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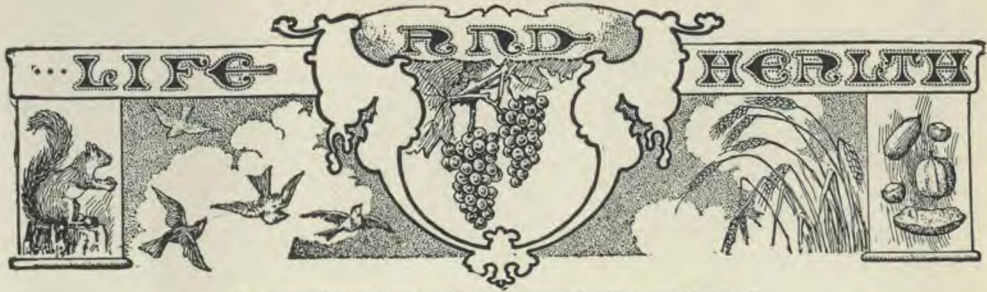


VIEW
FROM THE GROUNDS

The SANITARIUM
from Sugar Loaf Mountain

SOME
NEARBY
SCENES

VIEWS NEAR THE ST. HELENA SANITARIUM



"Something better is the law of all true living"

Vol. XXIII Takoma Park Station, Washington, D. C., May, 1908

No. 5

Diet and Health

MRS. E. G. WHITE

OUR bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the various parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We can not safely be guided by the customs of society. The disease and suffering that everywhere prevail are due largely to popular errors in regard to diet.

In order to know what are the best

foods, we must study God's original plan for man's diet. He who created man, and who understands his needs, appointed Adam his food. "Behold," he said, "I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food." Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field."

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.

But not all foods wholesome in themselves are equally suited to our needs under all circumstances. Care should be taken in the selection of food. Our diet should be suited to the season, to the climate in which we live, and to the occupation we follow. Some foods that are adapted for use at one season or in one

climate are not suited to another. So there are different foods best suited for persons in different occupations. Often food that can be used with benefit by those engaged in hard physical labor is unsuitable for persons of sedentary pursuits or intense mental application. God has given us an ample variety of healthful foods, and each person should choose the things that experience and sound judgment prove to be best suited to his own necessities.

Overeating

Many who discard flesh-meats and other gross and injurious articles think that because their food is simple and wholesome, they may indulge appetite without restraint, and they eat to excess, sometimes to gluttony. This is an error. The digestive organs should not be burdened with a quantity or quality of food which it will tax the system to appropriate.

Custom has decreed that the food shall be placed upon the table in courses. Not knowing what is coming next, one may eat a sufficiency of food which is not perhaps the best suited to him. When the last course is brought on, he often ventures to overstep the bounds, and take the tempting desert, which, however, proves anything but good for him. If all the food intended for the meal is placed on the table in the beginning, one has opportunity to make the best choice.

Sometimes the result of overeating is felt at once. In other cases there is no sensation of pain; but the digestive organs lose their vital force, and the foundation of physical strength is in this manner undermined.

Eating when Tired or Excited

Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when the mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found.

The stomach is closely related to the brain; and when the stomach is diseased, the nerve power is called from the brain to the aid of the weakened digestive organs. When these demands are too frequent, the brain becomes congested. When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At meal-time cast off care and anxious thought; do not feel hurried; but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all his blessings.

Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws, which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practises. Therefore the question with us is not, "What is the world's practise?" but, "How shall I as an individual treat the habitation God has given me?"

To lengthen life, shorten meals. Dyspepsia is due, in nine cases out of ten, to too much food, too little exercise.—Sir John Lubbock, F. R. S., in "Pleasures of Life."

The Cure for National Intemperance

D. H. KRESS, M. D.

Superintendent Washington (D. C.) Sanitarium

Why Do Men and Women Crave Alcoholic Beverages?

THE chief reason why alcohol in its various forms and numerous disguises is sought by many is the craving which mankind has for stimulation. But why does this abnormal craving exist? and why is it confined to the human family? Other creatures have no thirst for alcohol, and know no drink but water. There is significance in the words of the poor drunkard who was admonished to be a man and straighten up and leave drink alone. "You good people," he said "have much to say about my drink, but you have nothing to say about my thirst." To help the poor drunkard, we must in some way aid him to get rid of this thirst; and to keep others from becoming drunkards, we must remove that which cultivates the thirst for drink.

Why this craving for intoxicants? What can be done to remove the causes for this craving? If we are able to remove the causes for this craving, we shall thereby remove the demand for alcohol.

Whenever in any community a demand arises for any class of goods, there will always be found those who are ready to supply the demand. The saloons exist because there is a demand for alcohol, and grocers keep it on sale for the same reason that they keep on sale pepper, mustard, spices, and other goods — because the people demand it. Could we entirely stop the sale of strong drink by the grocer, and wipe out all the saloons during the next six months, we should accomplish great good, but the one who has a craving for stimulants

would probably resort to cocain, morphin, or some other poison to satisfy it. True, the saloon and the soliciting grocer do much to increase the evils of intemperance, because they afford so ready a means of supplying the demands of the people, and thus are responsible for much of the drunkenness that exists. But they are not wholly responsible for the cultivation of the craving which exists for drink.

The chief cause of the desire for strong drink, which is responsible for the saloon and all its evils, is to be found at our tables. The quantity and quality of the food served is of a nature to create a desire for narcotics. Just as long as people take stimulating, highly seasoned, and irritating foods, the desire for stimulating drinks will exist, and naturally they will resort to the use of the narcotic most convenient and against which there exists the least public prejudice.

Does the saloon-keeper keep a lunch-counter in his saloon because he has compassion for the poor and starving? We know this is not the case. Is his lunch table laden with luscious, juicy fruits? Invariably it is laden with highly seasoned meats of various kinds, and with pickles, mustard, and other irritants, for he knows that such foods lead the eater directly to the bar for a drink; that they create a thirst which water can not quench. It is, therefore, more than a mere coincidence that men who use alcoholic beverages freely are fond of highly seasoned foods, and that in countries where highly seasoned foods are freely used, alcoholic drinks are also largely consumed as a beverage.

Not all who eat highly seasoned or stimulating foods become drunkards, but in every such case the desire for narcotics is created. The person may pass through life ignorant of what his system is craving. Should he, however, get *one* drink, whether at the sick bed, the communion table, or in the saloon, that drink might prove the first step to a life of drunkenness. Having learned what his system craves, it would be natural for him to resort to it again and again. If, after taking the first drink, he is kept from becoming a drunkard, it is because he is aware of the evils resulting from the use of alcohol, and has inherited or acquired more will power than his more unfortunate brother, who is, perchance, so unequally balanced that anything of a stimulating nature will lead to a complete loss of self-control. Such cases are by no means uncommon. Help must come to such by the removal of that which destroys self-control. It is becoming more and more apparent that reformatory measures pertaining to diet must be set in motion in order to wipe out, or even to greatly mitigate, the sale of alcoholic drinks. My observations have led me to conclude that so long as people eat as they do, they will continue to drink as they do.

The education of mothers, wives, and daughters in the art of preparing nutritious, wholesome, non-irritating foods from the simple, non-stimulating products of the earth, should supplement our prohibitory efforts, if we would arrest the manufacture and sale of alcohol.

In the beginning, man was placed in a garden, surrounded with all manner of trees pleasant to the sight and good for food, and the command was given. "Of every tree thou mayest freely eat." On the free use of such foods it is impossible to cultivate a desire for drink. The universal departure from the free

use of these foods is responsible for the universal use of alcoholic drinks.

The free use of juicy fruits is one of the best remedies in overcoming the drink habit. If persevered in, it will in time cure the worst case of inebriety. The desire for fruit and the desire for alcoholic drink can not exist in the same person; for one desire will surely destroy the other. It is left for each person to choose which of these tastes, with its accompanying results, he will possess.

On this point, the editor of the London *Clarion* some time ago related his experience, in an editorial in his paper, as follows:—

"I have just turned vegetarian. My friends are surprised; so am I. But whereas they are surprised that I have adopted this diet, I am surprised that I did not do it years ago. In one way the effects of the diet have surprised me. I have been a heavy smoker for more than twenty years. If there was anything in life which I feared my will was too weak to conquer, it was the habit of smoking. Well, I have been a vegetarian for eight weeks, and I find my passion for tobacco is weakening. . . . Again, I have found I can not drink wine. Several times I have tried a glass of hock or Burgundy: it is no use. It tastes like physic. Why do I write these confessions? — Because these things have come upon me as a revelation; because I begin to see that the great cure for the evil of national intemperance is not teetotal propaganda, but vegetarianism."

For years we have successfully employed this diet in connection with other measures in treating alcoholics in our sanitariums. Our experience is that upon a non-irritating, non-stimulating diet the craving for drink disappears, but reappears as soon as meat and irritating foods are again eaten. The Salvation

Army in some of its homes for inebriates has also adopted this diet with marked results.

At a public gathering in England, Staff Captain Hudson, matron of the South Newington Inebriates' Home, in relating her experience in the treatment of cases in that home, said: "Speaking generally, the benefits are incalculable. Lazy, vicious, bloated, gluttonous, bad-tempered women who had hitherto needed weeks, and even months of nursing and watching, to my astonishment and delight, under this new treatment, made rapid recovery."

The craving for stimulants is often due to a lack of energy, and something is called for by the system to liberate the little that is possessed. The vegetable kingdom stores up energy to supply man's needs. It appropriates, organizes, and vitalizes the innutritious elements found in the air and soil, preparing them for man's use. In the fruits, grains, nuts, and vegetables this energy is stored. Man should get his supply of life and energy from the fountainhead in order to possess the natural buoyancy to which he is entitled. Just to that extent that people depart from these simple energy-charged foods, and use stimulating foods, will they experience a lack of energy, and feel the need of stimulants.


The flushed face, the fevered head, the increased sociability, and the feeling of exhilaration and strength experienced immediately after taking a cup of beef tea or a dinner composed largely of meats, are due to the immediate absorption of the waste products they contain. These products stimulate the same as does alcohol. The same feeling of exhilaration may be produced by swallowing a few grains of uric acid purchased from the nearest drug-store, instead of eating the accustomed steak. The excessive hunger experienced a few hours after partaking of a meal composed of flesh and such stimulating drinks as tea and coffee, is not a hunger for food, but for stimulation; this calls for frequent meals to satisfy this craving. Sooner or later the person may discover that alcohol will satisfy the supposed hunger as efficiently as will the ingestion of more urates obtained from the meat. Many have discovered this, and resort to alcoholic beverages when this feeling of weakness appears. For this reason in countries where meat is freely used, alcoholic beverages are also freely used. Meat and highly seasoned foods are almost as difficult to give up as is alcohol, but he who gives up the former will experience very little difficulty in giving up the latter.

The infection of meat may result in one of two ways: first, the animal may be perfectly healthy. . . . The chopping up of meat obviously favors the spreading of organisms through the mass. Under suitable temperature conditions the bacteria thus introduced multiply sufficiently to give rise to poisonous products. . . . A second source of infection arises when the animal is diseased. In such a case a specific pathogenic organism is present, and for that reason, the fresh meat may be toxic, or at all events, it readily becomes so on keeping. Poisoning from such a source may not only partake of an intoxication, but may develop into an actual infection. Abundant evidence has been brought forth during the past few years to show that many forms of gastro-enteritis are really food infections, and that poisonous meat plays an important part in their etiology.—Fred G. Novy, art. "Food Poisons," in Osler's "Modern Medicine."

Digestive Disturbances and Their Remedy

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

Loma Linda Sanitarium

 ONE does not need to deal for a great length of time with the common diseases which afflict humanity, to become persuaded that digestive disturbances occupy a place in nearly all the diseases to which flesh is heir. Scarcely a person can be found who is not afflicted with attacks of indigestion, or who has not some of the disagreeable symptoms arising from it. And so well recognized has this fact become that Americans are known to the European cousins as a race of dyspeptics. But in spite of the prevalence of this disease, the distress and suffering entailed by it, and the serious results that may complicate this malady, few concern themselves with the causes that give rise to it.

The following case will illustrate what serious results a disregard of some of these things may lead to:—

Mr. S, aged forty, had been well and strong and active until the last three months. He had always prided himself on his good digestion; could eat almost anything in the line of food, and at any time. This he was not backward about doing, in spite of the frequent admonitions from his wife, that he would some day pay for his folly. For a number of weeks his stomach had been giving him trouble; severe and almost constant pain occurred near the pit of the stomach soon after eating, and frequently gave rise to vomiting, after which a sensation of relief was experienced until more food was taken. The patient had lost over thirty pounds of flesh in three months, and was becoming paler and weaker every day. A careful examination of this case gave unmistakable evi-

dence of cancer, involving a large part of the stomach.

Another case, while not so serious in its outcome, will illustrate the point we wish to make. Mr. C, a merchant aged sixty-eight, had stomach trouble as far back as he can remember. He never gave much attention to diet, but discovered years ago that he could empty the stomach readily by passing the finger well back into the throat. Whenever a too hearty meal was taken, or a combination or a variety of food was indulged in that gave rise to a pitched battle in the stomach, he had only to touch the magic spot in his throat and bring about peace on his own terms.

While this patient has eked out an existence of almost threescore years, and probably escaped many serious bilious attacks by being able to unswallow his food soon after it had tickled the palate, it is safe to say that he and others pursuing a similar course know very little of the satisfaction that comes from a feeling of health and well-being. His lean frame and thin almost bloodless cheeks indicated that it was a great effort of nature to keep life pulsating in his body. It did not require many questions to furnish the information that this gentleman had never taken any interest in finding what kind of food would agree with him, or what particular diet would furnish the most nutrition with the least amount of disturbance. He had simply eaten what was set before him, and had taken the chances of digesting it, or of getting rid of it in case it did not act the part of a peaceful citizen.

The great variety of foods served on

the average table at a single meal is doubtless one of the most common causes of indigestion. Such a variety of richly flavored food stimulates the appetite to such abnormal proportions that with many it is difficult to know when they have eaten enough. This is more particularly true of Sunday and holiday dinners. It is no unusual thing to see individuals get up from such a dinner with a stomach so distended that it is misery to stand up or sit down.



The accompanying illustration is taken from a Thanksgiving menu, and judging from the conglomerate mass pumped from the stomach of one who had partaken too liberally of the royal spread, it seems perfectly safe to assume that the artist has not exaggerated the view of the general *mélée* that took place for an hour previous to the time that these contestants were "taken up."

The lesson of history as to the relation of simple habits of eating to a rugged, sturdy race of people, seems to count for little now. We read of the feats of

strength and endurance accomplished by the ancient Greeks and Romans, and their habits of life were the most simple; but when they had almost annihilated the foes from without, they settled down to riotous living and gluttony, and fell an easy prey to their own appetites and passions. But in spite of this and many other examples of history, and the great army of dyspeptics who are "living witnesses," it seems that mankind will persist in overloading their stomachs with a variety of foods that would upset even the dozen or more stomachs possessed by some of the lower animals.

Simplicity of diet encourages moderation in eating; and a moderate and simple menu, containing all the elements of nutrition, is most conducive to soundness of body and clearness of mind.

The process of living for health is so simple and so easy that many who would be willing to do some great thing in order to gain or maintain health overlook it. At least, they are unwilling to believe that physical and mental health may often be secured by foregoing the satisfaction of tickling, by means of highly seasoned viands, a few square inches of mouth surface.

But it is a source of gratification to know that the number of those who eat for strength is constantly growing larger, and that a fair proportion of the younger generation are taking pains to inform themselves on subjects pertaining to health before they have wasted their energies in dissipation and gluttony.

Loma Linda, Cal.

A common cause of ruined digestion, particularly in young girls, is the eating of sweets between meals and the drinking of the abominations dispensed in the chemists' shops in the form of ice-cream sodas, etc. Another frequent cause of ruined digestion in business men is the hurried meals at the lunch-counter. And a third factor, most important of all, illustrates the old maxim, that more people are killed by overeating and drinking than by the sword.—Wm. Osler, M. D., in "Medicine of the Nineteenth Century."

Sun, Air, and Water; Their Use in the Preservation of Health and the Cure of Disease—No. 4

S. ADOLPHUS 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, Pa., etc.

LASTLY, there are certain breathing exercises which are of great benefit in the prevention of disease, particularly of diseases of the lungs and throat. I will describe them in brief, as I believe they might safely be taught to every adult and child who needs his lungs developed.

In front of the open window, or out of doors, assume the position of the military—"Attention!" heels together, body erect, hands at the sides. With the mouth closed, take a deep inspiration (that is, breathe in all the air possible), and while doing so raise the arms to a horizontal position; remain thus, holding the air inhaled for three to five seconds, and while exhaling, bring the arms down to the original position. This act of exhalation, or expiration, should be a little more rapid than the act of inspiration. When this first exercise is thoroughly mastered and has been practised for several days, one may begin with the second exercise, which is like the first, except that the upward



FIG. 9. FIRST AND SECOND BREATHING EXERCISES

movement of the arms is continued until the hands meet over the head.

The accompanying illustration (Fig. 9) shows the positions which are to be

taken during these two exercises. The third breathing or respiratory exercise, which requires more strength and endurance, should not be undertaken until the first two have been practised regularly several times a day for a few weeks, and until an evident improvement in breathing and general well-being has been observed. We will endeavor to make this third exercise, which might be called a dry swim, more comprehensible by the illustration (Fig. 10). Take the same military position of "attention," and then stretch the arms out as in the act of swimming, the backs of the hands touching each other. During the inspiration move the arms outward until they finally meet behind the back. Remain in this position a few seconds, retain the air, and during exhalation bring the arms forward again. This somewhat difficult exercise may be facilitated and made more effective by rising on the toes during the act of inhalation, and descending during the act of exhalation.



FIG. 10. THIRD EXERCISE

Of course, when out of doors, one can not always take these exercises with the movement of the arms without attracting attention; under such conditions

raise the shoulders, making a rotary backward movement during the act of inhaling; remain in this position, holding the breath for a few seconds, and then exhale while moving the shoulders forward and downward, assuming again the normal position (Fig. 11). This exercise can easily be taken while walking, sitting, or riding in the open air.



Young girls and boys, and especially those who are predisposed to consumption, often acquire the habit of stooping. To overcome this, the following exercise can be recommended: The child makes his best effort to stand straight, places his hands on his hips, with the thumbs in front, and then bends slowly backward as far as he can during the act of inhaling. He remains in this position for a few seconds, while holding the breath, and then rises again, somewhat more rapidly, during the act of exhalation (Fig. 12).

Few persons have just estimation of the value of these exercises. Physiology teaches that the amount of tidal air—that is to say, the volume which is inspired and expired in quiet respiration—is only 500 c. c.; the complemental air—the volume which can be inspired after an ordinary respiration—1,500 c. c.; and the supplemental air, or reserve air—the amount which can be forcibly expelled after ordinary respiration—amounts to from 1,240 to 1,800 c. c. One can readily appreciate the effects of these exercises on the physiological action of the lungs by increasing the supply of oxygen (O), and more effectually removing the carbonic acid (CO₂). These interchanges of gases in the lungs result in the conversion of venous into arterial blood. The scien-



tific name for this process is hematosis.

The following general rule concerning breathing exercises should always be remembered: Begin with the easier exercises, and do not go on with the more difficult ones until the former are completely mastered. For healthy school children and adults I would suggest the taking of from six to nine deep respiratory exercises, of one kind or the other, every hour.

Another general rule is never to take these exercises when tired, and never to continue them long enough to become tired. It is, of course, self-understood that these exercises should always be taken in an atmosphere as pure, fresh, and free from dust as possible, and that no restricting garments around the waist or neck should be worn. It should be known that constricting the chest or abdomen will often leave lasting injuries to the vital organs incased in the thoracic and abdominal cavities.

Mouth Breathing

Mouth-breathing in children, and sometimes in adults, is often caused by certain growths in the throat (adenoid vegetation), by enlarged tonsils, or by growths in the nose (polypi, etc.). The removal of these obstructions by surgical aid is perhaps the only rational method to insure natural breathing. Incidentally, we may be permitted to say that these operations are not at all dangerous; but by the presence of vegetations in the throat (retropharynx), the hearing and the intellectual and bodily development of the child may become seriously impaired. The early removal of such growths should be earnestly recommended. If a teacher observes among her pupils a chronic mouth-breather, she



FIG. 13. FRÄNKEL'S MOUTH MASK

FIG. 12.

should call the attention of the school physician or of the parents to the child, and explain to the parents the danger of a neglect in this matter. The respiratory exercises just described are particularly useful for such children after an operation, otherwise they often retain the habit of imperfect breathing which they had acquired.

If after a careful removal of all obstructions in either nose or throat the child still breathes through the mouth, and particularly when he sleeps, Dr. Fränkel's mask, of which I give an illustration (Fig. 13), will be an additional help to overcome this chronic habit of mouth-breathing.

In teaching the children how to breathe, sit, stand, and walk properly, teachers do perhaps more toward the prevention of tuberculosis than all the physicians together. I would like to see singing and outdoor recitation at proper seasons incorporated in the curriculum of every school, in city and country, and city schools should have commodious roof gardens for that purpose. Whenever there is a playground, it should be kept clean, as free from dust as possible, and be daily strewn with clean sand or gravel. Children should be warned not to expectorate on the playground, and adults should be severely punished by law for so doing. The breathing exercises at school should, of course, be supervised by teachers.

School Buildings

The school board, or board of education, as it is called in some localities, in choosing a site for a school should bear in mind that the most suitable locality is a somewhat elevated region where the streets are wide and the surrounding houses not too high and not too close together, and where the traffic is not too heavy. About the construction of a modern and model schoolhouse much could be

said. The essentials of such construction are well known to all sanitarians and up-to-date architects; still, in the interest of the cause, I may be permitted to quote here a portion of a law which has recently been enacted in the legislature of New York in reference to sanitation of schoolhouses: "No schoolhouse shall hereafter be erected in any city of the third class or in any incorporate village or school district of this State, and no addition to a school building in any such place shall hereafter be erected, the cost of which shall exceed five hundred dollars, until the plans and specifications for the same shall have been submitted to the commissioner of education, and his approval endorsed thereon. Such plans and specifications shall show in detail the ventilation, heating, and lighting of such buildings. Such commissioners of education shall not approve any plans for the erection of any school building or addition thereto unless the same shall provide at least fifteen square feet of floor space and two hundred cubic feet of air space for each pupil to be accommodated in each study or recitation room therein, and no such plans shall be approved by him unless provision is made therein for assuring at least thirty cubic feet of pure air every minute per pupil, and the facilities of exhaustion of the foul or vitiated air therein shall be positive and independent of atmospheric changes. . . . All schoolhouses for which plans and detailed statements shall be filed and approved, as required by this act, shall have all halls, doors, stairways, seats, passageways, and aisles, and all lighting and heating appliances and apparatus, arranged to facilitate egress in case of fire or accident, and to afford the requisite and proper accommodations for public protection in such cases. All exit doors shall open outwardly, and shall, if double

doors are used, be fastened with movable bolts, operated simultaneously by one handle from the inner face of the door. No staircase shall be constructed with winding steps in lieu of a platform, but shall be constructed with straight runs, changes in direction being made by platforms. No door shall open immediately upon a flight of stairs, but a landing at least the width of the door shall be provided between such stairs and such doorways."

In relation to the prevention of tuberculosis I would suggest only a few points. Where the site or locality does not permit of having a large playground, a roof garden which can be covered in winter is absolutely necessary. Instead of our American windows, which can be opened to only one half of their extent, I should wish to see French or casement windows in every schoolhouse, or windows sliding into the wall, or those that turn on a pivot, all of which permit twice the amount of foul air to go out and of good air to come in that our

ordinary windows do. Heating and general ventilation of schoolrooms should, of course, be of the most improved kind. The walls and woodwork of schoolrooms should be plain, to make the accumulation of dust virtually impossible, and the cleaning easy. All corners should be rounded off, and the walls painted with oil paint. The interior equipment—that is to say, the school furniture, benches and desks—should be so arranged that it can easily be moved or folded together, so that a thorough cleaning of the floors is made possible after each daily session. It goes without saying that the drinking cup should be replaced by the hygienic drinking fountain, which makes the use of a cup unnecessary, and thus eliminates one method of transmission of microbic disease.

[We will give in June the concluding section of Dr. Knopf's paper, in which he discusses the bath as a means of preventing disease.—ED.]





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

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

No. 4 — "Be Still"

AUGUSTA C. BAINBRIDGE

IN quietness and confidence shall be your strength." While peace has been given to all of God's children, all have not received it. Peace and faith, quietness and confidence, are closely related, yes, inter-related. Some have entered the pathway of peace, and are enjoying the indwelling Christ. They may say truly, "Not I, but Christ liveth in me." The faith that brought this peace is the same faith that claims Christ for righteousness. It is a daily, living faith, experienced here in this mortal body; hence we take in quietness and confidence "this same Jesus" for our bodily life. Lest some should fail to appropriate this blessing for the body, the very next sentence is, "And the life which I now live in the flesh, I live by the faith of the Son of God."

Strength and health are the result of this quiet, resting faith. God has not promised that his children shall never be sick, nor that they shall never die; but he has promised that until life's work is done, his strength shall be given to every trusting, obedient soul. He is the strength of the life of his people. What a restful thought, that his strength, and not ours, bears the burdens of body and mind.

With the promise, "He would put

strength in me" (Job 23:6), comes assurance of victory over bodily as well as spiritual infirmity. May we not then go forward in the path of obedience, walking in his strength moment by moment, step by step, with sweet, thankful rest?

While rest of mind is a condition of healing, we can not afford to look away from Christ as the source of the healing power. Rest of body is also a condition of healing. It takes the hindrances away, relieves the tension, and so lets the Spirit of God do his will. The very resting brings relief. But the feeling of rest is not healing absolutely, any more than is any other feeling. We must not look to any feeling, or thrill, or conscious physical sensation, for healing.

The mind must not dwell on these, but must be kept off them, and just rest in a definite transaction being finished between it and a covenant-keeping Saviour. The Master means every word he has spoken in promise, and you mean every word you have spoken in acceptance, and the matter is settled. Then rest. That is trust. That is confidence. That is faith.

Walking honestly in the best light we have, willing to step out of the present path into another as fast as more light is

revealed, we may, with a true and sincere heart, take him at his word, not struggling, not battling, not questioning, not doubting, but quietly resting — just being still in the constant presence of his Word. We do not need a great reservoir of strength for to-day. We know we have an infinite supply; but we need only strength enough for *to-day's* duties and burdens. *That is enough.* Then may we not, quietly, calmly go forth to our days of toil and duty, walking, stepping out confidently, realizing that we have a Saviour walking beside us, giving us his strength just as the occasion may demand?

We need not be overcareful. We need not be rash but in quietness and confidence abide in his strength. We may know, when he has called us to any service, that he will give the strength to perform it; so we may rationally, sensibly, quietly go forward and do it. Do not expect a reaction, as if you were working "on your nerve," as some say, but rest in him for weariness and reaction too. "They that wait on the Lord shall renew their strength." Have you

been waiting on the Lord; serving him as a waiter, doing errands or carrying messages? Then the promise of renewed strength is yours, and here is another resting place for your faith. Is it bedtime? Find your rest in him, and then go to sleep.

While the whole ocean of divine blessing is yours, you can not take it all at once — just a mouthful to-day, for your need, and then another, and another, as need after need comes into your life. You can not exhaust this ocean, nor could you use it entire or as a whole, any more than the mariner who sails across the Atlantic could use its entire capacity. While the miles around and below are there, and open to his use, he can use each moment only the small portion that is holding his vessel at that instant. But as he sails on and on, that sustaining portion does not fail, and he rests, actually rests the safety of his vessel and all on board in that immeasurable supply.

Let us realize that the promises of God are "yea and amen" in Christ Jesus. Let us answer by faith, resting, quietly resting. "Amen and amen."



HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

Slip-Go-Down

MRS. D. A. FITCH

MANY years ago a young man spoke to me of a food that was very common among the people of his nationality, and was called "slip-go-down." It consists of buckwheat flour stirred into boiling water or milk. Its name is taken from the fact that it is practically unchewable, slipping down the throat as soon as it passes the lips. Were it a food eminently fitted to nourish the system (an impossibility), it might be very appropriate for the business man's hasty breakfast. A meal of it could be swallowed after the whistle of the suburban train is heard.

It occurs to the writer that the ordinary table holds many articles not made of buckwheat which might very properly be named "slip-go-down." Soft foods are very difficult of mastication, even when an effort is put forth to thoroughly insalivate them; hence they are not digestible, as good digestion begins in the mouth. Mush is a very proper name for those soft foods which grace (or disgrace) our tables.

All cereals that are used for making mush should be slowly sifted into boiling liquid, and when of the proper consistency, should be allowed to cook — pref-

erably in a double boiler — for several hours.

With such foods it is well to eat crackers, zwieback, or some other hard substance, to secure thorough insalivation. Do something to provoke to much chewing. The time spent will pay.

The material of which mushes are usually made is of the best. Starch is the predominating element, and always requires thorough insalivation by much chewing, that the work of the grain be not hindered in building and rebuilding muscle, nerve, and other tissue. It is by cooking that the starch granules are ruptured and are made accessible to the saliva, the digestive juice upon which the thorough action of all the succeeding juices depends for its effectiveness. It is an improvement when these mushes are eaten free from the combination of cream and sugar.

The prudent housewife exclaims, "Cook mush several hours! Why, husband cooks the rolled oats while I am dressing and setting the table." That may be what you think, but they are not half cooked, and you are imposing upon your digestive organs a task difficult indeed. Raw or semi-raw starch is not

supposed to be very easily digested.¹

A young housekeeper of this type conceived the idea of having some oatmeal for supper one evening. It was prepared on the "short order" plan, but Mr. — was two hours tardy. The mush was kept cooking all the time, ostensibly to have it hot, ready to serve at any moment. Speaking of it, she said, "We thought we never tasted any so delicious. It must have been because we were so hungry." Shortly afterward her attention was called to the prolonged process as being superior to any other, that not only palatability was increased, but the needs of the system were better met. "Now," she said, "I know why that oatmeal we had for supper tasted so good. It was cooked." Thereafter her mush kettle was on the stove several hours—sometimes all day if there was necessity of a fire so long.

You say, "It takes too much fuel, and, too, who wants to wait so long for breakfast?" Let me tell you how to manage the matter. Cook the cereal the day be-

¹ Experimental work by the Department of Agriculture, comparing cereals cooked for twenty minutes with cereals cooked for eight hours, indicated that one was about as thoroughly digested as the other. The experiments could not, of course, determine whether or not in the former case more digestive energy was required than in the latter case. The result of this experimental work may be found in Farmers' Bulletin, No. 316, which may be obtained free by addressing the U. S. Department of Agriculture, Washington, D. C.—Ed.

fore, when the stove is being used for ironing or other work. When it is thoroughly cooked and then rapidly cooled, there is no danger of souring. Enough for two breakfasts may be cooked at once. If thoroughly reheated the first morning, it will be even more palatable than when freshly prepared.

Quite different from the above was an actual experience when I was teaching several years ago. At suppertime a huge dinnerpot was partly filled with water, and brought to the boiling-point. Salt was thrown in, and enough corn-meal to make a mush of good consistency. Immediately the pot was lifted from the stove, and the supper bell was rung. The table was prepared while the men were washing at the kitchen door. The corn-meal "slip-go-down" soon found its way past the salivary glands, and through the esophagus into the stomach; but we will not follow it further, lest we find resulting bad dreams and poorly nourished tissues. It was not corn-meal mush, but hot corn-meal.

In another family rolled oats was the principal breakfast food, but it was rarely more than half cooked. Under my direction a large pot of it was prepared in the afternoon, ready to be heated for breakfast. While partaking of it, one of the grown sons said, "We all take our oatmeal *cooked* after this."

Cook, cook, cook, chew, chew, chew, and you may live to cook mush for your great-grandchildren.

I claim that bad cooking and the injudicious selection of foods induce the desire for alcoholic stimulation. Let us have more cooking schools, and make plain and good cooking a part of the curriculum of all girls' schools. Let such cooking lessons be based on economic, hygienic, sanitary, and physiological principles.—S. Adolphus Knopf, M. D., Paper Read before the Society of Medical Jurisprudence.

Suggestive Bills of Fare

Breakfast

FRUIT BREAD	CRACKERS
FRESH FRUIT (according to season)	
CORN FLAKES	PEACH TOAST
LETTUCE	GREEN CORN
POACHED EGGS	
	MALTED NUTS

Dinner

POTATO SOUP	CROUTONS
CIRCLE SALAD	RIPE OLIVES
BAKED PROTOSE SANDWICHES	
STUFFED POTATO	
RADISHES	GREEN PEAS
LETTUCE	CARROT PIE

CORN FLAKES may be eaten with cream or fruit juice. But they are excellent eaten dry with malted nuts or meltose,¹ and more thorough mastication is thus insured.

THE TOAST should be zwieback (it may be home made), moistened with cream, milk, or water, as preferred. Fresh-stewed or canned peaches may be used, but should be hot. Preferably they should be pressed through the colander.

FRUIT BREAD is simply common bread in the dough of which has been incorporated plenty of fruit, as raisins, currants, figs, or dates.

CRACKERS are usually purchased, but very excellent ones may be made at home. They are improved by toasting a few minutes in the oven.

POTATO SOUP may be prepared by adding to hot milk potato which has been

steamed or boiled and passed through a fine colander. Season with salt, parsley, onion, or other flavorings.

CROUTONS.—Bread slices may be cut in cubes, toasted to a rich brown in the oven, and used in soup to provoke mastication. Better still to eat dry zwieback, sticks, crackers, or other hard bread as an accompaniment to the soup.

CIRCLE SALAD.—On a lettuce leaf place as many circles as convenient—hard boiled egg, boiled potato, beet, parsnip, carrot, radish, cucumber, and the like. Finish with the salad dressing that you like best.

BAKED PROTOSE SANDWICHES.—After removing the crusts, spread the slices of bread with butter or nut butter, and fill with mashed protose. Allowing a little space between, lay in a shallow pan which has been well oiled. Cover with any desired sauce, as cream tomato, or a nice brown sauce made by thickening a little rich milk with common white flour that has been browned in the oven. Bake until well heated, and serve garnished with parsley.

STUFFED POTATO.—Bake large potatoes. Cut a cap from one end of each, and scoop out the pulp. Season all together, and return to the shells. Replace the cap, and wrap in fringed tissue-paper. This is an excellent recipe to use when the baked potatoes must unexpectedly wait awhile.

CARROT PIE is made the same as pumpkin, squash, or sweet potato pie, mashed boiled carrots being used instead of pumpkin, squash, or sweet potato.

¹Honey, maple sirup, and other sirups will be found to be acceptable substitutes for this article.

Recipes

Salmon Salad

GRATE two small radishes, one medium-sized bright-yellow carrot, and enough onion to fill a teaspoon. Chop two ounces of nuttolenne the whites and one yolk of two hard-boiled eggs very fine. Mix all together. Chop the other yolk with parsley, to sprinkle over the top. Garnish with lettuce, and serve with sour salad dressing made as follows: Rub two slightly rounded tablespoonfuls of peanut butter with two-thirds cup of water. Let it boil for a minute. Cool slightly, and add one-half teaspoonful salt and two tablespoonfuls lemon juice. When cold, it is ready for use.

Carrot Salad

Two medium-sized carrots, sliced, and boiled in salted water until tender, may be made into a most appetizing salad by adding chopped crisp celery and simple dressing.

Delicious Cauliflower

This little appreciated vegetable had been cooked in various ways in a certain home, but it still failed to appeal to the appetite of one of the visitors. One

day she found some which had been simply steamed and salt sprinkled over it. She added a few drops of lemon juice, and came to the conclusion that this simple method was the best of all the ways she ever tried.

Egg Gravy

If the family prefers not to use free fats, as butter or oil, in seasoning gravies, an egg may be substituted. Make a plain gravy of milk, or the water in which peeled potatoes have been boiled, by thickening it with oven-browned flour (or unbrowned, if preferred). If the egg to be added be previously beaten, the gravy will be of a uniform golden color, and smooth in appearance. The yolk, being about one-third fat, gives a fatty richness. Salt will be needed.

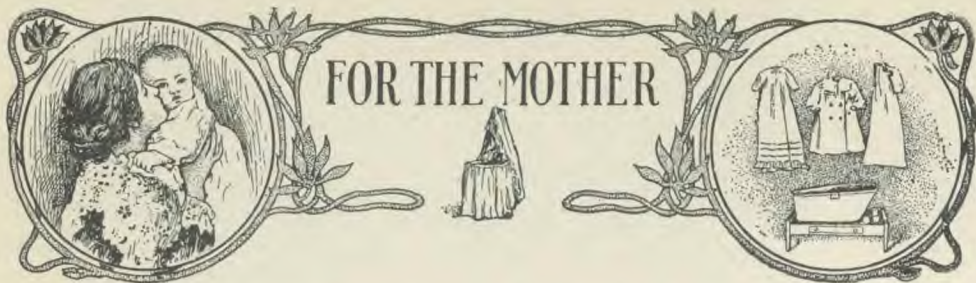
A Proteid Dish

Blanch Spanish shelled peanuts by heating in the oven until sufficiently dry (not brown) to permit of rubbing the hulls off. Soak overnight, and cook in the same water until tender. Add some of them to twice as many green peas. Try some in tomato sauce. Use lemon juice on some.

D. A. F.

FOOD COMBINATIONS

Nearly half a century of close contact with invalids has placed before the hygienic physician certain FACTS which can not be ignored; and whether the science behind them is fully understood or not [it is not.—ED.] the facts themselves remain. For example, if we have a nervous dyspeptic to treat, we know better than to set before him, at one and the same meal, strawberries and cabbage, or apples (raw or cooked) and sweet potatoes, or apples and beans. These are only examples of at least fifty combinations that could be made, any one of which would give a weak stomach indigestion. . . . Fruits and vegetables should not, as a rule, be eaten together, that is, at the same meal; if they are so eaten, persons with feeble digestive organs, will usually suffer.—S. W. Dodds, M. D., "Hygienic Cooking," St. Louis, 1901, pages 86, 89.



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

Only a Step

C. M. SNOW

It isn't so far as we sometimes think
 From the Mount of Hope to Adversity's brink,
 From the cooling draught to the poisonous drink;
 It isn't so far, I say — only a step.

And you who have tasted the bittersome draught
 Of the dregs of sin while the enemy laughed,
 You know it's not far from the first glass quaffed
 To the ruin that waits for you — only a step.

It isn't so far from the depths of sin
 And the meshes that tangled and guided you in,
 To the arm of God's love that will help you to win
 All the pleasures of heaven — it's only a step.

Is the Child's Appetite a Proper Guide?

MRS. M. C. WILCOX

IS your own appetite a proper guide? Is the dyspeptic's appetite a proper guide? Is the drunkard's appetite a proper guide? Then why is the child's appetite a proper guide?

Have you ever noticed that the child's appetite is quite like your own in many ways, in respect to the things you like and dislike? Have you any idea that you transmit to your children your own strength and weaknesses? If some of these things have not been transmitted to us, how then has the human race come into possession of so many peculiarities in eating and drinking?

Again: your child may not like the food you like; in fact, it may decidedly disagree with him. He may have some of his father's tastes, very different from your own; or he may go back further still, inheriting some traits from grandfather or grandmother, which you, his mother, can not understand. It has been said that a child may be "likened to a stage-coach, with all his ancestors riding in it." The child may inherit, for illustration, an appetite for tobacco or alcohol. It would not take a pure, loving mother long to decide whether such an appetite, no matter how strong it might be, was a proper guide for her child to

follow. It is when we come to what may be considered small things that we are vacillating and uncertain as to whether the child's appetite is a proper guide. For instance, if a child wants to eat often,—between meals,—or has a special craving for meat, sweets, pastries, pickles, preserves, etc., we think that it is because he needs them.

If we were not such a degenerate race, if a tendency to special sins and weaknesses were not transmitted to us, and if from birth a child was fed by one wise enough to know when he needed food, and just what kind should be given, his appetite might be a proper guide; but this condition never has been true, and never will be true in this life. So we are quite at sea in respect to following the caprices of the appetite, even in our little children. It is true that heredity, habit, and education, make us what we are, appetites included.

The only safe guide, then, is good judgment, based on true principles, and these may be found in the great Guide-book for mankind, the Word of God. We have wandered far, far from the original plan of God for the diet of man in his Eden home. Shall we not turn our faces backward toward the light of his Word, and his pure, original plan of food; and by our own persistent efforts try to get back, ready for Eden restored?

It is comparatively easy for parents to educate children to right habits in eating and drinking. By union and by determination it may be done. Children will grow and flourish on the simple, wholesome diet of fruits, grains, and nuts. They may, even when delicate and frail, become ruddy and strong, happy, sweet-tempered, and bright. I am not speaking from theory alone, but from actual experience with three frail

children of my own. By simplicity of diet, a strict adherence to the laws of life and health, and a determination on my own part to become acquainted with those laws, these children are keeping up and ahead in their classes at school, and have the promise of lives of usefulness. They have never been permitted to eat as they pleased, to dress carelessly, to sleep little or much, irregularly, but they have been taught to eat *simple* food at regular hours, to sleep at night in airy, well-ventilated rooms, or on the porch, to dress comfortably, and they have plenty of work to do. If they become indisposed, they are taught to look into the *cause* and correct it, to fast perhaps for a meal or two, to apply simple remedies, and as a result, doctor's bills are almost unknown to the family.

In the dining-room on the wall hangs a picture in beautiful water-colors of a table loaded with fruit of nearly every kind, tempting as the artist could paint it. And not only does this picture hang upon the wall, but some of the real fruit may be found on the table, in the orchard, and in the garden. Then with the mill we always carry with us, we can grind and press the grapes into wine, the apples into cider, and have these drinks fresh, pure, and unadulterated, as well as the pulp for food. O how much better this is than to depend on the impure, adulterated foods and drinks from the shops and groceries!

With pictures of pure and beautiful foods, with the real life-giving foods themselves, and with true principles taught and practised daily, we can shape the child's future tastes almost as we will. What are you doing, mothers, to guide into proper channels that mighty power for good or evil—your child's appetite?

Should Children Be Punished? How— When—Why?—No. 4

BY A MOTHER

Forced Obedience Versus Submission

EVEN if a child, in moments of intense excitement, should grow so bold as to brave openly a parent's displeasure, the wise parent will not make a bad matter worse by hasty upbraiding. He will seek, in prayerful self-communion, for the right pathway by which to approach the citadel of the child's heart, and tenderly point out his wrong, its cause, and, best of all, its remedy.

Let us be as charitable with the mistakes of the precious little ones entrusted to our care as we wish our Heavenly Father to be with ours. We also often fail to reach the divine standard of right-doing.

To meet anger with anger is but adding fuel to the flame of passion. Though the child may apparently be conquered, no victory has been gained. His heart is a raging furnace, which may smolder long at white heat, and occasionally break out with fury, at apparently little provocation.

Management of Refractory Animals

The same principle is often illustrated in the animal kingdom. Here we see the superiority of calm, cool discipline over corporal punishment. The high-strung, nervous, trembling horse, that would prance wildly at the touch of a whip, will give prompt obedience to his master's kind tones or his caressing touch.

A team of so-called balky horses, which could be whipped until flecked with foam, without producing any salutary effect, was turned over to my brother. His whole-hearted good nature and hatred of abuse were well known. When giving him the management of

these refractory animals, their owner remarked, "Now we shall witness the development of your ideas of kindness to dumb beasts."

It was bitter cold winter weather in New Hampshire. One of the favorite tantalizing pranks of these "beasts" was to refuse to start in the morning. They would stand stock-still until their would-be driver had worked himself into a frenzy of rage and impatience.

My brother, on the first morning of his direction of the team, dressed himself in the warmest garments procurable, and, after signifying to the horses that he was



ready to start, calmly awaited their pleasure. One or two similar lessons were sufficient. Thereafter they manifested no reluctance to accede to his commands.

True Obedience Comes from the Heart

Though brute force may compel outward obedience, it does not gain the mental assent, and can not develop character, except in a wrong direction. Teach the child early what it is to obey. It should be the gradual training by a superior character, not compulsion by a superior force. The necessity of punish-

ment is usually a confession that the past training has been defective. It should not be adopted until all other means have failed.

The fault is often primarily that of the parent. If he begins with the idea that his child can not do wrong, and should never be corrected, he will probably soon change his belief, or else will have a child who rules the household, and who is disliked by all neighbors. This mistake is well-nigh irremediable, as the golden moment for the most valu-

able lessons in discipline is already past.

Such unwise conduct of the parent fosters trouble for himself, for the child, for his school-teacher, and for all with whom he comes in contact. If the child is brought up ruler of all he surveys, the teacher can not make him over when school age arrives. The teacher's rod and the public opinion of the school may keep an unruly pupil within bounds, but his character can never be rebuilt.

A well-disciplined child seldom comes to grief.



RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Laretta Kress, Washington Sanitarium

How Shall I Distinguish Between Symptoms that are of Grave Importance and Those that are Trivial?

LAURETTA KRESS, M. D.

YOU will have difficulty, dear young mother, in making this distinction, so I am ready now to help, if possible, with a few suggestions. Babies and young children never give up until they are really ill. They seldom sham disease, and they will get up just as quickly as possible. So it is very necessary to guard the beginning as well as the ending of any sickness.

Fever

A flushed face does not always indicate a fever. The child may be flushed from excitement, sleep, and so forth. On the other hand, there may be a rise of temperature when the hands and feet are cold. It is always best to provide yourself with a clinical thermometer, and learn how to use it in your home. Then it will assist you to arrive at the exact body temperature. Always take the temperature of children below five or six years of age in the armpit, groin, or rectum. The armpit and groin register nearly a degree lower than mouth temperature, and the rectum one degree higher.

It is not alarming for a young child

to have a temperature of 101° when taken in the rectum. This is not high for a young child at any time. In taking a rectal temperature (it is always the most accurate way), turn the child on the side, and after shaking the thermometer down well below 95° , oil the thermometer bulb with vaseline, and insert for two inches, allowing it to remain from one to five minutes.

When the temperature runs very high, there is usually accompanying the fever some brain complication, as rolling of the head, talkativeness, and restlessness, which are grave, particularly when these symptoms continue for a long period.

A child has fever from the slightest cause, and this symptom is therefore not so alarming unless it continues for a long period. On the other hand, a child may have high fever when the hands and feet do not indicate it. This is usually a serious symptom.

Fever can usually be treated by yourself at first by giving an enema and a full hot bath, accompanied with frequent and copious drinks of cold water. If the fever continues high after the treatment, it is best to call a physician.

Cough

A cough is dry, moist, or croupy. When dry, it indicates the first stages of bronchitis, and requires poulticing to make it looser. A moist, loose cough is found in the later stages of bronchitis and in the later stages of pneumonia. It is serious only in this way: the child always swallows what is coughed up, and the mucous coughed up from the lung goes into the alimentary canal to produce trouble there. This necessitates the giving of castor oil, olive oil, albolin, or something to carry the mucus through the body quickly. In pneumonia this discharge of phlegm is abundant, and must not be allowed to remain long in the body.

A croupy cough is more alarming than dangerous. It demands immediate action, and is soon over. A compress of cold water will give relief before a physician can be secured.

The Cry

As a young child can not explain its feelings by talking, it must do so by crying. One gradually learns by experience to know what all the varied cries mean. A cry of hunger is usually fretful, and ceases when the child is satisfied.

A cry of indigestion is like the cry of hunger. It is not eased, however, by feeding, but is usually worse. The cry of pain is sharp. The legs are drawn up, and other signs of distress are manifest. If the pain is in the ear, the child puts a hand to its ear. If the child falls asleep from exhaustion, it wakes soon with a scream. A cry of temper is prolonged and violent. The arms and legs are thrown about, and the body becomes stiffened. The cry of habit ceases when the child is satisfied with its doll, nipple, rattle, or any object it desires. When the brain is affected in high fever, the child may cry out when moved, or may cry out shrilly in the night, or may utter a short, suppressed cry if pain is produced by coughing, as in pleurisy or pneumonia.

Convulsions

are always grave, and a physician should be called immediately. While a convulsion may be the result of some condition readily remedied, there is the danger that it may be a complication of more serious trouble.

Stomach and Intestinal Trouble

become serious so soon that it is well to seek advice early. A very large majority of cases do not recover from these too numerous complaints.

Children who are suckled by their mothers have, as a rule, not only better health in infancy, but also stronger constitutions all their lives than children who are not so fed. In Germany, where observations have been made carefully and on a large scale, it is found that among artificially fed babies the rate of death in the first year varies at different seasons from eleven to twenty-one times the rate for breast-fed children. Most women suckle their babies, but some can not. German observers have recently ascertained that when a woman completely loses the power, her daughters also lack it; that the function is irrevocably lost. And it has been shown by other observers that the number of those who can not suckle is constantly being augmented, chiefly by women one of whose parents has been a drunkard.—T. C. Horsfall, in "Contemporary Review."

CURRENT COMMENT



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

Simple Diet Means Greater Efficiency

EXPERIMENTAL study of the physiological needs of the body for food has indicated that the real requirements of the system, especially for proteid foods [meats, etc.], are far below the amounts called for by existing dietary stands, and still further below the customary habits of the majority of mankind. The ability of the body to maintain a condition of physiological equilibrium, with a true nitrogen balance, etc., on a relatively small amount of nitrogenous food, would seemingly imply that the large surplus so generally consumed constitutes an entirely uncalled-for drain upon the system, as well as upon the pocket of the individual, and without compensatory gain.

In our experimental study of this question, observations on many individuals have extended over such long periods of time that there is apparent safety in the conclusion that the dietary standards which aim to conform to the true needs of the body are perfectly adapted to sustain health, strength, and vigor indefinitely.

That these smaller amounts of food are quite sufficient to meet the needs of the body is indicated by the condition of the subjects after many months of living at these lower levels. Especially noticeable, because at that time wholly unexplained, was the decided gain in bodily strength and endurance manifested by all the subjects of experiment.

Further, the many data obtained in our experimental studies, reinforced by a

multitude of personal experiences from all over the world, communicated to the writer, all lead to the view that there is great personal gain in the acquisition of dietary habits that tend toward moderation and simplicity. Renewed health, increased vigor, greater freedom from minor ailments, etc., are so frequently reported as the outcome of temperance in diet, that we are forced to the conclusion that the surplus of proteid food commonly consumed—amounts far beyond what the physiological necessities of the body demand—is wholly unphysiological, and in the long run detrimental to the best interests of the individual. There is seemingly sound philosophy in so changing the customs and habits of our daily life that they will conform more or less closely to our present understanding of the physiological requirements of the body.—*Prof. Russell H. Chittenden, in Popular Science Monthly.*

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Reverse the Current

SOCIOLOGISTS are looking more and more toward decentralization of population as a remedy for the squalidity and misery found in great cities. It is admitted by everybody that the life involving the sweatshop and the slum is less healthful physically, morally, industrially, and politically than the old life on the farm. The effect upon the individual of pure air and cleanly surroundings can hardly be estimated. A business of one's own, if it is small, does vastly more in the development of character, the founda-

tion of all good citizenship, than drudging along, eternally subject to the will or perhaps the whims of employers.

But the city has vast social advantages, and the country has been lonely beyond measure. Human fellowship is one of the strongest of sentiments, and almost any sort of hardship will be endured in preference to isolation. Everybody agrees that it would be well for the people in the city slums to get back to the soil. How they can be induced to do so is the problem.

It is obvious that the best way is to show the persons most interested that they can better their condition, and at the same time sacrifice few of the social advantages enjoyed in the city. Thanks to the march of invention which has brought about city congestion, the tendency now seems to be toward decentralization. Cities are spreading out. Suburban districts are becoming the favorite places of residence of the well-to-do as well as the wealthy, at least during a portion of the year. In some of the older cities residence property near the center of the city is positively falling off in value, while values are rising in the suburbs. Rapid transit makes it more and more feasible to live some distance from one's work. The movement is back toward the soil.

In London colonization in suburbs is being worked out as a means of relieving the overcrowded tenement districts. New York is sending its population into Jersey and up the Hudson for dwelling places. With the cheapening of rapid transit it is pretty certain that this movement will increase in force.

Even some manufacturers have taken the hint, and their plants are built some distance from trade centers, where their employees may have room for cottages and gardens.—*St. Paul Dispatch.*

The Local Status of the Pure Food Law

THERE is one feature of the federal pure food law which seems not to be generally appreciated. That is, it is of the so-called "interstate" class of laws. It does not prevent the manufacturer from misrepresenting his product and selling it. It only prevents him from sending misrepresented goods across State lines. Adulterated foodstuffs may be put up in one State and sold in that State. . . . This feature of the law enables manufacturers to send their better goods out of the State, and to supply dealers within the State with old stock and falsified products. . . . Each State must enact a pure food law of its own, or suffer at the hands of its own mercenaries.—*Editorial, New York State Journal of Medicine.*



Dangers of Wood-Alcohol

A NUMBER of well-authenticated cases have been recorded from time to time of persons who have lost their eyesight from merely inhaling the vapors of wood-alcohol, as well as from its use externally in liniments. Painters are especially subjected to the dangerous effect of this poison, and some of the cases referred to were those engaged in using shellac varnish, who had, by continued absorption, impaired their eyesight, and finally become totally blind.

That methyl alcohol [wood-alcohol] is poisonous externally as well as internally is no longer a debatable subject, and too much publicity of the fact, can not be given, in view of the fact that denatured spirit will soon be a reality, and presumably denatured with methyl alcohol, imparting its poisonous principles to the new commodity.—*D. Strode Jefferis, Ph. G., in Scientific American.*

THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park.

Experiences Which Led Me to Become a Medical Missionary

DR. MRS. A. C. SELMON

THE experience which led me to the mission field dates back to childhood. Up to nine years of age, I had given little serious thought to religious matters, except to study my Sabbath-school lesson from week to week. During the service which usually followed Sabbath-school, I amused myself with a pencil and paper, not hearing the sermon. But a Sabbath came when the Spirit of God first brought conviction to my heart. I was impressed before the service to resolve to attend for one hour to the words of the gospel. There followed a simple but stirring sermon on life's two ways. The thought that the choice rested with me, and that thus must be settled my own future, would not leave me, nor give me rest or sleep. I rose twice to pray, after I had retired, and when I tried at first to put off the question till I should understand it better, I could not, but prayed, "Lord, help me to decide now to walk in the way of Christ and truth." I was confident that God had helped me, and accepted me, as I gave my life to him. And though I knew so little of what was involved in this decision, I believed that he would open the way before me.

My parents had been Adventists for several years, but I determined to be nothing only as my own personal convictions should lead me. From this stand-

point I studied and prayed, unknown to my parents, with the result that about a year later I was baptized, and became a member of the Seventh-day Adventist church in Clyde, Ohio. I had found for myself that God answers prayer. As an instance, I relate: I was baptized at the Columbus, Ohio, camp-meeting, in the fall of 1888. I had made up my mind fully as to my course before I went. As my father was to go, I timidly suggested that I would like to be there. Mother spoke quite firmly against it, and brought up all the reasons why I could not go. I knew that mother's "no" usually meant no, and I was too disappointed to argue the case. I went up-stairs, and cried bitterly. Then I thought, "What is the use? I am trusting God, and if he wants me to go, he will open the way." Kneeling down, I told him all, and the clouds cleared away. When I went down-stairs, mother was planning for me to go. And though she gave me no reason for her change, I knew that prayer had been answered.

At this time I included in my consecration my conviction that consistent Christian life means a life of service, and from that time on I only thought, "How can I become efficient in the Master's service?" A few years later I became interested in medical missionary work, through reading the first numbers of a medical missionary paper published by Seventh-day Adventists at that time. In one issue appeared an article on

China. Soon it became the height of my ambition to be a medical missionary. Then the question came home to me, "Would I be willing to go to such a field as China?" After a time of thought and prayer, I made the consecration to go anywhere God's providence should indicate, if he would give me the preparation. There was still a long journey to the consummation, and some trying experiences to be met by the way. But these were only a part of the preparation for the difficulties and trials of the field.

The prospect of getting my education was not the most promising. But for the encouragement of those who are now in such a position, I will speak of some experiences. We need never be discouraged because of lack of means, if we take God's "will." He will provide the "way" step by step, testing our faith as we move forward.

At the age of seventeen I had acquired, under the instruction of my parents, an education in the common branches. I had no means with which to advance. Several months in the ups and downs of our canvassing work increased my resources only by thirty dollars. With that sum I started in Battle Creek College. A few months later I entered the nurses' training-school. I was able, by working my way, and by careful economy, to finish this and all the college work necessary to prepare for medical college. In completing this work, and, later, my medical education, I came up to many extremities. I did all that I could, and when the Red Sea lay before me, God opened the way. I could never see my way through more than a few months ahead, and many times not the next step in advance.

Just at the close of my training-school work, a severe illness apparently blocked

my way. Physicians considered my recovery doubtful for a time. It was necessary for me to learn a lesson in regard to caring for my health, for I had become so absorbed in work as to neglect physical laws. But in this experience I realized my dependence upon God, and said, "If God wants me to take the medical course, he will give me the health to do it; otherwise I do not want it." To the surprise of all, I entered college that same year, and was able to complete four years' work without a break, working summers as a trained nurse to make my expenses for the school term.

Once during the training-school work, I listened to a returned missionary from China. At this time I remembered my early consecration, but was unprepared to go. During the heavy, absorbing work of college, I thought little of what should be my field of labor. And when, after this work was completed, the question became a reality to Dr. Selmon and myself, I believed that God would lead us. I had no preference of field, only to be where his will would have us. I felt incompetent for such a work as China, so told Dr. Selmon nothing of my early experience. Later, when he laid before me a strong conviction to labor in this field, I was overwhelmed, but not surprised. I said, "I have no decision to make, for I promised the Lord years ago that I would go even to China, if he would give me the preparation and send me there." It was evident that God had been working out a plan, and when the way should open for us, I dared not hesitate nor shrink from the responsibilities and difficulties of the field. And as we began to plan for the work, God began to demonstrate to us that he would overcome difficulties, by opening up the way before us, so that in a very short time we came to China. After being here now

for some time, the Lord has helped us in getting the language, and we have found the promise true of him who said. "I will never leave thee, nor forsake thee." We are now engaged fully in the work of giving the third angel's message—a message that embraces the complete restoration of man, physically and spiritually—to the millions in China, and God is giving power as he has promised.

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Moulmein, Burma

RECENTLY I have had all the medical work I cared to do. I find I can not do as much here as I could do at home. I am going to a village fifteen miles away, to treat a few cases, and they are calling for me in another village. One quite prominent family, I am told, wishes to know something about the Christian's God. A lady patient of mine tells me that since she met me, she does not care to go to their pagoda to pray, as she did before. I told her how to pray to our God. She said her husband drank, and at such times was not good to her; she wanted to know if God would help to make their lives more agreeable. I told her there was nothing too great for our God to do, if we trusted him.

In a few days her husband had indigestion, after a spree, and thought he was going to die. I was called, and with hot applications and a good purge, he was soon asleep, and the next day went to his work. I improved my opportunity to impress upon him what drinking meant, and told him that if he continued, he would die in one of these attacks. He promised he would not drink any more, and had kept his word the last I heard from him. His wife

says that their home is all right now.

I was called to see one woman whom two doctors had given up to die. I found she had had high fever for two months, and they were afraid she would catch cold if they gave her a bath. You can imagine her condition. I immediately used soap and water freely. The woman is making a fine recovery.

Last week I treated a baby very sick with pneumonia. I tried to keep the chest protected, but with their clothing it was impossible. One morning I sent to the bazaar for some flannel. Then I sat down on a mat, and made a shirt for the baby. The same day I was called to show a woman how to make comforters, as we have had the coldest weather in the history of Burma—sixty-four degrees.

One aged woman was much afflicted. I began giving her treatment. She has been steadily improving. I am told she offers special prayers for me to her god.

A woman, when she found I could wash and iron, said, "O, won't you please come and teach me? for often the *dhobie* does not come, and how thankful I would be if I could wash, starch, and iron the children some clothes!"

I mention these things so you may impress the missionaries with the importance of learning the practical things of life. I believe that if we would be successful medical missionaries, we must be ready and willing to do anything, and not have an idea that because we have passed the examination of a medical college, or a sanitarium examination for nurses' training, we are exempt from the most humble work.

OLLIE OBERHOLTZER, M. D.

EDITORIAL



The International Congress of Mothers

WE regret that our readers could not all have had the pleasure and privilege of attending the congress of mothers recently held in the city of Washington. The National Congress of Mothers has held sessions annually for a number of years, and through its various branch organizations, has been the means of accomplishing much for the improvement of childhood conditions, especially among the classes where the children are most neglected. The delegate from Louisiana voiced the sentiment of the congress when she said, "We wish to train these young people to fill our homes, and not our prisons and reformatories."

Believing that character formation is easier and surer than reformation, the members of this organization attempt to come into touch with the unfortunate classes by means of manual training-schools, playground facilities, improved housing conditions, and the like, and, where necessary, by means of juvenile courts, probation officers, and similar measures. The mothers composing the organization take interest in every effort being made to advance the welfare of the child, whether the child be in a palace or a hovel.

But to those who did not have the privilege of attending the uplifting meetings of this congress, the writer would suggest that every one may at least have

the privilege of subscribing to the *National Congress of Mothers' Magazine*, which, at a cost of only fifty cents a year, supplies in each number, matter of priceless worth to every parent.

The February number contains articles on "Character Building," "The Brownlee System of Training," "Manual Training for Unruly Boys," two most excellent articles on children's reading, "Children's Table Manners," "Moral Training," and "An Old Maid's Children," this last being an excellent article on the feeding of children.

The magazine should have hundreds of subscribers where now it has one. We feel certain that no one who sends the subscription price will be disappointed; but to those who prefer to see it before subscribing, I would suggest that they send five or ten cents in stamps, with request for sample copy.

All subscriptions should be sent to Edward W. Mumford, 4016 Chestnut St., Philadelphia.



Some Diet Delusions by Woods Hutchinson

IN the matter of diet, Dr. Hutchinson says: "Instinct is far superior to reason." By instinct, he evidently means the appetite which naturally guides in the selection of foods when one has a variety from which to make selection. He is a believer in the wisdom of eating as much as you like, of whatever you like, and whenever you like. It is a very convenient dietetic creed, and one

that I have found to have been followed pretty faithfully by a certain class of patients who come to a sanitarium for relief. To be consistent, he ought to add to his creed (perhaps he does) the proposition that sickness does not result from dietary or other errors, but comes as a "mysterious dispensation," etc.

If "instinct" (appetite) is the proper guide, then people must get sick by denying appetite, or because they have not enough means to purchase what the appetite calls for. But the histories of patients indicate usually an indulgence rather than a denial of appetite as the probable cause of their troubles. Many of these patients, after vainly trying to gain health by means of drugs, have found permanent health through a régime consisting essentially of a rather meager but well-selected dietary.

Luigi Cornaro — at forty a physical wreck because of overindulgence (following "instinct") beginning an abstemious life and living in vigorous health for more than sixty years longer — is a classical example of this class. Edison, one of the brainiest men of the age, attributes his great capacity for work to his abstemiousness. He believes, as he publicly says, that most men eat too much (or in other words, they follow "instinct" too closely).

Some men find that they can remain in fair health only by cutting out foods which they like better than anything else. The diabetic, for instance, must live on a minimum of sugar; and yet his whole being craves it. (What is that but "instinct" as understood by Dr. Hutchinson?) Often he can not be trusted without a nurse, lest his appetite ("instinct") get the better of his good sense.

What causes the nameless act of some degraded wretch which results in his burning at the stake? Is it reason or instinct? What causes the youth, unless

properly instructed, to begin a practise which saps his vitality? Is it reason or instinct? What causes a mere child to take alcohol eagerly whenever he can get it, and become a confirmed drunkard when scarce in his "teens"? Is it reason or instinct?

And I might go on indefinitely; but perhaps Dr. Hutchinson will say that these are not instincts, or that the instincts in these cases are abnormal. Whatever objection may be made, the fact remains that there are appetites, "instincts," and tendencies in man, which often make for his degradation and downfall. Sometimes these tendencies can be controlled by reason; sometimes they are so powerful that they override all reason.

What Dr. Hutchinson calls "instinct" is the result partly of heredity and partly of environment. The fact that a certain person is especially fond of sweets, and can not bear the taste of tomatoes, is no indication that his digestive canal is especially prepared to use the one and not the other. This discrepancy between one's "hankerings" and his real needs is so well known to all that one hardly needs to refer to it. One person is especially fond of strawberries, but has the hives every time he eats them. Another is fond of his beef and wine, and suffers a gouty attack with each indulgence. These are but extreme examples of a law that is of very general application. The reply is often made to the question whether one likes a certain food: "I like it, but it does not like me." "Instinct" in the matter of diet is anything but an absolute guide to be followed blindly. No doubt instinct serves a very useful purpose; and in many instances, the following of theory and experiment in diet in entire disregard of appetite has changed an individual from a condition

of comparative health to invalidism. Dr. Hutchinson has seen this side, and allowed it to unbalance him into making unwarranted statements.



A New Reason for Believing Animals Are Machines

IN an article entitled "Machines in Fur and Feathers," Mr. Burroughs says, speaking of two men who have recently given some thought to animal psychology: "If I held the views that either of these worthy men does, I should turn over a new leaf in one respect at least—I should banish meat from my table upon principle, and join the ranks of vegetarians. I could not be a party, either directly or indirectly, to the murder of beings between whom and myself there existed the relationship implied in the gift of the faculty of reason. The unthinking vegetables and cereals should supply my wants."

In this Mr. Burroughs is right. He can readily see that there is not so great a difference between cannibalism and the slaughtering of thinking animals for food; and naturally he, to be consistent, refuses to believe that animals think. It is one way out of a dilemma.

But if animals do not sometimes manifest the tenderest affection, not only for their own kind, but for humans; if they do not show the deepest gratitude for favors, a gratitude that so exceeds that commonly seen among humans that it is touching; if they do not in times of great need, as when a building is burning, perform acts of bravery and devotion that are anything but machine-like; if they do not show evidence of remarkable memory, and of a consciousness of the relation between cause and effect, WHICH IN A HUMAN IS SUPPOSED TO BETOKEN MENTALITY, then I will be ready to admit

that Mr. Durrroughs and his philosophers and psychologists are right.

It is true that, as compared with man, the reasoning powers of animals are crude. It is true that most of their acts are the result largely of reflexes and of result of habit. But when you have cut out of human action that which is reflex and the result of habit, how much is left?



Vegetarianism in the Cure of Psoriasis

DR. L. DUNCAN BULKLEY, one of the most prominent dermatologists in New York, has, for a number of years, been convinced that in the treatment of the skin disease psoriasis, a strict vegetarian dietary is essential to the best success. In 1906, before the American Medical Association, he made the following statement, based on a study of twenty-one hundred cases of the disease: "For many years I have placed numerous psoriasis patients on a strictly vegetarian diet with most excellent results; and these results are corroborated by the fact that now and again, when one has broken through the regulations, he has a reported recurrence of the eruption. I make the diet absolutely vegetarian, not even allowing eggs and fish, or milk as a beverage with eating, and sometimes I have even excluded coffee and tea with advantage, and of course all distilled and fermented drinks."

In the *Journal of the American Medical Association* bearing date of Feb. 22, 1908, Dr. Bulkley states that during the first years of his experience of restriction of animal food in the treatment of psoriasis, "the restriction was less severe, and related mainly to the abstinence from beef and mutton; and even these patients noticed a marked change in the character and severity of the eruption, and often attributed a relapse to indulgence in the prohibited articles."

"But of late years," continues the

doctor, "I have made the diet much more strict, excluding entirely all animal food, even strong soups, poultry, eggs, and fish; and I have had a number of patients for years on an absolutely vegetarian diet, allowing only butter, but not milk as a beverage, and in some cases I have excluded tea and coffee.

"The effect of this cutting off of the supply of animal nitrogenous food has been very remarkable in many instances (a considerable amount of nitrogen is still supplied by certain vegetables, as the legumes and oatmeal). Patients continually notice the change in the color and character of the eruption, it paling and becoming less scaly, and even disappearing entirely in some weeks, with absolutely no local treatment."

The doctor has much more to say to the same effect, that we can not take the space to quote here, but one statement by him on the general subject of vegetarianism, coming as it does from a man of unusually broad experience and sound judgment, merits especial attention. He says: "Little need be said in regard to the general subject of a vegetarian diet, for abundant experience has shown its value under many conditions of health and disease. The opinion is, I believe, gaining ground, among both the medical profession and the laity, that far too much meat is eaten by those who can get it; and in London, certainly, the practise of vegetarianism is increasing, as is evidenced by the large number of well-patronized restaurants that make this a specialty; these are also increasing in New York City."

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Diseased Poultry in the Markets

THE *St. Helena Star* has a department of Poultry Notes, conducted by C. M. Barnitz, a practical poultryman of Pennsylvania. In the issue of February 21 Mr. Barnitz has an article with the head-

ing, "Diseased Poultry Sold in the Open Market," in which he relates the following interesting incident:—

"While visiting a relative in a distant city the family physician made this unusual request: 'I understand you are an expert on hen health, and I have come to ask you a favor. I have several very particular patients, and their nurses have found it difficult to secure good squabs and chickens. I have therefore volunteered to purchase them, and I wish to have you accompany me to market.

"'Well, what do you think of the poultry on display?' asked my friend.

"'Fair,' I answered, 'but it would have been better if some had not died before they were killed.'

"My enigmatical reply puzzled the physician for a moment, and then he demanded, 'Do you mean to assert that some of this poultry died of disease, and was then dressed?'

"'That is the exact meaning,' I replied.

"We hurriedly returned to the booth where the diseased specimens had been detected, and there they hung, slimy and blue, on the hooks, while customers crowded around the stall. The physician quickly turned to the dealer, and, pointing to two fowls in question, asked, 'Are those fresh killed chickens?'

"'Sure,' said the marketman; 'just fresh this morning.'

"The doctor purchased them, took the booth number, and we went on. The fowls had both died of diphtheria.

"When I pointed to their swollen faces and the putrid white patches in their throats, and explained to the surprised physician that this is a common, contagious, and deadly disease among grown fowls, and that this species of diphtheria is supposed by many to be capable of transmission to human beings, he was certainly astonished.

"I remained long enough in that city to see the unscrupulous dealer heavily fined, and to receive a request from the board of health to give such information to the public that they might be safeguarded in buying poultry, and that they might be able to discern the symptoms of disease in dressing fowls at home."

Mr. Barnitz is a man who is interested in the poultry business. He believes in raising poultry and selling it. He is not a man whose prejudices against the use of poultry as food have caused him to make unwarranted statements.

He continues: "Many persons forget that fowls have organs similar to a human being's, performing many like functions, susceptible to the same influences within and without, affected by hereditary weaknesses and afflicted by diseases, contagious, chronic, or temporary.

"Many will be surprised to hear that poultry are subject to pneumonia, laryngitis, bronchitis, catarrh, consumption, diphtheria, catarrh of the stomach (crop), cholera, diarrhea, enteritis, peritonitis, constipation, congestion of the liver, congestion of the brain, vertigo, epilepsy, apoplexy, heart failure, fatty degeneration of the heart, paralysis, rheumatism, rickets, gout, jaundice, blood-poison, leprosy, dropsy, chicken-pox, gapeworms, tapeworms, roundworms, sucking worms, corns, and other diseases too numerous to mention."

The federal government is making an attempt, which at the best is only partially successful, to inspect the cattle slaughtered in large centers for interstate traffic. Who inspects the hundreds of thousands of poultry concerns, large and small, to insure that birds that have died of some infectious disease are not sold in the market?

Is the Tooth-brush Unsanitary?

No; not if you burn it. But the ordinary tooth-brush! Well, some go so far as to say that the tooth-brush makes more work for the dentist. It certainly is an admirable article to harbor all kinds of microbes, including those of tuberculosis and pneumonia and others which are often in the saliva. It is possible that by means of the tooth-brush, slight erosions may be made in the gums, or in the membrane which attaches the gums to the teeth, in which some of these germs may be implanted to do more or less serious mischief. At any rate, it is not at all certain that the condition of the teeth improved with the advent of the tooth-brush.

Used cautiously, and cleaned antiseptically, it may do no harm; but —

Perhaps some one will yet invent a mouth cleanser that can be sold at so reasonable a rate that it can be used once and burned.



Ethics up to Date

A CERTAIN magazine — I'll be good enough not to mention its name — after telling its readers how, by means of nitric acid, to produce a scar resembling vaccination, concludes with this naïve advice: —

"Again, no pretense should ever be made that the child has been vaccinated. If a doctor wants to know whether the child has been vaccinated or not, simply show him the scar, and if he is satisfied with the scar, well and good. I would not advise any physician to give a certificate of vaccination after having performed this imitation, because the deception would be simply a lie, and lying is not to be approved of even to escape the necessity of being vaccinated."

I imagine I see wings sprouting.



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.

Treatment of Malaria by Hydrotherapy

DR. H. F. RAND

Superintendent St. Helena Sanitarium

The following is quoted from the proceedings of the Medical Missionary Convention held at Loma Linda, Cal., Oct. 28-31, 1907. In response to a question as to whether the use of quinin is imperative in the treatment of malaria, Dr. Rand replied:—

IN Boulder, Colo., we had an opportunity of teaching physiological therapeutics in connection with the State university medical school. We had this question to meet with the physicians there. Of course they had their own ideas and remedies, but we finally had an opportunity to demonstrate the effects of hydrotherapy.

They had several cases of malaria, which they had treated with their remedies, but after about two weeks the chills came on again. Then they wanted us to try hydrotherapy, so we took the cases, and followed them through.

Almost every one uses hot water instead of cold in this disease. You know the effect of hot water applied to the body. It reduces the number of blood cells, and lessens their activity, and also reduces the alkalinity of the blood. Thus the leucocytes in the blood are prevented or hindered in their work of destroying the germs. Instead of doing this, the right thing to do is to increase the num-

ber and activity of the cells, thus keeping up the alkalinity of the blood, and increasing the activity of the leucocytes.

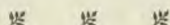
We gave these patients a cool half-bath about ten hours before the chill was due, and the chill never came. The men from the medical school were there to watch the results. They watched for the chill to come, but it did not come. We used other cool treatments, and kept them up. Together we watched these cases for a week. All that was required in the treatment was hydrotherapy, and it was a success from the beginning.

They had another case that they had been treating in their way for nearly two weeks. The man had been taking quinin and other medicines. The doctors told him it would probably be three or four months before he would be well. They knew that the malaria germs could resist their medicines, and live in spite of them. They had proved that it was no use to try quinin. This case was more reduced than the others had been. We used cold-

mitten friction. We would begin treatments about the same number of hours before the chill was expected each time, and the chills kept coming farther and farther apart until finally they ceased—the treatments were successful. It took us about a week to get him in shape.

Just recently we had a patient at the St. Helena Sanitarium. He insisted on having hot baths and fomentations, and

plenty of blankets. This went on for some time, the fever gradually getting the better of him. I told him, of course, of my method of treatment, with cold instead of hot. He did not believe in it, and went on until he was about exhausted. Then he let us begin with the cold-mitten friction and other cold treatments, and it was not very long, even after his high fevers, before he recovered.



The St. Helena Sanitarium

ON a spur of Howell Mountain, overlooking a charming portion of the upper Napa Valley, a building spot was prepared in 1879 by excavating a portion of the hillside. On this enlarged bench, a short distance below the Crystal Springs, a modest two-story house was erected.

The sacrifice of a few hard-working farmers who gave liberally of their means and time, made this institution, known as the Rural Health Retreat, possible, and established the nucleus of what was destined to be an important factor in the propagation of the gospel of health.

From the first, the institution was placed on a missionary basis; that is, the charter provided that there should be no dividends, and that all profits should be applied to the enlargement of facilities, or the treatment of the worthy poor. And this is the policy that has characterized the institution throughout its entire existence. It grew in size and facilities as patronage demanded; but for many years the fact most in evidence to those who were attempting to nurse the young enterprise into a position of greater usefulness was the immense debt, the interest on which seemed to eat up

all the income of the institution and cry for more.

The writer remembers the Retreat, afterward the St. Helena Sanitarium, during some of these trying times, and it is a pleasure to him to look over the



LEUCINE COTTAGE

last report of its manager, and to learn that a new order of things is now in vogue.

Formerly, there was frequently a heavy deficit to explain, and plans were inaugurated to meet the issue. Perhaps additional notes had to be issued, increasing the interest-bearing debt. Now, the report shows a very gratifying gain.

Then, the helpers, who were already

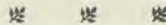
receiving a very small wage, responded nobly, giving of their scant means to help relieve the financial crisis. Now, the institution at the end of the year divides a certain percentage of the gains with the helpers, who still work for a very moderate wage. This is profit-sharing, in place of loss-sharing.

Then, the institution was increasing its indebtedness nearly every year, and often suffered for want of necessary repairs in order to keep down the indebtedness. This year, it has made extensive repairs and improvements, including a new hospital building, and has, at the same time, lowered the interest-bearing debt to less than half what it was a few years ago.

What has caused this turn in the financial affairs of the institution? It is largely due to the increased patronage that the institution has recently enjoyed. In the past it seldom had patients to

near its capacity; but now the St. Helena Sanitarium is by all odds the most popular institution of its kind in central California. Its principles are those that have made Seventh-day Adventist institutions famous the world over. It is an institution in which, to the ordinary rational methods — hydrotherapy, mechanical therapy, phototherapy, and the like — there is added the advantages of a Christian home influence, which perhaps many patients value more than the treatments. The beautiful climate and the charming scenery add not a little to the popularity of the institution.

In this, as in its sister institutions, the aim is not merely to give treatments for the restoration of health, but especially to establish habits of healthful living that will help to increase the efficiency, longevity, and happiness of each patient on his return home. It is, in fact, a school of health as well as a sanitarium.



Those Helpless Ones

E. L. PAULDING, M. D.

[Dr. E. L. Paulding, of Arroyo Grande, Cal., in a recent number of *The Medical Council*, relates some incidents indicating the difficulty that often lies in the way of diverting patients from drugs to rational methods, and the success that often follows these methods. A portion of this article is here given.]

TO show the faith some have in drugs I relate an instance: Yesterday a patron came into the drug-store where my prescriptions are filled. He had turned a deaf ear to all I had to say about hygienic living, good ventilation of his sleeping-room, simple, plain, well-cooked food taken in moderation, plenty of exercise, a warm bath once a week or oftener, a cheerful outlook on life, a high moral purpose to be helpful to his family and his neighbors, etc. He has an adhesion dating from an old abscess of the liver that he

had years ago. I have given him any amount of drugs, and he has gone to a number of other physicians, and has taken patents, proprietaries, and domestic medicine of all kinds, but nothing, of course, can tear loose this old band of adhesion short of a surgical operation, and this he refuses because a friend of his who was sick the same way died under a surgeon's knife.

He said: "De doctors all say hits my leever. Day ought to be some good mediseen for de leever." And so he goes on his fruitless search for something he

will never find unless he quits drugging, reforms his habits, and learns to bear with a cheerful resignation his infirmity that can not be helped.

Some time ago I called at a house on business, aside from medicine, and was shown a woman who had been left helpless — almost a hopeless wreck. She had had an acute attack of sickness that had wasted her to an extreme degree. She was only a frame upon which was laid some half-dried tissues. There was no active disease; no pain. She had taken every drug that could be thought of in the way of stimulants, tonics, and alteratives. In a day or two I met her physician, and I told him that I had seen his patient, but not in a professional way, exactly. He said: "Do you know of any medicine that will rouse that woman into activity?"

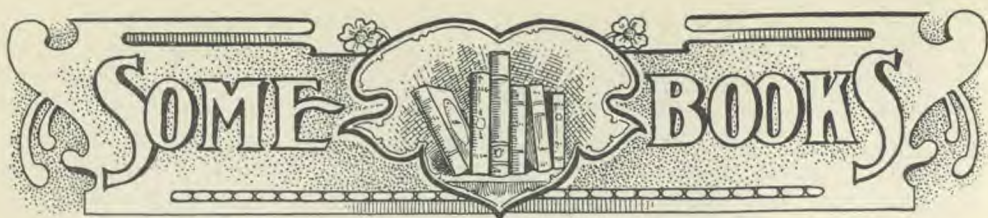
"No; there is no such medicine made," I said, "but there are some very simple treatments that can do it." Then I told

him to have her folks give her simple massage, gentle rubbings, such as they could understand and carry out; then to institute some simple Swedish movements — pulling and pushing against force exerted by the operator with both arms and legs. Also to have her raise her head from the pillow and hold it up while she counted ten, and her limbs likewise. These are excellent exercises to strengthen the abdominal muscles.

In less than a month they had that woman out of her bed and on her feet. After that it was easy, for she wanted to work, and as soon as she could do anything, took hold of the housework, and the cure was complete. To-day she is as strong as a horse (some horses). Did you ever do the housework when your wife was sick, or away on a visit, and the girl was on a strike? If you have, you will agree with me that it is the best all-round gymnasium you ever entered.

After all, we have few drugs of certain or specific action. We do not know how much to attribute to our drugs, and how much to the auto-suggestion they inspire in our patient. That drugs are useful can not be gainsaid, but the action of many, e. g., stimulants, is simply an effort on the part of nature to get rid of them. All will admit that too much medication will make a well man sick. Conversely, it is not reasonable to suppose that bounteous drugging will make a sick man well. In these days of ready-made therapeutics and concoctions and pills galore, it is little wonder that there is some guesswork about modern therapy. Our Hahnemannian friends, for whom I have great esteem, cure as many people as do those who deal out drugs in ponderous doses. A great majority of the former's sugar pills, with their infinitesimal quantity of medicine, are, *per se*, incapable of producing good or ill. This fact I have demonstrated by eating them *ad libitum*. But the Hahnemannian searches out symptoms, — not a disease name, — and applies his remedies to the symptom at hand. The patient thinks of his symptom, and associates it with a so-called specific for its alleviation, thus creating within him a powerful auto-suggestion. A regular physician told me he had tried everything "good for" neurosis in a little girl. Result, a complete failure. A Hahnemannian then cured her in short order. To satisfy the first physician, the remedy was made known, it being *sepia*, sixth "potency," one pellet every half-hour. The regular physician stated that he afterward used this drug in similar cases, giving it every half-hour, with invariable success. Finally he began using only sugar pills (no "potency" whatever), and had even better success than when he used the *sepia* pellets. The constant attention and expectancy did the work. — W. T. Marrs, M. D., in *The Medical Times*.

SOME BOOKS



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

"The Sexual Instinct: Its Use and Dangers as Affecting Heredity and Morals." By James Foster Scott, B. A., M. D., C. M., second edition. E. B. Treat & Company, 241-243 West Twenty-third St., New York; 473 pages; price, \$2.

The publishers have recently issued a revised edition of this plain-spoken work on the evils arising from abuse of the sexual functions. In this day when there is a growing tendency—which may be detected even in the ranks of physicians—to make light of the marriage relation and its obligations, it is refreshing to find a man who has the courage to make a bold stand in defense of the old paths, to champion the sacredness of the home, and to direct attention to the sure results of loose sexual habits.

The author, who for two years was obstetrician in a hospital devoted entirely to the diseases of women, believes that "the degradation of mankind is due more to sexual irregularity than to any other cause." In the preface to the second edition, he says, "My views have changed only in a direction which has strengthened them."

A chapter in the first edition, on Perversions, has been dropped in this edition—wisely, we think, as such matter, though of great value to the physician, may have anything but a good effect on suggestible individuals sexually inclined.

We have only one criticism on the book, and that we can state in the words of the author himself: "For the forcible presentation of any subject, it is of extreme importance to beware of such a degree of bias or enthusiasm that one is led to be too ardent in his utterances." We fear that in the effort to depict the results of youthful errors so graphically that the book might prove an efficient preventive of vicious practises, the author has so stated the case that any one who looks back with re-

gret on a checkered career will be inclined to lose courage and give up the struggle.

Such people are pre-eminently suggestible. In fact, these evil habits are largely a matter of self-suggestion; and any statements from a physician, that the habit is permanent or that the results are incurable, are apt to prove themselves true in every such victim who reads them.

While we appreciate the motive of the author in depicting these results in lurid colors, we believe that a milder statement would be as efficient to one not already a slave to evil habits, and that such strong statements serve only to suggest to the devotee the thought that reform is impossible.

After all, one must recognize that, as it is in digestive disturbance, so it is in sex disturbances; part, at least, of the evil after-effects are suggested by what the patient reads—usually the scare-crow advertisements of vultures who prey upon the unfortunate, but sometimes the well-meant utterances of those whose aim is to help eradicate the evil.

On the whole, the work is highly commendable, and its free circulation should result in the saving of many young people from the errors of sexual abuse of all kinds.

"Husband and Wife, a Book of Information for the Married and the Marriageable," by Lyman Beecher Sperry, A. M., M. D., Lecturer on Sanitary Science. Fifth Edition. Fleming H. Revell Company, New York. Cloth, 238 pages. Price, \$1.

From his extended experience, Dr. Sperry, in this book, has given "not only such information and advice as are deemed of real importance to those who have already entered upon the relations and obligations of married life, but also much valuable instruction and suggestion for those who are yet to pass through the intimate associations, varied preparations, and sig-

nificant experiences which precede marriage." A large proportion of the work of the divorce court, and much of the misery so often associated with married life, are the result of ignorance of certain "laws," as we call them. In this book, in a style characterized by high moral tone, good sense, and avoidance of extreme positions, Dr. Sperry has given, in a form comprehensible to all, the laws that underlie the great subject of sex.

The book is not intended for children, and one would hesitate to place it in the hands of the immature; but for those who are mature—that is, "marriageable"—it contains much priceless information which will place those who heed it in a higher plane as lovers, companions, coworkers, and parents.

"Cosmetic Surgery: The Correction of Featural Imperfections," by Charles C. Miller, M. D., including the description of a variety of operations for improving the appearance of the face. 136 illustrations. Prepaid, \$1.50. Published by the author, 70 State St., Chicago, Ill.

Surgeons who desire to become acquainted with the technique of cosmetic surgery will find this book a valuable guide.

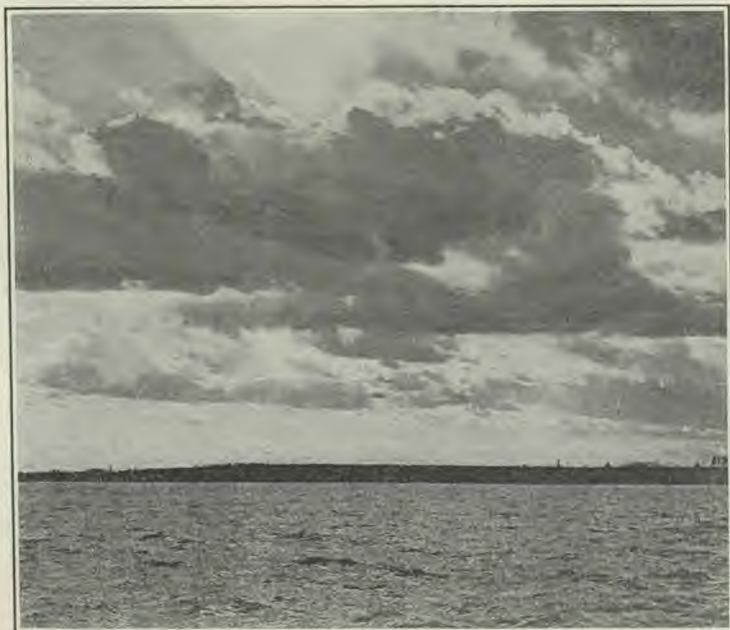
"Milk and Its Relation to Public Health" (Hygienic Laboratory, Bulletin 416), by various authors, Washington. Government Printing-Office. 1908. 758 pages.

One of the most important public health documents issued by the government is the above-named bulletin of the United States Public Health and Marine Hospital Service. In this volume is collected from the original sources the data relating to the known epidemics of typhoid fever, scarlet fever, and diphtheria, caused by milk. The character of milk epidemics, and the source of milk contamination are fully discussed, also the relation of milk to human tuberculosis and other diseases, and to infantile mortality.

Other important features of the work are: The Chemistry of Milk, The Bacteriology of Milk, The Germicidal Properties of Milk, The Conditions and Diseases of the Cow Injurious Affecting the Milk, Sanitary Inspection and Its Bearing on Clean Milk, Sanitary Water-Supplies for Dairy Farms.

The subject of Certified Milk and Pasteurized Milk is fully considered, and there is an excellent chapter on Natural and Artificial Feeding, which will prove valuable both to mothers and to physicians.

The difference between the sanitary and unsanitary production of milk is illustrated by means of fifty reproductions of photographs.





Renaming Malarial Fever.—There is a tendency among physicians to drop the name "malaria," which means "bad air," and to adopt the more appropriate and more significant term, "mosquito fever."

San Francisco Women Smoke in Public.—Two fashion mongers of San Francisco have set the pace, smoking cigarettes in a restaurant, so that hereafter it will be "the thing" for women of that city to smoke in public.

Anti-spitting Crusade in Chicago.—Chicago has again resumed activity in the work of eliminating the spitting nuisance, and the law against spitting on sidewalks and platforms is being enforced by arrest and fine.

Progress of the Anti-Rat Crusade.—A fund of nearly half a million dollars has been raised by subscription for the eradication of the rat evil in San Francisco. During four days in the last of February more than ten thousand rats were caught.

Does Prohibition Prohibit?—The liquor men say not. Why, then, have the brewers of Texas raised one million dollars "to combat prohibition in Alabama, Georgia, and Mississippi"? If their fight is successful, the brewers expect to get that immense sum all back, and more too, out of those States.

The Care of the Insane.—Since the publication of Mr. Beers' book, "The Mind that Found Itself," which gives the author's experience in three institutions for the insane, there has been manifested an increased interest in the care of the mentally bereft. Plans have been arranged for the formation of a National Committee for Mental Hygiene, whose business it will be to co-operate with asylum officials in all parts of the country for the improvement

of the condition of the insane, and for the prevention of insanity in those who have a tendency to mental unbalance.

Bovine Tuberculosis in New York.—Professor Moore, of the New York State Veterinary College, reports that 61.7 per cent of 626 herds have tuberculosis, and that more than one third of all cattle examined are affected. Five of eight cows kept on the Watervliet arsenal reservation proved to have tuberculosis. One of the animals which was slaughtered for beef was found to be badly infected with the disease.

Testing the Eyes of School Children.—Last fall the sight and hearing of 89,640 children in the village schools of New York were tested by the teachers under proper direction. Of the number there were 43,658 with defective vision, and 5,727 with defective hearing. It is believed that over forty per cent of the school children have defective vision, and that a very large number suffer from headaches, have defective hearing, a discharge from the ear, or are mouth breathers.

Need of State Meat Inspection in New York.—"The Citizen's League declares that there is need for state meat inspection and regulations to restrict the spread of bovine tuberculosis. There is no effective inspection in the State, and diseased cows are killed and sold to consumers without any check on their healthfulness as food." And practically there can not be an effective check. When all diseased meat is thrown out, the price of the healthy meat will necessarily be so high that none but the wealthy can afford to buy it. This, however, might not be a serious calamity, for there are some excellent substitutes for meat which do not have the disadvantage of being diseased.

Cigarettes Barred in Arkansas.—On the first of January the State of Arkansas prohibited the selling and the giving away of cigarettes, and even the possession of cigarettes or of cigarette paper is a violation of the law.

Woman Concludes Forty-day Fast.—A Chicago school-teacher, not to be outdone by "mere man," recently fasted for forty days, in Long Beach, Cal. A more heroic feat would be for some woman to refrain from talking for a like period. Who'll be the first?

Buttermilk and Babies.—Two Italian investigators, as a result of studies conducted in connection with infants suffering from intestinal disturbances, state that buttermilk restrains the action of harmful bacteria. Within two days after beginning the use of buttermilk, the discharges become modified, and in a short time are normal.

The Deadly Shell-fish.—A San Francisco medical contemporary says that there is not a week passes that some one does not suffer from ptomain poisoning as a result of eating shell-fish, especially oysters obtained from the southern part of San Francisco Bay, where the water is never changed, and where a large amount of sewage is emptied.

A Cure for Stammering.—Noticing that all stutterers and stammerers speak in a monotone, a New York physician has devised what he calls the "melody cure." By training stutterers and stammerers to slide the voice up and down, using a variety of pitches, the same as normal people do, he has succeeded in curing most of those he has treated.

Certified Milk Decision.—The circuit court of Kentucky has decided that, under the pure food law of that State, it is unlawful to sell milk as "certified milk" unless it has been properly certified by the Milk Commission. This is an important decision, as there is a vast difference between the quality of the milk actually certified and that claiming to be certified. Any dairyman who is careful enough to have his milk up to the standard would have no difficulty in obtaining the certificate of the Commission. It is easier to produce the low-grade, dirty milk, and pass it off as certified, than to produce high-grade milk.

Anti-Saloon Legislation in England.—A bill was introduced into the British House of Commons providing for the gradual abolition during a period of fourteen years, of thirty thousand saloons. From this it is evident that some in England are awakening to the enormity of the rum traffic. As may be expected, the bill is being bitterly opposed by the brewers.

Danger from Dairy Products.—A recent publication ("Circular 118, Bureau of Animal Industry, United States Department of Agriculture") gives pictures of seven healthy-looking cows which are said to have shown no unusual symptoms, yet these cows were giving off tubercle bacilli in a manner that made them exceedingly dangerous as dairy cattle. These cows were found in herds supplying milk to the city of Washington. The circular shows that without the tuberculin and bacteriological tests, it is impossible to recognize tuberculosis in cows until it has had time to do incalculable damage in the spread of the disease. The conclusion is reached that "tuberculosis among dairy cows is one of the greatest dangers to which the public health is exposed."

In the Interest of the Children.—The child is coming to his rights. People are awakening to the fact that it is easier to train the young for a useful manhood and womanhood than it is to take care of criminals,—that here, pre-eminently, prevention is far better than cure. Fresh air and healthful exercise make for clean lives. Experiments in the philanthropy of furnishing healthful recreation for the unfortunate classes have so demonstrated the practicability and the wisdom of such public undertakings that public-minded people the country over are entering an active campaign for the betterment of the youth. The Playground Association of America is carrying on an energetic campaign of education, and the National Congress of Mothers in its various State organizations is aiding in the work. Educators and those who have to do with delinquent youth have awakened to the immense influence of environment in the production and in the prevention of crime. Cities like Chicago and New York are spending immense sums in the establishment of playgrounds in those parts of the city where they are the most needed.

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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Who Is the Criminal?

A NEWSPAPER report has it that Attorney General Bonaparte is not very enthusiastic regarding prohibition. He is quoted as saying:—

"In some communities and under certain circumstances, prohibition undoubtedly is materially diminishing drunken-

ness, and with drunkenness, vice, crime, and misery, and where it does this it is a success, and promotes the public welfare.

"Elsewhere, in other communities and under different circumstances and conditions, it does not diminish drunkenness, and then it is a failure, especially since prohibition which doesn't really prohibit is attended by some peculiar evils, and is a source of dishonesty and corruption."

Mr Bonaparte is said to have declared that drunkenness should be punished as a crime.

Is it right for the government to license one man to sell liquor to another man, and then punish the other man because he takes too much?

The government, by means of the license law, places liquors within the reach of an inebriate, who perhaps loses all self-control after the first glass. To punish this man when he gets drunk is about as reasonable as it is to place a revolver within easy reach of a man with homicidal mania, and then punish him for using it.

It is not the inebriate who commits a crime, but the man who places liquor within his reach.

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The Cost of Credulity

THE New York State Journal of Medicine, speaking of the power of certain antiseptics to destroy germs, says: "The profession has been rather prone in the case of certain other antiseptics, to accept the reports of the promoters who are commercially interested as to their value."

And it may be added that the public has been rather prone in the case of foods and of medicines generally, to accept the "reports of the promoters, who are commercially interested," as to their value.

The acceptance of such reports is not rational. Many worthless or injurious foods and drugs are put on the market. No man who foists such a product on the market is so foolish as to attempt to sell it at its true value. Unless he is prepared and willing to say some very flattering and untruthful things concerning his product,

he will never attempt to introduce it.

So if it is introduced, it is always accompanied by "evidence" of its great usefulness, in the form of argument, testimonials, demonstrations, and the like.

The unthinking and credulous, having a confused belief that somewhere there must be a remedy for their troubles, read eagerly the symptoms which are said to be cured by so-and-so's magic restorer, or by some highly nutritious and predigested food, and they "bite." If the nostrum contains enough alcohol to stimulate them pleasantly, they may become more or less permanent customers.

The patent-medicine man is a tax collector, levying an assessment on the ignorance and credulity of the masses, who pay their tax much more cheerfully than they pay their State and county taxes, or even their rent and grocery bills.

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

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The Location Beautifully situated in Takoma Park, one of Washington's most attractive suburbs, amid thickly wooded surroundings and attractive walks, on a bluff overlooking the Sligo, a famous, rippling stream.

The Building Imposing in appearance, and of modern fire-proof and sanitary construction throughout.

Facilities Treatment rooms are thoroughly equipped with modern appliances, and all physiological healing agencies of recognized value are used, including the various applications of hydrotherapy, phototherapy, massage, electricity, etc.

The Diet Each patient is carefully advised by a physician as to the choice and combination of foods. More healthful substitutes replace tea, coffee, and flesh meats. Reforms in eating are made so pleasantly that the patient soon loses the desire for harmful foods.

Education Instructive and interesting health lectures are given by the physicians; also instruction in scientific cookery, physical culture exercises and drills. The aim is to teach patients how to keep well after they return home.

The Life The Sanitarium has a corps of Christian nurses and attendants who render cheerful service to patients. The atmosphere of harmony, "good will," and home comfort that prevails causes patients soon to forget their illness as they find themselves members of a happy family.

Correspondence is Invited

WASHINGTON SEVENTH-DAY ADVENTIST SANITARIUM

PHONE: Takoma 127 and 128

TAKOMA PARK, D. C.

ST. HELENA CALIFORNIA SANITARIUM



The largest and best-equipped institution west of the Rocky Mountains, making use of a rational system of physiological therapeutics

Every advantage of a thoroughly-equipped medical institution combined with the conveniences of a modern hotel. Physicians of long experience in general practise and surgery. Well-trained nurses of both sexes; polite and agreeable attendants. Delightful climate the year round. Beautiful mountain scenery, No contagious or infectious diseases admitted.

Write for large, illustrated descriptive booklet.

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