels run down,  
 One little dress that is sadly torn,  
 An old straw hat that is badly worn,  
 And is minus its once brave crown.

Over the house are the playthings strewn,  
 And there isn't a thing that is in its place.  
 There are baby foot-prints around the door,  
 And over the nice clean walls and floor  
 Baby fingers have left their trace.

But I stoop and kiss the two little lips  
 Of my blessing and bother, my trial and joy.  
 And my heart is full as I smooth away  
 The two little curls that like sunlight lay  
 On the brow of my baby boy.

A tired mother — a sleeping child,  
 O Father, the loving outweighs the pain,  
 So I bow my head, and I breathe a prayer,  
 That the two little feet may travel where  
 The road leads to eternity bright and  
 fair.

— *Selected.*



## Winter Evenings at Home with the Children

MRS. M. C. WILCOX



O parent who fully appreciates the possibilities of the long winter evenings for mental and spiritual growth will allow them to be idled away in mere amusement and self-pleasing. The fireside furnishes excellent opportunities for the interchange of thought and loving confidences, and for the realization in our own and in our children's lives, of our loftiest ideals. Is

it not true in regard to family life that "our aspirations are prophecies of our future"?

To use the evenings as a means of self-culture and education both to parents and children is not inconsistent with the merriest, jolliest fun and frolic, joined in by every member of the family.

It in no way lessens respect for the father if he plays hide-and-go-seek,

blind man's buff, old bear, and other games with his children. Neither does the mother lose her dignity by entering into these games, as many mothers know. On the contrary, the participation of the parents adds immensely to the enjoyment of the children.

Recently, a mother, who had helped

Children naturally seek amusement and entertainment; and if this propensity is not properly directed, it may lead to indulgence in games which have a demoralizing tendency. By entering into and directing their plays, we can develop in them a taste for the more refined diversions. Let them first be-

come familiar with the real enjoyment of that which is pure and refining, and "that leaves no sting behind," and they will have little desire for those pleasures which have a tendency downward.



### Are All the Children In?

This question every parent should ask as the shades of night descend. If one is out, the true parent will not be satisfied until the cause of the detention is known. But if we would *keep them in*, we must

two of the older children in their preparations to spend the evening out with some of their friends, noticed that the two younger children were inclined to be somewhat lonesome. At once, she entered heartily into a little game of "What Shall We Take to Camp?" acting herself as leader. The amusement and hearty laughter that followed, the hearty shaking of sides, the real merriment of heart provoked by the amusing things developed in the game, were far better than any Swedish gymnastics; and the best of all was, that there was nothing low nor unrefined, as the mother knew just how to conduct the play.

make home as attractive as possible,—warm, well-lighted, cozy, mother always there, father there evenings if possible, and parents not too weary to enjoy the life and buoyancy of spirit all healthy children possess. It is not right that their spirits should be always repressed, so long as the buoyancy does not lead to something actually wrong; for home is the most appropriate place for the child to act out his own real self.

### The Remedy for Restlessness

But this buoyancy which is the evidence of health must be distinguished from that spirit of restlessness which indicates disordered nerves.

Restlessness seems to be in the air we breathe. No wonder the children are possessed of it. We find it cropping out, even in ourselves. But this spirit, which exists in the hearts of

calmness, and quietness in our children, by means of prayer. Trust and confidence in God help a nervous person more than any other remedy. Let us, then, make the hour of prayer as sweet and beautiful as possible. Weave into it every helpful method, making it attractive to the children.

When the hour of worship arrives, let each read from his or her own Bible. Have some Scripture verses on cards. Let father and mother read the references, and let the children give the scriptures, and vice versa. The children will, by a five-minute exercise of this kind every day, learn many beautiful scriptures and references perfectly during the year, to be a source of comfort and help in time of trial.

#### What is Worth While?

Can we not afford, dear parents, to leave out some of the things that we are doing, and take up some of the things we are not doing, in the new year, realizing that it means much to ourselves and those precious

most boys and girls, must be combated vigorously, for it is not in any sense productive of happiness. It is a symptom of nervousness, which grows by indulgence.

The best means to overcome this condition is to cultivate restfulness,

treasures of ours? May God impress you with the importance of these things, and may that impression rest so heavily upon you by day and night that you will have no peace until you rouse to action.

It is customary, but I think it is a mistake, to speak of happy childhood. Children are often overanxious and acutely sensitive. Children are at the mercy of those around them. Mr. Rarey, the great horse trainer, has told us that he has known an angry word to raise the pulse of a horse ten beats a minute. Think, then, how much it must affect a child!—Sir John Lubbock.



# Should Children Be Punished? How— When—Why?—No. 1

BY A MOTHER<sup>1</sup>



“TO LIVE  
VERY CLOSE  
TO THE CHILD”



**I**N tender love for the beings of his creation, God bestowed upon them the blessings of parenthood. Children are among the best gifts of the Heavenly Father to humanity. Often these blessings are turned to curses — not by intent or purpose, but through failure to know how to cope with the ever-arising problems of discipline.

## Object of Discipline

The primary and sole object of discipline is to train the child to meet aright life's duties and obligations. Sometimes this seems subverted into an apparent contest between the will

of the parent and that of the child,—an unequal struggle, wherein, as the child often thinks, might makes right.

The cause of this usually lies in a misunderstanding,—in the failure of the parent to view matters from the child's standpoint. We have much to say about the real things of after-life; but to the child there is nothing so real as the things that are passing under his immediate vision. The infant sees only that which is close at hand,—its immediate surroundings, its parents,—and these become to it the all of its little world. The child sees farther; but only with maturity and experience comes the power to see the relation of things to other things, to balance wants with necessities, to give up the little at hand for the greater that may be achieved. The child does not gain this equilibrium of sight as quickly as he masters the equilibrium of his body. So the things of the present seem to him intensely real, the *summum bonum* of life. It is because of that undeveloped mental vision that so many youth, opposed in their wishes, throw off all restraint, wrecking their parents' hopes and their own future.

Perhaps the keenest joys and the keenest sorrows come to the child and the youth; first, because he is inexperienced in passing through them, and second, because his vision does not penetrate what lies outside his little world to increase the one or mitigate the other. It is at such time that the wise parent will seek to live very close to the child, and feel as it feels, in order to help it to see things as they are, and weigh consequences.

<sup>1</sup>This series of articles was furnished by special request of the Editor.



### Child Sorrow

The heart-racking griefs of childhood should never be passed over lightly, or without the sympathy the little heart craves, lest a barrier be gradually erected between the hearts of parent and child, over which perfect love and confidence may never again flow so freely as before. By means of these little indifferences to the heart-needs of the child, not from lack of love, but from the failure to understand the situation and how to meet it aright, a little life may be blasted that was full of promise, and should have developed into rich fruitage.

There are no "little things" with children. Their minds have not learned to discriminate between the great and the small. Each idea is of paramount importance. Each grief is all-absorbing. Though many years have passed since my childhood, some of them heavily freighted with sorrow, time has never effaced the sad scenes of one childhood day, and the bitter heart-wail that grown-up people seemed never to have been children, so little did they understand the child-feeling. With this sense of isolation from those nearest me, came the resolve ever to keep myself in sympathy with the trials of the coming generation, by allowing no sorrows of later life to dim the memory of that childhood agony.

### Importance of Early Tendencies

In the beginning of life, the brain is like a sensitive plate about to be exposed. It is ready for any kind of impression. Its possibilities are infinite. Every act, or motion, or thought is momentous, because it determines to a certain extent what all future acts and thoughts shall be. With each repetition of an act, it is easier to perform that act in the same way, and gradually it becomes more and more diffi-

cult not to perform it in that way. Thus habit is formed. "Thought travels along well-beaten pathways, which, once formed, are difficult to change." "The older one grows, the more difficult becomes any change of cell activity, hence any change of habit." Inexplicable and mysterious though it may be, with or without our consent, sleeping or waking, our characters are forming for weal or for woe. And it is in the early years, while the brain processes are yet plastic, that there is the greatest opportunity to influence these processes in right directions.

The importance, then, of early training, can not be over-estimated. Yet, unfortunately, many parents exalt the incidentals of life to the rank of a purpose, thus shutting out that work whose results reach beyond the stars. True parents will consider the parental obligation their highest and most binding duty. They should thoroughly understand the nature of the burden they are assuming, and harbor no thought of shrinking from the responsibilities it involves.



# How to "Modify" the Baby

<sup>1</sup> This paper, written for other physicians by a physician who is a specialist in children's diseases, may contain some "professional secrets." We pass them on to mothers believing that the wise will profit by them. Fortunate is the mother who furnishes a proper amount of food for her baby, and does not have to accept any substitutes "just as good." Doubly fortunate the child, if the mother, in addition, makes sure that the child has abundant rest and fresh air.

HAVE we not modified the baby's feedings to our own exhaustion? Is it not possible that we may *modify the baby* so that it may be able to take and assimilate food appropriately prepared?

## Rest

A baby may be neurasthenic, may have nervous dyspepsia, may not be able to retain its feedings, may not properly digest them, *simply from lack of nerve rest*.

I have in mind such. They are the first children of young couples, with many friends, all fond of babies. Each one wishes to play with baby, wake it, make it smile, toss it, kiss it, pass it around, take it to ride, hold it up to see the horses. The babies gaze in wide-eyed wonderment, and the friends report favorably on the young couple's first baby. Daily receptions are held at unforeseen hours, with repeated wakings from sleep; . . . all have the best of reasons for seeing the baby, and can not be refused. Mother may essay to spare the child, but she is inexperienced, and but half appreciates the necessity of rest, or she is too weak to make a hard fight against her friend's importunities or the grandmother's sarcasms. The latter insists that *she* woke and showed all her babies all she wished to; and so baby is victimized.

I have seen many cases where the milk was the best, and fed at stated intervals,

but the feedings were promptly thrown up, and the wasting of flesh began and continued. In one case it was necessary to keep the baby from its parents, feed it in a dark room, lay it quietly down or hold it and gently rock it till digestion was well begun. In another case a child lived for months in a large room, seeing no one but the nurse, sleeping the day through on a balcony in the open air. In both these cases *absolute quiet was the only thing needed* to enable the babies to digest their proper food.

## Open Air

Loitering in the open air for many quiet, restful, consecutive hours does wonders for digestion. The infant needs long consecutive hours of rest, as many as possible of the twenty-four hours, and many or most of these hours should be spent in the open air.

The object of this paper is to emphasize the necessity for a broader view in feeding infants and young children. Perpetual changing of prescriptions is not enough. It is well to select a safe food and modify the baby's ability to assimilate it. Do not forever accuse the food. It is often the baby's [parents'] fault. Help the baby to have rest, open-air living, consequent appetite, good assimilation.—*W. P. Northrup, M. D. (Professor Pital College), in Pediatrics (Abbreviated)*.

# RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Laretta Kress, Washington Sanitarium

## A Ready Remedy for Croup

LAURETTA KRESS, M. D.

THIS disease is commonly met with in the home. Few children have not had it at some time. While it may not produce very grave symptoms, mothers as a rule dread its entrance into the house.

Spasmodic croup, believed to be a functional spasm of the muscles of the larynx, is an affection seen most commonly between the ages of two and five years. The child seems in usual health, goes to bed at night, and anywhere between ten and twelve o'clock, when all are in bed sleeping quietly, the parents are suddenly awakened by a hoarse, ringing, barking cough, peculiar to, and characteristic of, croup. The child has great difficulty in breathing, and some huskiness of voice. The oppression and distress for a time seem indeed serious. The face is red, and may become blue or almost black. The attack may pass off suddenly, the child falling asleep, and awaking in the morning in his usual good health. These attacks are particularly alarming to parents.

The child, though apparently well, has no doubt taken some cold through the day by being in a draft, or by becoming overheated and cooling in a draft, which has produced some catarrhal inflammation of the larynx. These cases are sometimes taken for true croup, which is much more serious.

Very often these poor children are deluged with drugs of various kinds. Mixtures and concoctions brought in by friends and neighbors, such as lard and camphor, kerosene oil, turpentine, whisky, brandy, ipecac, goose grease, skunk's oil, etc., are poured down the throat of the victim until the struggle with the drugs is a greater one than with the disease.

The croup may sometimes be due to a hearty meal, eaten just before retiring; or active exercise immediately after a meal may have hindered digestion. In such cases the best treatment, and one which will in most cases afford relief, is to give something that will induce vomiting. Wine of ipecac may be used. The greatest relief is found by immediately putting a cold compress on the throat. If the symptoms seem serious, and it is late at night, with the fires all out, and no prepared remedies at hand, one can always find cold water. Take a piece of cheese-cloth or old, thin muslin, two or three thicknesses, folded the required size for the upper part of the chest and throat, wet it in the coldest water obtainable, and wring very dry. Have ready four small Turkish or huckaback towels and some safety-pins. Remove the night clothing, and place the wet compress against the upper part of the chest. Cover it with two towels

folded so that they will extend some two inches over the wet one on all sides. Then fold the remaining two towels lengthwise in one or two folds as is required to cover the compress. These should cross the chest diagonally, one going over the right shoulder and under the left arm, the other over the left shoulder and under the right arm. They can meet and be pinned in the back or in front as one desires. Pin them snugly around the arms, neck, and any place where air is liable to get under the compress. To have success with a cold compress it must be kept heavily covered so the heat of the body can warm it up. It then acts as a slow fomentation, and in this way relieves any inflammation or irritation that may exist. This relaxes the muscles, and the spasm is overcome. Many fail with a cold wet compress because it is not covered sufficiently, and

evaporation takes place; or because it is not put on tight enough, the cold air gets under it, and causes the patient to chill, and more harm than good is done. When properly applied, this compress will stop at once the barking, ringing cough, and the child will go off to sleep until morning. When the child awakes, the compress should be removed, the chest and throat being sponged with cold water, and dried well, and olive-oil or camphorated oil should be rubbed on the surface. The bowels should be looked after through the day, and the diet should be carefully selected in order to avoid a repetition on the following night. Before retiring a warm bath should be administered, the bed should be warmed, and the compress again renewed as on the previous night.

These are simple treatments, but will insure success if followed out.

#### MOTHER-WORRY

Mothers waste much energy in worrying about their children. Some of them can not take a moment's comfort while their boys or girls are out of their sight. How many times, in imagination, have you seen your children tumble out of trees and off sheds? How many times have you pictured them drowning when they went for a sail or a skate? How often have you had visions of your boy being brought home from the baseball or football grounds with broken limbs or scarred face? When none of these things happened, what had you to compensate for the hours of mental anguish, with consequent lowering of vitality and physical tone? Such useless imaginings of evil make many women old and haggard before their time. The worst of it is that so many think it is their duty, and a sign of their great love, to worry all the time.—Marden.

The number of cases is innumerable where careful, anxious, painstaking, and conscientious mothers, by their needless caution and care-taking, and by their persistent suggestions of danger from cold, wet feet, drafts, overexertion, and the thousand and one other things which overanxiety presents to their minds, have planted inability, effeminacy, decay, disease, misery, and even death in the minds and bodies of the children they love so well and care for so anxiously. Similar error is wrought, not alone by mothers, but by relatives, friends, acquaintances, and incidental associates through their well-meant but erroneous cautions, which are really suggestions of impending evil. Herein is at least one reason why the children of the poor are so often more vigorous, hardy, and healthy than those of the wealthy. These mothers have something else to do besides to suggest evils to their children, and they do not have time to educate them into disease, so the children escape the infliction, and are happier all their lives.—Aaron Martin Crane, in "Right and Wrong Thinking."

# CURRENT COMMENT



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

## Consumption and Fake Meat Inspection

JOHN R. MOHLER, chief of the pathological division of the Agricultural Department, says that the spread of consumption is due to the lack of inspection of the meat supply. He adduces many facts to prove his theory, one of the most interesting being that the average death-rate from the white plague in New York is six hundred forty-five per hundred thousand population, while among members of the Jewish race it is only seventy-six. This he explains by the fact that the Jews eat no pork, and all their meats are well inspected.

Mr. Mohler is not alone in this opinion, as many eminent physicians and experts in tuberculosis have come to the same conclusion. The conviction has been greatly strengthened by the results of experiments proving conclusively that human beings may be infected by animal tuberculosis. The danger to the milk supply from this source has been frequently pointed out. Naturally it is even greater in the meat supply.

Perhaps the most significant feature of Mr. Mohler's utterance, which was recently given before a health convention in New Jersey, is the implied admission of the failure of the national inspection law. Despite the popular outcry caused by Upton Sinclair's story of "The Jungle," the packing interests succeeded in so modifying that law as to make it of doubtful value. That in its emasculated form it was practically worthless was pointed out at the time. Outside of a little pretended cleaning

up by the packing-houses in Chicago, conditions since the passage of that act have been essentially as they were before. This has long been known to the public, and now is officially admitted by a representative of the Department of Agriculture, which has the matter of meat inspection in charge.

The greed that charges the people exorbitant prices for their meats also subjects them to the danger of infection and death. That is the plain statement of the case. It is a condition with which Congress must grapple, and public opinion should demand from it something better than the fake inspection law now on the statute-books.—*San Francisco Examiner*, Dec. 13, 1907.

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## The Causes of Tuberculosis

THOUGH the conclusions of Myzack P. Ravenal concerning the etiology of tuberculosis contain no information that is entirely new, his statements are sufficiently positive, especially with regard to the alimentary origin, to be profitable for consideration. He says that:—

1. The alimentary tract is a frequent portal of entry for the tubercle bacillus.
2. The tubercle bacillus is able to pass through the intact mucous membrane of the alimentary tract without producing a lesion at the point of entrance. This takes place most readily during the digestion of fats.
3. The bacilli pass with the chyle through the lacteals and thoracic duct into the blood, which conveys them to the lungs, where they are retained largely by the filtering action of the tissues.

4. Infection through the alimentary tract is especially frequent in children.

5. Milk from tuberculous cows is the source of infection in many cases. Our present knowledge does not enable us to state the exact proportion of cases of tuberculosis due to this cause, but it is probably considerable.

6. Tuberculosis may be communicated by contact, such as kissing, soiled hands, accidental injuries in post-mortem work, or during the cleansing of vessels used by consumptives. These modes of infection play a comparatively small part of the dissemination of the disease.—*American Journal of the Medical Sciences, October, 1907.*



### Food Poisoning

THERE are three great groups of food poisoning in consequence of bacterial contamination. . . . The third group, to which attention is now especially directed, is caused by bacteria belonging to the hog-cholera groups. Occasionally the course is milder and more like that of typhoid fever. This form of food poisoning, which most frequently develops from eating contaminated meats, has been studied especially in Germany. Bollinger, so long ago as 1876, pointed out that *four fifths of all the cases of food poisoning result from the use as food of animals slaughtered when suffering from various forms of septic infection.* . . .

The bacteriologic studies which led to the definite establishment of a distinct and very important form of food poisoning began in 1888, when Gärtner isolated a well-defined bacillus from the milk and from the meat of a cow slaughtered while suffering from gastro-enteritis, and from the spleen of a person who died after eating this meat. . . . During the succeeding years a large number of meat poisonings were traced

back to the use of meat of animals infected with this same germ. In 1900 Durham pointed out that the bacilli in certain epidemics of meat poisoning did not correspond to all the tests for the Gärtner organism, and this observation led to the establishment of the subgroup in which the poisoning is caused by paratyphoid bacilli.

Numerous instances of meat poisoning have been traced to infection of animals furnishing meat with these paratyphoid bacilli, and the bacilli have also been held responsible for poisonings following the use of milk (in one instance fifty persons were poisoned by the milk of cows suffering from gastro-enteritis, and the milk was found to contain paratyphoid bacilli), beans, and also by fish.

In most of the recorded instances the meat which gave rise to the poison was derived from animals, principally cattle, occasionally swine, which were slaughtered while sick, and sometimes when dying from diseases like those already enumerated. Paratyphoid bacilli have been isolated from the organs and tissues of diseased animals, and it is clearly established that under certain circumstances animals from which we obtain food are subject to infection from paratyphoid bacilli. These infections appear to occur only sporadically, and the special conditions necessary for their development are not yet clearly understood. Of course the possibility can not be denied that originally healthy meat may become contaminated with paratyphoid bacilli at such time before it reaches the consumer that sufficient multiplication takes place to cause infection or intoxication.

In naturally infected animals the bacilli at some time or other surely enter the circulation and *cause abscesses in the muscles and other focal lesions which*

may not be detected, even when rigid inspection is the rule at slaughter. Naturally the organs of such animals are also dangerous as well as the milk.

In the majority of cases of poisoning due to paratyphoid bacilli it concerns an actual infection with bacilli in addition to intoxication with substances derived from them. This intoxication probably manifests itself in the severe symptoms often characteristic of the beginning of the attack. Paratyphoid as well as the Gärtner bacillus form toxic substances that are able to resist high temperatures, and which in smaller animals cause diarrhea and convulsions. These substances may be present in the meat of the diseased animal when slaughtered, and when bacilli are also present in the meat, they may have abundant opportunity to multiply freely before the meat is prepared for food, and thus produce large amounts of toxic substances. The paratyphoid bacilli are killed only after heating to 70° C. (158° F.) for ten minutes or more. This fact explains how infection of the consumers of improperly cooked meat may take place.

Taking it all in all, it is safe to say that *one of the most important chapters of the special hygiene of food-stuffs is that dealing with the prevention of paratyphoid meat poisoning.* Naturally prevention is sought first in rigid, skilled inspection of animals slaughtered for food and the condemnation of all suspected and found to be so diseased that the use of their meat and products thereof may cause poisoning. This may be a difficult task, and it has been recommended in order to make the inspection still more rigid that the temperature of every animal be taken before slaughter, and that all those with abnormally high temperatures be set aside for special investigation. The great danger of using

as food the meat of sick animals slaughtered on the farm without skilled inspection is at once apparent.

[An infection means an inoculation with live germs which are able to maintain their existence in the tissues and set up disease-processes. An intoxication is a poisoning. Many germs produce substances which are toxic or poisonous; and usually these poisons are not destroyed at a temperature which destroys the life of the germs that produced them. That is, cooking the meat, while it may destroy the germs, does not thereby destroy the poisons that the germs have produced. The poisoning from beans is easily accounted for when it is remembered that beans are canned with a small piece of pork, and that when a hog is dying of disease, the easiest way to make the meat salable is to can it. Italics are supplied.]—*Journal of the American Medical Association.*



#### Home Treatment of Tuberculosis

THE sentiment seems to be growing that if a consumptive is curable at all, he can be cured at home. The necessity of pure air and good food, as the important curative agents, must be taught; and the family physician is the one to do this. The consumptive poor man may be sent to a sanatorium; but when he is pronounced cured, he returns to his old haunts and habits, and stands a poor chance of remaining cured. Had he been cured at home, the process of curing him would have required a remedying of the defects which were responsible for the disease, and his cure would have been upon a more rational basis.

One of the urgent needs of our times is the improvement of the modern house. The architect has advanced in structural ingenuity, but he has also

advanced in his ability to devise breeding places for tuberculosis. The destruction of the North American Indian by tuberculosis is due to his exchanging the natural life of the out of doors for the wretched condition of the modern house.

More important than the cure, however, is the prevention of the disease. While it does not lie in every one's power to recover from consumption, it does lie within the reach of every one not to have consumption.—*Editorial New York State Journal of Medicine.*



### Prevention of Grippe

It must not be forgotten that grippe is due to the action of a germ. There are associated with this germ other microbes, of variable nature, which are a complication in almost all infections.

These microbes are already in our bodies; that is, in the nasal fossæ and in the mouth. But they live there with diminished vitality, being in no way harmful, and we do not suffer by, and are not aware of, their presence. This is due to the fact that our organism when in a good state of health struggles victoriously against them and holds them in check. But if a cause of weakness should occur and should affect the organism, and the means of defense should be weakened, the microbes immediately get the upper hand. They swarm, increase in virulence, and extend their inflammation. This is what occurs when we are seized by a chill; the cold in the head or the bronchitis which supervenes then is due not to the cold itself, but rather to the action of the microbes against which a mucous membrane weakened by abnormal conditions is unable to struggle advantageously.

If we can destroy the microbes

which have their domiciles in the cavities of our bodies, or at least weaken these microbes in such a manner as to render them incapable of harming us, we shall have no further reason to fear the cold.

It is to this method that recourse must be had, by the disinfection of the nasal fossæ and the buccal cavity. For the nose use is made of volatile antiseptics, such as menthol and camphor, which act on the entire surface of the mucous membrane. For the mouth, brushing of the teeth is practised, principally after meals, in order to remove all remains of food, and the mouth is washed with an antiseptic liquid. Care must also be taken to disinfect the throat with antiseptic gargles.

With these precautions, there are great chances of avoiding an attack of grippe, and if it should occur, in spite of all precautions, it can only be in an attenuated form, since one is certain to have notably diminished the virulence of the microbes which had taken up their dwelling in the nasal cavities and the mouth.—*Paris Edition of the New York Herald.*



### Outdoors

"HOME is the most dangerous place I ever go to," remarked Mr. John Muir, the famous geologist and naturalist. He was on the train returning from Arizona to his home in Martinez, Cal., after the earthquake. "As long as I camp out in the mountains without tent or blankets, I get along very well; but the minute I get into a house and have a warm bed, and begin to live on fine food, I get into a draft, and the first thing I know, I am coughing and sneezing and threatened with pneumonia, and altogether miserable. Outdoors is the natural place for a man." — *Quoted in World's Work.*



# THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park

## Kobe, Japan

THE work in Kobe continues to prosper. When I arrived, they had a full house, and the patronage continues good.

During our stay we had some very interesting experiences. Dr. Dunscombe arranged to have a daily class in Bible

perience with several patients, all medical missionaries from southern China. They were on their way to spend the summer at Karuizawa, and stopped a few days at Kobe, at a hotel. Hearing of the sanitarium, they came, and stayed a week or more. Dr. Dunscombe invited



KOBE, JAPAN

study for the Japanese helpers employed, and Brother Noma will give instruction. Several of the helpers are becoming quite interested. A young man employed shows much interest in the study of the Bible, and seems really earnest.

We have had a very interesting ex-

perience with several patients, all medical missionaries from southern China. They were on their way to spend the summer at Karuizawa, and stopped a few days at Kobe, at a hotel. Hearing of the sanitarium, they came, and stayed a week or more. Dr. Dunscombe invited them to the Bible reading he has been holding mid-weekly. I was invited to give a reading on the millenium. These patients expressed interest in the explanations given, although Dr. — said the views advanced were new to him. On Sunday I held another Bible reading,

at which all these patients were present. In the time allotted, I presented all I could on the subject of the Sanctuary, showing the relation of this subject to the plan of salvation, to the Sabbath and law, to a future probation, etc. They seemed much interested.

F. W. FIELD.



#### Dr. Miller's Departure for China

AFTER two months of faithful service as a member of the Foreign Mission Seminary Faculty, Dr. Miller took leave of the school, Monday, December 16. A farewell prayer-meeting was held for him and for the two students, Brother J. H. Schrock and Sister Pauline Schillberg, who go out from us to labor with him in China. All hearts were made tender as faculty and students bowed in prayer to ask God's blessing to go with these dear students and teacher to their distant field of labor. Dr. Miller expressed his confidence that God was leading in all this. He earnestly prayed that He who guides the planets in their courses, and who also has numbered the hairs of our heads, would personally take direction of each future event of their lives.

On the Saturday evening previous Dr. Miller gave a stereopticon lecture, at the close of which a traveling rug was presented to him, a gift from faculty and students. As these dear associates go from the school, the prayers and best wishes of all follow them.

B. G. WILKINSON.



#### Diet of the Ecuador Indians

NECESSITY rather than choice often determines a people's diet. Sometimes this is not a disadvantage; for too often, when wealth or easy circumstances permit a free choice, the tendency is toward overindulgence in the varied pleasures

of the table, and consequent ill health.

No such temptation comes to the Ecuador Indians and "cholos" (half-castes), for poverty has decreed that their diet shall consist largely of barley, which is "dirt cheap" here. For a pittance the native can purchase sufficient for one day, and a good portion of the day he spends chewing the dry *machica* (toasted barley meal); but no time is lost, as he chews while he travels or works.

For a long time I queried why these natives are able to do so much work, endure such hardships, and keep well



NATIVE HUT, ECUADOR

with so little protection from the elements. A short time ago, while trying a mouthful of *machica*, I found I had to chew it eighty times in order to swallow it; and to get it down to a good "Fletcherized" form it took from ninety to one hundred times.

This, it would seem to me, is a sufficient explanation of the ruggedness of these children of nature. They eat simply, and they take time to allow the saliva to act on the food.

Here, then, we see a nation of aborigines in superb physical health, who, though untaught in physiology, live upon a simple diet of grains, thoroughly masticated. Nature denies them the luxuries of life, but in compensation gives them that which is of more value than luxuries.

Small children are given the meal somewhat damp, as the dry meal is apt to choke them. My eldest girl can chew

### A Chinese Feast

At a feast the gentlemen guests eat at a table in one room, and the ladies in another room. The feast is served in courses; a large dish is placed in the center of the table, out of which each guest helps himself with his chop-sticks, until he has sufficient. Then the dish is removed, and another dish is brought. The host raises his chop-sticks as a signal



it now after having had several choking spells.

A friend who saw my former article has expressed his surprise that they do not make the meal into some kind of biscuit. Now that would be a disadvantage, for most people chew bread only eighteen or twenty times, perhaps fewer, and do not give the mouth an opportunity to perform its part of digestion.

For a dyspeptic, I believe nothing is better than machico or *chapo* (the meal mixed with milk or other foods).

[The editor would suggest to experimenters in this country, one of the flaked oats put up in cartons. These are not raw, in the usual sense, but are steam-cooked for about thirty minutes, in the process of preparation. Such a food will give abundant mouth exercise.]

T. H. DAVIS.

for the guests to help themselves from the dish. From twenty to thirty dishes, and even more, are served at a feast, each being highly seasoned with various sauces and flavorings. Plain boiled rice is served at the last of the course; then after the meal is finished, tea or hot water is served, as preferred. When the feast is concluded, clean napkins or hand towels are wrung out of very hot water and given to guests to wipe their hands and face.

While the feast is in progress, entertainment is provided by various stringed instruments and those of the flute variety, and with drums and gongs. At times this music (?) is so loud as to prevent any attempt at conversation. After the feast the guests take leave as soon as they wish, the host and hostess bowing them out. MRS. EMMA A. LAIRD.

# QUESTIONS AND ANSWERS.



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

**307. Cooked or Raw Food?**—Mrs. E. M., S. C.: "1. Is it true that cooking devitalizes food, as some claim? 2. If so, would not many articles of food impart more vitality taken uncooked? 3. A test with litmus-paper recently showed that there is no hydrochloric acid with gastric juice. Is it safe to use 1/10 solution of the hydrochloric acid in such a case (6 to 8 drops after each meal), and how long is it best to continue it?"

*Ans.*—1. Yes.

2. No; in other words, vitalized substances means substances that have life, such as corn, wheat, beans, grains, and seeds of all sorts. Turnips, potatoes, and similar substances are also endowed with life. Cooking destroys the life of any substance so it can not grow; in other words, it devitalizes it. Grinding wheat into flour does the same thing—devitalizes the kernels. We never made the test, but we suspect that thorough mastication would also deprive an uncooked kernel of wheat or corn of its ability to grow—would wholly devitalize it. A kernel of wheat or corn is nearly all dead matter stored up around the living protoplasmic germ of the kernel for the purpose of supplying the germ with food until its roots and leaves are sufficiently developed to supply its own food. Raw starch is as dead as is cooked starch; both are devitalized. Chewing will devitalize the living germ as readily as will cooking; but we hardly think any raw-food faddist would advise the swallowing of wheat, corn, potatoes, or turnips without chewing. We had a patient some years since who swallowed seeds whole, and it took her three weeks to recover from the obstruction of the bowels which resulted, and when the seeds were expelled, they were sprouted a half inch or more. But in this case we failed to observe any increased vitality imparted to the patient by the vitalized seeds. Food imparts strength, and in common usage this is sometimes spoken of as imparting vitality. But when vitality means

life, as it does when used by the raw-food faddists, then food does not impart vitality. The human body can not appropriate living matter; the life principle is destroyed before the food can be used. In perfect digestion the molecule is broken up, and its latent energy is liberated and utilized by the body, and such portions of the broken molecule are then built into the structure of the living body as may be needed. There are as many food pounds of energy in a pound of cooked starch as there were in it before it was cooked, and the cooked starch is much easier of digestion. The whole question of cooking is one of rendering foods easier of digestion.

3. Yes; 6 to 8 drops dilute hydrochloric acid in one-fourth glass of water may be used as long as there is no acid in the gastric juice. The absence of hydrochloric acid can be determined only by a test meal; litmus-paper is not an accurate test, as acetic acid or lactic acid will color litmus the same as hydrochloric.

**308. Care of the Singing Voice.**—Mrs. C. A. F., Colo.: "For months I have been so hoarse that I could not sing above G; no trouble in talking, only when I sing. Please answer through your valuable paper. Do not refer me to back numbers. We take five copies, and give them all away. They are too good to keep. We think it the best health magazine published. I hope that you can tell me the cause and the means of relief of my throat trouble."

*Ans.*—You are suffering from laryngeal catarrh. The vocal cords are doubtless congested and somewhat thickened, and the edges roughened, so you can not produce a clear and distinct tone when the vocal cords are placed under high tension. You should use the voice as little as possible, and not attempt to sing at all under such conditions. Such cases, when possible, should receive careful treatment at the hands of a specialist. You can do much, however, by home treatment. Spray the nose and throat twice

a day with a solution of glycothymolin, one part, water, three parts. Follow this with spray composed of ten minims each of eucalyptol and camphor-menthol, in one ounce of petrolatum, or liquid vaselin. These sprays will aid in relieving the catarrh in the nose and throat. A moist compress worn on the throat at night for a short time, and so protected by a dry outer flannel as to avoid taking cold, is very helpful. Much more depends on the care of the general health than is generally supposed. Such persons usually take cold quite easily, and the vital resistance must be increased. Live in fresh, pure air free from dust. Take abundance of moderate outdoor exercise daily. A morning cold hand bath should be taken daily. Especially should the face, throat, and chest have a daily cold bath, always being careful to secure a warm reaction to the skin.

Avoid taking cold. This should be done by hardening the body rather than coddling. An alcohol rub followed by an oil rub after the bath twice a week is very helpful. Have the windows of your sleeping room wide open at night, but of course you should not sleep in a draft.

**309. Should One Select Most Easily Digested Foods?**—L. S., Kan.: "Should one always select foods that are most nutritious, or should foods be selected that are most easily digested?"

*Ans.*—Neither. Beans, peas, nuts, olive oil, and many other excellent foods are highly nutritious, but usually rather difficult of digestion; while strawberries, baked apples, peaches, oranges, and other fruits are easy of digestion, but have a very low nutritive value, their chief purpose being, not to supply energy, but to act as a relish for more nutritious foods, and to supply pleasant flavors and mild acids helpful to digestion.

If the stomach is managed on a chemical and mathematical basis, the results are often disastrous. A knowledge of the chemistry of foods and the physiology of digestion, is a good thing to take to the dinner table, but it must be applied with a broad-gauged common sense.

From foods that are not harmful, one should select articles which he can relish and digest, and which will supply him with

sufficient nourishment. Such good foods should be taken only in such quantities as can be utilized, burned up, and eliminated in a physiological manner. Eating too much, even of the best food, is a serious error, as it clogs the system and supplies material for the production of very harmful poisons.



WITH this issue we close our connection with the Questions and Answers Department of this journal. Hereafter we will meet the readers of LIFE AND HEALTH in another department—The Consulting Room. Our connection with this department has been a most pleasant one. During the past three years the correspondence in this department has grown so large as to demand more time and labor than we can devote to it; much of it is personal correspondence that can not be conducted briefly.

Many of the inquirers can secure recovery of health only by personal training in right methods of living. This training they desire, but we have been unable to help them in this line. We therefore congratulate the readers of this journal that hereafter this department will be conducted by Dr. D. H. Kress, who is not only a successful physician, but who has had years of experience in training the seekers of health in right methods of living.

Dr. Kress, who is superintendent of the Washington Sanitarium, has an able corps of assistants, and will be able to render prompt and practical service to all inquirers either through the columns of this department or by personal correspondence. And for those who wish to secure personal training in right methods of healthful living, we know of no place where these methods are taught in such a personal and practical manner as at the Washington Sanitarium.

We therefore feel assured that his department will fill a much larger field of usefulness to our readers than it has as yet achieved.

In closing we thank our correspondents for their patient co-operation, and accord much of the credit for whatever may have appeared of interest in these columns to the interesting and practical questions which they have given us.

G. A. H.

# EDITORIAL



## Food Poisoning

THE *Journal of the American Medical Association* of December 14 has an editorial article on "Food Poisoning," from which we quote freely in the Current Comment Department of this issue. The article itself is a significant comment on the danger incident to the use of diseased flesh, and of the impossibility of detecting disease in many cases, even when the inspectors are doing conscientious work. It should be kept in mind that the writer of the quoted article is not, so far as known, in sympathy with the vegetarian movement, and what he has written can not have been the result of bias on that score. It is a plain, unvarnished statement of what science has to show as to the dangers lurking in meat and dairy products.



## Diet and Health

THE same issue has also an editorial on Diet and Health, significant as an indication of the trend of modern medical thought, from which we quote:—

"Perhaps the most significant feature of medical progress in the last century has been the development of preventive medicine, which has made possible the elimination of many epidemics which formerly scourged mankind. The means of prevention of metabolic and nutritional disorders have not been so well developed, but accumulating evidence indicates that

the dietetic habits of mankind are responsible for some of these maladies. In these cases, prevention is less practicable because it is to a large extent individual, and thus outside of the sphere of governmental control; the foundation for such disorders is laid during the years of apparently good health, and the disease is usually well established before the need for a change in the dietetic habits becomes evident. In addition it must be admitted that the ideas of the medical profession in general in regard to dietetics have lacked precision. Where there has been a general impression that the too free use of meat is injurious, and that people in general eat too much, such impressions were not sustained by a comparison of the actual diet of the people with the standard laid down in the text-books as to the daily requirements of the individual for proteids and total calorific value of the diet."

After recounting the work of Chittenden, and the experiences of Fletcher, which have demonstrated conclusively the fact that man can live well on a much smaller amount of food than the ordinary dietary standards allow, the writer continues:—

"These results show that the subject of diet demands more of our attention. Physicians should impress on the public and on the individual the important fact that too much food, es-

pecially too much meat, is eaten by a considerable portion of our population. Not only should this general truth be impressed on people, but the physician should realize that the mere statement of the fact will be of little use, for most laymen and many physicians have no adequate conception of what amounts of food are necessary to furnish fifty grams of proteid. . . . Economically, the reduction to the lower level advocated by Chittenden would secure a saving of from one third to one half the amount at present expended for food—a sum of no little moment in these times of fierce competition. . . .

“The objection that such a diet necessitates vegetarianism is not tenable, for the diet can be so chosen as to admit a small amount of meat without exceeding the proper amount of proteids. Our present knowledge will necessitate a change in several popular conceptions, both lay and professional, regarding the value of different kinds of food. The belief that there is something especially strengthening and nutritious in meat is not well founded. The physician should not, however, forget the need of the growing organism for a relatively large amount of proteid. The idea that milk is a perfect food for the adult must be relegated to its place among exploded notions. The functions of a perfect food is more nearly fulfilled by bread, with its natural complement of butter.”

Considering the fact that disease is present all through the herds of cattle, as it is among humans, and that, at best, the government does not condemn carcasses that are only “slightly infected,” even when this infection may be visible to the naked eye, and that some of these infections may be dangerous to man when even carefully conducted microscopic examination

would fail to reveal anything wrong, and that much of the meat never is seen by a government inspector; considering the fact that a meat diet has been proved to be not necessary to health, and that evidence is accumulating that certain metabolic and nutritional disorders—gout, rheumatism, and a host of others—are the result of too much meat, one who has accustomed himself to a meatless diet can eat with some satisfaction, notwithstanding all the revelations regarding animal diseases; that is, provided he has also declared his independence of other animal foods. Two facts can be admitted of dairy products: they are not necessary to man’s dietary—at least to adults; and they are often filthy in the extreme, and frequently harbor disease-producing organisms. Absolutely clean, healthy dairy products? They are the exception. Such are some of the facts that stare us in the face regarding animal foods.



### The Plague Situation

IN the January issue of *LIFE AND HEALTH* we made some reference to the plague situation in California. Since the publication of this article, there has appeared in the *Journal of the American Medical Association* (December 14) an article prepared by a special commissioner sent out to the Coast to investigate plague conditions.

From this article it might be inferred that California is destined to suffer more from the policy of its newspapers and politicians and some of its business men than from the earthquake. A few years would have sufficed to wipe out all remembrance of the quake, and the rebound from the catastrophe would have eventually resulted in a more rapid growth, with a cleaner city and a better civiliza-

tion. Even the man Schmitz was for the time prompted to perform a patriotic, statesmanlike, and unselfish act, in the abolition of the saloon, and for a time there was a clean city. The great disaster had even transformed knaves and petty political tricksters into men—but it didn't last.

Schmitz is simply a type. He was possible because he was in San Francisco. He was the froth that rose on the top of a fermenting beer mug. Not that there are not decent people in San Francisco,—plenty of them,—but they have allowed the other men to do things.

We look with pity on the Hindus whose superstition and apathy cause them to tolerate plague and cholera in their midst, and to obstruct the efforts of the health officers.

But if the report of the *Journal of the American Medical Association* be true, we have a very similar condition right in our own land.

In the first place, it should be understood that plague is a dangerous disease, and that nothing but intelligent sanitation can prevent its traveling over the civilized world. It is a disease of rodents (rats, squirrels, etc.), and is readily transmitted from them to man, probably through the agency of fleas.

Naturally you would expect that the San Francisco newspapers would educate the people in these lines. But without exception, it seems, they denied the existence of plague during the first epidemic, and abused conscientious workers

who were attempting to eradicate the disease. Now, they will admit, once in a while, that "infectious disease" is present, and advise precautionary measures; but there is no real backbone in their utterances. It would seem to be a sop thrown out to the health officers, in such a way as not to offend those whose policy it is to deny the plague situation.

The evidence goes to show that plague has existed in some of the bay counties—probably transmitted by means of the ground-squirrel—for several years. For a time, San Francisco appeared to be free from the disease. Some suppose that the outbreak of last year was due to importation from one of these outlying districts. At any rate, plague exists in several places in California, and it is the duty of the State to clean up. And to the credit of the better class of California's citizens, it may be said that they are taking hold of the situation with a strong hand.

A physician of high ideals was selected to take the place vacated by Schmitz, and the old inefficient Schmitz board of health was turned out; and now there is an efficient and intelligent board co-operating with the physicians of the Marine Hospital Service.

As the earthquake and fire disaster has left the city and State practically impoverished, the federal government is financing the plague campaign in San Francisco, and progress is being made in the limitation of the disease.

Massage and hydrotherapy have taken their places as most important measures of relief in many chronic conditions.—Wm. Osler, in "Medicine in the Nineteenth Century."





# Among the SANITARIVMS

This department has been opened in the interest of rational treatment—or what professional men have come to call “Physiologic Therapeutics.” Physicians and investigators the world over are learning the great value of drugless remedies. In each issue we expect to furnish some matter showing the progress of thought in the development of these principles, and also to illustrate in the work of one or more sanitariums how these principles are being applied.

## What Is a Sanitarium?



**A** SANITARIUM is a modern institution in which graduates of reputable medical colleges specialize in the administration of those forms of drugless healing variously known as “rational treatment,” “natural methods,” “physiological therapeutics,” etc.

A quarter of a century ago, the profession, almost to a man, regarded the exponent of these methods, no matter how successful he might be, as a quack. Now, the most eminent of physicians and the most modern of text-books recognize these methods as a most valuable part of a physician's armamentarium.

As yet, the great body of the profession has made little use of these measures, for a number of reasons:—

1. Few schools give adequate instruction in drugless therapy, and to the average physician, these methods are unfamiliar.

2. In order to do the best work, more or less expensive apparatus is needed.

3. The proper administration of the treatments requires trained assistants.

4. It is much easier to leave a small vial with directions, or to give a prescription, than it is to give careful instruction to a mother who is ignorant of the use of water in disease.

5. There is a considerable amount of prejudice among patients, who from past generations have absorbed the belief that disease is cured only by swallowing something.

In every way, the use of drugs is more convenient. It is the established way. Conservatism in the medical profession, as well as out, naturally hesitates before adopting new methods. For these and other reasons, the rank and file of the profession make little or no use of these procedures which advanced practitioners recognize as of great value in the treatment of disease.

True, there are men who specialize in electrotherapy, in light therapy, etc., and there are hospitals which have installed apparatus for the administration of hydrotherapy; but it is left to the sanitarium to combine all these methods, including hydrotherapy, electrotherapy, massage, diet, rest, and a proper mental atmosphere. For this reason, the sanitarium is peculiarly adapted to the treatment of chronic patients who have exhausted the resources and the patience of the home physician.

Sanitarium methods do not aim to force nature by strong medication. The aim is to enable the patient so to adjust himself to his surroundings that the

restorative powers of the body will have full opportunity to act.

Disease may be said to be the result of a lack of adjustment to our surroundings. Rules of hygiene are directions for obtaining a proper adjustment. One function of the sanitarium is to help the patient to make the right adjustment,—that is, to form right hab-

its,—and by lectures and otherwise, so to educate the patients, that on their return home, they will continue to live at the higher level.

A sanitarium, properly conducted, is, in fact, a school of health, a school where precept, and example, and experience all combine to teach the simpler, cleaner, healthier life. G. H. H.



## Sanitarium Methods Versus Medicine

C. O. PRINCE, M. D.

[After spending a number of years in private practise where he had to depend largely upon the use of drugs, Dr. Prince connected with the New England Sanitarium, where the use of drugs is practically eliminated, and where every essential facility has been furnished for the successful application of hydrotherapy, electricity and massage, and other physiological methods. Naturally, the doctor has given careful thought to the comparative value of the two methods of treatment.—ED.]



IN considering the action of drugs we must remember that we are dealing with substances which often act as direct irritants and poisons to the tissues, or as depressants and narcotics which check functional activities and hinder repair processes. While in many cases they do the work expected of them, they frequently hinder the efforts of the body-forces to effect a cure. The effects produced by drugs, except in the case of narcotics and similar substances, depend upon the power of the body to react to their influence rather than upon any inherent force or energy in the drugs themselves.

It is an axiom in the profession of medicine that "Nature unaided is able to cure all of her curable diseases." How much better, then, to stimulate these natural forces in their efforts to combat disease, rather than to use substances which often hinder and retard these processes, and change the direction of their activity. How different in

their after-effects are applications of hydrotherapy, massage, electricity, and other physiological methods.

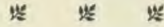
The use of heat for the relief of pain or the increase of functional activity leaves no deleterious poisons which must be gotten rid of afterward. Sleep produced by the neutral bath or by massage to the head, spine, and extremities is vastly different in its after-effects from the stupor of temporary paralysis produced by some narcotic. One is the natural rest required by the system, during which the processes of assimilation, nutrition, repair, and excretion go on naturally, while the other is a temporary suspension of mentality. These necessary functions are checked, and the patient, instead of awaking with renewed vigor and increased vitality, begins the new day tired and depressed; the needed repairs have not been made; the rubbish of the previous day still clogs the organism, and another day's work is handicapped.

The stimulating digestive agents, as pepper, ginger, and hydrastis, cause a

temporary increase of functional activity of the stomach, by their irritant properties, which leave the stomach inflamed and less able to carry on its work in the future; and their continued use prolongs and intensifies the disease process. By the use of massage and the application of electricity and heat, the functional activities of this organ can be increased without irritation. These methods increase the local blood supply whereby the glands are stimulated to greater work, and bring to the tissues increased nourishment, so that the depleted organ is better fitted

in the future for carrying on its work.

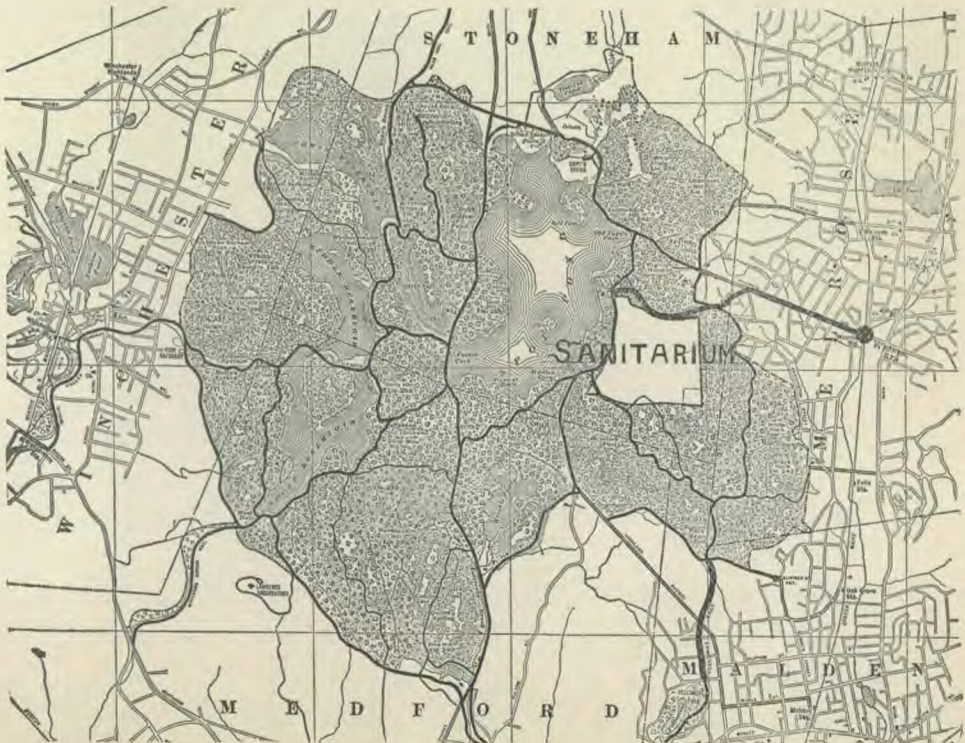
These are but a few ways in which we see the great advantage of physiological methods. Space forbids more at this time, but from a careful study of the effects noted, one can see the difference between the two methods of treatment and the after-results of the same, and I shall feel fully repaid for this slight effort, if my readers shall be led to investigate and test more fully their intrinsic value, and to rely more upon the simple methods of treatments which are at hand in every well-ordered sanitarium.



## The New England Sanitarium

THE New England Sanitarium is unequalled for beauty of situation. The accompanying map shows the Middlesex Fells Reservation, a magnificent

park of over thirty-five hundred acres, owned by the State, in which the sanitarium property is located. This property, comprising about forty acres, oc-



cupies that part of the reservation most convenient to the railroad, yet commanding the most favorable surroundings that the park affords.

Here, only six miles from Boston, surrounded by some of its most thriving suburban cities,—Malden, Melrose, Medford, and Winchester,—is a garden of beauty unsurpassed anywhere.

step, and with health pervading every movement.

The close proximity of the ocean, combined with the elevation, makes the most even and delightful climate in New England, both winter and summer. From the sanitarium and the towerlike hills of the park, one can see beyond the buildings of near-by towns,



“A GARDEN OF BEAUTY UNSURPASSED ANYWHERE”

This great park is a miniature of all of New England's far-famed scenic beauty. Here rugged rocks, dashing streamlets, wooded hills, deep ravines, coves, and secluded lakes, all conspire to make a glorious retreat, where the tired and sick can live close to nature, in harmony with her laws, untrammelled by the dictates of fashion and society, forgetting business and home cares, to return a few weeks later, keen, clear-headed, with firm, elastic

a glimpse of the sandy beach and white-capped waves of the ocean blending with the horizon. Varied natural scenery surrounds the sanitarium buildings on every side. The great lawns, wooded with giant oaks, stately elms, graceful maples, and fragrant pines, stretch down to the very edge of a beautiful lake, whose waters catch every dancing sunbeam, and mirror back each leaf and shrub and waving fern.

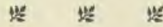
In the summer the air is filled with the songs of birds and the fragrance of flowers. Smooth macadamized roads lead in every direction, winding around picturesque rocks, past coves and shady nooks, over sunny hills, down into cool, dark ravines, where springs and streams play hide-and-seek among the mosses and ferns to break out over ledges and rocks in sparkling cataracts.

The glory of these scenes in their autumn dress can not be described;

while in the winter, snow-clad and frosted, they make delightful pictures and bring equal pleasure. The moonlight sleigh rides, with laughter, songs, and merry bells, bring back lost health, and induce restful, refreshing sleep.

Trains leave Boston every few minutes for Wyoming and points farther north, bringing the busy world within easy reach, without the discomfort, fatigue, and loss of time of long, wearisome journeys.

NINA MAE BAIERLE, M. D.



## A Letter from One of the Guests at the New England Sanitarium

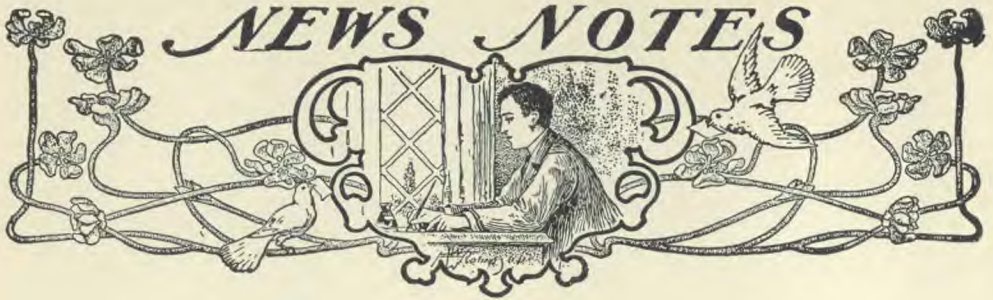
DURING several years of invalidism I have visited a considerable number of sanitariums, including Clifton Springs, Walter Park, Battle Creek, and Dr. Strong's at Saratoga in this country, and the institutions at Crieff, Rothesay, and Wemyss Bay in Great Britain. All the above have features in their management and environment that commend them to suffering humanity, and I would not say a word in disparagement of any one of them; but after several months of treatment at the New England Sanitarium, I take pleasure in saying that in its service, surroundings, and general helpfulness, it is equal to the best of these in meeting my needs. And the fact that it is only six miles from my home city of Boston, with its other excellences, makes it my first choice as a health resort.

No combination of good things will suit equally well all persons; but your simplicity of life, vegetable diet, and skilful treatment, careful attention to

the comfort of your guests, and the beauty of the location, will surely please and benefit an increasing number of the world's sufferers as they come to know of your work.

You should take particular pains to make known to the people of Boston that only a few miles from New England's metropolis is the beautiful park of Middlesex Fells, with thirty-five hundred acres of hills and lakes and dales, rivaling in charms and picturesqueness the most beautiful scenery of Scotland; and that on an elevation in this park,—giving a fine outlook on one side of an island-studded, forest-girded lake, on the other of the city of Melrose, a mile away in the valley below,—stands the New England Sanitarium, giving cheer and health and courage to scores of the disconsolate and depressed. You receive guests from the ends of the earth, but you should prove an especial boon to Boston.

EVERETT O. FISK.



## Foods

**The Peanut Diet.**—Dr. Allen succeeded in living his sixty days on a peanut diet, and came out in good condition, so it is said.

**Anti-Sausage-Poison Serum.**—A German professor states that he has discovered a serum which effectually combats sausage poisoning. This is a great discovery; for sausage poisoning is quite frequent over there. Physicians will be supplied with the new serum free of charge. Now the sausage-maker whose conscience was formerly pricked by the news of frequent fatal poisonings, can grind up his dogs and cats with much more courage.

**Mr. Fletcher's Endurance Tests.**—In 1903 Horace Fletcher performed without fatigue the severe exercises designed for Yale athletes. In June, 1907, he went through a series of endurance tests again, doubling the best Yale record, and this notwithstanding the fact that he does not take regular exercise, and is just entering his seventh decade of life. Mr. Fletcher, it will be remembered, lives on a very small ration, eats little if any meat, and masticates his food thoroughly.

**Milk Crusade Becoming General.**—Following the report that the dairies supplying the city of Washington are seriously infected with tuberculosis, and that the milk is of poor quality, many cities have taken up the matter of dairy inspection. The dairy division of the United States Department of Agriculture keeps four men in the field working with local officials in the investigations which it is hoped will lead to a healthier milk supply. Congress will be asked to pass a bill providing for careful inspection of all milk entering the District of Columbia. It is proposed to make this law a model for other localities in dealing with the milk situation.

**Ice-Cream.**—Two investigators, as a result of the study of sixty-eight samples of ice-cream, found eighty per cent infected with streptococci; and the milk and cream from which the ice-cream was made, in many cases contained the same germs. In some instances the milk or cream from which the ice-cream was made had been Pasteurized, and in others the ice-cream had been reheated by the dealers. It is thought that in some way the fat acts as a protective to the germs. These investigators state that ice-cream is responsible for much intestinal infection.

## Alcohol and Drugs

**The Anti-Cocain Crusade.**—A New York law makes the selling of cocain without a prescription a felony, and holds a druggist liable if he sells a patent medicine of which he does not know the composition. Druggists are being arrested and prosecuted under this law.

**Prescribed Whisky, License Revoked.**—A physician who was accommodating enough to write prescriptions for whisky to all who applied, in a "dry" community in Indiana, had his license rescinded, as the law forbids such abuse of professional privilege.

**Doctors as "Drug Fiends."**—Based on the report of men who specialize in the treatment of drug habits, a physician read a paper in which he makes the statement that a larger number of physicians are victims of drug addiction than of any other profession.

**Will the Residents of Washington Become Citizens?**—There is some prospect that Congress will pass a bill submitting the question of liquor selling in the District to the people (I was going to say voters) of the District. It is meet that the nation's guests should have an opportunity to vote

no-license, even if they never have any other opportunity to exercise the franchise.

**"Psychological Element" a Fraud.**—The postal department has issued a fraud order against the Ohio Soluble Sulphur Company, which was doing a rushing business selling a preparation of "soluble sulphur," which they claimed would cure almost everything.

**A New Solid South.**—"Since the days of the Civil War the South has usually gone solidly Democratic. Its next step will be to go solidly Prohibition. The addition of three Southern States to the Prohibition column in less than one year is a fact of tremendous significance. The other Southern States are preparing to join hands with Georgia, Alabama, and Oklahoma, and we are to have a new South, absolutely solid against the liquor traffic."

**Soothing the Babies with Liquor.**—It is asserted that in Normandy infants are given alcoholic liquor in their nursing bottles with coffee, by mothers who have to work out. This keeps the little fellow quiet, but it is a drunken quiet, and has a disastrous effect on the future of the child. The coffee and brandy mixture is put into a bottle with a long rubber tube, and placed under the pillow to keep warm. The child soon learns to like the mixture, and, in fact, is a toper before he can walk.

**Effects of Wine.**—The researches of Dr. Lancreaux, of Paris, have proved conclusively that cirrhosis of the liver is caused by the prolonged use of wine. A note should be made of this, as there are many who believe that one who drinks wines escapes the dangers incident to the use of stronger drinks. The prolonged use of wine also gives rise to other disturbances, such as digestive troubles and nervous disorders, the latter being manifested in a trembling of the lips and upper limbs, and redness of the face. Another trouble that comes to the habitual wine drinker, according to Lancreaux, is broken sleep, disturbed by bad dreams.

### Transmissible Diseases

**Fined for Disregard of Health Laws.**—A Pueblo man had to pay one hundred dollars for neglecting to stay at home and keep his children off the street when they had scarlet fever.

**Washington Has the Grip.**—It is said that there are 20,000 persons in Washington down with the grip. So serious is it in its after-effects that some physicians declare the present epidemic to be the most dangerous since its appearance here sixteen years ago.

**Protection against Plague.**—A physician has made a preparation from the dried tissues of animals dead of the plague, which, injected in large doses in animals susceptible to plague, causes speedy death; but in smaller doses, acts as an efficient protective against subsequent inoculations of the plague germ.

**War on Rats in San Francisco.**—It is estimated that 130,000 rats have been destroyed in San Francisco during the last four months of 1907. Of more than 11,000 rats examined by the health department, 106 were found infected with plague, less than one per cent. During December, there were only seven new cases of plague reported, so it seems that the epidemic is well under control.

**Vaccination and Whooping-Cough.**—Vaccination has been shown to be unadvisable during an attack of scarlatina, as the "take" is apt to be unusually severe. But a number of French physicians have noticed that vaccination of a child with the whooping-cough has a very favorable effect on the progress of that disease, and that in some cases it is even curative. No one has as yet explained why there should be this effect.

**An Early Sign of Tuberculosis.**—This is known as Baccelli's sign, and is said to be present before other physical signs have made their appearance. The patient crosses his arms lightly in front, and bends his head slightly forward. A horizontal line is drawn on the skin of the back, connecting the two armpits. Another and shorter line is drawn parallel and above, at the level of the prominence where the neck joins the body. A vertical line is drawn, connecting these two lines. As the patient breathes deeply, a mark is made at the highest point where the corner of the shoulder-blade reaches, on each side. In health, these two points should be symmetrically placed. If there is lung trouble, even of an incipient character, the shoulder-blade of the affected side is apt to show lessened movement.

# LIFE AND HEALTH

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

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G. A. HARE, M. S., M. D. / - Associate Editors  
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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.

☛

THE Washington Sanitarium has issued a beautiful little folder which will be mailed to any one sending name and address. Send a postal to Washington Seventh-day Adventist Sanitarium, Takoma Park, Washington, D. C.

THE Paradise Valley Sanitarium has recently been purchased, and is being operated by the Southern California Conference of Seventh-day Adventists.

An experienced physician and competent nurses have been secured, so the work is placed upon a scientific basis. A large steam-heating plant has been installed, and a well-equipped surgery has been recently completed. Extensive improvements for the grounds and garden have been planned, and are being put into operation.

Owing to the delightful climate and the boom in property in this portion of the State, many people are coming to San Diego. Our friends are sending many of these people to us, so that now we have a good patronage, with prospects of having our house full in a few weeks.

☛

ONE recently returned from a trip around the world, being requested to write an article on "Ventilation in Heathen Lands," said, "That would be easy; it would be like writing the story of 'Snakes in Ireland.' That, it will be remembered, was a very brief article, consisting, in fact, of three words, "There are none."

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**Medical Degree at Fifty.**—The University of Vienna has conferred the degree of Doctor of Medicine upon a count fifty years old, who has just finished his medical course with credit. He was prominent in political life before he began the study of medicine.

**Man's Normal Weight.**—Dr. Woods Hutchinson, after an extended study of "giants," states his belief that the abnormally tall—whose increase in height is due principally to abnormal growth below the hips—are afflicted with the bone disease acromegaly, that they invariably die young, usually before thirty, and that the standard of height for civilized man is five feet six inches, though a growth of two or even four inches more than this may be normal, but less likely to conduce to long life than one three or four inches less.

**Railway Accidents in England.**—"The list of serious railway accidents during the past six months has been appalling," writes a London correspondent. The London County Council recommends medical examination for motor-men. Certainly any man to whom is entrusted the lives of a score or more of his fellow beings should be a man whose brain is unlogged by

stimulant or narcotic, whose nervous system is not racked by excesses and indiscretions.

✽

## CHATS

Dear Editor: I am an interested reader of your little magazine, which I enjoy immensely—in a way; but it seems to me the talk is all on one side. Sometimes I do not approve of some things you or some one else says, and I would like to have my little say. Can we not have a column for correspondents?

E. B.

Perhaps we can accommodate you. You have the privilege of the Questions and Answers Department if you want general information; or a letter addressed to the head of any of the other departments pertaining to the special work of that department, will receive attention.

If you feel called upon to enlighten our readers, we may find space for you in the department known as "Experiences." If you wish to enlighten us—well, try it. Your letter may find its way into this department.

# LISTERINE

The original antiseptic compound

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

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

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

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Will gladly refund your money if lamps are not as represented.

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**Agents Wanted Everywhere.** Liberal commission allowed.

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*A. R. Satterlee, M. D., Supt.*

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Mrs. S. M. I. Henry, author of "Studies in Home and Child Life," was one of the most untiring workers for truth and for moral betterment the Seventh-day Adventist Church has ever known. The book here presented is a grand work, one which every parent or teacher should own. It is well printed, neatly illustrated, and handsomely bound in cloth. The cover

is embossed with a design in red and aluminum. It contains 250 pages.

The regular price of "Studies in Home and Child Life" is one dollar. To those who return this ad when writing us we will send the book post-paid for

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