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FROM THE GROUNDS OF THE WARASH VALLEY SANITARIUM





"Something better is the law of all true living"

Vol. XXIII Takoma Park Station, Washington, D. C., August, 1908 No. 8

How to Live Twice as Long and Twice as Well¹

D. H. Kress, M. D., Superintendent Washington (D. C.) Sanitarium

THE useful life of John Wesley affords another example of the value of careful eating.

In writing of himself he said: "From ten to thirteen or fourteen I had little but bread to eat, and not a great plenty of that. I believe that this was so far from hurting me that it laid the foundation of lasting health. When I grew up, I chose to eat sparingly and drink water. John Wesley was most abstemious in all his habits. As a result, at the age of eighty-one he wrote, "To-day I entered my eighty-second year, and find myself just as strong to labor and as fit for exercise of body and mind as I was forty years ago." A year later he said, "I am a wonder to myself. It is now twelve years since I felt any sensation of weariness." John Wesley used meats sparingly a portion of his life, but from the year 1847 to the close of his life he abstained entirely from both meats and wine. He also wrote an able treatise against the use of tea, the arguments of which resulted in the

conversion of Dr. Adam Clarke on the dangers of tea-drinking.

Isaac Pitman, the famous inventor of the Pitman system of phonography, when nearing his fourscore of years, bore the following forceful testimony in favor of a simple diet as a means of attaining a useful old age, "Forty years ago dyspepsia was carrying me to the grave. Doctors advised meat three times a day and also wine. On this I grew worse. I then avoided meat and wine, and gradually recovered my digestive powers, and have never known since by any pain that I had a stomach. These forty years have been spent in arduous labor in connection with shorthand and editorial duties. I was at my desk fourteen hours daily, summer and winter, from six in the morning to ten at night."

From the life of Pitman, and also from Cornaro's life, we learn that delicate health or sickness in middle life, instead of precluding the possibility of a long and useful life, offers hope to the invalid, provided the needed reforms in living are made. On the other hand it is usually those who are apparently strong and robust in middle life, and who af-

¹A paper read before the Washington health club, at a meeting held in the parlor of the Washington Sanitarium, May 17, 1908. Continued from the July number.

firm, "Nothing hurts me, I can eat anything," who die prematurely. Oliver Wendell Holmes evidently observed this; for he said, "One of the necessary requisites for attaining to a good old age is to be rejected for life insurance by a first-class company." It is certainly better to be afflicted in early life if it leads to a better knowledge of the laws of health, than to pass on undisturbed in transgression until the condition becomes incurable.

Thomas Edison, one of the world's greatest inventors, it seems fully appreciates the need of carefulness in eating as an important aid to a life of usefulness and true happiness. He says: "I keep my health by dieting; people eat too much and drink too much; eating has now become a habit with almost

every one; it is like taking morphin—the more you take, the more you want. People gorge themselves with rich food. They use up their time, and ruin their digestions, and poison themselves. Diet is the secret of health. I eat just enough to nourish the body." He added, "If the doctor would prescribe diet instead of drugs, the ailments of normal man would disappear. Half the people are food-drunk all the time. Diet is the secret of health. I always live abstemiously. It is religion with me. My father before me practised dieting, and he instilled the idea into me."

It is a fact that those who live long and enjoy life in any country, are not

found, as a rule, in courts or in homes of luxury. We find these among the lowly peasants who, through force of circumstances, are compelled to live on the simplest foods, or among those whose wants are no greater than their needs.

Bulgaria possesses by far the largest proportion of centenarians of any nation. The women are said to be tall and well

set up. Their features are regular, and their appearance gives every indication that they are in possession of perfect health. The step of both men and women is elastic and full of life. A slouching man or woman is never seen among them. The food of the Bulgarian peasants is simple, consisting chiefly of coarse brown bread, corn flour, and milk curds, and such fruits as are found there.



JOHN WESLEY, FROM AN OIL-PAINTING

To this bill of fare they owe their length of life and vitality.

The athletes who anciently took part in the Olympic games and engaged in the races and sports, in order to excel, willingly placed themselves under strict discipline. They were restricted by their trainers to such food and drink as would develop the greatest power of physical endurance, and which would keep the body in the healthiest condition possible. Coarse, heavy bread, dried figs, nuts, soft cheese, and fruits were, according to Rollin, their chief diet.

If it is necessary for the athlete to observe such care in the selection of food and drink while in training, in order to

succeed in his profession, how much more essential it is for the man of business, the brain worker, or the one who desires real and enduring happiness, or the one who covets a long and useful life, to practise the same carefulness; for the food and drink which bring about bodily inefficiency, degeneracy, and weakness in the athlete, will also bring about mental inefficiency in the business man and brain worker, and will, in addition, bring about moral degeneracy. Foods and drinks which stimulate artificially, or which produce a feeling of exhilaration, must necessarily shorten life, and lessen man's capacity for real enjoyment.

I believe Dr. Haig is right when he says that "a knowledge of the truth promises to all who dare to follow it" "a stronger, more active, and more noble life, lived for one hundred years rather

than for fifty years, and ending in a natural death." While all may not attain to the age of one hundred, all may add to their years of usefulness. I further believe, from my observation of many years as a physician, that much of the misery and the physical and moral degeneracy that

exist at the present day in any community, family, or individual, may with a little thought be traced to errors in eating; and that the physical, mental, and moral elevation of mankind depends largely upon the correction of these physical habits. I am certain of this one thing,—as long as men and women continue to eat and drink as they do, physical and moral

degeneracy will continue. Indulgence of appetite I believe to be one of the greatest causes of the physical and moral depravity which is now so apparent everywhere.



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THOMAS A. EDISON AND HIS FAMILY

The true holiday of a brain-worker must not consist of replacing something by nothing; for nature abhors a vacuum, and will fill it with worry. It must include the provision of a novel mental occupation in sufficient quantity, the essential character of that occupation being not its novelty, but the fact that there is novelty associated with it—it is done for fun.—Saleeby.

The Importance of Cleanliness

MRS. E. G. WHITE

SCRUPULOUS cleanliness is essential to both physical and mental health. Impurities are constantly thrown off from the body through the skin. Its millions of pores

properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow is obtained. The mind and the body are alike invigorated. The muscles become more flexible, the intellect is made brighter. The bath is a soother of the nerves. Bathing helps the bowels, the stomach, the liver, giving health and energy to each, and it promotes digestion. It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed.

Every form of uncleanliness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold, and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house, to



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A VACATION AT SEA

are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to other eliminating organs.

Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath,

decay and poison the air. Nothing unclean or decaying should be tolerated within the home. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.

In the teaching that God gave to Is-

rael, the preservation of health received careful attention. The people who had come from slavery with the uncleanly and unhealthful habits which it engenders, were subjected to the strictest training in the wilderness before entering Canaan. Health principles were taught, and sanitary laws enforced. The necessity of personal cleanliness was taught in the most impressive manner. Before gathering at Sinai to listen to the proclamation of the law by the voice of God, the people were required to wash both their persons and their clothing. This direction was enforced on pain of death. No impurity was to be tolerated in the presence of God.

During the sojourn in the wilderness, the Israelites were almost continually in the open air, where impurities would have a less harmful effect than upon the dwellers in close houses. But the strictest regard to cleanliness was required both within and without their tents. No refuse was allowed to remain within or about their encampment. The Lord said: "The Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy."

The distinction between clean and unclean was made in all matters of diet: "I am the Lord your God, which have separated you from other people. Ye shall therefore put difference between

clean beasts and unclean, and between unclean fowls and clean: and ye shall not make your souls abominable by beast, or by fowl, or by any manner of living thing, . . . which I have separated from you as unclean."



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R SUNLIGHT

FRESH AIR, āā q. s.

Many articles of food eaten freely by the heathen about them were forbidden to the Israelites. It was no arbitrary distinction that was made. The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. It unfits the user for communion with God, unfits him for holy service.

Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object-lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above any other people they would have possessed physical strength and vigor of intellect. They would have been the mightiest nation on the earth. God said: "Thou shalt be blessed above all people." "The Lord hath avouched thee this day, to be his peculiar people, as he hath promised thee, and that thou shouldest keep all his commandments; and to make thee high above all nations which he hath made, in praise, and in name, and in honor; and that thou mayest be a holy people unto the Lord thy God, as he hath spoken."

The Israelites failed of fulfilling God's purpose, and thus failed of receiving the blessings that might have been theirs. But in Joseph and Daniel, in Moses and Elijah, and many others, we have noble

examples of the results of the true plan of living. Like faithfulness to-day will produce like results. To us it is written:—

"Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of Him who hath called you out of darkness into his marvelous light."

"Blessed is the man that trusteth in the Lord,
And whose hope the Lord is."
He "shall flourish like the palm-tree:
He shall grow like a cedar in Lebanon.
Those that be planted in the house of the
Lord
Shall flourish in the courts of our God.
They shall still bring forth fruit in old age."
"They shall be vigorous, and covered with
foliage."

"Let thine heart keep my commandments:
For length of days, and long life,
And peace, shall they add to thee. . . .
Then shalt thou walk in thy way safely,
And thy foot shall not stumble.
When thou liest down, thou shalt not be
afraid:
Yea, thou shalt lie down, and thy sleep shall
be sweet.
Be not afraid of sudden fear,
Neither of the desolation of the wicked,
when it cometh.
For the Lord shall be thy confidence,
And shall keep thy foot from being taken."



SURF NEAR MONTEREY, CAL.

NEURALGIA

G. H. HEALD, M. D.

THE meaning of neuralgia is nerve pain, and that is about all there is to it. In neuritis, there is inflammation of the nerve — something to show for it; but in neuralgia, the only thing that shows is the pain, and that usually makes up for the lack of other evidence of the disease.

Neuralgia has many causes, among which, perhaps, may be included, hereditary tendency; for it is more apt to occur in those who have an unstable nervous system. Sometimes we hear of "spontaneous" neuralgia, but that is merely a name used to cloak our ignorance of causation. Undoubtedly, when we know the human body better, all neuralgia will prove to have a definite cause. Among the prominent causes of neuralgia is the toxic. Some poison is coursing through the blood-vessels, and makes itself manifest in certain nerves of pain. Thus, neuralgia often accompanies gout, rheumatism, and diabetes — diseases characterized by a changed condition of the circulating fluid. It is also present in alcoholic, lead, and arsenical poisoning. In this case the seat of the pain seems to be the *nervi nervorum* — the minute nerves which give sensation to the sheaths of the nerve-trunks. Neuralgia may also be reflex; that is, a secondary consequence of a disturbance elsewhere. For instance, a bad tooth, or eye-strain, or nasal trouble may be the exciting cause. Again, it may be caused by pressure on the nerve, as by the growth of a tumor; or the formation of scar tissue in an old wound may encroach on a nerve-trunk; or it may be the result of "nerve starvation," if any one knows what that means; and finally, there is what is known as "reminiscent," or "hallucin-

atory" neuralgia, which means that once the person has had a true neuralgia, and that now the imagination pictures up a counterfeit so realistic that it passes for the genuine article with the patient. This form of neuralgia is very apt to afflict one addicted to morphin or some similar drug.

The disorder most likely to be mistaken for neuralgia is neuritis; but a consideration of the following differences will distinguish them: in neuritis, the pain is continuous; in neuralgia, it is paroxysmal. In neuritis the nerve-trunk is sensitive to pressure; in neuralgia, the sensitiveness is absent, or is confined to the points where the nerve-trunk comes to the surface. There may be swelling of the nerve-trunk in neuritis, but not in neuralgia. Neuritis is often followed by paralysis, wasting, or loss of sensation of the part, which is not the case in neuralgia. The course of neuritis is usually acute; of neuralgia is usually chronic.

Neuralgia may run a comparatively short course, and depart forever, or it may come and go for years. In some cases, the intervals between attacks are very brief. The prospects for cure are brightest in the young and strong, in whom the onset is recent.

As a result of long-continued neuralgia, or rather following it, there may be digestive disorders, impaired nutrition, and a weakening of the mental and moral powers. It is possible that these results follow because of the unpleasant mental condition that must almost necessarily accompany long-continued and exasperating pain, from which there seems to be no permanent relief.

In the treatment of neuralgia, it is important to attend to the general

health, for the attacks are more likely to occur when one is in a run-down condition. For this reason, everything in the daily life that may have a depressing effect on the general health must be eliminated. In the matter of diet, it is important to avoid excessive eating, and anything that tends to indigestion. Especially is it necessary to avoid meats, alcohol, and spices. On the other hand, it is not to be forgotten that in some cases, neuralgia has come when one has suddenly given up the use of meat and adopted vegetarianism. A sudden change of this kind, even from a poorer to a better dietary, is not always wise, because the system may not be prepared to take care of the unaccustomed foods. Again, in some cases, neuralgia has been cured by a forced or fattening diet, indicating that in these cases, at least, the neuralgia was due, not to overfeeding, but to tissue starvation. In any case, one should avoid a one-sided diet. Be sure that the dietary contains a sufficient amount of proteids, fats, and carbohydrates, and that these are in a form that the digestive organs can manage. Drink an abundance of pure water.

It is important that there be a regular action of the bowels; and this should be secured by a proper attention to diet, and exercise, and not by the use of drugs, or even of the enema, except temporarily, as an emergency resort. The sedentary should obtain an abundance of outdoor exercise, but on the other hand, the housewife who has slaved herself into ill-health needs rest more than anything else. Sometimes it seems impossible to obtain sufficient rest, but perhaps judicious planning will secure it. An hour's rest, right out flat on the couch or sofa, will do one much more good than a longer rest in a chair. It should not be a season of visiting,

or of planning for more work, but of *rest*, and of sleep, if possible.

The old hackneyed advice, "Remove the cause," is never more appropriate than in the treatment of neuralgia. Neuralgia has always a cause, perhaps several of them combined, but usually there is one cause that above all others must be removed before the trouble ceases. If it is due to eye-strain, or to toothache, or to catarrhal difficulty, it is foolish to attempt to cure it without removing the cause. If there is an old scar causing the trouble, it will be necessary to remove it by surgical means. In neuralgia due to malarial poison, antimalarial treatment is necessary, with possibly the use of "some cinchona preparation."

In the matter of prevention, it is important to remember hydrotherapy, especially the tonic treatments, as cold sprays, cold-mitten friction, the Scotch douche, etc. These are best administered in a well-conducted sanitarium. As a matter of temporary relief, the local application of the Scotch douche or alternate hot and cold sponging are very efficient. Electricity works well as a palliative. This may be given in the form of positive galvanism, or static breeze, or the faradic current. The last will increase the pain for a time, but if it is persisted in, it will gradually benumb the part. It is often well to allow the experience of the patient to decide as to the palliative treatment to be employed.

A change of climate is sometimes recommended for neuralgia, and in some cases it seems to be beneficial, but oftener it is not, and is simply a will-of-the-wisp, consuming the means of the patient in a wild-goose chase.

Another paper will follow on the different varieties of neuralgia.

An Invitation

When life's oppressions weigh thee down,
 And thou art weary of the town,
 Come haste thee to the forest wild,
 And wander aimless as a child
 That is not easily beguiled,
 Or sit thee down to meditate.



These are the remedies to seek
 For weary brain and pallid cheek;
 The medic of the roofless air
 That steals away the thought of care
 And sadness ere you are aware,
 Deep in the pathless tanglewood.

In this asylum of the wood
 There is relief in solitude.
 The lily-of-the-valley green,
 The roses 'neath the forest sheen,
 Methinks they are a goodly scene
 To cheer a soul disconsolate.



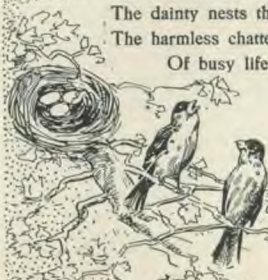
If it be that your life is spent
 In weariness and discontent,
 Come let the wild wind blow you through,
 Let heaven's roof be roof for you,
 And be your morning bath the dew,
 Your only care to careless be.



The happy, happy race of flowers,
 The summer sun, the summer showers,
 The little tracks that print the ground,
 The dainty nests that here abound,
 The harmless chatter and the sound
 Of busy life in multitude—

Come to the rivers and the rills;
 Come quit your pills and seek the hills,
 And live and laugh at doctors' bills,
 With heaven for your canopy.

— William Buchner





"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. 7 — The Holy Spirit and Healing

Augusta C. Bainbridge



YES, there are people who do not know that God made their bodies to be temples of the Holy Ghost.¹ They do not know that God gives this Holy Spirit to be in, actually in his children, for the asking. They do not know that we may have this of God, just as surely and as truly as we have Christ for our Saviour. They do not know that they are not their own; but that they belong to him who bought them, and that they are called upon to glorify God in their bodies. In their bodies means, in these bodies we have now, right here in this life and in this world.

To glorify God is to show his character. Then to accept the Holy Spirit as an abiding guest in these bodies of ours, will glorify God. It will show to the world about us the character of the God who made us. It will give an illustration of just what kind of God we have, judging from the bodies he made for his Spirit to dwell in.

Then may we say, "I'll do what I please, I'll eat what I please, I'll drink what I please, I'll wear what I please, I'll bathe, exercise, breathe, or rest as

I please," and expect that God will be revealed in our bodies? If our minds, our wills, and our desires are given to God, then what pleases him will please us, and we shall do what we please in pleasing him. But just as surely as evil habits of thought, word, or deed defile the mind, and grieve away the Holy Spirit, so evil habits of disobedience, defile the temple of God, and we are told plainly that the end of that defilement is destruction of the body. This grieves the Holy Spirit away; for "the temple of God is holy, which temple *ye are*."

We all know that the stomach may be ruined by indiscretion as to the kind, quantity, or condition of the food we put into it, so that the power of digestion is lost. So it is with every organ of the body. Then does this diseased condition of any bodily organ glorify God? In a sense it may, in showing the results of disobedience; but does it show God's plan and purpose in the beautiful temple he made to be the dwelling-place of his Spirit?—No, indeed, and the Holy Spirit is grieved away. The heaven-appointed work it would do for the body, its dwelling-place, is entirely hindered by our disobedience.

Then, what may we do? Having ac-

¹ "What? know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God, and ye are not your own?" 1 Cor. 6:19.

cepted Christ Jesus as the Healer of the soul with all its sinful desires and passions, and believing that he, by his Holy Spirit, transforms the character by the renewing of the mind, may we not accept this simpler truth, that this same Jesus, by the same Holy Spirit, heals the body? Is not the word true that "he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you"? Therefore, brethren, we no longer desire to live in any sense, to follow any habit, or to cling to any former practise that would undo this work of the Spirit, and bring upon us again the destruction from which we have been delivered.

We can glorify God by giving his Holy Spirit the right of way in the body as well as in the mind. It can speak in the glow of health on the cheek and in the firm step, just as truly as in the words of the mouth, or the meditations of the heart.

Every one who is really converted and born of God has, in a measure, received

the unction of the Holy Spirit; but in order to experience its effects continually, and so increase the life of God in the soul, our heart must always agree with God, must lay at his feet its most secret wishes, be absorbed in his will and service. Healing by faith and health by faith in God, or divine healing, form a ground on which it is impossible to tread without being directed of the Spirit of God in all the details of life. As the children of Israel were directed by God in their desert journey, there is an unction of the Holy Spirit, able to direct us in the details of our every-day life, tracing our way before us in a manner absolutely sure. The conditions of this guidance wherein we may be delivered and kept from sickness are (Ex. 15: 26), that we give ear to the voice of God, while we surrender into his hands all our will and all our own life; remembering that a "surrendered life, means a life of surrender," and surrender to God means constant and complete victory over disease of body and mind.



CASCADE LAKE

HEALTHFUL COOKERY



AND HOUSEHOLD SUGGESTIONS

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

PRESERVATION OF FRUIT

Mrs. D. A. Fitch

IT is less than fifty years since the process of preserving fruits and vegetables became general; and for some time it was considered wonderful that such things could be kept for winter use by any other method than pickling, drying, or by the "pound for pound" sugar process. Even now some believe that in canning fruit, sugar must be added as a preservative. But this is not so; for if fruit is properly prepared as regards cleanliness and temperature, it will keep well without an ounce of sugar. The addition of much sugar lessens the appreciation of the delicate favors of the fruit itself, and may cause digestive disturbances. It is not wise to use space for preserving water or storing sugar, since either or both may be added at the time of opening, if needed or desired. Moreover, sugar usually costs more in summer than in winter.

A reasonable quantity of sugar gives the fruit a more pleasing color, as well as flavor. For instance, strawberries canned without sugar are pale and faded in appearance, while a small quantity, say half a cup to the quart, will give a rich, deep color to the fruit.

In a way it is more profitable to use large jars; for the difference in their price is very little. If the family can not use the contents of the large jar at one

time, what is left may be reheated, and sealed in a smaller one. Keep canned fruit in a cool, dark place. Light is quite sure to fade the fruit if it does not spoil it.

Stewing is a different process from boiling. The latter permits the fine flavors to escape, so should not be continued for any length of time, though when the jars are being filled, there should be indications that the fruit is at, or very near, the boiling-point. Hence it is necessary to do the work over the stove, in order that the heat may be continuous until the work is done. Probably much of the loss in fruit is due to the low temperature at which it is put in the jars. Rubbers and covers as well as jars should be scrupulously clean. To prevent breaking, shut off drafts, and set the jar on a wet cloth while being filled. When sealed, it is well to invert the jars until cool.¹ If any leakage occurs, reheat the fruit, and seal more thoroughly.

¹ In using the old-style Mason jars with porcelain tops, if the tops have been used before, there is no way to cleanse the space between the porcelain and the zinc. For this reason some prefer not to let the fruit come in contact with the cover, and hence do not invert the jars. Use new rubbers, and be careful in screwing down, and there will not be much leakage. When there is, it can usually be detected without inverting the jar.— Ed.

PREPARATION OF RAW FOODS

Mrs. D. A. Fitch

IT is not the object of this article to discuss the value of a raw food dietary, but to make suggestions as to the care of foods commonly used in a raw state, such as fruits, nuts, salad vegetables, and some roots and bulbs. Two essentials are that these foods be clean, free from grit and finer impurities,—microscopically clean if possible,—and that all decay should be carefully removed. Since in fruits and vegetables there is a circulation of juices, if one part of an apple or other fruit is affected, all other parts are more or less so, though apparently sound. If it seems unadvisable, from motives of economy, to throw away the whole, it is best to cut away well outside of the decayed part, and to cook the remainder rather than to use it raw.

Any fruits, fresh or dried, should be well washed if they are to be eaten raw.¹ In the use of uncooked foods, cleanliness is especially important; for in the cooking process the heat destroys any harmful organisms that may be left on the food. Some prefer to eat fruit with the skins; others prefer not to burden the stomach with so much indigestible matter. In any case the skins should be well cleansed; for in paring the fruit, the germs may be transferred from the paring to the pared surface.

Berries and other soft fruits should not long remain in water (which should always be as cold as convenient), and

should not be roughly handled in washing.² When removed, they should be allowed to drain in a colander. Strawberries are more economically washed before they are hulled.

No one questions the necessity of washing cabbage, lettuce, radishes, onions, and the like, because they grow so near to the ground; but it should be remembered that the wind takes much of this same earthy matter, and, in the form of dust, lodges it on fruits and nuts.

Dates, raisins, figs, and the like are not always gathered and packed by clean hands or in a sanitary manner; hence they should be well washed. It is well to steam them a few minutes, not in order to cook them, but to destroy any microbes which may have escaped the washing process.

¹ It is well to remember that vegetables or fruits which may have been exposed to germ contamination may be disinfected by immersing them for five or ten minutes in a five-per-cent solution of tartaric acid; say, an ounce of tartaric acid to a pint and a half of water. This measure, if faithfully followed, would doubtless prevent many an obscure case of typhoid fever and dysentery.—Ed.

² These directions are all good, but they will not be followed. There is apt to be more danger in small fruits which have no protecting skin proper, or which have deep indentations for the lodgment of dirt and microbes, such as the raspberry and blackberry, and especially the strawberry, which may come into close contact with the fertilizer from the barnyard or some worse place. Such fruit can not be peeled and it can not be effectually washed, yet as our good friend says, she has lived sixty years, and has found that strawberries are not sure to kill.—Ed.



THE FIRELESS COOKER

Mrs. D. A. Fitch

SELECT a box large enough to hold the number of cooking utensils you desire to use in it, line it with several thicknesses of paper, and fill with hay, straw, or excelsior, leaving hollows, or nests, in the middle to admit the cooking utensils. Bring the foods to the boiling-point on the stove (avoid expense and overheating the house by using a gas- or oil-stove), and while they are *boiling*, bury them in the box, protecting the tops of the dishes

with hay, etc., as well as the sides. The more nearly the box is air-tight, the more perfectly the heat is conserved. It is the confined air that retains the heat.

No harm results from food standing after it is done. Women who work all day may at breakfast time put the evening meal into the cooker, and find it ready to eat on their return. The breakfast may, in like manner, be prepared the evening before, and will be found ready to eat in the morning.



PRACTICAL SUGGESTIONS

Mrs. D. A. Fitch

FLAT clothes may be folded when a trifle damp, placed between two smooth surfaces and under heavy weight, instead of using time and fuel to iron them.

THE careful housekeeper knows that to walk on a wet floor does not add to its appearance. If it must be used directly after cleaning, a few newspapers might be laid down to save tracks. They are easily gathered and burned in the stove or furnace.

A STRIP of cloth fastened to the end

of a clothes-pin or stick, and kept in a convenient dish of oil or other fat to be used for oiling bread tins, skillets, etc., is much more convenient and economical than applying with a knife or the hand.

DON'T throw out any scraps of butter or other fat. Heating together with considerable water will rid them of salt. Skim off the grease, and to each cupful add one-half cup of concentrated lye and four quarts of water. Boil together, and

you will have a gallon of good soap. If some grease appears on the top, skim it off, and use it next time.

WHEN using cold or uncooked starch for laundry purposes, have the water quite warm, and the starch will penetrate the fabric more readily.

THE clean papers in which apples, oranges, and other fruit are wrapped make a nice filling for a tick to be used on a mattress. They rattle only a night or two.

IF not convenient to do the family mending before washing, it is well worth the while to do it before the ironing. This saves unfolding and wrinkling the ironed clothes.

A HANDY clothes sprinkler is made by puncturing from the inside with a tack the tin top of a wide-mouthed bottle, a malted-nuts' bottle, for instance. Only a few holes are needed.

IF the tooth-brush is kept in a closed receptacle, or even with the brush part in a cup, it will become foul and offensive. Keep it exposed to the air, and it will require little other care.

To make mucilage, buy a nickel's worth of gum arabic, and add twice its bulk of water; set the bottle in cold water, and heat gradually. A little alum dissolved in the mucilage will prevent its souring.

IF the sheets are not of sufficient length so they can be turned down to cover the tops of the comforters, it is well to baste a strip of light cloth over each piece to save soiling. It is easily taken off, washed, and replaced.

IN your garden be sure to have a bed of Swiss chard for greens. The leaves cut off give place to a new growth the season through. It is much more easily prepared than spinach, and is fully as acceptable to the palate.

ON bright mornings you notice flies gather about an east door. If convenient, darken all the rest of the house, and they will gather still more numerously. Close the door cautiously, at the same time throwing the screen wide open, and you will be rid of a swarm of unsanitary pests. Flies are not so fond of frequenting the kitchen of the hygienic cook as one in which flesh and sugar are used. [Better screen all flies out in the first place.—ED.]

WHAT is known as a child's broom is handy to use in connection with a carpet-sweeper. Brush around the furniture as well as the corners and edges of the room. Make a sack just the size of the brush, with a three-inch ruffle at the bottom and each side, and in some way gather it to fit the handle where it meets the brush. It is very nice to use for dusting high things, ceilings, walls, etc. One to fit the regular broom, moistened for sweeping plain floors, linoleum, etc., saves the breathing of dust.

WHEN hose have passed the stage of profitable darning, there may be devised other successful methods of repairing. Usually it is only the toe, ball, and heel which have become badly worn. If the wearer is not exceedingly tender footed, pieces may be set in, and cause no inconvenience. For instance, if the toe and ball are both worn, cut both off in one piece, using it as a pattern; but allowing for the kind of seam you intend to take, which should be flat and soft. If the edges are strong, a medium over-and-over stitch (rather loose) sewed with two strands of common darning cotton, will prove quite durable. The replaced heel should be made quite a little larger than the part taken out, and may be fastened by the stitch known as cat-stitch. No patches should be turned under at the edge and hemmed down.



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

Some Reasons Why Children Are Untruthful—No. 2

Mrs. M. C. Wilcox

ONE of the greatest ambitions of living artists is to be able to paint a picture of such rare beauty and perfection that it may be hung on the walls of the great Paris Salon. To reach this place of honor and distinction, they are willing to work patiently and faithfully, applying themselves with the most unwearied diligence for long years. They seek with great earnestness all proper criticisms from old and experienced artists. Often these criticisms are unkind and humiliating, and would be discouraging in the extreme, did the artists not lose sight of themselves in the great object to be attained.

We honor and revere the name of the men and women who by their persevering efforts attain such distinction, and thereby engrave their names on the walls of the Temple of Fame. But how does this work compare in importance and magnitude to the work of the mother art-

ist, who is painting a picture, not on perishable canvas, which at best can endure only through time, but on a living picture, upon which she may place the divine stamp, which may continue throughout all eternity.

If one half of the persistent, painstaking effort which is put into the work on the canvas were put into the mother's work, what a change we might see! The picture which she paints may possess every outward characteristic of beauty, but this is not the only essential. She must carefully and critically examine into the qualities within, which make up the child's character. The great Master Artist sees these even more clearly and distinctly than we see the exterior. To attain even worldly distinction, these hidden qualities must be put to a severe test.

How many times we see a child whose outward form and features seem beautiful, but who has, eating like a



MINNEHAHA FALLS

canker at the heart, some sin which, as soon as discovered, mars all the outward beauty. One of these unsightly cankers, which sooner or later undermines the whole character, is untruthfulness.

But to train a child to be true, we must be *true ourselves*. We must be accurate; we must be honest; we must be what we profess to be. If we profess to be Christians, we must live the

why try to give the impression that we are well educated because we have a smattering or surface knowledge of a few things? This may not be speaking a lie with our lips, but is it not living a lie to the world? And what may we expect of the results on our children? Again, I wonder how many parents use in their common conversation the much-used hyperbole of the present day, over-

stating nearly everything told. The influence of this evil on the present generation can scarcely be measured. Nearly every child that can talk can use this form of speech with the greatest proficiency. To illustrate:—

“Father, I saw an immense number of dogs—five hundred, I am sure—in our street last night.”

“Surely not so many,” said the father.

“Well, there were one hundred, I am sure.”

“It could not be,” said the father. “I don’t think there are one hundred dogs in our village.”

“Well, sir, it could not be less than ten. This I am quite certain of.”

“I will not believe you saw ten, even,” said the father, “for you spoke as confidently of seeing five hundred as of seeing this smaller number. You have

contradicted yourself twice already, and I can not believe you.”

“Well, sir,” said the disconcerted boy, “I saw at least Dash and another one.”

Is not this the common style of expression of the average American boy? and is it confined to the children alone?—Not by any means. It is a common, popular style of conversation among grown people.



From stereograph, copyright by Underwood and Underwood, New York City

COPYING THE MASTERS

Christ-life. Children, free from care and overwork, usually have a keen sense of right and wrong, especially if they have been born in an atmosphere anywhere near normal. If we are poor in this world’s goods, we should not live in a manner to carry the idea to others that we have money. If we have money we should not continually talk about our poverty, as many do. If our educational advantages have been limited,

MOTHER

From a Daughter's Standpoint

Kathrina Blossom Wilcox

HOW sweetly the name falls upon our ears, and how much is wrapped up in that one little word—so often the first the baby lips learn to lisp, and the last word of the dying boy now grown to manhood.

We can not remember the first time we saw her smiling face bending over us, nor can we know how her heart throbbed with delight as she looked upon her little son or daughter, so frail and helpless, and thought of the wonderful possibilities wrapped up in that tiny bit of humanity. Neither do we know the many earnest prayers that mother had sent up to the throne above, asking the loving Father to give her grace and wisdom to guide the baby feet aright.

It is not possible for us to remember the first time, nor the second, that we nestled down so cosily in that loving mother's arms, so trustingly confident in her care and protection. Ah, how sad and unfortunate it is that, as we grow older, that sweet trust and confidence do not always remain!

And when that little bark was once launched on Life's great sea, how carefully she guarded it from the storms and shielded it from the tempests, until later, when it must leave her tender care, and be left to the mercy of the storm. But even then she did not forsake it. Committed to the keeping of the loving Father, she followed it with

her prayers and her kind motherly advice.

Some of the first recollections I have of mother are when, at the age of two or three years, I learned to lisp at her knee the sweet Bible verses and poems that she taught me.

Later on came the bedtime talks.

How often at this hour my brother and I would pour into mama's ears the losses and victories of the day, the joys and sorrows of our child-life. Her ever-ready sympathy, her advice and counsel, and our sweet season of prayer together, inspired in us early in life confidence in mother as the dearest earthly friend, one who would never betray our confidence, one to whom we could always go, and who would stand by us even until death.

How carefully she chose our companions for us, and as we grow older, our lives gradually unfolding into womanhood and manhood, how she sympathizes with us in all the matters that lie nearest our heart! She

is one among us, living with us her own youthful days over again, but giving with herself the advice which experience has taught her.

How many times has she been discouraged? How many times has she felt that her efforts have been in vain? How many sleepless nights and days of anxious care has she spent—for us? Only by looking over our past lives, and



pondering over our own mistakes and failures, can we begin to appreciate some of these discouraging times in her life. But she has carried her troubles to the Great Helper, and, encouraged by his promises, has labored on patiently, cheerfully, many times never receiving her reward in this life.

We may talk of the conquests of Napoleon, we may sing of the victories of Cæsar, we may revel in the exploits of Cortez, or shout the fame of Cicero; but the victories they have won, the successes they have achieved, can not be compared with the silent, faithful work of those heroines whose victories have been recorded, not in the annals of history, not on the walls of the Temple of Fame, but whose struggles, whose steadfast faith and glorious achievements, have been written in the books of heaven by the hands of the angels in letters of light, which Time can not efface. To them, many times, the great men of earth,—men whose names inspire us with a love for what is noble and true,—under God owe their success.



Some of the greatest battles that ever were fought,

Shall I tell you where and when?

They were fought in the field of the home and the heart,

Fought by the mothers of men.

O, boys and girls! let us not wait until those dear lips are silenced, until that sweet voice is stilled, and that loved form is cold in death, before we sing our eulogy. Now is the time to eulogize—by our words, our actions, our loving deeds, our thoughtful attention, and more than all by making mother our confidant.

In closing I can not do better than to quote the following: "Nothing exterior, no outward development of kingdoms, no empire building, can compare with what she [the mother] has done. Nothing can compare in beauty, and wonder, and admirableness, and divinity itself, to the silent work in obscure dwellings of faithful women bringing their children to honor and virtue and piety. The loom is more than the fabric. The thinker is more than the thought. The builder is more than the building."

God loves the beautiful. He has clothed the earth and the heavens with beauty, and with a father's joy he watches the delight of his children in the things that he has made. He desires us to surround our homes with the beauty of natural things. Nearly all dwellers in the country, however poor, could have about their homes a bit of grassy lawn, a few shade trees, flowering shrubbery, or fragrant blossoms. And far more than any artificial adorning will they minister to the happiness of the household. They will bring into the home-life a softening, refining influence, strengthening the love of nature, and drawing the members of the household nearer to one another and nearer to God.—Mrs. E. G. White, in "Ministry of Healing."

RATIONAL TREATMENT IN THE HOME

Conducted by Dr. Laretta Kress, Washington Sanitarium

SUMMER DIARRHEA

Laretta Kress, M. D.

UNDER this name are included several disorders varying in causation, in symptoms, in gravity, etc., and known to the physician by various names; but for the mother, they may be profitably studied as one.

Of all these summer disorders, it may be emphatically said that preventive measures are far more satisfactory than measures intended to be curative; first, because they take less time and trouble; and, second, because though thorough preventive measures are always efficient, the best skill often fails to cure bowel disorders when once contracted.

Prevention

Summer diarrhea is avoidable. The circumstances that do most to favor the trouble are hot weather (weakening the baby and increasing the germ growth in the food), and improper food-supply. This may mean dirty, germ-laden milk, or milk that is not properly modified to meet the nutritive wants of the infant, or it may mean overfeed-

ing; for it is the tendency of artificially-fed babies to overfeed. There are several reasons for this. The supply is not limited, as with the natural supply; it flows much more freely; and when baby is taking the bottle, it leaves the mother free, whereas the breast-fed baby takes the mother's time when it feeds. It must also be remembered that often the baby wants water instead of milk, especially in summer, and pre-eminently so when there is diarrhea, and the fluid of the body is rapidly drained off.

The baby should have all the fresh air possible, and should be dressed so as to avoid overheating. Sometimes in the hottest weather it is well to allow the baby to lie on the bed in a nude or nearly nude condition during the heat of the day.

It should be bathed at least

twice a day, and should, if possible, have its daily outing under the trees. A baby should not be exposed to the direct rays of the sun, nor left in an overheated, unventilated room.



The mother or nurse should disinfect her hands after every change of napkins even when the baby is well, and this is especially important when diarrheal trouble begins; for diarrheal has been known to be transmitted by the hands of the nurse in preparing food for the baby after changing napkins. Do not allow soiled napkins to dry in the air which the child breathes, and in no case use a napkin twice. In case of diarrheal, the napkins should be boiled after each use.

Symptoms

In the milder affections, the movements become more frequent and watery, and contain, perhaps, lumps of undigested curd and some mucus. The color may vary. The odor is decidedly unpleasant. The appetite fails, the child loses weight, or at least fails to gain weight, because of lessened nutrition. The tongue is coated, and there is more or less fever, in accordance with the severity of the attack. There may be considerable vomiting, and the bowels may be distended with gas, and the abdomen rigid, relief coming when the gas is expelled. In the graver cases, there is gradual loss of strength, terminating in death.

In "acute milk affection," which is due emphatically to dirty milk and hot weather, there may be at first restlessness, flatulence, pain, and other dyspeptic symptoms, or the attack may begin with vomiting and purging, the stools being first yellow and thin, and afterward

watery and colorless, with musty odor. The surface is cool, but the temperature ranges from 100° to 104°, or higher; breathing is shallow and rapid, and the pulse irregular and frequent. The little one rapidly loses flesh. It is restless, moans, becomes delirious, then passes into a stupor in which it dies. There is not much hope for a child which has an attack of true milk infection.

Treatment

As soon as the child shows the first signs of disturbed digestion, it should have most careful attention. Proper attention at the right time would prevent it altogether. It is important to drop all food for twenty-hour hours or even longer, and give boiled water at the regular time for feeding, and between times, if the baby will accept it. Many baby lives have been lost because mothers and friends insisted on feeding the child something. It is of



prime importance to get all food out of the digestive tract. Empty the stomach and bowels. Especially if there is vomiting, it is better to unload the little stomach by means of lavage, but this will require skilled help. Give a teaspoonful of castor-oil, and a high enema of tepid water. Some add to the water one part to sixteen of hydrozone or peroxid of hydrogen. Use, in place of the regular enema tube, a small soft rubber catheter, attached in the usual way to the rubber hose of a fountain syringe or enema can, and run this slowly and care-

fully up the bowel, allowing the water at the same time to run and distend the bowel ahead of the tube. Follow the enema with poultices made from ground flaxseed two parts to ground ginger one part. Mix the two ingredients with boiling water. Make two poultices, and lay one on the child's abdomen, while the other is placed in a small steamer to keep warm. These should be alternated every ten minutes for one hour, then followed with a cool, moist compress of cheese-cloth covered with a towel. These poultices and compresses should be renewed every four or five hours.

If the disturbance does not quickly yield to treatment, do not delay, but secure at once the services of a physician who is skilled in the treatment of children's diseases. It is the part of wisdom to call a physician early; for all digestive complaints in summer are serious, no matter how innocent they may seem, and if allowed to run, may suddenly begin to manifest alarming symptoms, and in spite of the best skill end fatally.

Dr. Vaughan truly says, "The idea that frequent stools are beneficial dur-

ing teething has led to the neglect of these cases, and has been the important factor in the increase of infant mortality."

When there is a tendency to bowel disturbance, keep the child quiet in bed. Do not carry it about, or jostle it on the knee. It is imperative to keep it quiet. Running around and playing will increase the difficulty.

Following are convenient methods for preparing some of the liquid foods mentioned in the foregoing article:—

RICE-WATER.—Wash two tablespoonfuls of rice. Soak half an hour in three cups of cold water. Heat gradually to boiling, and boil till rice is soft. Strain. Reheat water, season with salt and cream, and dilute with boiling water if too thick.

BARLEY-WATER.—Wash two tablespoonfuls barley, add one quart cold water, soak four hours, cook till water is reduced one half, add salt and cream, and serve as needed.

EGG-WATER.—Beat the white of one egg sufficiently to set free the albumin so it will dissolve, at the same time adding water gradually; strain, add salt, and serve.



A PACIFIC COAST BATHING SCENE

CURRENT COMMENT



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

Take Time to Do Nothing

IT might be well for some of us who feel that we can not afford the time for innocent diversions to study the lives of great men who have maintained their poise by means of their recreation.

The best work that most of us do is not begun in our offices or at our desks, but when we are wandering in the woods or sitting quietly with undirected thoughts. From somewhere at such times there flash into our minds those ideas that direct and control our lives, visions of how to do that which previously had seemed impossible, new aspirations, hopes, and desires. Work is the process of realization. The careful balance and the great ideas come largely during quiet, and without being sought. *The man who never takes time to do nothing will hardly do great things.* He will hardly have epoch-making ideas or stimulating ideals. Rest is thus not merely in order to recuperate for work. If so, we should rest only when fatigued. *We need to do nothing at times when we are as well as possible, when our whole natures are ready for their finest product.*—Dr. Luther H. Gulick in the *World's Work*.

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Rabies in Chicago

RABIES—hydrophobia—continues unusually prevalent in the city and surrounding country.

Regardless of the oft-repeated advice of the department to the contrary, the

practise of killing the supposedly rabid dog continues. The public should appreciate the importance of securing a dog that has bitten any one, and keeping him alive until it is positively known whether or not he is suffering from rabies. Post-mortem examinations or animal inoculations do not always demonstrate the presence of rabies, especially in its early stages. It is best to secure the dog, and immediately notify the department of health, which will watch him for a few days. If he has rabies, he will usually die within a week or so. It is easy then to state positively that the disease is or is not rabies. New York has a law, passed in 1902, that requires all dogs that appear to be suffering from rabies, or have bitten any one, to be kept under observation for ten days. There should be such a law in this State, or at least an ordinance to the same effect in Chicago.

If one is bitten by a dog, whether the animal is known to be rabid or not, the Pasteur treatment should be begun immediately, because, although six weeks is the usual time, symptoms may develop in three or four days. If the dog does not die of rabies within ten days, it will not be necessary to continue the treatment, and no harm will have been done. The treatment is absolutely harmless.—*Bulletin Chicago School of Sanitary Instruction.*

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The Department of Agriculture Protects Animals

THE Department of Agriculture spends seven million dollars on plant

health and animal health every year; but, with the exception of the splendid work done by Drs. Wiley, Atwater, and Benedict, Congress does not directly appropriate one cent for promoting the physical well-being of babies. Thousands have been expended in stamping out cholera among swine; but not one dollar was ever voted for eradicating pneumonia among human beings. Hundreds of thousands are consumed in saving the lives of elm-trees from the attacks of beetles; in warning farmers against blights affecting the potato plants; in importing Sicilian bugs to fertilize fig blossoms in California; in ostracizing various species of weeds from the ranks of useful plants; and in exterminating parasitic growths that prey on fruit-trees. In fact, the Department of Agriculture has expended during the last ten years over forty-six millions of dollars. But not a wheel of the official machinery at Washington was ever set in motion for the alleviation or cure of diseases of the heart or the kidneys, which will carry off over six millions of our entire population. Eight millions will perish with pneumonia, and the entire event is accepted by the American people with a resignation equal to that of the Hindu, who, in the midst of indescribable filth, calmly awaits the day of the cholera.—*Committee of One Hundred on National Health.*



Infant Mortality Preventable

DURING the next census period, more than six million infants under two years of age will end their little spans of life while mothers sit by and watch in utter helplessness. And yet this number could probably be decreased by as much as one half. But nothing is done.

The States' rights doctrine can be applied against the Department of Agriculture as effectively as against a national department for health. It is not, then, a

question of constitutionality, but, rather, of whether or not such a department is needed by the nation.

The logic that justifies an annual appropriation of two million dollars for a life-saving service against the accidents of the sea should justify protection against accidents of disease and death.—*Committee of One Hundred on National Health.*



Danger from Convalescent Patients

It is an unfortunate thing that the infectiousness of a case is not over when the patient himself has recovered from the acute symptoms of the disease. Every one knows enough to avoid an acute infectious disease while the patient is suffering. The trouble is that the individual attacked in the acute form, after living down the disease, still carries the germs, and is ready to infect other individuals. The physician is often dismissed from a case, and his advice no longer followed, when a patient is symptomatically well. From this time on the importance of the disease is greater to other people than to the patient.

As these "other people" can not very well employ a physician to take care of the former patient in their interest, they are banded together as communities, and maintain health departments. These health departments are supposed to control the infectious individuals in the interest of the public after the individuals themselves have ceased to have interest in the infectiousness of the disease from which they have recently suffered.

The person who has recently had typhoid fever has no personal interest in the freedom from typhoid germs of the water-supply of his town, because he, for the time being, is immune.

The rule should be enforced that every individual who has suffered from an infectious disease of whatever kind, should

be restrained from such relations with non-immune people as would render infection possible until there has been a determination of the end of danger of infection.—*New York State Journal of Medicine.*



You Eat Too Much

A LEARNED English physician, Sir James Crichton-Browne, comes forward to tell you that you eat too much. But you know that already. Your own stomach has told you so many a time. Yet you have gone on heedlessly, just as if you were put here to live to eat, rather than to eat to live.

Eating is largely a matter of habit,—almost as much a habit as drinking whisky, smoking a pipe, or sleeping ten hours a day. Neither whisky nor tobacco is necessary to the well-being of any man. Neither are ten hours of sleep. No more are three meals a day, especially in hot weather.

Is it any wonder that you fret and fume and grumble at the heat when the mercury gets up into the nineties, when you go around with your stomach distended and sagging with a lot of unnecessary food? What good does it do you to fill yourself up on beefsteak, potatoes, pie, and pudding, and to go around sweating like a carthorse, when you could get along with one half or one third of the food which you crowd into your stomach on a hot day?

Yes, what good does it do you?

The human stomach has been compared to a furnace, which burns up food as a locomotive burns up coal. The careful fireman never overloads his engine, though his tender may be heaped up and running over with coal, but you overload your stomach simply because there is an abundance of food on the table. The result is that you are dull

and stupid afterward, and are compelled to slow down in your work, just as an engine would do if it were choked with coal until there was no draft to consume it.

You think you are generating energy when you are inviting discomfort.

Gentle reader, and still gentler purchaser, allow us to suggest a little plan to you:—

Try two meals a day for a while.

It can not possibly hurt you.

You may lose a little *avoirdupois* at first, but you will experience a joy in living such as you have never dreamed of before.

Give your poor, old, tired stomach a rest. Send your liver on a vacation, instead of prodding it with calomel to make it work overtime. Eat less. Walk more. Take hot baths often, no matter if the mercury is one hundred in the shade. Curb your appetite. Don't worry. Keep away from the thermometer. Don't read the reports of "heat in other cities." Keep your blood cool by these means, and next fall you will say to yourself that the summer of 1908 was the pleasantest on record.—*Rural Weekly.*



A Wholesome Food

SELECTED ripe tomatoes, fresh picked from the field, put in tin cans in which they are sold, hermetically sealed, and immediately sterilized by heat, are one of the purest, safest, and most wholesome of foods. It is not true that canned tomatoes are adulterated or doctored with artificial preservatives, as sensational newspapers have declared. Certain brands of canned tomatoes, however, are much superior to others, because of the fruit used, and the care, employed in selection, picking, and handling.—*Good Housekeeping.*

THE MEDICAL MISSIONARY AT WORK



Conducted by T. E. Bowen, Takoma Park.

Dispensary Day at Chang-Sha, Hunan

IT is dispensary day. We have returned from Shanghai only a few days, and have been unpacking the boxes in this room, so that there is not much space in which to move around. But a man came with very sore eyes, desiring them to be treated by the foreign doctor. He was a poor man, and must work. The gate-keeper was told to bring him in, and he would be treated. He was grateful, and promised to come next 'day. He returned, bringing his twelve-year-old boy with him. This child's head was one large scab, the hair growing up a little through the mass. This looked a little discouraging at first; but after treating the man's eyes, we gave him a piece of carbolic soap, and told him to wash the boy's head well, have it shaved, and call the next day.

One of the difficulties in dispensary work here is to get the patients to come often enough to treat them sufficient for recovery. If you can accomplish this, they usually make rapid recovery, as these two cases will illustrate. This class of people are too poor to use little

else beyond some kind of coarse vegetable, prepared like greens, and eaten with their rice as a relish. This constitutes their food day after day, except on feast days, when they usually have a little flesh food of some sort.

This boy's head had not been well



CHINESE FARMERS, EATING NOONDAY MEAL. VILLAGE BARBER WITHIN DOOR, SHAVING BOY'S HEAD

for four years. Various medicines of their own so-called doctors had been applied, but only to make it worse at each application. The second day we applied a disinfectant compress, and bandaged it on. The third day we put on a thick layer of simple ointment. When one raised the scabs, pus was found underneath, and the hairs came off with it. On the fourth day the head was scraped

with a blunt instrument, to remove the foul mass of corruption. A number gathered during the process, and held their noses, at the same time making exclamations of surprise to see the foreign doctor was not afraid to touch the boy's head.

After soaping it well again, it was given a good hot and cold pour, and the boy was sent home. Next Sabbath father and son came to the meeting, both as pleased as could be that they were so much better. Last Sabbath they came again. This time a radical change was to be seen in their appearance. The father's eyes were well, and his face was washed as clean as any one's. Their clothing was much cleaner in appearance. The boy's face fairly beamed, and shone as well as his head with a fresh application of soap. He had invited some of his chums to come and hear the

foreign teacher, but was not able to get them nearer than the door, for they were shy. To show them he was not afraid, he marched up and sat on the front seat, where he and his father read the texts as some one helped them to find the place.

This is one case where the patients treated seemed grateful to think some one took pity on them, and helped them. This made them desire to hear what sort of doctrine we preached. The people usually are proud, and prefer to be independent of any help from foreigners. This is one reason why they do not

come except as a last resource, and if they do come for treatment a few times, and recover, they want nothing more to do with us. They will not come readily in very large numbers to hear of the Great Physician.

Will you not pray that these stony hearts may be taken from them and they be given hearts of flesh? Then they will gladly listen to the words of life, and be led to accept the truth for this time. By accepting this precious truth, they will gain an entrance into that kingdom where there will be none who will say, "I am sick."

E. A. LAIRD, M. D.
*Chang-sha, Hunan,
China.*

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Progress of Medical Work in India

It would be difficult to determine just what part of our work in this field has been most blessed. From the land of the Tamil in the extreme

south to the hill-people of the north, its progress is indeed "marvelous in our eyes."

Since the new sanitarium has been opened in Mussoorie, the superintendent has had to turn many away for lack of proper accommodations and help. God's wonderful healing power has been made manifest in answer to prayer in cases that were beyond human help.

The sanitarium is handicapped for lack of nurses. It has several now, but some of them are untrained, and others are much worn from the long, hard service in the plains. Some of these are in the



INDIAN WORKMEN, EXPRESSING
JUICE OF SUGAR-CANE

mountains for recuperation. Much of this work has been launched with small capital and a large measure of faith, and the Lord has signally blessed.

Our sanitarium bath and treatment rooms here in Calcutta during the cool winter months, from December to April, paid expenses, and netted about thirteen hundred dollars. The year has been the best, financially and otherwise, since the work was started, some ten years ago. We have many blessed experiences in treating the sick, and our patients include almost all classes, from the coolie to the rajah, and members of the viceroy's court and legislative council.

I have been called upon to do many things that are not included in our medical work and spiritual training, and my advice to the medical worker who is contemplating coming to India or any other country is, Be sure you are ready; then

comes to them. We have just received word from our Karmatar mission, where Miss Burroway is in charge of the dispensary work, that they are unable to meet the demands made by hundreds who are sick and starving. Think of a family of seven or eight living upon half a pound of rice a day; and many do not even get the rice.

Starvation courts uncleanness, and this, with the most baneful of evils, caste prejudice, give the medical workers in India an experience that might well be coveted by every one in the home land. India is in need of those who can give Bible readings as well as perform professional medical work.

We are of good courage, and do not fear; but we pray for help that the day of final victory may be hastened.

H. J. JEWELL.

Calcutta, India.



COAST SCENE, SOUTH INDIA

let nothing stop you from entering your field. In these fields you will have to meet and overcome many things that you have never heard of, but by carefully following the instruction found in Eph. 6: 10-17, success is sure to follow.

Medical workers do not have to search for an opportunity for gospel work; it

St. Thomas, Danish West Indies

THE people all through the West Indies are very superstitious. This is not true alone in religious matters, but also in regard to eating and drinking. They are afraid to receive many of the blessings that God is daily bestowing upon his creatures. Many are afraid to ven-

ture out at night because of the night air. When they see us step outside the door without a hat, they say, "Do not do that, you will take cold." At night their houses are closed, to keep out God's life-giving air, and sometimes the small cracks are tightly calked up with rags. We have never been in a place where there was so high a death-rate as here; but when we see how people eat and drink, and live in general, we are not surprised. It is not because the climate is so unhealthful here, for it is very healthful.

As soon as we finish the new addition to our church, we are planning to start a class in health and temperance. Many seem anxious to receive instruction along this line, and it is certainly needed.

I have been doing some dental work since coming here, and find many suffering with badly decayed teeth. The dentists charge one dollar for extracting a tooth, and as most of the poor people can not raise that amount, they let them decay in their heads. I have received many a "God bless you" for pulling teeth, and some of the better class have come to me and said, "It is a blessing that you have come to these islands."

H. C. J. WALLEKER.



The Great Need of Medical Missionaries in Antigua

FIRST I will say that the laws here are very strict, forbidding any one rendering assistance to the sick in any way without a doctor's permission. So our hands are tied along this line. And the doctor, who is paid by the government, and who is seldom sober, has very little interest in the sick, especially among the poorer classes. The case of a little girl came to our attention who recently died of typhoid fever, death being wholly due to lack of proper attention. The doctor called, felt her

pulse, told the parents she had worms, left a few powders, and went his way. And although she was suffering with a high fever during all her illness, never once did he take her temperature. The morning of her death the doctor came when called. The little girl bade her people good-by, then, turning to the doctor, told him she was going to die. He then prepared some drug, told the mother to give it to her, which she did, and the child instantly fell back into the mother's arms, dead.

Another case: A woman living about twelve miles in the country was apparently stricken with paralysis, and was left to die for want of attention. The husband, expressing the wish that she would die, because her religion did not please him, gave her no attention, and would not supply her with a sufficient amount of food. Thus she was kept in a little hut eight by ten feet, with every window and door closed, lying on a cot. The bedding looked as if it had been used for several generations without being washed. We called to see her, and insisted on the windows being opened. This was done; but they remained so only during our visit. There is a belief here that medicine can have no effect on the sick if any fresh air strikes them. Thus she lay without even being bathed, or having her position changed, until her back became a mass of bed-sores, which were soon alive with worms. After lying nearly two weeks in this condition, death ended her sufferings.

Much more might be said, but this is enough. All can see the need of earnest, consecrated medical missionaries, who can enter these homes, carrying with them the light of true health reform, and the message of truth, which alone can lift them above the prevailing darkness.

MR. AND MRS. F. G. LANE.

EDITORIAL



Concerning Rabies, or Hydrophobia

AN "esteemed contemporary" whose mission is the protection of animals, raises a question, unwisely, we think, as to the prevalence of rabies, or hydrophobia, as a disease, and this uncertainty as to the existence of the disease is sown broadcast by newspapers of large circulation. The purpose is a humane one, no doubt, the idea being that fear of rabies may cause a dog, overcome with heat and thirst, and acting a little strangely, to be pounced upon by a frightened and hysterical crowd, and cruelly butchered.

Now we believe that a more general knowledge of the nature of rabies and its prevalence will be protective not only to human beings, but also to dogs; for such knowledge will lead to the isolation of all suspicious dogs, thus lessening the prevalence of the disease, and will prevent their being killed until they are known to have rabies; for to kill an animal that has bitten some one makes it impossible to determine within two weeks whether the animal had rabies, and by that time, it will probably be too late for the person bitten to begin protective treatment.

There is what may be called a psychological rabies, in which hysterical persons with unstable nerves, being bitten by a healthy animal, may have a pseudo attack of rabies, perhaps simulating the real disease in many particulars; but this pseudo-rabies always ends eventually in

recovery, whereas in true rabies, after the active symptoms once begin to develop, the patients never recover. The only thing to do then is to ease the death-struggle. In every case of true rabies, after death there can be demonstrated microscopically in the nerve-cells of the brain certain little bodies, known as Negri bodies, which are never found in any but victims of rabies.

Formerly, in order to determine whether a suspected animal had rabies, it was necessary to inject a preparation from this animal into another animal, and wait several days for the development of the disease. Now, if an animal has acted viciously, and bitten or attempted to bite persons or animals, a microscopical examination by an experienced pathologist will immediately determine whether the animal is suffering from rabies, provided the animal has been allowed to die of the disease, or has not been killed until the disease has well advanced. In the early stages of the disease, the Negri bodies are not sufficiently developed to be observed, and the diagnosis must depend on inoculations into rabbits, necessitating a delay of two or three weeks for the disease to develop in them.

No doubt dogs not infected with rabies may in hot weather be overcome with heat, and go on a rampage, spreading panic; but the fact that frequently an animal under such circumstances is proved to have had rabies, and that

quite often in its mad run it infects a number of other animals, and even humans, should be sufficient warrant for the immediate isolation (or destruction, if the animal can not be safely captured), of any animal acting in a strange and vicious manner. Even though human fatalities from rabies are comparatively infrequent, it must not be forgotten that they occur, and that they are the result of the bite of a mad animal, not the result of fear, and that the disease, if not treated by specific treatment before the symptoms appear, is surely fatal, the victim dying in the most horrible agony.

Regarding the prevalence of the disease, it may be said that it exists in a very large proportion of the States, as has been shown by careful laboratory examination of suspected animals.

The saliva of a rabid animal is infectious; and it is not necessary that the teeth pierce the flesh in order to transmit the disease; for, as in the instances noted above, even the caresses of an affectionate animal may, through some unobserved abrasion of the skin, convey the infection. Another element of danger is the fact that an animal may transmit the disease several days before it shows any unusual symptoms. For this reason, when one receives a wound from an animal, especially from a dog, the safe course to pursue is to place the animal under observation.

After infection there is a period of incubation varying, according to the location and the character of the bite, and the amount of infectious material carried into the wound. It may vary from fifteen to ninety days, during which time there are no unusual symptoms.

The first observed symptom in a dog is a change of disposition, playful animals becoming morose, and reserved dogs becoming affectionate. Such a change in disposition should at once ex-

cite suspicion, and the animal should be so confined that he can be observed without danger. In a day or two the nervous symptoms increase, and the animal shows a disposition to snap if approached suddenly or startled. The bark is described as "a long-drawn-out combination of a whine and a howl, impossible to describe, but never forgotten when once heard." "The animal, if loose, may pick up and swallow straw, sticks, stones, leather, and other foreign bodies." The animal sometimes bites himself, even exposing the end of the bone. This may be due to intense itching. The animal may hunt up some dark, secluded spot, and, if disturbed, will be very apt to bite. Gradually the restlessness of the animal grows more marked, until at last it becomes furious, showing a disposition to bite anything that is thrust toward it. It is at this stage that the animal, if not confined, may start out and travel for miles, biting at everything which comes within its reach. During this trip, which may be as much as twenty-five miles, the animal never barks or makes any noise. If not prevented, it will finally return home, exhausted, thin, dirty, and perhaps covered with wounds. The animal now loses power to swallow, especially liquids, and general paralysis gradually follows. In some animals, probably having received a larger dose of virus, the attack begins with paralysis. This, of course, is not so dangerous as the other type, as the animal can not travel.

"The important symptoms, any one of which, when well marked, should awaken suspicion, and lead to the animal's being confined, are: (1) change in disposition; (2) alteration of voice; (3) inability to swallow; (4) leaving home and returning in an exhausted and emaciated condition; (5) paralysis of the jaw; (6) swallowing abnormal substances."

In case an animal has bitten some one, it should not by any means be killed unless it gives unmistakable evidence of having rabies. It should be safely confined, and observed. If within ten days it does not develop active symptoms of hydrophobia, the person bitten is safe, and the animal may be released. If symptoms develop, the animal may be allowed to die of the disease, or at least should not be killed until the disease is well advanced.

In order to render the diagnosis certain, the head, cut off at the middle of the neck, may be sent to the laboratory (United States Department of Agriculture, Washington, D. C., or one of the State laboratories) by express. In warm weather it should be placed in a tin box, and this, surrounded by ice, in a wooden box. If not within twenty-four hours of the laboratory, and the weather is warm, the brain and medulla should be removed, and shipped in three times its bulk of pure neutral glycerin. If the weather is cool, the head may be simply wrapped in dry cheese-cloth and shipped.

It will be understood from this that a more general knowledge of the nature of rabies will tend not only to diminish the danger from this source, both to man and to animals, but will diminish the tendency to destroy suspected animals until they are proved to be rabid.



Tuberculosis Germs in Butter

THE United States Department of Agriculture has recently issued a circular (No. 127, Bureau of Animal Industry), bearing the title, "Tubercle Bacilli in Butter: Their Occurrence, Vitality, and Significance," which will repay careful study by those who regard butter as a harmless article of food.¹

¹ Any one can obtain this circular free of charge by sending a request for the same to the Secretary of Agriculture, Washington, D. C.

Evidence is given to prove that tubercle bacilli are more frequent in butter than in milk; and as "from fifteen to thirty per cent of the cows from which our cities derive their milk supply are affected with tuberculosis," the conclusion is natural that "butter must be regarded under existing conditions as a common vehicle for the dissemination of tubercle bacilli from cattle in a way that insures the exposure of persons to them."

In order to determine how long tubercle bacilli may remain active in butter, a number of inoculation tests were made, showing that after four months the germs in butter are still alive, and capable of conveying tuberculosis.

Inasmuch as eminent men have in the past expressed the opinion that the tubercle bacilli in cattle are not infectious to man, the problem of the relationship of human and bovine tuberculosis is carefully discussed, showing that the evidence is in favor of the now generally received view that tuberculosis is communicable from cattle to man, and that it is a food-borne, as well as an air-borne disease.

The authoritative statement of the British Royal Commission on Human and Animal Tuberculosis, "that cows' milk containing tubercle bacilli is clearly a cause of tuberculosis, and of fatal tuberculosis in man, and that a very large proportion of tuberculosis contracted by ingestion is due to tuberculosis of bovine origin," is quoted with favor, and we are informed "that the intestinal mode of infection for pulmonary and other forms of tuberculosis, unlike the inhalation of tubercle bacilli directly into the lung tissue, is not merely a theory, but a well-established truth, and has forced its way to recognition in the face of considerable opposition."

Experimental evidence is given to prove that the importance of dust as a

means of transmitting living tubercles has been overstated; and the general conclusion is reached that tuberculosis is transmitted from two main sources, —tuberculous people and tuberculous cattle.

“This conception of tuberculosis,” says the writer of the bulletin, “like most other modern views of the disease, brings no encouragement to regard tuberculous dairy products with complacency. On the contrary, it stamps the tuberculous cow as one of the greatest tuberculosis dangers, and among these tubercle bacilli in butter, because of their frequent occurrence and their long-continued life and virulence, must rank very high as a danger of the utmost significance for public health.”

“Until we are certain that the milk delivered to us by dealers is obtained from healthy cows in every way protected from exposure to tuberculosis, we should not use it until it has been Pasteurized or sterilized, and all cream that is not above suspicion should at least be Pasteurized before it is used in the preparation of butter.”

“While we are not special advocates of Pasteurization or sterilization of dairy products, we recognize that the public is forced to some such expedient for its protection, not only against tuberculosis, but also against numerous other infections. While unclean Pasteurized milk is fairly safe, unclean raw milk is to-day the most important cause tolerated by civilization for unnecessary disease, suffering, and death.”

These are strong words, and some may wonder why it is, if they are the truth, that all of us are not dead. We must remember that there is a varying susceptibility to the disease, that there is an army of consumptives constantly dropping into the grave, their places being filled by new recruits; and that notwithstanding all that has been done

to prevent the disease, it is not diminishing nearly as fast as we wish it would. It is the same dread disease, standing at the head of our mortality causes. There are undoubtedly two means of infection. The laboratory men nearly all emphasize food infection; while practising physicians, from their experience emphasize air infection. With them, it seems to be a house disease, passing from one member to another. To the laboratory men, it appears to be a milk-and-butter disease. Both are probably right. At any rate we are unwise to neglect or disregard either possible means of infection. One important reason for believing that the cow is not entirely to blame for the prevalence of this disease is that it was exceedingly common among the Japanese before they had any cows; and at the present time, though the cow is very scarce in Japan, yet the disease is increasing in destructiveness among them. But this fact, and any others on that side of the question, should not encourage any to overlook dairy products as a probable source of much of our tuberculosis.



Tuberculous Cows and Tuberculous Children

To show the extent of divergence to which medical opinion is subject, it may be interesting to consider in this connection the conclusions of Dr. William Leland Stowell, Visiting Physician to the New York City Children's Hospital, as given in a recent number of the *Medical Record*.

“Fresh, clean milk, when obtainable, is wholesome, and more readily digested than when Pasteurized. The danger of tuberculosis infection from milk must be very slight; for in tracing the history of the children and the diagnosis on admission to the institution, there is no evi-

dence of tuberculosis developing more often among those having the farm milk¹ than among those in other wards having the Pasteurized supply from the city. Less than ten per cent of the mortality was due to tuberculosis, and that according to the United States census of 1900 is the ratio for the nation.

"We can not deny the presence of a tuberculous dairy, and the presence of tuberculous children; but a careful analysis fails to show that one depended on the other."

But this is not the whole story. It only proves — if it proves anything — that tuberculous infection from milk is not immediately fatal. In order to know more definitely the effect of such milk, these children should be observed for the next ten, fifteen, or twenty years, in order to see how they die off from tuberculosis at that age, when tuberculosis is most prevalent. It must not be forgotten that there is respectable authority for the belief that all or nearly all tuberculosis is transmitted in infancy, and develops later under conditions that depress the general health.

¹The hospital farm had thirty cows, twenty-seven of which, after the observations on the children, proved both by tubercular reaction and by subsequent autopsy to be tuberculous.

The Schafer Method of Resuscitating the Apparently Drowned

THIS method recommends itself by its simplicity and efficiency, by the fact that the tongue does not drop back into the throat and prevent respiration, and by the fact that the first attempt to induce artificial respiration tends to expel water from the air-passages instead of drawing it farther in, and by the fact that one person alone can practise it.

The patient is placed on the ground, face downward, with a rolled-up coat under the chest. The rescuer bends over him, facing the head, and places his hands one on each side of the spinal column, and over the last two ribs, the thumbs appoaching each other and the fingers pointing outward. Pressure is then made with the entire weight of the body, followed by relaxation, at the rate of fifteen a minute. One should not think of giving up the attempt to restore one who has been in the water only a short time, until at least an hour has been spent in the effort to induce artificial respiration.

If more than one is present, heat should be applied to the surface, but the procedure of prime importance is the artificial respiration, which must be continued regularly, without interruption.



UPPER ROCK CREEK, D. C.

Chats with our Readers

EDITOR LIFE AND HEALTH:—

I have been suffering from bronchitis ever since I had pneumonia four or five years ago. I have several coughing spells daily, at which times I throw up a good deal of phlegm,—a little of it is slightly yellow. I have an inhaler, and would like to get fluid for the same.

H. C.

I would earnestly urge you not to rely on some simple treatment for bronchitis until it is too late for the proper treatment to help you, and not to depend on anything else than thoroughgoing treatment. Nine tenths of the so-called "bronchitis" is tuberculosis, though the victim is not usually willing to admit it until it is too late. Just remember that "bronchitis" is an ominous word, and spells consumption. Your best chance is a dry Western climate, provided you have the means to secure proper attention when you get there. If you have not, you are best off right at home; and by the right kind of life, outdoors night and day as far as possible, with the proper food and attention to right hygienic measures (and by that I do not mean the following of some certain set formula, as, for instance, abstinence from meat, tea, and coffee: one can not cure dropsy, and earache, and tuberculosis, and constipation, and a host of other ills by any one formula), you have a chance to get well. You should eat the food that agrees with you, and gives you strength. You should do everything that will tend to place you in the best of health. Hygiene is, to a certain extent, an individual matter, and one should mix a certain amount of good "horse sense" with the advice he gets. After all, a man lives about as long as his good sense will enable him to interpret nature's laws to his own particular needs. When a man in the early and curable stage of tuberculosis persists in neglecting it, and referring to it as a "slight cold," his good sense has to a certain extent departed, and he will undoubtedly pay the forfeit by an untimely death.

I always dread to give advice in the matter of tuberculosis; for there are two ways in which the advice is usually taken. Either it is disregarded, or the patient goes to the other extreme, and thinks it is useless to struggle against the disease, and assumes that attitude of hopelessness that makes him a more easy victim. Either course is suicidal. What one should do is to recognize that he has something that demands prompt, vigorous, and unremitting attention. He should begin a course of treatment that will be continued with thoroughness for the next three or four years,—long after there are any visible signs of the disorder left,—and should be under the supervision of a physician who has given special attention to tuberculosis, and who can see him from time to time. Tuberculosis can be cured, but it requires determination, and much force of character. It can not safely be dilly-dallied with or neglected.

Of course, inasmuch as I have not given you a personal examination, I am only "guessing" that you have tuberculosis; but from the proportion of such cases that are tuberculous, it is far safer to act on that guess than to act on the guess that it is only bronchitis. I would say, Go to a physician and be examined; but I almost fear to do this, from the fact that prominent physicians who see large numbers of tubercular patients testify that the ordinary physician either can not or will not diagnose tuberculosis in the early curable stage. Too often the patient's fears are quieted until it is too late to make a successful fight against the disease.

Among the SANITARIVMS

This department has been opened in the interest of rational treatment—or what professional men have come to call “Physiologic Therapeutics.” Physicians and investigators the world over are learning the great value of drugless remedies. From time to time we expect to furnish 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.

Dedication of the Wabash Valley Sanitarium

ON the eastern slope of the banks of the Wabash River, amid groves, parks, and flower-gardens, and overlooking the spacious lawn, a beautiful spring, the river, and beyond, the valley and the city of La Fayette, three miles distant, is located the Wabash Valley Sanitarium, the seventieth sanitarium established by Seventh-day Adventists.

This institution was formally dedicated Sunday, May 31, by appropriate services. The mayor of the city delivered the welcome address, extending in be-

half of the citizens of La Fayette a cordial welcome to the institution, and assuring the management of the hearty co-operation of the citizens in making it a success.

Mr. C. E. Thompson, a leading attorney of the city, then spoke as follows:—

“LADIES AND GENTLEMEN: We are now engaged in the solemn duty of dedicating this splendid sanitarium to public use. As a citizen of La Fayette I appreciate with you the words of encouragement just spoken by our mayor. I



am prone to believe that the committee who invited him to speak assigned to him a subject, and as that is not true in my case, I shall feel free to wander about the ground, and browse where the picking seems to be best.

"The selection and beautifying of



these grounds, and the erection of these splendid buildings by this church organization, are but an added manifestation of the duty of the present-day church to look after the temporal as well as the spiritual welfare of the people. The church has no right to be a drone in the hive of society. It should obey the divine injunction to earn its bread by the sweat of its brow.

"While a citizen of La Fayette, I desire to speak to you to-day in the name of all the people of our country, and in their name to thank you for this addition to our growing enterprises. The citizenship of this county is well along the highway of modern progress. Our people came here, few in number, in 1897, and in that year established the city of La Fayette. The country was a wilderness; they have felled the forest; bridged the swollen streams; laced and interlaced the county with highways; built schoolhouses, churches, and public buildings out of the surplus reward of their toil. They have made the land to blossom like the rose; they now possess

educational institutions equal to the best in the State; and in Purdue University we have one of the greatest schools of applied science in America.

"We have in yonder city many private hospitals, equipped with all modern appliances which science has invented for use in nursing the sick back to health. These institutions are attended by physicians and surgeons of great skill and marked distinction. But with all these, and more, our people look upon this new-comer — this splendid sanitarium — with much favor, and to-day they meet and greet you with outstretched arms and open hospitality.

"The other day I had occasion to look over your Year-Book," which contains an account of the many sanitariums owned by your church throughout the country. I found all reported in a prosperous condition, and located in nearly every land and clime. As I turned its pages, it occurred to me that of all church organizations, the Seventh-day Adventists know best how to conduct successfully these health-giving resorts. You seem to have scattered them promiscuously throughout the world, as the hand of spring scatters her wealth of



bloom. And we have come to believe that there is greater need to-day for these institutions than ever before. Our complex civilization is constantly in-

creasing its demands upon the human constitution, and the highway of present-day life is being macadamized with human bones. Childhood is robbed of its spring-time, youth of its happy days, all in an earnest endeavor to keep the oncoming generation up with the proces-



sion in our scramble for knowledge and wealth. The child of to-day is forced out of the cradle, and started with its hat in its hand on a dead run for the grave. Under this stress and strain many fall by the wayside, and relief must be sought, if at all, in the correction of our present-day life as taught in these temples of health, where the end sought is not so much to give temporary relief from present ills, as to teach how to avoid the many maladies that prey upon the vitals of the human machine.

"In olden times, when the two-wheeled cart was the mode of travel, there were few repair shops; the blacksmith shop came into use as a necessity in the wagon-and-buggy age, and was located in the central points of travel. But in this day of the automobile, garages are found everywhere. And so it is with life. The faster we travel the highway of progress, the oftener and the greater disaster to health and life, and the greater need for relief.

"We often stop the wheels of progress to take an inventory of our material

assets, the best of which, the health of the people, is seldom taken into consideration. A little more time and thought given to the development and enforcement of our present pure-food laws, which a tardy Congress has at last adopted, and less time spent in drafting resolutions beginning with, "Whereas, it has pleased an all-wise Providence to remove from our midst," etc., would be of inestimable value to the human family.

"It was once thought that the strong destroyed the weak; that it was a question of the survival of the fittest; that those who survived the hardships and trials of life were the most fit to exist and to enjoy life's blessings. But we now know that the greatest life is liable at any time to fall a prey to the smallest and most insignificant germ, myriads of which invest the human system, and lie in wait to destroy life.

"Life seems to be an unending contest; every drop of water is a slaughterpen; every leaf a battle-ground; and under every piece of bark, life lies in wait for life. As we must pass our lives in the presence of these destructive



forces, we have learned to know that about the only antidote for germ life is proper sanitary conditions, outdoor exercise, sunshine, and pure air.

"So let us to-day emulate in our daily

life the lesson so often taught by these great institutions in restoring health and manly vigor to those whose lives have been put to peril by inattention to these simple rules of life.

"Of all the beautiful spots on which to build an institution of this kind, none better adapted, from a sanitary point of view, could be found. Here on the base of this hillside to the west; in this sloping valley; in the midst of a virgin forest, with the Wabash River almost within a stone's throw of your main building; with interurban cars passing hourly at a proper distance for travel, and yet so far removed as to avoid noise or irritation to your patients; with a building equipped with all the sanitary appliances that have leaped from the mind of science; with a view unobstructed and a sward of surpassing beauty, every inducement that nature holds in her hands is here extended as a temptation to lure the invalid back to health and strength.

"The committee who discovered this place, and recognized its natural surroundings as a fit and proper place for

a sanitarium, should be voted a medal for the exercise of good judgment.

"As a citizen of this county and in common with all, I extend to you the best wishes of the people for your future success and permanent prosperity."

Elder W. J. Stone made a few remarks regarding the founding of the institution, after which Elder A. G. Daniels, president of the General Conference of Seventh-day Adventists, delivered an address upon the topic, "Why We Establish These Institutions." He was followed by an address by Dr. D. H. Kress, superintendent of the Washington, D. C., Sanitarium. Dr. Wm. W. Worster, medical superintendent of the Wabash Valley Sanitarium, because of the lateness of the hour, stated that he would not hold the congregation longer, but gave a cordial invitation to those needing the benefits of such an institution to avail themselves of its advantages and privileges.

The doors of the sanitarium are now open, and many are availing themselves of its healing powers.





Japanese Becoming Taller.—A Scotch physician of Yokohama says that there is a gradual increase in the average stature of Japanese young people. He attributes this to the fact that they are making more use of benches and chairs instead of sitting on the floor.

Stray Dogs Must Die.—The Health Department of New York City has begun a war on the one hundred and fifty thousand stray dogs in the city, believing that if these are all destroyed, there will be much less danger of hydrophobia. Will this affect the price of sausage?

Colonel Gorgas Honored.—Colonel Gorgas, of the Medical Corps of the United States Army, whose achievements in improving the sanitation of tropical regions have won him the eternal gratitude of the nation, has been chosen president of the American Medical Association.

Dispensary Bill Passed in Oklahoma.—The Dispensary bill, providing a dispensary for every town of two thousand inhabitants, has passed the legislature. Liquor can be obtained at these dispensaries only on the written prescription of physicians, stating that the liquor is needed medicinally.

The Milkers' Uniforms.—The New York City board of health has issued an order that milkers in all dairies furnishing milk to the city must wear white duck trousers and jackets, or else the milk will be rejected. Among the milkers are a goodly number of wives and daughters of farmers who refuse to adopt the new costume.

Medical Advertising in Switzerland.—The Zurich Board of Health has notified all the canton periodicals that advertising of remedies for certain diseases is unlawful, except by special permission; and in order to obtain this, the advertisers must submit their "copy," and a sample of the

medicine in the original package for analysis; and for this, a special fee is charged. Some of our American boards of health might do well to adopt a similar measure.

School of Preventive Medicine.—There is a movement on foot to establish at Columbia University a school of preventive medicine, sanitary science, and pure health. Undoubtedly the time will come when sanitary officers and sanitarians will be more than men trained in schools whose principal aim is instruction in the cure of disease.

Ferry-Boat Tuberculosis Hospitals.—Last year the Charity Organization Society secured an old Staten Island ferry-boat, and used it as an open-air institution for tubercular patients. This year, the Bellevue Hospital has secured the boat, and is using it for the same purpose. Other hospitals are making use of other old ferry-boats in a like manner.

Dismissed for Using Antitoxin.—A White Plains (N. Y.) physician was dismissed from the board of managers of an institution of that place because he insisted in using antitoxin during the prevalence of a diphtheria epidemic. Verily, he was between two fires; for neglect to use antitoxin under the circumstances would have rendered him amenable to the State law.

Chloroform Treatment of Neuralgia.—A New York physician has for ten years successfully treated obstinate neuralgia by the hypodermic injection of a few drops of chloroform into the tissues at the site of the painful area, at points about half an inch apart. Speaking of lumbago, he says: "I have had patients come to my office creeping, to leave within half an hour perfectly free from pain and perfectly erect. These had no recurrence of lumbago." A French physician advises the use of alco-

hol, and condemns the use of chloroform, stating that the latter causes more or less violent inflammation.

Cats Prevent Plague.—Inquiries over an extended area in India reveal the fact that as a rule plague does not invade a house in which a cat dwells, and does not enter rat-proof houses. Buchanan, who makes the observation, believes that the duration of plague in India depends upon the length of time it will take for people to recognize generally that the cat is the best plague preventive.

The Ice-Cream Situation in Chicago.—The Chicago inspectors recently made an investigation of the ice-cream factories, and found many to be in an "extremely filthy condition." Factories were found in barns, living-rooms, basements, and stores. In the bulletin issued by the health department this comment is made: "Evidently something must be done to regulate the manufacture of ice-cream."

Infant Feeding.—Dr. Jacobi presented before the section of Diseases of Children, American Medical Association, Chicago, the following topics: Artificial feeding is never equal to mother's milk; Good results are obtained by reducing the fat to two per cent; Feeding is managed more successfully with brains than with mathematics; Cane-sugar added to milk gives better results than milk sugar; When baby is losing weight, the proportion of cereal decoction [barley-water, rice-water] should be increased; When cows' milk and mothers' milk disagree, asses' milk may be given with success; Top-milk feeding is not a success.

Osteopathy Recognized in New York.—A decision has been rendered in Brooklyn, N. Y., recognizing osteopathy as a regular school of medicine. The health department had refused to accept the death certificate signed by a certain osteopath, on the ground that he was not a physician in good standing; and the judge decided that he was a physician in good standing, and that the certificate of death should be accepted. The case will be appealed.

District Dogs Muzzled.—In view of the alarming prevalence of rabies,—not a supposed-to-be rabies, but true rabies, as attested by experts of the Bureau of Animal Industry,—President Roosevelt asked the District Commissioners to pass an ordinance requiring that all dogs be muzzled while running at large. An amusing picture now appears in some of the art stores, of an innocent looking pup wearing a large muzzle, and under it the words, "Just because I growled a little," and in larger letters, "By order of the President and the District Commissioners."

Brewers Fight Drink Evil.—At the Brewers' Convention in Milwaukee, the president of the convention said: "It is our duty to spread the conviction that our industry stands for temperance in the best sense of the word, and will neither countenance nor tolerate anything not thoroughly in accord with the moral and physical welfare of the people." Being driven almost to their last hole, it is high time that they did something to spread the conviction that their industry stands for temperance; but they will have to do something more than talk.



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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JULY was the banner month for LIFE AND HEALTH solicitors. During this month the best records were made on sales of single copies and subscriptions taken.

MISS ETHEL NASH and Miss Esther Brickey, LIFE AND HEALTH solicitors in Minneapolis and St. Paul, on June 22 ordered one thousand copies of the July number, and on June 29 it was found necessary to duplicate the order.

G. R. FATTIC, of Anderson, Ind., ordered one thousand copies of the July LIFE AND HEALTH on the 24th of June; July 6, one thousand more; and July 13 the third order was given for one thousand copies. Thus in less than three weeks, three thousand copies were ordered by one individual. The net profits on these to the agent was \$210.

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