

# Life & Health

THE NATIONAL HEALTH MAGAZINE

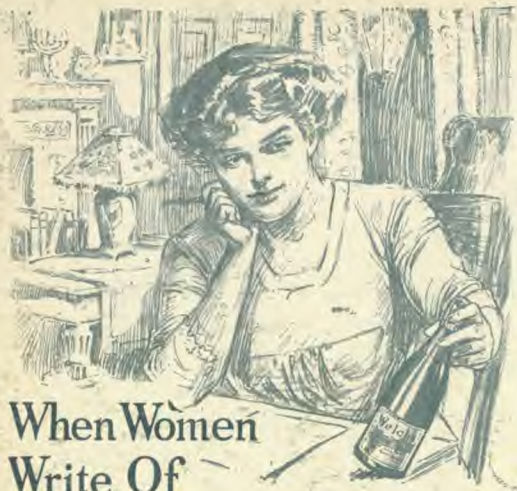
---



10 CENTS A COPY  
ONE DOLLAR A YEAR

FEBRUARY





When Women  
Write Of

# Welch's

The National Drink  
Grape Juice



WE are justly proud of the way hundreds of women wrote of WELCH'S in a recent advertisement contest conducted by a well-known magazine. Here is what some of them wrote:

"The merits of Welch's grape juice should be spoken of in more emphatic terms than are used in the advertisement."

"There are other grape juices on the market, and I have tried many of them, but they are not all they represent to be. Welch's is, and more."

"A delicious and nourishing drink at all times of the year."

"It gives the most delicious color and flavoring to creams and icings. To my limeade I always add Welch's grape juice. My friends say it is like drinking liquid amethysts."

"We housekeepers are very much indebted to Dr. Welch."

"Welch's grape juice taken upon canoe trips or picnic excursions is delicious, thirst-quenching, and a most palatable accompaniment to the viands selected for such outings."

"I feel I could scarcely keep house without this delightful beverage—Welch's grape juice."

"A fine beverage for sick and well."

We might extend the list indefinitely. Every woman who has WELCH'S in her home finds it splendid for serving at dinners, luncheons, receptions, or "just for company." Our new free booklet of grape juice recipes tells of many delicious desserts and drinks. Send for it to-day.

Your dealer will supply you if you ask him for WELCH'S.

Trial 4-oz. bottle by mail, 10c. Trial case of 12 pints, express prepaid east of Omaha, \$3.00.

The Welch Grape Juice Company  
Westfield, N. Y.



Man's belt—front view  
**The "Storm" Binder**

An Abdominal Supporter  
Adapted to Men, Women, Children, and Babies

No whalebones, no steel, no leather in its construction. Washable as underwear. A perfect support. For use after operations on any part of the abdomen. Comfortable for work or recreation. For use in obesity, general relaxation, sagging of stomach, intestines, or pelvic organs, and many hernias.

Illustrated folder and price-list sent on application.

Mail orders filled within 24 Hours

**Katherine L. Storm, M. D.**

1612 Diamond Street

Philadelphia



## Mt. Vernon Medical and Surgical Sanitarium

An Institution Centrally Located in the Most  
Healthful Portion of the State

☑ Equipped with modern appliances for surgical work and the treatment of chronic disorders. ☑ Latest improved apparatus for Hydrotherapy, Electrotherapy, Phototherapy, Mechanotherapy, Massotherapy. ☑ Physiologic System of Treatment and Diet fully carried out in the institution. ☑ Pleasant Rooms; Elevator; Hot Water Heating System; Natural Gas; Quiet; Secluded Grounds; Christian Attendants of both sexes. ☑ Noted Medicinal Springs in the immediate vicinity. ☑ Offensive patients not received in the building. ☑ Write for information.

MT. VERNON, OHIO



# A LIVE WIRE



Touch a real live wire anywhere along its entire length, and there is a sharp reminder that it is charged with an active current. So with this book—open it anywhere at random, and there is that confronts the eye which leads to a continuous reading of it.

"Boy Wanted," by Nixon Waterman, is a live-wire book for live-wire boys—boys who

want to be something and to do something. Its arrangement is unique and pleasing. 134 pages, handsomely bound, and illustrated with full-page plates. Price, \$1.25.

Review & Herald Publishing Assn.  
WASHINGTON, D. C.

# A Book for Your Girl



If you would cultivate the finer sentiments and mold the higher ideals in the mind of your daughter, your pupil, or your girl friend, place this book in her hands.

**Happy School Days**  
By Margaret E. Sangster

No one who is familiar with this author's writings will require assurance of the

excellence of this new gem from her pen, nor question that the book, once placed in the hands of a girl, will be read thoroughly with both interest and profit. 271 pages, handsomely bound, and in a neat gift box. Price, \$1.25.

Review & Herald Publishing Assn.  
WASHINGTON, D. C.

## Boulder-Colorado Sanitarium

Boulder, Colorado



microscopical investigations; experienced Physicians and well-trained Nurses of both sexes. No contagious or offensive diseases are received in the institution. Write for catalogue and card of rates.

The Boulder-Colorado Sanitarium is a well-equipped and well-regulated institution for the treatment of all chronic disorders. It is the only Sanitarium in the Rocky Mountain region intelligently employing the same system of rational treatment and conducted on the same general health principles as the Battle Creek (Mich.) Sanitarium.

The Buildings are equipped with all modern conveniences, including Steam Heating, Electric Lights, Elevators, Gymnasium; Baths of every description, including the Electric-Light Bath, Massage, and Manual Swedish Movements; Electricity in every form. Classified Dietary, Laboratory of Hygiene for bacteriological, chemical, and



# THIS ISSUE

---

**L**AUGHTER is a universal language. If we can not understand the words of the Indian maiden, we can at least read the expressive language of her face. George Wharton James, whose summons to the out-of-doors we have been sounding for several months, considers this month the effect of the out-of-doors on laughter and song.

Speaking of the out-of-doors, suggests the fact that outdoor schools are rapidly growing in popularity. Practically every city of importance which has not installed such a school is planning for it. P. Harvey Middleton gives our readers a brief history of the growth of the outdoor school idea. Open-air schools have certainly passed the experimental stage.

Rev. H. T. Musselman, whose articles on the boy were received so favorably last year, gives in this issue what is probably the most important of the series, "Purity, and the Boy's Preservation," which should be read by every parent of boys; and the boys themselves will not be the worse for reading it.

Earl Van Meter Long, who, by industry and careful economy, has paid his way through the undergraduate college work, and who intends in a similar manner to complete a law course, tells in his paper, "The Science of Right Living," how he managed to earn two trips to Europe.

Dr. A. B. Olsen, editor of the London *Good Health*, gives a few gleanings from the Ninth Antituberculosis Congress recently held in Brussels. These are the most recent thoughts from the world's authorities on this subject.

"Liberty and Plus," or, as it might have been entitled, Liberty Run Into the Ground, by F. W. Fitzpatrick, depicts in forcible language the danger facing our American institutions, as a result of our indiscriminating worship of the idea of personal liberty.

## THE MARCH ISSUE

We have so much planned for the March issue we hardly know how we can bring it within our compass. Mr. James gives us a companion article to the one in the February issue, entitled "The Restfulness and Peace of God's Out-of-Doors."

Mr. Fitzpatrick has another of his characteristic articles, showing the estimable manner in which one family disposed of "The Servant Question."

Dr. Arthur J. Cramp presents the first instalment of his remarkable exposure of the "Gas-Pipe Therapy," which shows how easily people are hoodwinked into paying their money for worthless trinkets claimed to have remarkable curative properties.

Dr. Chas. G. Wagner, an authority on the subject of mental diseases, gives instruction regarding the "Emancipation of the Insane," which should be read by every thinking person in the United States.

Dr. H. J. Achard begins a series of remarkable articles (the words are used advisedly) on "The Home Treatment of Tuberculosis." Many readers will want to preserve the magazines for this series of articles.

Geo. E. Cornforth will continue his excellent instruction regarding the cooking of vegetables.

The series by Geo. D. Ballau, "The Law of Rest in the Healing of Disease," will be continued in this issue. Only recently Mr. Ballou was urged to publish his views, which were characterized as the most sensible presentation of true mental healing, contrasted with the vagaries of Christian Science and other mystical systems.

Other articles to appear in this number are: "Unnecessary Loads," by Mrs. Helena F. Thomas; "Joy and Peace Restored," by Mrs. R. S. Cummings; "The Prevention of Colds," by A. P. Reed, M. D.



# CONTENTS FOR FEBRUARY

GENERAL ARTICLES	PAGE
Laughter and Song in God's Out-of-Doors, <i>Geo. Wharton James</i> .....	78
Outdoor Schools, <i>P. Harvey Middleton</i> .....	83
The Ninth International Antituberculosis Conference, <i>A. B. Olsen, M. D.</i> .....	87
Purity and the Boys' Preservation, <i>Rev. H. T. Musselman</i> .....	89
Liberty and Plus, <i>F. W. Fitzpatrick</i> .....	93
Simple but Effective Exercises, <i>Chas. H. Liebe</i> .....	96
The Science of Right Living, <i>Earl Van Meter Long</i> .....	97
<b>HEALTHFUL COOKERY</b>	
Underground Vegetables — No. 2, <i>Geo. E. Cornforth</i> .....	99
Culinary Suggestions, <i>Mrs. D. A. Fitch</i> .....	102
<b>THE MEDICAL MISSIONARY AT WORK</b>	
Ambato, Ecuador, <i>Wm. W. Wheeler</i> .....	103
Argentina, South America, <i>G. B. Replogle, M. D.</i> .....	104
From a Chinese Doctor's Note-Book .....	104
<b>EDITORIAL</b> .....	
Dedication of the Science Hall, Howard University — Drug Treatment a Two-edged Sword — Testimonies From Various Sources Regarding Tea and Coffee Drinking.	105
<b>AS WE SEE IT</b> .....	
Convention of the American Civic Association — The Work of the American Civic Association — Junior Civic Leagues — School Gardens — The Fly — A Clean Motion-Picture Show — Quackery in Great Britain — The Department of Agriculture and Health — The National Municipal League and Public Health — Business Sense — Two Abuses — Disinfection of the Hands.	108
<b>CURRENT COMMENT</b> .....	
Social Aspects of Alcoholism — Consumption Cure Fakes — Dietetic Fads.	113
<b>ABSTRACTS</b> .....	
The Problem of Typhoid Prevention — Agar-Agar in the Treatment of Constipation — Insomnia as Related to the Cause of Sleep.	117
<b>THE MEDICAL FORUM</b> .....	
Teach the Child More About Nutrition — The Passing of Drugs — The Transmission of Leprosy.	120
<b>SOME BOOKS</b> .....	
<b>IN THE MAGAZINES</b> .....	
<b>NEWS NOTES</b> .....	

Entered as second-class matter June 24, 1904, at the post-office at Washington, D. C., under the Act of Congress of March 3, 1879.

**TERMS:** \$1 a year; 10 cents a copy. Special rates to agents.

**POSTAGE IS PREPAID** by the publishers on all subscriptions to all countries.

**CHANGE OF ADDRESS.**—When a change of address is ordered, both the new and the old address must be given.

**HOW TO REMIT.**—Remittances should be sent by draft on New York, Express-order, or Money-order. **Cash should be sent in Registered Letter.**

Address, **Life and Health, Takoma Park, Washington, D. C.**

**We Guarantee** the reliability of every advertisement inserted in **Life and Health**. We want every reader to feel that he can deal with our advertisers with the fullest confidence of fair treatment.

If, notwithstanding our most thorough investigation of all advertising submitted for publication, an advertisement should be published through which any subscriber is dishonestly dealt with or imposed upon, we request that full particulars be sent us at once so that we may take proper action for the protection of our readers.



MAY-DAY GROUP IN GOLDEN GATE PARK, SAN FRANCISCO

"Many of the children marched to the place singing as they went, and their bright, happy faces showed how they enjoyed the opportunity."



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

Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

EDITORIAL CONTRIBUTORS

G. K. Abbot, M. D.

D. H. Kress, M. D.

H. F. Rand, M. D.

W. A. George, M. D.

R. S. Ingersoll, M. D., M. R. C. S., Eng.

R. Leadsworth, A. B., M. D.

Lauretta Kress, M. D.

W. W. Worster, M. D.

**A FEW HEALTH BRIEFS**

Many a cold has followed a heavy meal.

✽

Sitting in a hot, stuffy room has often caused a heavy cold.

✽

A severe cold has been cured by tramping in snow with wet feet and the body chilled, but don't try it.

✽

There is no drug that has so powerful a vitalizing influence as courage.

✽

There is a reason why Christian Science and the New Thought movement make converts; they teach courage and hope.

✽

The voice has a reflex influence upon the mind. Talk hope, courage, health, cheer, and you will feel the influence in your own mind and hence in your own body.

✽

This is not to give full credit to the New Thought teaching, that thought is creative, but there is a germ of truth in the teaching.

✽

There is a certain influence exerted by the mental state on bodily function. Fear depresses, hope stimulates.

✽

The person who eats fearing his food will disagree, is very apt to have his fears come true.

✽

Let that same person eat the same meal under different circumstances, with long-parted friends, or on a picnic, or under circumstances leading to self-forgetfulness, and the digestion will likely proceed beautifully.

Avoid two extremes, that of the ascetic and of the epicure. The one course brings indigestion by sameness and monotony, the other by excess of food, too great variety, and indulgence in rich foods.

✽

Eat to live, but do not make such a study of your eating that you will cease to experience the pleasure of eating.

✽

Other things equal, the meal eaten with the greatest pleasure will be best digested.

✽

Even some careless eaters — that is, careless regarding the laws of dietetics — fare better than some who are more careful, because their meal time is a time of joy.

✽

It's right to "Fletcherize" — if you have time. The cow has nothing to do but chew and produce milk. The horse has other work.

✽

The skin is a wonderful organ. A tonic bath followed by a brisk rub is a powerful invigorator of the whole body.

✽

Do not take your baths in such a way as to cause discomfort. It is a fallacy handed down from the ascetics that everything to be beneficial must be uncomfortable.

✽

Few people suffer in health from insufficient food. Many suffer from insufficient air. Ventilate freely and breathe deeply.

✽

Too much sweet food is clogging. An excess of sugar favors intestinal fermentation, and the sugar may be more rapidly absorbed than the body can dispose of to advantage.





*Photo by George Wharton James*

FIG. I. A HAPPY SAN FRANCISCO FIRE REFUGEE

"One of the good results of that otherwise great disaster, the San Francisco earthquake and fire, was the fact that thousands of people were compelled to live—eat, sleep, cook, work—out-of-doors. For the first time in their lives, many of them learned how much the out-of-doors had for them"

"I wish it had been possible to photograph this woman's song and her hearty laugh, as well as her smile"

## LAUGHTER AND SONG IN GOD'S OUT-OF-DOORS

George Wharton James



**L**AUGHTER is the spontaneous and natural expression of pleasurable emotion or humorous joy. Something funny has been seen, felt, heard, or imagined, and laughter is the vocalized expression of joy at the recognition of that fun. Song is the natural outlet of the exuberant heart, happy and joyous in its emotions. Both are natural, both are good, both are God-given.

There are those (even teachers of music) who will tell you it is not good to sing out-of-doors; it spoils the voice, irritates the throat, injures the lungs, etc. Such advice is unwise. There is nothing that one can properly do in-doors that one can not do more properly out-of-doors. We may have deviated

from this order of things, but that it is natural I have perfect confidence in stating. Indeed, to sing out-of-doors is by far the best way of cultivating the voice. The pure oxygen of the air—sun laden and purified and made healthful and healing with the balsams extracted from the thousand and one plants and shrubs—entering the lungs to their deepest cells, as one takes deep breaths while singing long and sustained tones, is of the highest order of good; for everything that does good to the health generally, body or mind, does good to the voice.

Singing as one walks produces a slight vibration of the lung cells when filled with air. This dislodges all the waste and effete matter that the lungs need to



get rid of, and the enlargement of the cells with the pure oxygenated air enables them to expose that larger surface to the impure blood that passes through the lungs to be purified. It should never be forgotten that the lungs are the great blood purifiers,—the filters, as it were,—and also that they aerate the blood and give to it those qualities of life, health, tone, and vigor that are stored up, gathered up in the air we breathe.

Hence do not hesitate to sing as often as you possibly can out in the open. Sing loudly when you feel like it, and for the purpose of development of the voice; and train yourself to sing softly and gently. There is no discipline of the voice that can be better than that gained out-of-doors, with the lungs full of sun-charged, life-giving air, when one's energy is devoted to singing softly. Fill the lungs with air, open the mouth wide, make a clear, resonant tone, and then sing the scale up and down a number of times as gently as you possibly can. Now fill the lungs again, and begin at *double pianissimo*, and gradually swell to *treble forte*, and then gradually decrease the volume of sound until you are at *double pianissimo* again. These two are exercises of incalculable benefit.

By all means practise such exercises as these while walking, and get out into the sunshine to do it. The effect of the sunshine as well as the air upon the vocal cords, the nasal passages, and the lungs is divinely beneficial, and any professor of music who tries to convince you to the contrary should be dismissed as unworthy of his high calling.

One has but to recall the marvelous voices that he finds in nature to know that out-of-door air can never injure purity of tone. Think of the birds with their sweet and perfect songs. The nightingale never sings except in the night air, and the mocking-bird is never so happy and buoyant in his varied con-

cert as in the rain. The rooster crows in the early morning hours, regardless of rain, fog, or mist. The cow sleeps out in the rain, as do the horse and all other animals, and their voices are resonant, clear, and strong.

Think of the clear yodel of the Swiss mountaineer, that penetrates the air for several miles, as does also the coo-ooo of the Australian bushman who wishes to signal to his friends miles away.

Where will one find finer purity of tone and more penetrating voices than are possessed by some of the newsboys of our large cities? In all kinds of weather they cry their wares, and, though the general habits of their lives are opposed to healthfulness, their vocal cords and lungs are kept healthy, vigorous, and strong by the daily calls of their vocation.

I have heard "spielers," or "barkers," as they are sometimes called—men who stand in front of shows and announce what is going on inside—whose voices would be priceless gifts to clergymen, statesmen, and other public speakers. Clear, resonant, and penetrating, their out-of-door vocation not only does not interfere with the purity and quality of their voices, but strengthens and clarifies it.

The other day I heard a street hawker whose voice was a revelation for purity and strength. Had I had a million dollars at my disposal, I would not have felt it any too great a price to pay for the possession of such a perfect instrument of expression. And I have again and again heard street hawkers in London, Paris, New York, San Francisco, and other cities whose voices were a perfect delight. Certainly God's great out-of-doors did not interfere with the development of their vocal organs. Even to this day, I can remember our old-fashioned town crier, Tommy Oyitch by name, who in the old town where I was born used to go through the streets with



a bell making public announcements, crying articles that were lost, and the like. His voice still rings in my ears when I think of him, as one of the sweetest, purest, and, at the same time, most powerful vocal instruments I have ever listened to; and when during the mussel season he used to take a cart and cry his mussels, the clear, almost flute-like quality of his picturesque cry was a joy and a delight.

Often have I heard old-fashioned sea-captains whose voices were not only powerful and strong, but absolutely thrilling in their resonant and musical quality; and many a time I have stood and listened to men singing and talking, as they swung the sledge, working in the streets of our large cities, and envied the pure and captivating qualities of their voices.

The sweet and melodious strains of the Canadian boatmen are world-famed, and though nobody has yet been found to sing the praises of the melodious voices of some of our mule-drivers of the West, I, who have heard the Canadian boatmen sing, make the assertion without hesitancy that many of the mule-drivers of the deserts and plains of the far West have voices just as sweet and melodious and far more penetrating and powerful.

Hence, when any superrefined, supercultivated professor of music dares to affirm that the use of the voice in the open air is injurious and harmful, politely assure him that he is mistaken, and does not understand the advantages of singing in God's great out-of-doors. God makes no mistakes. His out-of-doors is good for the development of all the organs and faculties of man. The sooner one puts this assurance into active practise, the better it will be for his vocal organs, whether he be singer or speaker.

England and Germany have their great concert choirs of men and children who sing to the assembled crowds out-of-

doors as well as indoors. I well remember the children's choruses of the Crystal Palace, where ten thousand boys and girls sang temperance songs. The frontispiece is a May-day group in Golden Gate Park, San Francisco. Many of the children marched to the place singing as they went, and their bright, happy faces showed how they enjoyed the opportunity. Every hour so spent out-of-doors in singing is an hour of storing up life energy and consequent health and happiness.

One of the good results of that otherwise great disaster, the San Francisco earthquake and fire, was the fact that thousands of people were compelled to live — eat, sleep, cook, work — out-of-doors. For the first time in their lives, many of them learned how much the out-of-doors had for them. Fig. 1 is one of these homeless refugees, living in a rude tent-house in one of the parks. Yet, as we passed by, she was singing merrily while she cooked the noon meal out-of-doors. When we asked if we might photograph her, she laughed heartily at the idea, and I wish it had been possible to photograph both her song and her laugh, as well as her smile.

Many of the Indian tribes sing as they grind the corn for their rude bread. In Fig. 2 one of my Indian friends is both laughing and singing as she engages in this important work. Some of these songs are quaint and curious, and others most beautiful, both in melody and sentiment. The Zuni women sing in union, perhaps twenty or thirty of them. Three or four at one place will begin to sing, another group in the next street will take it up, and then another, and so on, until quite a song goes over the whole town. And as they move their bodies up and down in the grinding motion, in perfect time to their song, they get an excellent exercise for the expansion of the lungs, the purifying of the blood, and the send-





*Photo by George Wharton James*

FIG. 2. INDIAN WOMAN GRINDING CORN

" Many Indian women sing and laugh as they grind their corn, and thus get a good exercise for the expansion of the lungs, the purifying of the blood, and the sending of the life-giving stream to every part of the body "

ing of pure and life-giving blood to every part of the body. Is there any wonder that they are as strong and vigorous as men?

Exactly the same can be said for laughter out-of-doors. How much we lose as we get older because we are not so easily pleased and delighted as when we were young? Who can watch a boy playing with a dog and laughing at its exuberant antics and not feel his heart expand to the wish that he were a boy again? How children laugh when they get out into the fields, and watch the calves jump and frolic about in their peculiar manner? I have seen little ones clap their hands and laugh in very ecstasy when little colts would kick up their heels in the home pasture. Whose heart is not enlarged and expanded and made happy at the sight of a little child's joy

in watching the birds? How the little one claps, and laughs his merry, innocent laugh, and even screams with delight at the sight!

I know many dignified men and women whose lives have been made somewhat solitary, who have found incalculable relief and pleasure from watching the antics of their cats and kittens. I recall to mind a picture I have often gazed upon with much interest. It is of a poetess well known to American readers, whose life has been largely one of misfortune and solitude. She has two cats, and every day, as regularly as a certain hour comes, she picks up a stick to which a string with a ball at the end is attached, and enjoys a half-hour's laughter and fun playing with her pets. There is no hour in the day when the burdens of life seem to fall from her



shoulders so easily and thoroughly as this brief time spent in natural and simple enjoyment with her pet animals.

As far as I am concerned, I go into my chicken yard many a time and laugh, both quietly and sometimes vociferously, at the peculiar antics of our flock of hens. Each one has its own individual characteristics, each one has its own peculiar voice and its own funny ways, and my family and I often come out together to enjoy watching them and to laugh at their antics.

O, to be a child again; to be able to laugh at little things, and to be able to go out day after day and, whether we do it or not, feel like clapping our hands and laughing with delight at the simple things that give pleasure to a child! To be able to do this is worth a king's ransom. It is to keep simple-hearted; and the simple-hearted are always nearer to purity and God than others can possibly be.

Do you remember how, when we were children, full of the simple, natural happiness of mere living, we used to laugh and sing? How hearty both laughter and song were to us then, and how natural! They came unconsciously, spontaneously, without thought. What a long way we are from such laughter today! We have to pay for tickets of

admission to shows, where professional people go through all kinds of foolishness in order to win a reluctant laugh from us. Would it not be well to get out into the garden, into the woods, on the hills,—aye, if nowhere else is available, into the attic,—and there try to sing and laugh ourselves back to the

hearty, spontaneous naturalness of our childhood? It would do no harm to try, and I strongly urge my readers to make the attempt and see what the result will be.

One of the brightest, happiest, and healthiest Indian girls I ever saw was the Wallapai maiden shown on the front cover. She was the embodiment of joy, of physical vigor, of radiant happiness. It is a pleasure to think of her, a privilege to have met her. Is it not worth striving after, to have a race of people full of this exuberant, buoyant happiness?

And why should age keep us from happiness and laughter? The Indian women of a hundred years enjoy their fun as much as ever. The old woman seen in Fig. 3 laughed so heartily and merrily, so spontaneously and freely, that you could not resist the impulse to laugh with her. That is the idea! Laugh so really, so heartily, so sincerely, that it is contagious, and you make others want to laugh with you.



Photo by George Wharton James

FIG. 3

"Even the old Indian women enjoy hearty laughter, and make you want to laugh with them"



# Out-door Schools



*Rest Pavilion, England*

P. HARVEY MIDDLETON

[Less than three years ago the first open-air school in this country was started in Providence, R. I. In 1908 three States had such schools; in 1909, five States; in 1910, fifteen States had twenty-seven schools. Some States have adopted the policy of providing an open-air room in all new school buildings. Many cities are considering the opening of fresh-air schools. The open-air school has come to stay.—Ed.]



THE school board of Charlottenburg, a suburb of Berlin, inaugurated in 1904 a new idea in education, and one that bids fair to spread throughout the civilized world. This was the establishment of an outdoor school in the heart of a beautiful forest, where sickly and backward children could be treated amid ideal surroundings. Although the movement is still in its infancy, it has been so remarkably successful as to attract the attention of educators in all the countries of Europe, and has already resulted in the establishment of a similar institution in the suburbs of London. Every important German city of any importance has its Waldschule in existence or contemplation, and the kaiser and kaiserin are enthusiastic supporters of the innovation.

Upon the establishment of the Charlottenburg outdoor school, children were chosen from twenty-five of the public schools, the selection being made by the school physician aided by principals and teachers, those having severe forms of heart trouble, open scrofulous sores, and those in the more infectious stages of tuberculosis, not being included in the number. Starting with ninety-five children, the number has grown to over five hundred. Five acres of woodland were enclosed by wire fencing. Buildings containing baths, kitchens, and workshops were erected. The schoolrooms were furnished with desks and lightweight chairs that could be carried in and out by the pupils. Stoves were erected for use in the coldest weather, though all instruction is carried on out-of-doors whenever possible.





*The Survey*

AN OLD BUILDING REMODELED TO LET IN THE AIR AND  
SUNSHINE — EXTERIOR

The children arrive at 7:45 A. M., and are given breakfast, consisting of a bowl of soup and bread and butter. Classes are held until 10:00, when a luncheon of milk, bread, and butter is served. Lessons, gymnastic exercises, play, and manual work fill up the remaining time until 12:30 P. M., when comes dinner of soup, meat, and vegetables. After dinner every pupil must rest in the open air for two hours, and reclining-chairs, rugs, and wraps form part of the school equipment.

Classes are resumed from 3 to 4 P. M., when milk, black bread, and jam are served. The remainder of the afternoon is spent in play. At 6:45 P. M. the school day is rounded out with a supper of soup and bread and butter, and the little ones return home bodily and mentally benefited.

Eight men and four women are employed as teachers. The children range in age from seven to fourteen, and are taught the same subjects as in the regular schools. A class consists of twenty-

five pupils. No lesson lasts over thirty minutes, and there is always an intermission of ten minutes. Nature study, of course, forms an important part of the outdoor school, and geography is taught by the scaling of maps in the sand. The singing of songs descriptive of forest life, gymnastics, carving, and carpentry are also attractive features.

Gardens are cultivated, each child having a separate flower bed, and larger plots are used for grains and vegetables. Each child receives warm baths, and by order of the doctor, salt, sun, and shower baths are given. As a result of this admirable system, the children are reported as showing a marked improvement in "attention and mental alertness," and nine tenths have been able to resume ordinary school attendance.

Providence, R. I., was the first city in the United States to establish a fresh-air school in connection with the public-school system, the venture having the active support and co-operation of the board of education. It differs in many





*The Survey*

AN OLD BUILDING REMODELED TO LET IN THE AIR AND  
SUNSHINE — INTERIOR

respects from the German Waldschule, being situated in the heart of the city, but well exposed to sun and wind. An old brick schoolhouse has been remodeled for the purpose. A portion of one wall of its upper story has been torn out, and four long windows, reaching almost from floor to ceiling, have been fitted into the opening. These, except in inclement weather, are fastened back to the ceiling. Besides this wide exposure on the south, the room is lighted from two other sides. Movable desks and chairs are placed in front of the large opening, and the children sit with their backs to the sun and air, well wrapped up during the coldest weather in warm outer garments, their feet in heavy quilted bags extending up over the backs of their chairs. They are also provided with mittens, and at times with warm soapstones for hands or feet.

The pupils arrive at 9 A. M., and at 10:30 each receives a cup of hot soup. At noon they eat lunch, which they have

brought with them, supplemented by one hot dish prepared at the school. The children in this Providence school are all tuberculous. There are some cases of hip disease, and a few children are seen in plaster casts, while others have banded necks because of tuberculous glands which have failed to respond properly to operative treatment.

Physical exercises form an important part of the school work, especially those tending to develop the lungs. Many of these movements are "make believe." For instance, they will pick up imaginary snow from the ground, pretend to make hard balls and throw them; or they will blow up imaginary paper bags, their faces growing red in endeavoring to burst them. Thus certain definite ends are accomplished.

While Providence was the first city to have a fresh-air school, to Boston belongs the credit of establishing the first outdoor school in America. It was first



started in an apple orchard on a hilltop, being afterward removed to its present location in Franklin Park. An old building previously used as a public library has been adapted for the school's use. On the lower floor are dining-room and kitchen. On the second floor is a rest-room. The classes are held on the roof.

A movable platform covering a space of 14x20 feet has been built with a canopy top, from which curtains are lowered in bad weather. As at Providence, heavy bags are used to protect the lower part of the body. The greater part of the roof is left open for free play and games. The children receive three meals a day. For breakfast they have cocoa, bread, and butter; for dinner, either braised beef, stew, or roast, vegetable, and fruit or milk; for supper, all the milk they can drink, and Graham wafers or gingersnaps. All children take turns in waiting upon table, and learn lessons in careful serving. Special attention is paid to conduct and table manners.

The length of stay is not limited. Most of the children are from families in which there have been one or more cases of tuberculosis. The majority have increased in weight during their stay. As an example of how children in this school are taught independence, they weigh themselves every day, and report the record.

This, in brief outline, is the work of the outdoor school, and each day brings

reports of other cities who are adopting the new system, among which may be mentioned Chicago, Cincinnati, Columbus, and Elizabeth, N. J. It is significant that in many of the new schools now being built there are large casement windows opening outward, leaving the rooms practically out-of-doors.

"In enumerating the factors conducive to favorable results in the open-air school," says one educationalist, "may be noted fresh-air treatment, regulation of the dietary, in which attention is given not only to the providing of a sufficient quantity of wholesome food, but also to proper proportions of body-building material; the alternations of rest, work and recreation, stress being laid in most of these



ENTIRELY OUTDOORS

schools upon the necessity of a sufficient amount of sleep (the serious lack of which among children has been brought out by recent reports on housing conditions); the opportunity for healthful exercises and play, often lacking in thickly settled districts where playgrounds have not yet been established; and practical lessons in cleanliness are taught by the giving of regular baths, from lack of which many children suffer in health.

"The advantages of studying nature at first hand, and of substituting live, growing things for museum specimens or book descriptions, and of cultivating habits of observation, is apparent to every student of elementary education."



## THE NINTH INTERNATIONAL ANTITUBERCULOSIS CONFERENCE

A. B. Olsen, M. D., D. P. H., Editor London "Good Health"



THIS conference, held in October, 1910, in Brussels, was composed of an enthusiastic body of well-known men and women interested in scientific and social problems, drawn from pretty well all civilized lands, who in a spirit of zeal and earnestness attacked the mighty problem of tuberculosis. The congress held two sessions daily, and also one open public meeting. At the public meeting, Prof. A. Calmette, of Lille, France, well known in medical literature and practise in connection with Calmette's reaction, gave an instructive lecture, illustrated by lantern views, dealing with some of the problems connected with the tuberculosis scourge.

The spread of tuberculosis among the children received the greatest attention of the congress. The belief seemed to be very general that children are most susceptible to infection by tubercle bacilli, and that a large percentage of infections take place in childhood, even though its definite manifestation may not be observed until adult life.

Although it is difficult to do so, I shall make an attempt at classifying some of the more important conclusions.

### The Influence of Heredity

It is the opinion of Professor Arloing that consumptives often transmit to their descendants a functional debility, rendering them more susceptible to tuberculosis, as well as retarding their development. This influence is more pronounced when the mother or both parents have the disease, and less pronounced when the father alone is tuberculous.

Professor Calmette believes that tuber-

cular infection of the child before birth is possible, but extremely rare. Children born of highly consumptive parents are more susceptible to tubercular infection than children of healthy parents.

Dr. Heron, of London, characterizes the theory of hereditary transmission of tubercular tendencies as cruel, unnecessary, and unproved. But Dr. C. T. Williams, also of London, believes that the evidence is decidedly in favor of heredity exercising an important influence in predisposing to tubercular infection.

### Predisposition

"All persons are liable to tuberculosis invasion," says Dr. Williams, but in only a certain number is the invasion successful. The conditions which predispose the individual to tuberculosis are want of proper food and air, unhealthy trades, and the like, which prevent the individual from producing a sufficient quantity of good blood to nourish the body and defend it against the bacilli.

According to Dr. Heron, the human race is predisposed to infection by tuberculosis, but some persons are more predisposed than others.

### The Channels of Infection

There are three channels of infection, — the outer skin, the mucous membrane of the air-passages, and the mucous membrane of the intestines. Some believe that the digestive tract is an important means of infection. Observation by Nathan Raw on a large number of autopsies occurring at all ages gave evidence that the disease was caused most frequently by inhalation into the air-passages from a previous case of pulmonary tuberculosis, but the disease is



also caused in a smaller number of cases by upward extension from the abdomen or downward from the glands in the neck.

### Tuberculosis Among Children

The Childhood Commission, appointed by the German Central Committee in their report dealing with the prevention of tuberculosis in children, say that in young children the results of the infection appear usually in the second year. For this reason preventive measures must begin as soon as possible. Children should be removed from homes where there is a case of open tuberculosis, and should be placed under good hygienic surroundings, in homes especially built for this purpose, or should be placed in the care of healthy families under supervision. Such children should have a sufficient and suitable diet, consisting of plenty of good milk and other suitable nourishing food. Both for cleanliness and in order to harden the skin, bathing is important; fresh air and playing in the open are also important measures.

Dr. Pynappel believes that the care of the child should commence as soon as it is born, or earlier. No person with tuberculosis should be permitted in its presence. If members of the family are infected, they should be carefully instructed so as not to infect the little one.

Dr. H. Rördan, of Copenhagen, holds that, in order to protect children from tubercular infection, dangerous consumptives must be removed from the

homes; no consumptive female person should be allowed in the home as a nurse or maid; and tuberculous children must not be allowed to associate with healthy children. He is in favor of a law requiring an efficient control of all milk, meat, and other foodstuffs through which the infection by tuberculosis is likely to be transmitted, and forbidding the employment of consumptive people in shops or places in which foodstuffs are being sold, or where such are being prepared. Furthermore, he believes that a doctor's certificate should be required showing that children are healthy and not suffering from consumption, before they are allowed to enter a profession, or work in a factory.

### Bad Teeth and Infantile Tuberculosis

Dr. A. Bruck, of Berlin, called attention to the danger of infection through diseased teeth, as follows:—

1. "Bad or decayed teeth not only impede the absorption of the food, increasing thereby the predisposition to tuberculosis, but they also directly contribute to the spreading of tubercle bacilli in the organism.

2. "Interrupted breathing through the nose facilitates in children the decay of the teeth, and thus becomes an important factor in the spreading of infantile tuberculosis.

3. "Decayed teeth are frequently met with in consumptive children; they very much impede the effect of a course of treatment in the sanatorium."





## PURITY AND THE BOY'S PRESERVATION

Rev. H. T. Musselman, Editor of "Youth's World"



**B**Y the preservation of the boy we mean, first of all, the protection of his body from disease, weakness, and death—the conservation of his physical life and health. Physical life and health are divine rights of every boy. The guaranteeing of these rights to the boy is no easy task; for in the struggle for existence the forces which make for disease and death are ever at work. But it is a task which can be accomplished; for the forces which make for life and health are also at work, and these are more than the former. Nature and God are on the side of the boy's preservation.

It is not the purpose of this article to enumerate and discuss in general either the forces which make for disease and death or the forces which make for life and health. Our task is to stir up your pure minds with reference to one of the greatest forces which make for the preservation of that boy of yours; namely, that of purity. We are persuaded that nothing is more important in building up and maintaining the bodily health of a boy than clean living. Sexual sin and sickness are the fiends of hell in the work of undermining and destroying the life and health of youth. Every physician and student of eugenics, or race culture, knows this all too well. It is not necessary to give nauseating details of this matter; for any statement along this line is recognized as a mere truism to-day. Those who wish to read up on the matter can find plenty of literature. For a brief but masterly discussion of the principal facts we refer the reader to a little book called "The Nobility of Boyhood," containing some lectures given by a Christian physician to the students in

the undergraduate department of the University of Pennsylvania.

By the preservation of the boy we mean, in the second place, the building up and conservation of his moral ideals—his moral life and health. Through the home, school, and church, the average boy of sixteen has formed certain genuine and fundamental ideas which lie at the basis of manhood and civilization, such as loyalty to friends, patriotism, or love of country; respect for property rights, or honesty; justice, or the sense of a square deal; altruism, or the spirit of lending a hand; and, in many cases, the sense of responsibility to God for his conduct in life. But it is right here that we come upon one of the strangest facts in all modern educational history, namely, that neither through the home, the school, nor the church, has the boy been led to form the moral ideal of purity in life. Indeed, our double standard of morality has tended to lead him to form the opposite ideal. Say what we may, there is in our land a let-it-alone spirit on the part of our people regarding this whole matter. There is a feeling that every boy is to sow his wild oats, and then he will come around all right. The climax of this spirit is seen in the fact that respectable parents ask no questions, as a rule, with reference to the moral health and purity of the young men who are to marry their daughters.

Reared in this kind of an atmosphere, is it any wonder that the average boy of fifteen or sixteen has little or no thought of living a clean life? Indeed, many of the boys of fifteen have already entered upon a life of impurity, either secret or social, and there are few boys between fifteen and twenty who have not expe-



rienced the sexual fall. In a recent survey of boyhood in an American city, this statement occurs in the tabulated report: "It is significant, however, that fully sixty per cent of those seen entering such (professional) establishments were between eighteen and twenty-one years of age, making a total of more than eighty per cent under twenty-one years."

These are terrible truths when we come to see that clean living is fundamental in the preservation of all those other moral ideals furnished by the boy's education. Just as sexual sin undermines and destroys the physical life and health, so also it undermines and destroys the moral life and health. Let a boy of sixteen who has formed all the moral ideals enumerated above enter upon a life of impurity, and gradually these ideals will weaken, and if the life of impurity be kept up, his whole moral life and health will be completely wrecked. Every man who is working for the physical and moral redemption of humanity knows this to be true. If we would preserve the boys from physical and moral decay, we must keep them pure. The problem of purity is, therefore, the fundamental problem in the conservation of the life and health of the nation.

Doubtless many of my readers are now eager to ask the question, "But how can we keep our boys pure?" The question of the how is always a hard question to answer, but there is a feeling on the part of the faithful worker in this field that the day will soon come when this question can be answered. This faith in the possibility of purity is a great gain. Faith in a cause is always a great gain; for all things are possible to him who believes. Inspired by this faith, the prophets of purity are studying and working as never before. Their labors have shown that the building up of a pure boyhood and manhood is a broad educa-

tional task. It can never be done by the methods of cure alone, even if those be patented under the fatherly love of a paternal government. Of course, like all moral and redemptive movements, the first efforts in the purity movement were chiefly along the line of cure.

It seems difficult for man to learn the truth of the proverb, "An ounce of prevention is worth a pound of cure." Most churches let the children and youth grow up and go to the devil, and then get up a brass-band evangelistic campaign to get them back into the kingdom. And with all their spectacular getting, they only get about five men out of a hundred by this method. But just as the church is slowly learning that the kingdom of God comes child-end foremost, so the workers for purity are coming to see that the problem of purity will have to be solved along broad educational lines. All honor to those honest priests of the bodily temple who are seeking to uproot the evil already in existence by the methods of cure. Many of them have done noble work. But the chief work for a pure manhood must be along the lines of prevention rather than those of cure.

From the point of view of prevention, there are five forces which can be used directly for the maintaining and building up of a boyhood of purity. These forces are heredity, or racial inheritance; instruction in the physiology and sacredness of sex; physical exercise and cleanliness; the sentiment of chivalry; and the home instinct, with its conjugal love.

Purity finds its foundation in parenthood. The right of every boy to clean, healthy, and pure parentage is an inalienable right. Alas, not every boy has received this right! Many are doomed either to a life of impurity or to a terrible struggle for the preservation of moral life and health. One of the curses of our civilization is its loose conception



of marriage regulations. Ever and anon there is a great protest against the looseness of our divorce laws, and the demand is made for the enactment of rigid laws to rid us from this social evil. It is the same old cry for methods of cure rather than for methods of prevention.

May we not look forward to the day when we shall turn to the causes of human ills rather than their effects? If ever the scales of ignorance and slavery to custom fall from our eyes, we shall begin to fight for racial purity through the selection of parents fit to give our boys life free from the taints of sin and impurity. In other words, we shall have stringent marriage laws, preventing the marriage of physical fiends, chronic inebriates, and moral weaklings. Great will be the gain for purity when this glad day comes, as come it will sometime under God's blue skies.

But pure heredity, or racial inheritance, is not enough to maintain and up-build the purity of our boys. One of the elemental hungers of life is the sex hunger. Furthermore, there is nothing essentially sinful in this hunger. It is the instrument in the hands of the Creator whereby he continues and preserves the race. If there be any glory in the existence of life, then the sex hunger is a sacred gift. If we are going to keep our boys pure, these great truths must be taught to our children and youth. The boy who in childhood is taught the truth of his coming into this world, by a wise mother or father, will have the advantage of having learned these truths, first of all, from pure lips and in a pure atmosphere; and this will be no small matter. In the early teens, when the sex hunger is especially keen, every boy should be carefully instructed in the fundamental facts of sexual life and the relation of purity to the making of genuine, heroic manhood and the preservation of that manhood in the world.

Moreover, he should be told of the ever-present dangers to his physical health and happiness if he chooses the ways of sin. And the horrible effects can not be made too plain to him.

There is not space here to discuss the method of this sex instruction, but we feel constrained to say that it should, as a rule, be personal and private. A lecture now and then for the boys' club by a wise physician is all right. Moreover, the instruction should be pointed and brief. There is no need for minute details. These are usually too suggestive. One further word of caution: Be careful, yes, be very careful, of the kind of literature you put into your boy's hands on this subject. Three fourths of what is written is worthless if not at times harmful. However well-meaning these writers are, they miss the point by going too much into details. Of course, there are a number of good books and booklets which can be wisely used. For a boy of sixteen the best picture of the dangers of sin here is that drawn by the wise man in the seventh chapter of the book of Proverbs.

Physical exercise and bodily cleanliness as forces for purity are now everywhere recognized. Youth is full of fiery energy, and if this energy be not used in wise ways, it will be used in unwise ways. Swimming and other outdoor exercises and games are especially conducive to the preservation of purity in the life of a boy. In the light of the god of day and under the blue of the sky, we are apt to think pure thoughts; and as a boy thinketh in his heart, so is he. In this out-of-door life and exercise, Mother Earth seems to have a better chance to take care of her children. Furthermore, the muscular hardihood which comes through physical exercise and training enables the boy to withstand temptations when they come. It is the hothouse boy, with pale skin, flabby muscles, and a



jelly-fish back-bone, who goes down at the first seductions of sin. The closest allies to the demon of impurity are luxury and ease.

When physical exercise and training can not be provided in God's great out-of-doors, the gymnasium is a valuable aid. Through its wise and benevolent ministry, thousands of boys have been built up to muscular strength and manhood, and through these have been able to withstand the temptations of impurity. The gymnasium is a mighty educator, especially when provision is made for bathing and swimming.

Still another force which makes for purity in a boy is the sentiment of chivalry. Chivalry has been called "the very religion of schoolboys." The period of adolescence is one of strong though repressed sentiment and emotion. The best way to use this sentiment of chivalry seems to be through the ideals and spirit of knighthood. Now, the ideals of knighthood seem to come natural to a boy. The knight vowed to follow "all that makes a man." The aspiration of every normal boy is to become a genuine man, and he is ready to fight anything in his life which will keep him from realizing this aspiration. Another vow of the knight was reverence for womanhood, and the protection of women from all harm. This is the knightly sentiment of chivalry, and is easily made a master passion with boys in the early adolescent stage. Now, when the question of preserving the purity of our girls is shown to be one of the knightly aims of chivalry, the boy gets a new vision of the sacredness and importance of purity. The writer has found in his work with boys' clubs many a boy who was rough and coarse in the presence of girls, change his whole bearing when the sentiment of chivalry was awakened in his soul. Furthermore, the ideal of the knight was to be a gentle-

man — tender, generous, and helpful, as well as brave. By making use of this ideal, the boy can be led to feel that it is his duty to protect and defend all those who are weaker in the battle of life than himself. With this thought in mind, to desecrate the person of one weaker than himself is next to impossible.

It is the belief of the writer that the wise use of the four forces which make for purity, described above, will enable us to get most of our boys through the age of early youth or adolescence pure and clean. And now comes the greatest force of all for purity. At the age of eighteen or nineteen years, we have the development of the homing instinct, and with it love in the conjugal sense. Love in the pure conjugal sense is based fundamentally upon the desire for companionship rather than for sexual satisfactions. When the homing instinct awakens, and the romantic sentiments come into play, the young man feels that the ideal of life now is to live out his days in blessed companionship with the object around whom these sentiments cluster. This romantic sentiment, or love, is as an angel of purity in his life, and purifies him even as the object of his love is pure. When under the spell of this higher passion, he would no more think of harming the object of his love than taking his own life. Furthermore, this sentiment also keeps him from any impure relations with others. To sin thus would be to sin against the object of his love, and thus to mar the purity and blessedness of their home relations in the future.

The conclusion of the writer is that, if we can keep our boys pure and clean until they have reached the age of later adolescence and have come under the influence of the homing instinct, with its romantic sentiment, the battle for pure manhood and a pure parentage for the generations to come will be almost won.



## LIBERTY AND PLUS

F. W. Fitzpatrick



HERE are those sacrilegious enough to even aver that our form of republic, or any republic, for that matter, is not the last word in government. My heterodoxy may not carry me to any such extreme, but I do believe, and here humbly express that crude, layman's, and probably most unscientific belief, that we are carrying the basic principle — liberty — of our foundation too far into the superstructure. Were I more pessimistically inclined, I might even venture to assert that it does appear, indeed, as if the entire fabric bade fair to be but liberty, without much of anything else.

In the first exuberance of our newly acquired liberty, an excess of emphasis upon that word was most pardonable, but now, over a hundred years later, we find it still more accentuated, with the fiercest brand of the article the only one in popular favor. It may be late, but would it not be sane to pause, and look ahead, and throw out the sounding-line to discover if we are or are not driving our craft into too shallow water, and perilously near exceeding sharp rocks?

Speaking of "driving" in nautical metaphor reminds me of its application in another sense, and makes me wonder why there is not a movement set afoot to bar the use of lines and bridles on horses. To be consistent in our striving for the top notch of liberty to all and to everything, such a movement would seem to be quite in order.

But in this jotting down of a few vagrant thoughts I propose to keep as near as I can to the one phase of the subject that first prompted that infliction upon the tolerant reader,—the effect of all this talk of liberty upon, and its application in, the training of the young.

We figuratively auger liberty into the minds of the young before they can say, "Goo-goo;" we cram the child with liberty while it is a toddler; and in adolescence we give it junior republics, scholastic self-government, and what-not. And we are loud in our praises of the splendid effect it all has upon the youngsters, their self-dependence, their manliness, and all the rest of it. But is there not a reverse to the picture? Liberty minus that little thing that our mechanical friends always place upon an engine, a "governor," means, in plain English, license. And we have the latter right with us.

The child is consulted about everything he is expected to do; he has forgotten that there is any such thing as authority; liberty is thoroughly grafted into his being; the reading we put before him is all about deeds of valor in the field to secure liberty, the uprisings of the downtrodden, and that blessed word liberty is so dinned into him that it is most natural that he should want some of it in the flesh as well as in theory. Why, therefore, should he obey his father? And as for teachers, bless you, his main effort and ambition are to have papa use his influence in getting Teacher So-and-so discharged, because, forsooth, the latter doesn't know a thing; besides, he or she has tried to make little Willie do something he did not want to do; and does not that constitute a cardinal infraction of the very first principle of liberty?

So the child's *education* goes on. Authority is a dead letter to him. He has to have a finger in everything that at all concerns him; and if he doesn't like the way it is being done, then must he veto it; for, lo, would it not interfere with his liberty? We have nurtured and coddled



that "infant industry" of liberty, until now it is a very captain of industry, unduly inflated over its own importance, utterly regardless of everything but self, and as grinding of all it can get under its heel as was ever its polar kin, oppression. It has grown to mammoth size, and is discourteous, arrogant, and insolent in its vaunted strength, and will brook no opposition.

What respect has our average school-boy for any authority or law? He is subject to it only as long as it is strong enough to curb his will by superior power. He yields no fealty to any one nor anything voluntarily. To be "saucy" to teacher is smart. Teacher is barred from spanking him, and nothing else hurts. He speaks of a president as "Teddy" or "Bill;" father is the "old man;" a passing auto is a target for snowballs or stones; old age or lameness, a fitting butt for ribald jest; and the policeman, the visible sign of the law, is to be jeered at and reviled if one is only at a safe enough distance from his clutches. The average youngster of today is a vandal and a heathen. It all seems very "cute" and up-to-date to some of the elders, but — perhaps I am but an old croaker, cawing even as did the raven — I like it not, and go forth wagging my head. For is not all that but the first stage leading to, and really the creation of, another condition that is already with us, — a condition that has inspired hundreds of columns of editorial matter within a very short time, — disrespect for all constituted authority, and most wide-spread? I have before me one of the most able editorials that I have seen in print. It is entitled "Disrespect for Law," and is from the *Montgomery Advertiser*. It deserves most careful perusal and a far wider one than it is destined to receive. It calls attention to the fact that it has ever been our boast that ours is a government of law and

order. Where the law is supreme in fact as well as in theory, government of the people and by the people must be just and stable and uniform in its application to all citizens; then we have no reason to fear national decadence or failure.

But we are not living up to the theory of government which has so long been our boast. Unpleasant as the confession must be to all good citizens, it must be made that the law is falling into contempt everywhere in the country. Lawlessness prevails in every section, not mere individual acts of violence, but what may properly be called "organized crime." It is not the sudden outburst of passion nor the desire for revenge that is meant. What is so deplorable is that one can not take up a newspaper without reading accounts of lynchings, of destruction of property, and of organizations to commit criminal acts of various kinds. Labor unions, associations of employers, organized bands of farmers, all kinds and conditions of men, bankers and paupers, bosses and laborers, are equally prone to and do resort to acts that are crimes in fact, and that are bringing the law of the land into such contempt that we hardly even appreciate its existence. Surely have the lovers of good government grave cause for apprehension and uneasiness.

A great railroad magnate, a few days ago, through his attorney, averred in open court that the laws were not made for men of his caliber. Such men, and all of us for that matter, evade or corrupt or control or contort the law wherever we can to our own ends. And that craze for liberty, with its attendant disregard for law and authority, has crept into everything; it influences our morals; it is making a byword of marriage — one divorce to every four weddings in Los Angeles! — it is at work upon the whole of our social fabric.

What is there to do about it? Like



all the other great problems before us, we have let it get pretty serious before even thinking about solving it. We are an extravagant, a thoughtless and short-sighted people, and go at the most important things with a dash, and are so superficial that we pooh-pooh and set aside the gravest matters of life. And it is all in our training. It is small wonder that the older people of the world look upon us with alarm and speculate as to where our plunge will carry us. There is no sudden cure, no panacea in my pharmacopœia. I can think of but an attempt at prevention of the future spread of the most virulent form of this disease while we are putting into play the cumbrous mechanism that will *eventually* make things more nearly as they ought to be. We must, methinks, go back the same way we came. We got into trouble via the education route, and by that one must we travel in undoing the work we thought we were doing so well but that has turned out so unsatisfactorily.

We must inculcate a love and respect for its own sake for law and for the authority that makes it or that it creates. We must forget liberty for a while. Perhaps we may even have to lay down certain rules and regulations in educating the young, and that without consulting their wishes and desires in the premises. While we are at that phase of the matter, it might be well also to change the form of our education somewhat. It is iconoclastic to say it, but it seems to me that we have too much education and yet too little. The people are loaded down with education and scholastic training, and we find ourselves to-day with nothing but embryo presidents, senators, and captains of industry upon our hands,—a race of managers, of directors, of superintendents. All must do brain work. All are above manual labor. Our farms are abandoned; the young people are crowd-

ing to the cities, and every farmer's son must be a doctor or a lawyer, or at least a school-teacher or a stenographer. It all contributes to the general unrest, and leads to the condition we deplored in the beginning of this lamentation.

Why not make the lower grades of the common schools impart less diversified information and be more thorough in the elementary lines? The present method touches upon so many subjects, but encourages frivolity in the young, lack of application, and a sense of satisfaction in the possession of a mere glossary acquaintance with many things, while a good grounding in one or two would be infinitely more beneficial.

The state should exercise a still more paternal care than it does of its schools, and by the keenest physical and intellectual examinations, the children who have passed through the elementary stage should be divided at the earliest possible moment, and only those who show exceptional mental ability sent on up through the higher grades and be prepared for the scholastic, the "learned" lines of life's work; while the others should be carried along in the trade and agricultural schools.

Since the state supplies the education, it is certainly the state's privilege and duty to instruct the children along the lines for which they are best fitted by nature, so that the state may have citizens capable of carrying on all the branches necessary to the complete and perfect harmony of the whole. As it is now, it would seem that the state is bent upon developing clerks and professional men only. The agricultural and industrial schools are too few in number, and cater only to the exceptional, whereas they should comprehend *all* but a few exceptions. As in everything else, we give the child too great liberties in selecting his mode of life, of education, of laws which he will condescend to obey.



## SIMPLE BUT EFFECTIVE EXERCISES

Charles H. Liebe

[There is no one "road to Wellville," by which all may reach that mythical place. Chewing till the chew is all chewed out, starving, living on the luxuries of a breakfast-food dietary, performing gymnastic stunts, and many others, have been put forward, singly or in pairs and trios (usually for a consideration), with the claim that they are the true and only original, etc., etc., road to health. We give here another. There is a strong suspicion that the change of climate from Manila to the United States may not have been without its influence.—Ed.]



THE writer would like to tell the readers of LIFE AND HEALTH how he made himself a much better man, physically, and with practically no loss of time, and without expense or inconvenience. A trial of the methods he employed will convince any who may be interested of the sterling virtues these methods possess. Below is the whole story.

Ten years ago I boarded a steamer in the Orient bound for San Francisco. I was at that time a hollow-chested, flabby-muscled dyspeptic, left in that condition from an attack of pneumonia and afterward a long siege of malarial and after a long siege of malarial or miasmatic poisoning. My weight was less than one hundred thirty pounds. A few days out of Manila, I began some exercises, and adopted a change in habits. To these I largely attribute the fact of my return to my former good health.

My first precaution was to know the articles of food that did not suit my digestive organs, and to abide very strictly by that knowledge. That was the splendid foundation upon which I began to build. My daily exercises ran about as follows: I retired early, and arose early, at a regular time each morning. Getting out of bed briskly, I stood erect on the floor, hands on hips, and drew ten full breaths of fresh, pure air from an open port-hole. I made each exhalation as well as the intake as complete as possible. This finished, I caught an iron beam over my head with both hands and went through an exercise which consisted of drawing my body up

and letting it slowly down by means of the muscles of my arms and shoulders. I did this several times. Then I dressed, and took a short walk to taper down the exercise, all the time breathing deeply.

It is no trouble at all to breathe deeply, and much benefit may be gotten from it. Stale air in the lower recesses of the lungs is freed by the action, and the inrush of the fresh air is invigorating. Fresh air is life and health.

After I had arrived at my home in America, I kept up the good work begun on shipboard. There was no convenient beam in my bedroom, but after my lung exercise each morning I hastily dressed and went out into the back yard, where a convenient limb from a shade tree served the purpose admirably. It was just high enough to keep my toes from the ground on the let-down. I gradually increased the number of times I could draw myself up to where my chin touched the bough; for instance, for two weeks I would go up five times consecutively, and the next two weeks six times, and so on, until I could easily pull myself up a goodly number of times.

It worked splendidly. My general health improved greatly; my muscles grew harder and larger, and in a year I could expand my chest six inches. The difference in the size of my arms before and after was almost beyond belief.

Now there may be people for whom the act of constant "chinning the bar" would be too much of a strain. The individual himself must judge of that, or have his doctor do so for him.



## THE SCIENCE OF RIGHT LIVING

Earl Van Meter Long

[Mr. Long seems to have succeeded admirably in solving the problem — so important to many young men — of “making both ends meet” financially while obtaining an education. Mr. Long worked his way through the undergraduate Harvard course, earning his A. B., and has made two European trips. But we must allow him to tell the story. He is planning to put himself through a three-year law course in the same way.—Ed.]



ONE should be careful to allow the body only such amount of food as will not interfere with the proper working of the brain. The ordinary man can not well weigh his food and experiment on himself in that way, but he can watch himself, and, if his body is a perfect machine, he gets a danger-signal when an error is committed. The careless man does not properly interpret these danger-signals. Every ache and pain is a blessing to the man seeking a perfect body; for if he takes the warning in good faith, he will immediately seek the cause, and not commit the offense again. One should let stimulants, narcotics, and alcoholics alone. Coffee and tea are disguisers of the true danger-signals, and tend to disturb the harmony; and between the body and the mind there is a certain give and take, a constant struggle for precedence. If one allows his body to dictate entirely, he will soon be eating quail on toast, sirloins, and many luxuries, without feeling the slightest danger-signal. But when reason is supreme, the mind leads to the adoption of simpler habits.

Let us picture a person whose yearly income is four hundred dollars. Is he to eat all he can at every meal? If he is ever to rise out of the ranks, he must make a choice between this sort of life and a more simple one, in which he selects the bare essentials. Suppose this young man works nine months of the year, earns four hundred dollars, and decides on foreign travel for the three

summer months as a means of education. One ought to secure a clean, cozy little room for seventy-five cents a week. One hundred dollars should be more than sufficient for the nine months' food and incidentals, if one has no bad habits, leaving a balance of over two hundred fifty dollars for three months abroad.

Last summer I went abroad, paying all my expenses with two hundred dollars, and visited Gibraltar, all the important cities of Italy, Sicily, Egypt, Palestine, Syria, Asia Minor, Greece, Turkey, Servia, Austria-Hungary, Prussia, Holland, England, and Ireland, and returned on the “Maurietania.” Two summers ago I did England, France, Switzerland, Rhine-Germany, and Belgium on about eighty-five dollars; but on that trip I worked my passage.

So you see how easy it is for the man of little means to get that sort of an education.

To boys of limited resources who desire a college course I would say, let every effort tend toward the building of a strong body; for it is the storehouse to be drawn on later for the building of the strong mind. It is the custom for the boy entering school to get into athletics. A boy soon sees better than any parent or teacher can tell him that to be a good athlete he must refrain from drinking, smoking, and other foolish excesses.

By the time the average boy is ready for college, if he follows the simple life, his physical condition, strengthened by good nourishment, is ready for the strain



of hard study and food economies. He can now experiment a little, and begin to cut down personal expenses to meet the new financial requirements. Let him begin gradually, by diminishing the food allowance, skipping a meal once in a while, and never eating when not hungry. It is wise also to stop eating just before that satisfied feeling. Those who are slaves to tea or coffee will doubtless find, after substituting a glass of milk for a month or so, that the change is better for their vitality.

A decrease in weight need not be alarming, but no one should allow himself to go underfed. Food should be eaten slowly, and masticated well, but it is nonsense to continue chewing with nothing in the mouth.

If only the simplest and most wholesome foods are eaten, meals for one person ought to cost from ninety cents to one dollar fifty cents a week. Let college students with but a little money try a large bowl of oatmeal and corn bread for breakfast; for lunch, boiled rice, hominy, or hulled corn, with milk, bread and butter; and for dinner, a couple of soft-boiled eggs and a big helping of Irish potatoes and buttered bread. It is absurd for young men to say they have no opportunity to obtain an education if they have determination enough to adopt these simple methods.

While attending college, I had a home-like room with a private family, paying eighty-one cents a week for my room, kitchen facilities provided. As I had had experience as a cook while ranching in the West, it was no task to cook my own meals. I bought my food in bulk, and bargained carefully.

In response to many requests for menus of my one-dollar-a-week fare, I give my favorite one in detail. With a

few changes for variety, the following is most to my liking:—

<b>Breakfast</b>	
Oatmeal, 1 lb. ....	\$0.04
Brown sugar, ½ lb. ....	.02
Milk, 3½ qts. ....	.24½
Bread, 3½ lbs. (old bread).....	.14
<b>Lunch</b>	
Rice, 2 lbs. ....	.12
Plain molasses, 1 pt. ....	.04
Corn-meal (mush and corn bread), 1 lb. ....	.03
Buttermilk (cooking and drinking), 1 qt. ....	.04
<b>Dinner</b>	
Seven eggs, at 2 cents ....	.14
Potatoes, ½ peck ....	.07½
Salt, pepper, etc. ....	.01
Peanuts, 1 pound ....	.10
<hr/>	
Total .....	\$1.00

Many combinations can be made from this simple list by one who understands economical cooking.

In regard to sleep, with a good, harmonious machine, nature will arrange the time, just as she tells you how much food you need.

In Cairo and Jerusalem we had interesting experiences bargaining with the natives. First we would find a place where they would cook our produce, and then we would go out marketing. We succeeded in buying eggs for less than a cent apiece, and great loaves of bread for three cents apiece.

When we left Jerusalem, we put four dozen boiled eggs in a basket, filled in onions and bread, and ran it over with great white grapes. We feasted on the boat going to Constantinople.

If people could but realize the great importance in the shaping of their future career of a few lessons in frugality, they would not be disposed to ridicule the idea that the ambitious youth can have an education either in college or by foreign travel.





## UNDERGROUND VEGETABLES — NO. 2

George E. Cornforth

**T**HE January issue gave directions for cooking turnips, carrots, parsnips, beets, and onions. We give two additional onion recipes.

### Creamed Onions

Cook the onions as in the preceding recipe; when tender, drain off the water, saving it to be used for soup stock, and pour over them a cream sauce made according to the recipe given under Creamed Turnips.

### Onions Cooked to Resemble Fried Onions

Onions may be cooked so as to have the flavor of fried onions without the objectionable feature of being cooked in a large quantity of fat, as follows: Oil the kettle in which they are to be cooked. Slice the onions into the kettle. Cover the kettle tightly, and set it on the stove where the onions will heat gradually. Stir them often, and, as they heat, their juice will be extracted, so that they will cook in their own juice. Allow them to cook slowly, and they will gradually turn yellow or light brown, and acquire the characteristic flavor and odor of fried onions.

### Jerusalem Artichokes

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
3.0	.5	19.4	22.9

The Jerusalem artichoke, a native of Brazil, resembles the common sunflower in habitat and appearance. "The roots are creeping, and toward the close of the autumn produce, like the potato, a number of round, irregular, reddish or yellow tubers, clustered together and of considerable size. They are used either boiled and mashed with butter or baked in pies, and when nicely cooked are not only well flavored, but considered to be both wholesome and nutritious — more so

even than the potato, as they may be eaten by invalids when debarred from the use of other vegetables." Jerusalem artichokes resemble turnips in containing no starch, but they are richer in carbohydrates of another nature.

**PREPARATION AND COOKING.**—Wash the artichokes, scrape them well, and put them into salted water to prevent discoloring. Put to cook in boiling water to which a little milk has been added. Add salt before they are quite done. Drain, and put into an oiled baking-pan. Brush over with cream. Sprinkle with zwieback-crumbs, and brown in the oven for from ten to fifteen minutes.

### Boiled Jerusalem Artichokes

Cook as in the preceding recipe. Drain off the water, and use it to make a gravy, as follows: For a pint of the water stir together two tablespoonfuls of flour and two tablespoonfuls of oil. Pour the water which was drained from the artichokes into the mixture of oil and flour, stirring well. Cook till thickened. Pour this over the artichokes.

### Mashed Artichokes

Prepare like mashed potatoes.

### Creamed Jerusalem Artichokes

Cook as in the first recipe, and pour a cream sauce over them.

### Jerusalem Artichokes in Tomato Sauce

Prepare and cook the artichokes as in the first recipe, then pour over them a tomato sauce made as follows:—

- 1 cup tomato juice
- 1 cup water
- 2 tablespoonfuls flour
- 2 tablespoonfuls oil
- $\frac{1}{2}$  teaspoonful salt

Heat the tomato juice and water to boiling. Thicken with the flour stirred smooth with a little cold water. Add the oil and salt.





JERUSALEM ARTICHOKE BEFORE COOKING, AND CREAMED  
JERUSALEM ARTICHOKE

### Radishes

FOOD VALUE IN CALORIES PER OUNCE

PRO.	FAT	CAR.	TOTAL
1.5	.3	6.7	8.5

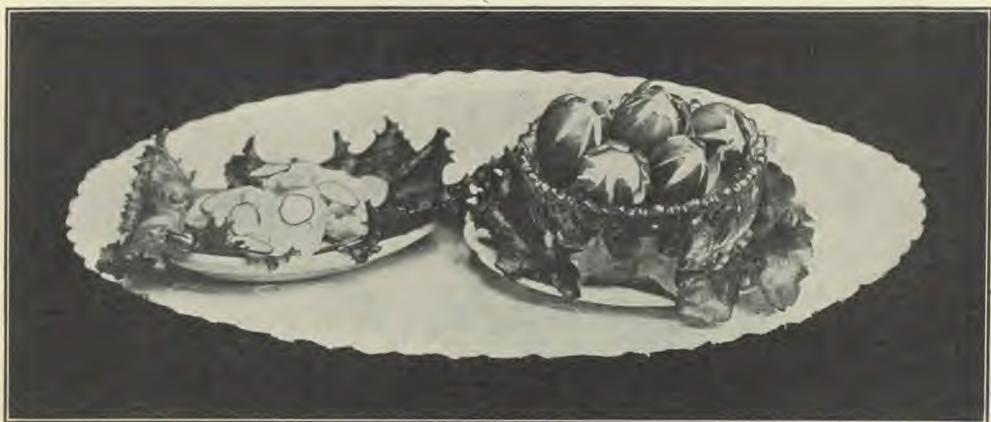
The radish is not known in the wild state. It has been grown as a relish from time immemorial. It resembles the turnip in composition, and is very low in nutritive value. Radishes should be eaten only when young and tender, and should be thoroughly masticated, otherwise they are very hard to digest. Radishes are, perhaps, more valuable as a garnish to add beauty to the table or attractiveness to a salad than they are for their food value when eaten. They make a pretty table decoration when cut to resemble tulips; or when cut in thin, trans-

lucent rings, they make a pretty addition to a salad, either mixed with the other ingredients, sprinkled over the salad, or laid on the lettuce leaves which surround the salad.

### Vegetable Oysters, or Salsify

The vegetable oyster is a root which somewhat resembles the parsnip in shape and color, but is smaller. A stew or soup made from it resembles oyster stew in flavor, from which fact it receives its name. One writer says: "It ranks as one of the most salubrious of culinary vegetables, being antibilious, cooling, deobstruent, and slightly aperient."

Vegetable oysters are nicest when freshly dug. If kept for winter use, they



SALAD GARNISHED WITH RINGS OF RADISHES, AND RADISHES CUT  
TO RESEMBLE TULIPS



should be stored in a cool place, where they will not dry and shrivel up. To prepare for cooking, allow them to stand in cold water for a little while, then wash them, and take them, one at a time, on a board, and quickly scrape the skin off, dropping them at once into cold water into which flour in the proportion of one tablespoonful to the quart has been stirred, to prevent them from discoloring.

#### Stewed Vegetable Oysters

After preparing the oysters as described above, cut them into one-fourth-inch slices. Put them into a small quantity of boiling water, and cook them till they are tender, adding salt just before they are done. Then add sufficient milk or cream to make a gravy for them. Allow them to heat up again, and cook two or three minutes, then thicken with a little flour rubbed smooth with cold milk. Serve plain or on nicely prepared thin slices of zwieback.

#### Escalloped Vegetable Oysters

Boil the oysters as in the above recipe. Let the water be nearly evaporated when

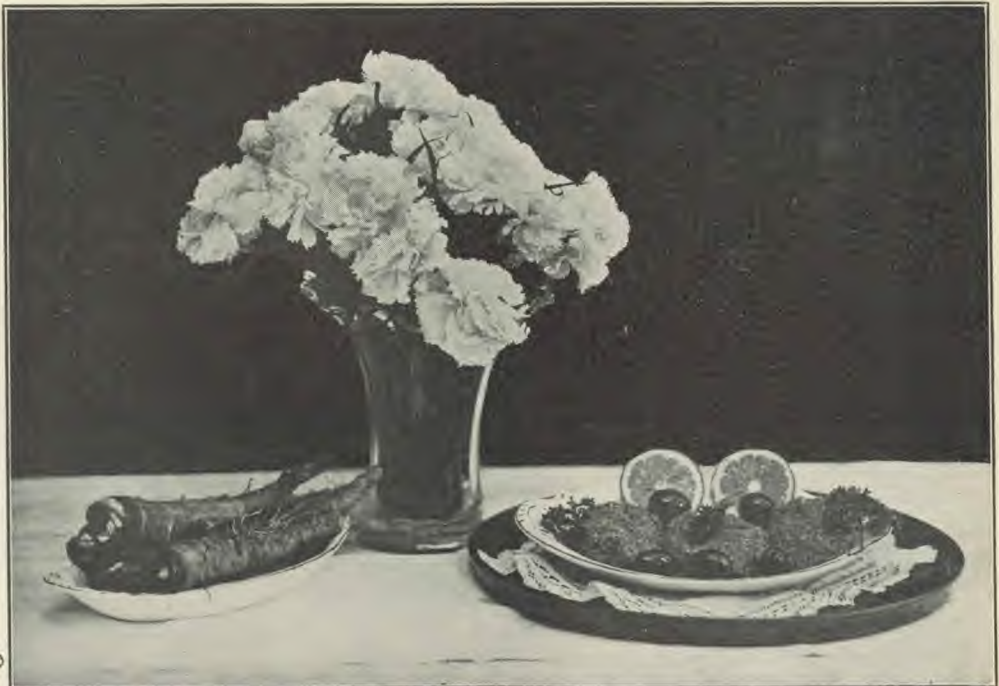
the oysters are tender. Put layers of the oysters in an oiled baking-pan, dredging each layer lightly with flour. For one quart of the oysters heat one pint of milk and cream (or one pint of milk and two tablespoonfuls of oil) to boiling. Add one teaspoonful of salt. Pour it over the oysters, and bake one half to three fourths of an hour.

#### Breaded Vegetable Oysters

Choose large vegetable oysters. After scraping them, cut them into pieces one and one-half inches long. Boil them in a small quantity of water till tender, adding salt just before they are done. Then dip these pieces in beaten egg. Roll them in zwieback- or cracker-crumbs, put them on an oiled pan, and bake them ten minutes in a hot oven. Pour over them, when served, a gravy made with milk and the water in which they were boiled, heating it to boiling, and thickening it with one-fourth cup of flour to the pint of liquid, adding one tablespoonful of oil if desired and one-third teaspoonful of salt.

#### Vegetable Oysters Cooked to Resemble Fried Oysters

After cleaning the oysters, slice them. Boil them in a small quantity of water till tender, letting the water be nearly evap-



VEGETABLE OYSTERS

(1) Before cooking (2) Cooked to resemble fried oysters



orated when done. Drain, mash, and season with salt and a little rich cream or oil. Form into little flat cakes. Dip these cakes into beaten egg to which one tablespoonful of water has been added, then roll in zwieback- or cracker-crumbs, and bake fifteen minutes in a hot oven. Serve with a gravy made from milk and the water in which they were boiled.

Another and perhaps better way to make these cakes would be to form each cake around a slice of hard-boiled egg, so that the slice of egg would be in the middle of each little cake when done. These, too, should be dipped in egg and rolled in crumbs.

In the illustration they are shown garnished with lemon, ripe olives, and parsley.

#### Vegetable Oyster Stew

Clean two medium-sized vegetable oysters. Cut one half of one of them into small strips three fourths of an inch long. Slice the rest of the oysters. Put the strips

and the slices to cook in cold water in separate dishes. Boil them till they are tender. Rub the slices through a colander. Add to them the strips, using the water in which both were cooked, because this has much of the oyster flavor. Add to them sufficient milk and cream to make one quart in all. Heat to boiling, and thicken with one tablespoonful of flour stirred smooth with a little cold water. Add three-fourths teaspoonful of salt.

#### Vegetable Oyster Salad

Wash, scrape, and cut into two-inch lengths four vegetable oysters. As they are scraped, drop them into water, to which one-fourth cup of lemon juice and one teaspoonful of flour have been added. This will prevent them from turning dark-colored. Cook in boiling water, to which two tablespoonfuls of lemon juice and one-half teaspoonful of flour, stirred smooth with a little cold water, have been added. When tender, drain. When cool, pile on lettuce leaves, and pour mayonnaise salad dressing over them.

---

## HOME-MADE BEVERAGES

Mrs. D. A. Fitch



FIELD corn, or preferably sweet corn, parched, ground, mixed with a very small quantity of molasses, and nicely browned in the oven, makes a cereal coffee equal to any in the market, and far more healthful as a beverage than the ordinary tea or coffee. Those who have become accustomed to the latter beverages, and who feel the need for some warm drink at meals, will be agreeably surprised to learn how well this home-made "coffee" will take the place of the common stimulating drinks.

Wheat, or better, rye, may be used instead of corn in the preparation of a pleasant coffee substitute.

A generation or more ago it was very common for those of limited means to mix with the expensive "sale coffee"

thinly sliced carrots which had been carefully browned. During the Civil War, the price of coffee was so high that many families could not afford it, and common field peas were largely used as a substitute.

Undoubtedly, in the past, before the pure food laws went generally into effect, many of the ground coffees contained certain adulterants, which, though fraudulent in the fact that they brought to the adulterator an unlawful gain, and in that they deceived the buyers, were probably, from a hygienic standpoint, superior to the real coffee, and the users were the better off in health, though not in pocket, for the deception. One may save both in health and in pocket by making use of some home-made coffee substitute.



# THE MEDICAL MISSIONARY AT WORK



## AMBATO, ECUADOR

Wm. W. Wheeler

**Q**UR home has been turned into a sort of hospital for persons from the United States who have come here as a last resort to be cured of tuberculosis. Besides these, we have been taking care of other sick ones. The first who came with tuberculosis was a woman from California. She was with us seven weeks, and obliged to remain in bed all but the first few days. She had never made any profession of religion, but at the first was able to study, and seemed to rejoice in all she learned of Bible truth. We believe she sleeps in Jesus. Her sick brother was also with us two or three weeks afterward. Another man was with us one week, and then started back to his home in Georgia. The next day the one now with us came. He is rallying some, but evidently his months are not many.

These and some others have come to Ecuador as the result of reading an article in a United States magazine saying that "Quito is the 'consumptive's paradise,' a sure, certain, and permanent cure within a year's time, though there is only a portion of one lung left." These may not be the exact words, but they are not far from exact.

Instead of being as above stated here, it rains much more in Quito than in this place. This is by far the better climate, but it is not nearly so beneficial here as in many of the dry portions of the United States. The natives here die of consumption. I am told that it is one of

the most common diseases of the coast, and that of the very many who have come to the interior with it, only two have been known to recover. The people fear it greatly. They will not have a person sick with it in the house, if it is possible to get rid of him. Americans coming here with tuberculosis are refused admittance to the hotels, or are turned out into the street as soon as their condition of health is learned. Just imagine yourself here, able to walk but a few steps, and denied entrance to a hotel, neither you nor your companion able to speak a word of the language, and having to sit on the curbstone till at last some one is found who can speak in your tongue. This was the experience of the first patient who came to us. The man with us now was just about to be forcibly put out of the second hotel in which he had tried to stay, when word was brought to us. We could but say, "Bring him here"—which was just a little of the "do as you would be done by."

If those who think of coming here could realize before they start some of the many inconveniences of this country, compared with the many conveniences of the home land, they would certainly deliberate very carefully before venturing upon the trip.

We are as happy and healthy here as we ever were anywhere, and have learned many valuable lessons in laboring for the people of Ecuador.



## ARGENTINA, SOUTH AMERICA

G. B. Replegle, M. D.

**T**HE sanitarium is filled nearly all the time. Our thirty patients are quite equally divided between a good representative class of Argentinians, Germans, and Italians. Our work is, I think, generally much appreciated by the immediate neighborhood. Our principles of treatment and living are much in advance of the country—a light so brilliant that it almost causes the people to fear us—more especially in regard to our diet.

This country is almost wholly addicted to the maté habit. It is necessary for us to take an uncompromising position in regard to the maté-drinking and the tobacco habits. We do not serve flesh foods at our sanitarium.

We give our patients instruction on health topics regularly, and these talks are generally well taken. Once a day the patients and helpers come together for worship. We sing, and read the Scriptures, and give pointed talks. Once a week, on Friday evening, we have preaching in the parlor. As a result, two patients have accepted the gospel; one has been baptized, and the other will be soon.

Here, as everywhere, one finds superstitious remedies in use. I will mention

a few that I have not run across before. A woman came into the office to-day with cords of ostrich tendon around the wrists and forearms, the armpits, breast, and waist, the knees and ankles, as treatment for pains. A few days ago Dr. Habenicht brought in a piece of wild cucumber, of which a woman had eaten to hasten delayed childbirth. At a case where I had been a short time before, a fomentation of dog-fennel had been used for the same purpose. Another cure that I heard of was dried dog chips ground up and taken in coffee, for malaria.

A few days ago a man brought his son from a town seventy-five miles away for treatment. At bedtime they did not present themselves for their beds. A search was made for them, and they were found in the wagon yard under a separator already asleep.

We have in our training class at present seven young men and women, who, I think, will make good workers in the cause. I believe we have an important work started here. It is far away from town, it is true, but not so far but that it sends rays of light many leagues in all directions in a needy and waiting land.

---

### FROM A CHINESE DOCTOR'S NOTE-BOOK

**W**E have many patients with eye troubles. The other morning I counted thirty-six eye cases in a clinic of 114. It is such a joy to give back sight to those who can only see faintly or who can not see at all! How patiently they wait until the eyes are free from inflammation, sometimes months, waiting for the eyes to be ready to operate!

How eagerly they look forward to the coming of the light! One such, a dear, lovable woman with double cataract, when having the preliminary iridectomy performed, said, "Wasn't God good to me to send the sunlight brightly just as doctor was cutting my eye?" And she was a woman who came to us with no knowledge of him.





## DEDICATION OF THE SCIENCE HALL, HOWARD UNIVERSITY

**I**T is with a feeling of humiliation that the writer confesses a residence of nearly seven years in Washington before making a visit to this growing university—the only institution in the country for the higher education of the Negro.

On the occasion of the dedication of the science hall, which was held in the university chapel December 14, the exercises were such as to impress the fact on those who had not already appreciated it, that the Howard University is one of the important constructive forces of the nation. We Americans have on our hands the most perplexing race problem. Howard University is destined to do its worthy share in the solution of this problem.

In the past, in Howard University education has been on the old Oxford lines of language and the humanities. Latterly, there has been a keen recognition of the need of more practical education, and the sciences have had a larger place in the curriculum; but the facilities for practical work have thus far been very limited. Congress recently made an appropriation for the purpose of erecting and equipping a science building in connection with Howard University, and it was the dedication of this building which was the occasion of the gathering on December 14.

Prof. Henry S. Prichett, president of the Carnegie Foundation for the Advancement of Teaching, referred to the fact that the Negroes were liberated at a period when a remarkable change was ta-

king place in educational methods. Old traditional methods were being scrutinized; nothing was taken for granted because of its antiquity, and men were learning to seek truth for truth's sake. Professor Prichett spoke of the character-forming quality of the scientific method as contrasted with the older method. Especially did he emphasize the value of the practical side of the sciences.

Dr. William H. Welch, president of the American Medical Association, speaking in behalf of the medical profession of America, extended his cordial greetings to the faculty and students of the Howard medical school.

Medicine, said the doctor, is rapidly becoming a more complicated science, involving a knowledge of many other sciences, and is becoming a more potent factor in the general social uplift, because of its greater efficiency in disease prevention. Dr. Welch paid a high tribute to the work of the Howard University medical school, and referred to the commendation given it in the publication of the Carnegie Foundation.

The Negro physician is a most important factor in the solution of our social problems, because of the special need for preventive medicine among the Negro race. According to a conservative estimate, there is three times as much preventable disease among the Negroes as among the whites, and this great morbidity is not a problem in which the Negro alone is interested, but one in which the whites must be interested; for these preventable diseases recognize no color line, and a high disease rate among the



Negroes means greater danger for the whites. Negro physicians, by increasing their sanitary efficiency, can render immense service to the whites as well as to the blacks.

Dr. Booker T. Washington spoke of the birth of the Negro race into freedom forty-five years ago. Being a new race, it is subject to the advantages and disadvantages of new races. One of the advantages is that the future of the Negro is before him. When Dr. Washington was in Europe recently, he encountered populations whose future seemed to be behind them.

Dr. Washington's most earnest appeal to the university faculty was that it make use of the scientific department for practical work, and that in the realm of medicine they do practical constructive work by assuming the burden of an educational propaganda that will abolish the blind-alleys, relieve other unfavorable housing conditions, and attack other disease-producing conditions which contribute to the high mortality of the Negro.

❦

### Drug Treatment a Two-Edged Sword

**T**HAT a drug may act as a two-edged sword, even in the hands of an accomplished practitioner, is shown by a recent article in the *Journal of the American Medical Association* (Nov. 2, 1910), by Drs. Robert A. Hatches and Harold C. Bartley, of the Laboratory of Pharmacology, Cornell University Medical College, on the use of strophanthus, a drug used in heart troubles. The writers say concerning digitalis, which has long been a sheet-anchor to the profession in affections of the heart:—

"The difficulties in the way of the use of digitalis bodies depend upon several factors. In the first place, we have no definite knowledge of the rate of absorption of these bodies from the alimentary tract; and this knowledge is the first requisite for correct dosage by the mouth. In the next place, we

know little or nothing of the rate of excretion and destruction in the body; and these facts are also of prime importance. Furthermore, except for the well-known vagus stimulation, we do not know whether they act directly on the cardiac muscle or indirectly through some nervous mechanism. Finally, the symptoms of their toxic action resemble closely those which they are intended to relieve; and, without remitting care and watchfulness, the toxic action of the drug may be superadded to the effects of the cardiac disease without the fact being recognized."

This may not be intelligible to the average reader, but he will at least get enough of it to perceive that the doctor using such a drug, is working in the dark. The case could not have been put much more strongly by one who does not believe in drugs at all. Talk about exact dosage!

No two samples of digitalis as ordinarily bought in the drug stores, are of the same strength. The writer remembers how his clinical professor used to prescribe in the hospital several times the maximum dose of what he facetiously termed "hospital digitalis," experience having taught him that enormous doses of that particular digitalis were needed in order to obtain any effect.

Following is a choice expression from the same authors on the present methods of administering drugs, and remember that this article appeared in the most representative medical journal in America:—

"Two years ago we called attention to the confusion existing in regard to doses of strophanthin and strophanthus, the largest daily dose being several hundred times larger than the smallest single dose. This fact alone shows how limited is our knowledge of the best method of employing these substances. The same thing is true, to a certain extent, of digitalis."

Here is another quotation from the same men:—

"If all the digitalis bodies were absorbed from the alimentary tract at the same rate, or each one uniformly, it would be a comparatively simple matter to determine the



correct dose in each of these; but, unfortunately, they show great differences, and the text-books on pharmacology give little information on the subject."

The writers show that in the present state of medical knowledge it is irrational to administer these remedies by the mouth. And yet how many are practising this irrationality, and how many are ready to defend it! One more quotation:—

"We regret that we must close our paper with a warning which must seem like a note of pessimism. We believe that the prevailing results which are occasionally reported with the digitalis bodies can be obtained only at the risk of ending the life of the patient, and that even a full therapeutic action of the digitalis bodies can not be elicited safely unless the practitioner is willing to watch the patient with extreme care."

The writers believe, however, that the use, by injection, of ouabain, one of the active principles of digitalis, may become a safe and effective method of procedure.

◆

#### Testimonies From Various Sources Regarding Tea and Coffee Drinking

THE accompanying testimony from John Wesley and Dr. Adam Clarke, recently handed the writer, calls to mind an article by Dr. J. M. French, in *Merck's Archives*, July, 1907. Dr. French, discussing the use of such beverages, first mentions the various plants containing caffeine or one of its allies, from which man makes stimulating drinks. The list includes the plants from which coffee, tea, chocolate, kola, guarana, Paraguay tea, and Appalachian tea are made. Regarding the general use of beverages of this nature, he says:—

"It is somewhat remarkable that all the plants which have been mentioned have been used as beverages for many years by the natives of the countries in which they are found growing wild. All of them contain caffeine, and some of them have, in addition, other principles which add to their value. They have no distinctive taste or smell, and there is no extraordinary mark

to show that this one alkaloid is found in them all; and yet these plants have been selected out of all the myriads that grow, to be used by men of all nationalities and in all ages as hot beverages. They are used in both hot and cold climates, by savages as well as civilized nations, by the old and by the young. Do not these facts indicate that there is in this one proximate principle something of real and permanent value, something which meets human needs under very diverse circumstances and under highly different conditions of life?"

But evidently Mr. French was not entirely convinced with his own argument; for he himself gave up the use of both tea and coffee absolutely. In the same article, he quotes from Dr. Potter's "*Materia Medica*" a statement as to the evil effects of caffeine,<sup>1</sup> and then continues as follows:—

"The writer in his personal experience has found these statements as to the excessive use of coffee to be true, as regards the items of headache and other functional disturbances of the nervous system. Up to the beginning of 1906, he had been for more than twenty years subject to frequent and severe nervous headaches, which were increasing in severity, instead of decreasing. During all this time he had been a tea and coffee user, and for quite a number of years past had been in the habit of drinking two and sometimes three cups of strong coffee every morning with his breakfast, and often tea or coffee at dinner, also. In January, 1906, he stopped abruptly and absolutely the use of both tea and coffee, and has not drunk one drop of either since that time. For some months, also, he made some other changes in diet; but after a few months he went back to his former habits in all respects, except the use of tea and coffee; and at no time during the past twenty years has he felt so little headache as during the past sixteen months. In fact, he now has practically no trouble from headaches, and can not avoid the conclusion that the freedom therefrom is largely due to his abstinence from beverages containing caffeine. The peculiar and unexpected fact incidental to this case is that, while he had been an inveterate and constant user of strong coffee, and a

(Concluded on page 112)

<sup>1</sup>"Used to excess, it disorders digestion and causes functional disturbances of the nervous system, as shown by headache, vertigo, mental confusion, and palpitation of the heart."





**Convention of the American Civic Association** IN the New Willard, Washington, D. C., was held, December 14-16, the sixth annual convention of the American Civic Association, an organization which stands for pure air and water, clean streets, more parks, playgrounds, and school gardens, better tenement-houses, fewer bill-boards and telephone poles, the extinction of mosquitoes and flies, the eradication of malaria and tuberculosis.

The writer in attending the Washington meetings was surprised to learn at how many points the work of this association touches the matter of public health. It might be called appropriately a public beauty association, or a public health association, or a social uplift association, according to one's view-point.

In such a brief report as we are able to give, it will be possible to touch on only a few points, though the activities of this association touch the interest of the citizen at many points.

❖

**The Work of the American Civic Association** THE purpose of this association is the cultivation of higher ideals of civic life and beauty in America, the promotion of city, town, and neighborhood improvement, the preservation and development of landscape, and the advancement of outdoor life. Having taken a prominent part in the preservation of the Niagara Falls, the association is now making active effort to preserve other great scenic spots, such as the Grand Canyon of the Colorado, and the forests of the White Mountains and the

Appalachians. Where it can secure neighborhood initiation and co-operation, it works to make the living conditions of the locality clean, healthy, and attractive.

❖

**Junior Civic Leagues** MRS. AGNES MCGRIFFERT BAILEY, of Cleveland, Ohio, chairman of the department of the Junior Civic League of the American Civic Association, has shown rare genius in the work of enlisting children in civic improvement work. The civic leagues under her leadership have accomplished marvels, and yet, after all, the work that she is doing for and with the children, should not be a matter of wonder; for she is working on a principle as old as humanity.

Adults when undertaking some new work must have their enthusiasm cultivated and developed. With the children, enthusiasm is a perennial plant. They are bubbling over with enthusiasm, and only need to have it directed in the right channels, so says Mrs. Bailey.

By means of songs and watchwords, by lectures in public schools, and weekly or monthly meetings, the interest of the children is kept up and the streets are kept free from paper, peelings, and the like; and the older people, when they forget themselves to the extent of throwing litter into the streets, spitting on the sidewalks, and the like, receive respectful but forcible reminders from the children.

The work of the Junior Civic League has a threefold influence for good: First, the immediate character-building of the children; second, the effect upon the par-



ents of the children; for many of them are from the congested districts; third, the future effect upon the adult lives of these same children.

✽

**School Gardening** MISS LOUISE KLEINE MILLER, curator of school gardens, Cleveland, Ohio, in a stereopticon lecture, showed how the city of Cleveland is being beautified by the children, and how the love of the beautiful, artistic taste, power of observation, and habits of industry, are being inculcated in the children, and how reflexly the slum districts are receiving beautifying touches through the ministrations of these youthful gardeners. To inspire in the children a love of the beautiful is to teach them to love the true and the good.

Both of these activities for and with the children are powerful factors in improving the general health, in making for cleaner streets, alleys, and back yards. Home gardens are appearing where once there was only filth; window gardens take the place of rags. Habits of order and a love of the beautiful are being developed in the rising generation. We are learning that pauperism is not a necessary adjunct of civilization, and that the most efficient method of breaking the spell that has so long held us is to begin with the children and educate them to appreciate a higher standard of living.

✽

**The Fly** FRIDAY afternoon was devoted entirely to the consideration of the fly as a public menace, and how it may be exterminated. Dr. L. O. Howard, chief etymologist of the Department of Agriculture, Washington, D. C., the originator of the name "typhoid fly," gave an illustrated lecture on the habits of the fly, and outlined some new methods of destroying this insect.

Dr. Woods Hutchinson in his inimi-

table manner discussed the question, "Why Is the Fly?" Dr. Hutchinson sees no reason why we should not completely abolish the fly, and believes the time will come when it will be as much of a disgrace to have flies around as it is to have bedbugs.

✽

**A Clean Motion-Picture Show** THE famous motion pictures showing the life history of the fly, which have been exhibited to thousands of assemblies this summer, were one of the features of the closing hours of the convention. This and a series of motion pictures showing the conditions which make for tuberculosis, exhibited at the same time, prove that the motion picture may be made a means of instruction and uplift. May the day come when some motion-picture houses will take up entirely an educational line—geography, animal life, scenery, customs of foreign peoples, hygiene, and sanitation. If an entertainment entirely educational and uplifting were furnished by some censored house, parents who object to the ordinary moving-picture show would gladly send or accompany their children to the clean show.

✽

**Quackery in Great Britain** A RECENT government report, based on information obtained from the sixteen hundred medical officers of the United Kingdom, has to do with the various forms of quackery in Great Britain. There seems to be indications that the apparent indifference of the British government, which permits quackery to flourish in that country, is to be replaced by a more energetic policy. One of the most flagrant abuses in Europe is the pharmacy prescription. The poor go to the pharmacist for prescriptions because it is less expensive than going to the physician. It is said that in some districts the doctor rarely sees a child of the la-



boring classes that has not been for some days under the purging or other treatment of a pharmacist. The child only reaches the doctor when conditions become alarming, and it appears to be necessary to do something in order to avoid the death of the child while under the care of the pharmacist. These pharmacists do not hesitate to treat diseases of the skin, eye, venereal diseases, and they even undertake dentistry. In fact, they seem to be ready to do anything that will "turn an honest penny."

England is afflicted with another class of quacks, the "herbalists," who, though they have no legal qualifications whatever, and no medical education, are for that very reason the more bold and reckless. They treat all kinds of diseases, and even visit patients in their homes. They seem to be on the increase in certain localities.

Nostrums, according to the report, are used by all classes, rich and poor, and the tendency to self-treatment is on the increase. Many persons attempt such self-treatment even for tuberculosis, until it is too late to do anything for the help of the patient by rational methods. The public health machinery of the kingdom is now being set to work to gain some control over these deplorable conditions.



**The Department of Agriculture and Health** THE secretary of agriculture objects to the removal from the Department of Agriculture of the Bureau of Chemistry and the mechanism for the administration of the Food and Drugs act, commonly known as the pure food law. We have great admiration for the venerable cabinet officer who has held down his office during many administrations. Nevertheless, we can not help thinking there will be less interference by the "interests" with the work of the Bureau of Chemistry if this bureau is

more closely connected with a department or bureau of health. In other words, benzoate men and other embalmers are more apt to get their just deserts if the administration is in the hands of a department looking primarily after the health of the people rather than after the interests of the producers.



**National Municipal League and Public Health** AT every annual meeting of this association some topic pertaining to public health receives attention. At the meeting held in Buffalo, November 15, M. N. Baker, civil engineer, chairman of the Committee on Municipal Sanitation, president of the board of health, Montclair, N. J., and editor of the *Engineering News*, New York City, presented a paper entitled "City and State Boards of Health and the Proposed Federal Department of Health."

The paper undertakes to clear up the mystic ideas of some of those who are favoring and some who are opposing the legislation providing for a national department of health. He shows that the national government can not supplant the State and city boards of health, and attempts to show how such a department may be made to supplement and re-enforce the work of the more local boards. He takes the sound position that public health work is primarily local in character, and only when local authorities fail to do their duty to that extent that the effect of the neglect is in danger of extending beyond the local territory, or when local authorities might overlap and duplicate work, or when research work is beyond the financial and other resources of the more local organization, should the work be taken up by more general organizations. We understand that no definite action was taken by the league regarding the matter.



**Business Sense**

**LIFE-INSURANCE** managers are naturally interested in prolonging the lives of policy-holders; the longer the policy-holder lives, the longer the policy pays premiums into the company; and when he dies, the premiums cease, and the company must pay the policy.

Some companies are learning that it pays to teach their policy-holders how to live so as to prolong life as long as possible. This is business, so far as the company is concerned, but it is really life-insurance for the policy-holder, provided he heeds the suggestions; for thereby he prolongs his life.

The Provident Savings Life Assurance Society recently said regarding self-drugging:—

*"Self-dosing is expensive and dangerous. The man who doses himself with patent nostrums, who seeks every possible avenue of relief before consulting a trained physician, pays the highest price for the poorest service. He puts his hand into a sort of medical grab-bag, and if he draws only a harmless or useless nostrum, he is lucky. Quite frequently he draws a narcotic poison, besides losing valuable time, when proper medical treatment could do much to check commencing disease."*

*"Dangers and fallacies attending the use of patent nostrums:—*

"1. Ignorance of the patient regarding the real nature of his malady. Even a physician can not properly treat himself for a serious ailment; his judgment is impaired when considering his own trouble.

"2. Absurdity and mendacity of the claims made by nostrum venders. The promise of cure in conditions for which the most eminent scientists throughout the world have been unable to find a cure. There are many diseases which yield to intelligent medical treatment and supervision, but are not curable by any single drug or combination of drugs.

"3. The promise that a single remedy will cure a multitude of ills of diverse character requiring diverse methods of treatment.

"4. The presence of large percentages of alcohol in many nostrums, rendering them injurious in most forms of disease, and likely to promote the formation of the alcohol habit.

"5. The presence in such remedies of nar-

cotics or dangerous drugs—opium, cocaine, acetanilid, phenacetin, caffeine, etc., the use of which in unskilled hands is not only immediately dangerous, but encourages the formation of drug habits."

✽

**Two Abuses**

A MISSIONARY letter from Ambato, Ecuador, given on another page, suggests two thoughts. It will be seen that patients in the last stages of consumption go to Ecuador as a result of reading an article which stated that Quito is the consumptive's paradise, effecting a cure within a year's time, even in cases where only a portion of one lung is left. As our correspondent says, Quito is rainy, and does not have so good a climate as Ambato, where he is located; and Ambato is not so favorable for the cure of tuberculosis as some desert portions of the United States. A large proportion of the natives of Ecuador die of tuberculosis. This will show the utter ridiculousness of the statement made by the newspaper which led so many unfortunates to that country, grasping this as the last straw.

The two abuses which I desire to mention are:—

1. The custom of publishing flattering misinformation regarding the advantages of some distant country as a cure for tuberculosis, is one of the most cruel acts of which man is capable. Why any one should put out such information, or misinformation, without knowing whereof he speaks, is certainly a mystery.

2. Tuberculosis patients are particularly prone to grasp at straws. They are apt to spend a large proportion of the money that might make their last illness comfortable, in transportation to some inaccessible place where they will be strangers, and where, when their money is gone, they will be considered little better than tramps. They go away from friends to eke out a miserable existence as paupers, unable to get home again.



or else drain the resources of their home friends in order to get home to die.

If these two abuses, the irresponsibility of the climate exploiter and the centrifugal tendency of the consumptive, could be eliminated, it would be better for all concerned.



**Disinfection of the Hands** It is strange how often we learn a fact to find out later that it is not a fact, and that we have to unlearn it. It was not so long ago we were taught that antiseptics were practically useless in the disinfection of the hands, and that, after all, the best means of disinfection was thorough use of soap and water. Now we are told that "washing and brushing, which have heretofore formed a principal feature in the operating-room, will soon be a thing of the past" in Berlin. Now the custom is to paint the

field of operation with tincture of iodine.

Instead of washing the hands for fifteen or twenty minutes with soap and water, it is now becoming the custom to wash with a small quantity of absolute alcohol. Bacteriological examination has shown that this process comes as near as any to destroying all the germs. Instead of the brush, a piece of gauze moistened with alcohol is used. According to Dr. Schumburg, of Strasburg, an army staff-surgeon, soap softens the skin and the capsules of the bacteria, so that the germs adhere to the skin, and can not be removed by means of the brush. The alcohol, on the contrary, hardens the skin and the capsules of the bacteria, so that they do not adhere so well, and can be easily removed by a piece of gauze. He advises against the preliminary use of soap and water, as a certain amount of water is absorbed by the skin, and this dilutes the alcohol.

---

### Testimonies From Various Sources Regarding Tea and Coffee Drinking

*(Concluded from page 107)*

good deal of it, for years, yet not once since giving it up has he had any desire for it, and the thought of it is now rather distasteful to him. He now drinks water and milk almost exclusively."

This testimony, with these from John Wesley and Dr. Adam Clarke, may suggest a possible relief to tea or coffee drinkers. It is a pity he added that last sentence; otherwise it would have been an excellent recommendation for Postum. "There's a reason." Here is the statement by Wesley:—

"After talking largely with both men and women leaders, we agreed it would prevent great expense, as well of health as of time and money, if the people of our society could be persuaded to leave off drinking tea. We resolved ourselves to begin and set the example. I expected some difficulty in breaking off a custom of six and twenty years' standing. And, accordingly, the

three first days my head ached more or less, all day long, and I was half asleep from morning to night. The third day, on Wednesday, in the afternoon, my memory failed me almost entirely. In the evening I sought my remedy in prayer. On Thursday morning my headache was gone; my memory was as strong as ever; and I have found no inconvenience, but a sensible benefit in several respects from that very day to this."

Dr. Clarke says:—

"Seventeen years ago I met with Mr. Wesley's letter on tea. I read it, and resolved from that hour to drink no more of the juice of that herb till I could answer his arguments and objections. I never saw that tract since, and from that day until now, I have not drunk a cup of tea or coffee. For these things I mostly found a substitute in the morning; and when I could not, I cheerfully went without; and in their place I never took anything in the evening. By this line of conduct I have not only joined hands with God to preserve a feeble constitution, but I can demonstrate that I have actually saved two whole years of time, which otherwise must have been irrecoverably lost; and perhaps my soul with it; for I have often had occasion to observe that tea drinking opens the flood-gates of various temptations."





## SOCIAL ASPECTS OF ALCOHOLISM

**N**O one fact other than the hard fact of poverty itself, confronts social workers, in whatever particular field they may be engaged, so constantly as alcoholism. The drunkard's family has ever been the insoluble problem in home relief, public and private. The drunkard's children have ever been the despair of child-caring agencies. Authorities on insanity accept alcoholism as one of the dependable sources of supply for their constituency. General hospitals either bar the doors against the alcoholic and inebriate, or, if public institutions, and therefore obliged to receive all classes of patients, find the alcoholic ward is a source of ever-recurring annoyance. The conscientious almshouse superintendent finds his best plans miscarried, and the discipline and régime of his institution broken up, by the in-and-out alcoholic rounder. Those who are undertaking the newer lines of preventive work find themselves at once face to face with alcoholism.

The tuberculosis campaign is in many respects also a campaign against

intemperance. The promising movement for the prevention of insanity finds alcoholism one of the two very definite factors clearly indicated as positive causes of certain important forms of mental breakdown. In every department of the correctional field, alcoholism is ever present. The lower courts are clogged with habitual drunkards; the upper courts are distracted by questions as to the responsibility of the criminal who is part way along on the road to an alcoholic insanity. Probation commissions are issuing leaflets on how probation may sometimes help the drunkard. Several States have established or are establishing

hospital colonies for inebriates. In short, without attempting to define precisely the rôle of alcoholism as cause or as effect, it is perfectly clear to every social worker that alcoholism is present as a serious factor in a great part of his work.

Such being the case, we should naturally expect to find social workers, above all others, careful students of the subject of alcoholism. We should naturally expect them to



HOMER FOLKES



have clearly defined views on excise legislation. We should naturally expect to find them taking an active part in promoting such changes in laws and in administration as experience shows tend to check alcoholism as a factor in social disorder. With a few striking exceptions, however, social workers and organs of social work appear to be peculiarly without comprehensive information as to the facts, or strong convictions as to how this important factor in their field is to be dealt with. How many of them, for instance, are familiar with the four volumes comprising the reports of the committee of fifty, on the physiological, legislative, and economic aspects of the liquor problem, and on substitutes for the saloon, or even with the one volume summary of the series, published in 1905?

This attitude on the part of the social workers is probably due, in part, to their inability to enter heartily into the ordinary temperance campaigns, of the soundness of which the social worker has grave doubts; partly to the absence, until recently, of sufficiently clear and definite scientific confirmation of the alleged evil effects of alcohol; and partly to an instinctive feeling that nothing can be done about it; that overindulgence in alcohol is so firmly entrenched in the habits and customs of the people, and that the business interests concerned in the sale of liquor are so powerful politically and otherwise, that the outlook for accomplishing any definite results, even if we were quite clear as to the results which should be aimed at, is far from encouraging. The feeling that nothing can be done about it is largely due to a provincial attitude. Few of us have attained to a national point of view on legislative questions. We think of the conditions and legislation of our own particular city or State as typical of the conditions existing generally throughout the country. We do not realize on

what radically different lines the excise problem is handled in the various sovereignties comprising the United States. The mere fact of this diversity is, in itself, evidence of the unstable equilibrium of its status in any particular State. This attitude is not creditable to the social worker, nor will it be possible for him much longer to hold it.

If we mean what we say when we talk about controlling the preventable causes of poverty; if we are really in earnest in our campaigns for the prevention of tuberculosis and insanity; if we have not lost all vital faith in remedial measures; if we are, socially, progressives, not to say insurgents, we must look squarely in the face the relation of alcoholism to our various problems, study the results of various systems of law and administration on the social effects of intemperance, and be prepared to throw our influence and our active support in favor of those things which are found to be working out helpfully. For instance, Governors Hoch and Stubbs, of Kansas, have repeatedly stated in public addresses that the prohibitory law in Kansas has greatly diminished the population of the jails and poorhouses, and has emptied several of them. The alleged facts are exceedingly important, if true. We can not remain indifferent in the presence of assertions having such a vital bearing on the matters with which we are daily concerned. The comparative lack of interest for a long time on the part of social workers in the new forms of old evils brought about by the Raines law hotels, is a similar instance.

The studies made by the committee of fifty, from 1893 to 1903, undoubtedly presented the best available statement of experience up to that time. Important experience, however, has been had since the investigations of that committee were closed, and it is extremely desirable, from the point of view of the social



worker, that the studies undertaken by the committee of fifty should be brought up to date. This is one of the things to be done; there are others.

We need not await further information from the scientist before adopting a more rational method of dealing with persons arrested for public intoxication, and particularly those arrested repeatedly. It is, perhaps, hardly in order to speak of a more rational system; for it is difficult to detect in our present dealings with this class of persons, any evidence of rationality. The Massachusetts statute, permitting the release without court appearance of persons arrested for the first time, appears to have fully justified itself. The permissive law enacted for the city of New York in 1910, enabling that city to adopt, in its discretion, a comprehensive plan of dealing with persons arrested for public intoxication, and with inebriety in its various stages, is the most comprehensive act which has yet found its way to the statute-books. It is to be hoped that the largest city in the country will lead the way by giving these new provisions an early and full trial. It is clear that neither the workhouse, nor the hospital for the insane, nor the general hospital, is a suitable place for the treatment of the inebriate. The institution which is to deal with him should have features of all these three classes of institutions. It must have the disciplinary authority of the workhouse; the mental, moral, and occupational treatment provided by the modern hospital for the insane, and the skilled medical attendance of the general hospital. It will be less expensive—not more so—to deal with inebriates in this sort of an institution than to care for them as we are now doing.

The campaign of education which

must undoubtedly be undertaken in the near future to bring home to the multitude the facts as to the relation of alcoholism to disease, and as to certain economic and social aspects of intemperance, must be undertaken, in all probability, by the social worker, as the campaigns for the prevention of tuberculosis and insanity have been. The materials for such an exhibit, as Miss Higgins, of the Associated Charities of Boston, has pointed out, are rapidly becoming available, and only await the skilled interpretation which has been applied so effectively in the tuberculosis campaign. We confidently await the appearance in the near future of the exhibition of the effects of intemperance, and predict for it a place among the exhibitions on tuberculosis, on congestion, on tenement-houses, and on other social evils, second only to the tuberculosis exhibition.

We may properly look to the various schools of philanthropy to send out trained workers, not only well informed as to the social effects of alcoholism, but full of confidence that whatever needs to be done about it can be done; that, as a cause of poverty, it is to be classified with the causes subject to social control.

The successful campaign initiated by Robert A. Woods for the "bar and bottle" bill in Massachusetts last winter; the appointment by the National Conference of Charities this year, for the first time, of a committee on drunkenness, and the appearance of this special number of the *Survey* devoted to alcoholism, are, we trust, but the first evidences and fruits of a new interest and a new purpose on the part of the social worker in relation to alcoholism as an obstacle to social betterment.—*Homer Folkes, in the Survey, Oct. 1, 1910.*



## Consumption Cure Fakes

IT is probable that in no other organic disease does the psychic element play the important part that it does in consumption. No other class of persons is so easily influenced for better or worse as that suffering from pulmonary tuberculosis.

How great a factor the mental one is was strikingly shown by the experiment of Albert Mathieu. This physician gave his patients to understand that a wonderful cure for tuberculosis had been discovered in the shape of a serum, to which he gave the name "Antiphymose." To these persons he gave injections of what they supposed to be this hypothetical serum; but he actually used a small amount of physiological salt solution, and carefully noted their condition. A remarkable change was seen; the appetite improved, the temperature diminished, the cough and expectoration and night-sweats were mitigated, and the patients began to gain in weight. With the discontinuance of the injections, the old symptoms returned.

Mathieu's experiment was merely the scientific proof of a fact that is familiar to every physician who has treated phthisical patients. Any change in the treatment, or in the individual giving the treatment, results in a temporary improvement of the patient.

It is this curious physiological fact that makes the tuberculosis patient the pitifully easy victim of those unconscionable villains who advertise to cure consumption. The speciously worded advertisement, exaggerated claims, the feasible testimonials, all conspire to convince the consumptive that here at last is the long-hoped-for cure. Hence the profitableness of this despicable branch of quackery.—*Editorial in the Journal of the American Medical Association, Aug. 6, 1910.*

## Dietetic Fads

DIETETIC fads we have always with us, but more so than ever at the present time, doubtless owing to their ready exploitation by the public press. They have even been devised by laymen like Cornaro and Banting, not to mention the familiar names of recent date. They concern the matter of eating, the quantity of food, and its quality, and present the common error of reasoning from the single to many by those whose experience is solely derived from self-centered observation without adequate knowledge of the dietetic habits of the various races of men. The chief error lies in claiming that a special group of foods, or a special quantity of food, is a universal preventive of disease, and is of universal adaptability to men living and working in diametrically opposite conditions or environment.

The Northern Eskimo, the primitive North American Indian, subsisting exclusively upon animal food, proteid, and fat, the Kongo native, subsisting upon plantains, and the primitive South Sea islander, subsisting upon fish and fruits, present no marked differences in physical endurance, longevity, or resisting power to disease, which are directly traceable to the nature of their food more than to any other environmental conditions. They acquire rheumatism, tuberculosis, and many other maladies with equal readiness when the opportunity presents.

The Japanese are at present trying to raise their stature by more universal meat eating, but their diet already contains more proteid than is generally supposed. It will be interesting to see whether the next generation can be modified by a dietetic experiment on a greater scale than has heretofore been undertaken.—*Gilman Thompson, M. D., in the Boston Medical and Surgical Journal, April 28, 1910.*



# Abstracts



In this department, articles written for the profession, which contain matter of interest to LIFE AND HEALTH readers, are given in abbreviated form. Sometimes the words of the author are given, but more often the passage is abbreviated, or else paraphrased in popular language. Technical matters and portions of articles having no popular interest are omitted. Give the authors credit for whatever is good, and blame "us" for the rest.

## THE PROBLEM OF TYPHOID PREVENTION

**R**ECENT discoveries have shifted the problem of typhoid prevention upon the country doctor. In one city fifty per cent of the cases arising in September, 1909, had recently returned from a vacation. If only one fiftieth of a city's population takes a pleasure trip in August, each of them has twenty-five times more chance of contracting the disease than if he had stayed at home. These facts are placed in a new light by the final realization that each case arises from a more or less intimate contact with a prior one. Those who nurse the sick furnish eight times more cases relatively than those who are not in contact. Moreover, the most contagious period is probably in the early days, even before the symptoms are marked enough for a positive diagnosis.

In Germany it has been shown that the disease is constantly present in places where all the water supplies are safe and pure, but that the cases can so often be definitely traced to contact with a prior one, as to raise the suspicion that all are so contracted. In most cases where a water supply is the medium, there is generally evidence of a very quick transfer. Though the necessity for uncontaminated water is just as great as ever, yet the large number of cases still arising in cities which have improved their water supply, proves that

the other means of transferring virulent bacilli are even more important.

It has been shown that when several cases occur in one family, they often follow one another at regular intervals, as though contracted from one another. Progressive countries are compelling the isolation of typhoids, and health authorities are devising methods to insure early diagnosis. In the meantime, where the disease is endemic, every fever should be considered typhoid until it is proved to be something else, and the most extreme precautions should be taken to prevent its transfer to others.

Since most of the city cases can ultimately be traced to the country, it is evident that the problem of eradicating it is in the hands of the country doctor. The number of instances in which the bacilli have been carried to the city in milk or other farm products, shows that until adequate laws can be passed sanitarians can not prevent the introduction of the bacilli into the city from uncontrolled country places.

The large number of chronic carriers being constantly discovered, still further complicates the matter. In a certain unknown percentage of convalescent cases the typhoid bacilli take up a more or less permanent residence chiefly in the gall-bladder. It has been suggested that if bacilli are found after twelve weeks, the patient be considered a



chronic carrier more dangerous than a leper. The enormous destruction of life due to contact with these unfortunates, renders it necessary to place them under control, but what kind of control is possible has not yet been decided.

Unfortunately no way has yet been devised of curing them. In European countries where sanitary organization is thorough, it has been found possible to allow these men to continue ordinary labor, except the handling of foods of others, and by the use of individual eating utensils and the careful disinfection of excreta in a separate closet, spread of bacilli has been prevented. Such control in America is now utterly out of the question. The carrier is a free-born American citizen, who can kill whom he pleases without restrictions on his personal liberty. Nevertheless, there seems to be a movement toward legalizing the confinement of carriers until they are no longer a menace to public health, and in some localities confinement is already possible.

At present it is expecting too much of human nature to count on reports from physicians, particularly where such might result in the confinement of a member of a family long attended. The only course to take is to educate the public so that it will be widely known, at least by the intelligent, that typhoid is preventable if they will only cooperate. When a proper public opinion is created, it will be possible to impose severe penalties for failure to report cases.—*Editorial in Interstate Medical Journal, October, 1910.*



#### Agar-Agar in the Treatment of Constipation

**A**GAR-AGAR has the property of absorbing water and retaining it in its passage through the intestinal canal. This increases bulk, and prevents the

formation of hard masses. This peculiarity, with its resistance to bacterial decomposition, suggests its use in the treatment of constipation due to complete digestion of food and complete absorption of water from the intestinal tract. The dosage is from one-half ounce to one ounce daily. It forms no habit, and no increase of the dosage is necessary. In fact, it is found possible to decrease the dose, or even discontinue it.

Agar-agar does not always produce a spontaneous evacuation, for the reason that it does not have a stimulating effect upon the intestinal walls. For this cause cascara is in some cases given in connection with it. Agar-agar is sometimes eaten dry in the stick form, but is more often cut up in small pieces and taken like a cereal with cream and sugar. It has almost no taste, but a rather characteristic feeling in the mouth. Sometimes it is mixed with a cereal or cooked with soup. If too finely divided, it may swell too rapidly, and cause colic or diarrhea.

I have given agar-agar during the past winter to a number of children. The results on the whole have been very satisfactory. It has in this type of constipation given much better results than fruit, vegetables, coarse foods, and preparations of bran, or the drinking of large amounts of water. In many instances it has been possible to stop the use of laxative drugs, or at least to diminish the dose.

The great difficulty has been to induce the child to take agar-agar. None will take it dry or with milk, like a cereal. If mixed with a cereal, some will separate it out in the mouth and spit it out. Most can be induced to take it if cut into flakes the size of bran and cooked with the cereal, or it can be given in soup or broth, if thoroughly cooked before it is mixed in. Several hours' hard boiling are required before it will mix well;



otherwise it will be detected by the child.

The dosage is rather indefinite. Children of four or five years need, as a rule, about two teaspoonfuls of dry flakes the size of rolled oats daily. Fortunately, no harm can result with either an overdose or an underdose, and after a week or two, the amount necessary for an individual is easily fixed.—*John Lovett Morse, M. D., in Journal of the American Medical Association, Sept. 10, 1910.*

❖

### Insomnia as Related to the Cause of Sleep

**N**ORMAL sleep is the result, not of one condition but of the presence of several simultaneous conditions. There is a diminution of cerebral circulation, a decrease of sensory stimulation, a lessening of mental activity, an increase in certain fatigue toxins. Each of these factors may produce a particular type of sleep, and is related to a particular type of insomnia.\*

It has been demonstrated that the surface of the brain is comparatively bloodless during sleep. The sleepiness preceding seasickness is due to anemia of the brain, also that following the Turkish bath or a large dinner, the blood in each case being diverted elsewhere. On the

other hand, the sleeplessness of a feverish patient is due to an excessive circulation in the brain, on account of an over-acting heart.

That absence of sense stimulation has much to do with the securing of sleep is well known from the effects of lights, railway whistles, neighbors' poultry, and the like. The variety of insomnia of this type most familiar with the physician is that caused by pain, or by cold feet, or by painful muscles the result of over-work.

The third factor helping to produce sleep is the presence of fatigue-producing substances, resulting in the activity of the body. How these act, we do not know. We do not even know their chemical nature. They probably in some way prevent the condition of sensory impulses to the brain. Sometimes there may be insomnia from the very virulence or excessiveness of the poisons, as when the child is too tired to sleep.

The fourth factor in the production of sleep is the absence of mental activity—emotion, worry, intellectual problems, etc. Nothing is more familiar than the fact that intellectual emotion or excitement keeps one awake.—*David Fraser Harris, M. D., B. Sc. (London), in Science Progress, October, 1910.*



AN OUTDOOR SCHOOL



# THE MEDICAL FORVM



## TEACH THE CHILDREN ABOUT NUTRITION

**D**R. E. MATHER SILL has made a series of dietary studies on undernourished children in New York City. In a paper read at the St. Louis meeting of the American Medical Association, and published in the *Journal of the American Medical Association*, Nov. 26, 1910, he presented the results of his observation on this series. In his paper Dr. Sill says in part:—

“It is most important that the coming generation of young girls shall be thoroughly educated as to the comparative value of the different foods, how these foods may be best cooked to make them nourishing and appetizing, and to prepare dietaries for different ages and occupations. This branch of education has been heretofore much neglected, and holds only an inferior place in our school curriculum. As an ultimate vocation of practically all of these girls is motherhood, it is far more important that they be educated in branches which will always be of value to them, than that their minds be filled with languages and higher mathematics. The same girls who are now being educated will be future wives, mothers, and housekeepers, and the knowledge gained in these matters will not only be of inestimable value to them in their families in the economical purchase and cooking of foods and proper feeding of the children, so that they will develop into strong and healthy men and women, but by their examples and modes of living they will educate their offspring along these lines to better living, and greatly improve the nation.”

As to the details of instruction, Dr. Sill says:—

“Dietaries for families with different incomes should be made out, and the children taught to cook the articles suggested, so that those with a limited income, as well as those better off, may be able intelligently

to provide nourishing and appetizing food. It should not be lost sight of that some variety in the diet is important, as thereby the stimulation of the appetite and esthetic taste is increased.

“No girl should be entitled to a graduation certificate or working papers until she has passed a rigid examination covering these subjects; and boys should be taught also the different ingredients of foods, and which foods are most healthful, nourishing, and economical to buy, as well as the amount of proteid, fats, and carbohydrates, and the number of calories necessary for proper nourishment at the different ages and in different occupations, the balanced diet, and how best to obtain it.”

This seems rather a strenuous ideal, for if all physicians were called upon to pass such an examination in order to practise, there would be fewer practising physicians, by perhaps seventy-five per cent, though certainly children should be taught more than they now know. But until we get over the nightmare of the Atwater standard, it might be well to postpone the teaching of definite food requirements; for what once gets into the young head is apt to stay there, and be dislodged with much difficulty later.

In the discussion of this paper, Dr. Coleman, of Columbus, Ohio, said:—

“I must refer to the matter of giving children coffee; I can not imagine anything more injurious for a child than to give it an article that will stimulate the vasomotor nerves, and contract the blood-vessels, and cut off nutrition, particularly the nutrition of the brain, that develops more rapidly than any other part of the body. I do not think any more deleterious habit can be practised. It should be prohibited by law. Coffee, tea, and cocoa in my mind all have the same physiological effect. They should



be spoken of in such a way, not only in this organization, but by the family physician, as to prevent as soon as possible their use. Thirty years ago I called attention to this matter, and I have been preaching it ever since."

Dr. C. G. Kerley, New York, made the following comment on the paper:—

"I have been in dispensary hospital work for twenty-two years, and I am impressed with the fact that it is not that these poor people have not enough money, but that they have no idea of what constitutes nutritious food; and children are not fed with the idea of body building, but merely of satisfying the appetite. The mothers are not lazy, they are untaught, and that is why they adopt a makeshift diet, and do the thing which is easiest. If a physician takes the trouble to tell the mother what to do, she does it. It is the function of the physician to instruct people how to live."



### The Passing of Drugs

**T**HIS is the age of therapeutic nihilism. That is, it has become fashionable to scout the use of drugs. Is this a passing fad? or is it a forward movement? Dr. Woods Hutchinson, in *Hampton's Magazine* for November, believes it to be a forward movement; in other words, that we have reached the age when intelligent preventative measures will gradually do away with the need of curative measures. Dr. Hutchinson says:—

"Of course, it goes without saying that the heaviest artillery of our future warfare against disease will be directed toward its prevention rather than its cure. The best and only radical cure of disease consists in preventing its spread and wiping out the conditions which alone render its existence possible—poor food, dirty water, bad drainage, dark and ill-ventilated houses. More and more of our energy and brain power will be devoted to the cheerful, positive task of keeping our bodies so strong and wholesome and vigorous that they can defy disease, instead of the negative and melancholy one of patching them up after they are sick.

"But as long as accidents can happen, disease will occur; and there is little merit, and but cold comfort, in lecturing a drowning man upon the folly of having stepped upon a rotten plank or waded beyond his

depth. We must throw him a rope of some sort, with a noose on the end of it, and try to get it over his head, even at the risk of half strangling him.

"Drugs are playing a rapidly diminishing part in our war upon disease, but they will long be necessary for such emergency, life-preserver uses, and in skilled hands will be of priceless value and save many a life."

But, while he realizes that in emergencies there may be need for the skilled use of drugs, he believes that the movement toward a drugless age is progressively onward. He believes that our proper function is intelligently to assist nature in her efforts, instead of thwarting her at every turn and suppressing every symptom as quickly as we can find a drug club to beat it down with. We now co-operate with nature in disease, as in health, and check her only when she seems to have become panic-stricken and to be going to dangerous extremes. Just when to help and when to hinder, and how to help without doing harm—these are the problems that call for brains in a doctor. To quote:—

"The old, blind, implicit confidence in drugs is gone, the naïve belief that if we could only find and give the one right remedy it would do the rest, like some magic button when pressed.

"In its place is a wholesome, searching skepticism, which demands proof, tests rigidly, rejects mercilessly. Scores of hoary old humbugs have already shriveled in its white light. As our modern physician-philosopher Osler phrases it, 'He is the best doctor who knows the worthlessness of most drugs.'"

One thing which may hasten the passing of drugs is the effort of the National Association of Retail Druggists to secure legislation making it unlawful for physicians to dispense their own drugs. If such unjust laws are ever passed—laws not for the health of the patient but for the pocket of the druggist—doctors will not be slow to abandon more than they have the use of drugs.

The *Medical Summary* states it thus:—



"There are a hundred sane and sensible arguments in support of the dispensing by physicians, but none why they should not. To deprive a doctor of his privilege of dispensing is to tie his professional hands and very largely inhibit his usefulness. Such a law would be inimical to the public good, and would especially work a dire hardship upon millions of people who are far from being rich. Furthermore, such a law would make medical nihilists of thousands of physicians."

✽

### The Transmission of Leprosy

**T**HAT we are still very much in the dark as to the nature of leprosy is shown by quotations from some of the most authoritative medical journals of England and America. For instance, *American Medicine*, July, 1910, makes the following suggestion, favoring the idea that leprosy is in some way connected with fish:—

"The mode of infection in leprosy seems to be an inoculation on the nasal septum, for the earliest sign is an ulcer 'at the cartilaginous and bony portion.' This raises a suspicion that the patient inoculates himself by his dirty fingers. The point to determine is how he gets the living bacilli on his fingers; and that brings us back to the ignored suggestion that the bacilli are normal inhabitants of some lower animal, and as they thrive in superficial tissues of a lower temperature than 98°, it points to a cold-blooded animal. We are therefore

amazed that the suggestion of a fish tuberculosis transferred to man has received such scant courtesy. Unfortunately, fish are not used for laboratory experiments, but it is high time they should be. Jonathan Hutchinson has proved a connection between fish and leprosy,—not necessarily a fish diet, but the transfer of bacilli from fresh fish by those who handle them. Such a laboratory might discover the original host and a serum, besides."

An entirely different explanation is given by the *British Medical Journal*, in its issue of July 9, 1910, though not without the admission that the theory is far from being proved:—

"A suggestion has recently been made that biting insects may have something to do with the transmission of leprosy. It is believed by Noc that mosquitoes may be culpable, and that this may explain the great variability which exists in the contagiousness of leprosy in the members of the same family. Professor Ehlers, of Copenhagen, who studied the subject during the expedition to the Danish West Indies in 1909, is also of the opinion that some biting insect is the carrier of infection. Bugs, fleas, and mosquitoes were all experimented on. It is quite possible that the hypotheses may be confirmed, but direct proof must necessarily be difficult owing to the long incubation period of the disease. Granting even a success, criticism would at once say that the patient had been living in the endemic area, and might easily have acquired the disease by some other means."







# Some Books

**My Personal Experience With Tuberculosis**, by Will M. Ross; published by the author, Stevens Point, Wis.; fifty cents.

The author, finding he had tuberculosis, first tried what many do, the climate of the Southwest. He learned what many fail to learn until too late, that something more than climate is necessary in the treatment of tuberculosis, and he returned home, made a careful study of the disease and its nature, got the advice of competent physicians, and saved his life. The booklet, though written by a layman for laymen, is eminently practical and gives evidence of careful study of the subject.

We might quarrel with him a little regarding his menu, but so long as he regained his health in this way, it is the menu he would most naturally recommend.

There is some doubt as to the truthfulness of his statement that the only danger from a case of tuberculosis lies in the sputum. This was once thought to be so, but it is now known that other discharges may communicate the disease, and that the germs are distributed in the air during coughing and loud talk. In fact, some think that this means of communication may be even more dangerous than dried sputum, for the reason that tuberculosis germs die readily when they are dry.

**Making Life Worth While**, a Handbook of Health—and More, by Herbert Wescott Fisher, 318 pages, \$1.20 net. Doubleday, Page & Co., New York.

This is another addition to the long list of health books, but it has an excuse. It at least attempts to convince the reader. "Why and How to Avoid Disease" is the title suggested by the publishers.

The author advises a careful dietary, fresh air, sunlight, and the like, advocated by many previous works; but he has an ingenious, philosophical method of developing his subject, a ready flow of language, and a familiarity with facts and authorities which tends to carry conviction. He is, withal, somewhat of a psychologist, and uses his knowledge of the mind to good advantage in developing his subject. Argumentative but not arbitrary, his aim is to lead the reader not only to understand principles, but to put in practise a rational method of living.

**A Fleshless Diet—Vegetarianism as a Rational Dietary**, by J. L. Buttner, M. D.; cloth, 287 pages, \$1.35 net; Frederick A. Stokes Company, publishers, New York.

There have been many books prepared on dietetics in recent years, good, bad, and indifferent. The present volume, written by a physician of experience, who graduated from Yale Medical School with honors, is so carefully written that it is worthy of special consideration. Dr. Buttner discusses the diet from the standpoint of comparative anatomy and also from the nutritional standpoint, showing definitely that meat is not a necessity. He then proceeds to show why meat is unwholesome and often dangerous, making no assertions that are not backed up by excellent scientific authority. He next shows what is a rational vegetarian diet, giving carefully prepared menus, and follows this with a chapter showing, in various ways, the comparative efficiency of vegetarians and those who are not vegetarians. He does not hesitate in chapter six to quote at length various criticisms of the vegetarian diet made by recent authors. A most important chapter is the one entitled "Vegetarianism and Disease."

Dr. Buttner's definition of vegetarian will be interesting to many: "For all intents and purposes the vegetarian is one who does not habitually make use of flesh foods, in contradistinction to the habitual user."

**Must Women Suffer Everlastingly?** by Dr. J. Hegyessy, M. D., D. O., N. D., Opt. D.; Dr. James Hegyessy, publisher, San Francisco, Cal.

The first thing that strikes one on opening this book is the doctor's business card after the title-page, though we understand that protest has caused its elimination from later editions.

The book is evidently written with a good purpose in view, and some excellent truths are told; but when modern physiology and pathology are ignored, when acute rheumatism is treated as an effect of deficient excretion or retained waste, when the laws of heredity as now understood are ignored, when we are told that microbes are the result rather than the cause of disease, we are inclined to inquire when and how the author acquired the title of M. D. Of the other initials we have nothing to say.





## Announcement of Articles on Hygiene and Kindred Subjects Which Appear in the Current (February) Issue of the Magazines

### The Designer, New York.

"Using Nuts Instead of Meat," Emma P. Telford and Estell Cavender. A particularly timely article, in view of the dangerous extent of the use of diseased meats and of the extremely high prices of meats. The general information regarding nuts as food and the recipes for special dishes given in this issue should help to make the nut more popular as a part of the regular dietary.

"When Your Child Has the Whooping-cough," L. H. Hirshberg, M. D. One of the articles that should be preserved by the mother. It contains much accurate information regarding the care and the treatment of this dangerous disease.

Other health articles are: "What Designer Cooks Find Out;" "Joys of the Bath," by Christine T. Herrick; "Hygiene of the Hair," by Nan Hamilton.

### Ladies' Home Journal, Philadelphia.

In January, Henry Smith Williams, M. D., LL. D., discussed the question "Why Prohibition Has Not Remedied the Liquor Evil and Can Not Do So." The February issue will give the other side of this question. One desiring to make a thorough study of the merits of the prohibition question should have both of these articles.

Mrs. S. T. Rorer always gives good advice regarding diet. In the February number she will consider the topic, "What to Eat and How."

### Good Housekeeping Magazine, Springfield, Mass.

Prof. Algernon Tassin, of Columbia University, relates his extraordinary experience with opticians in trying to get glasses which fitted. The utter demoralizing condition of the optician trade is there set forth. A perusal of this article caused the editor to exclaim, "Truth is stranger than fiction." Incidentally, it is an excellent advertisement for the axis finder, a new optical instrument.

Prof. R. John Murlin, in an article entitled "The Training Table," gives dietaries for muscular workers.

### Pearson's Magazine, New York.

"Every-Day Foods Which Injure Health," Mary and Lewis Theiss. The pure food law forbids adulterations. It does not forbid bad food. It does not forbid substitution. If the bad food is not adulterated, the law does not touch it. If the substitution is properly labeled, he who substitutes can go as far as he likes.

This article is written for the sole purpose of setting forth some of the deceptive practices to which the people of the United States are subjected, and from which they have at present no adequate protection; and it is based on the findings of official investigations. Altogether it makes decidedly interesting reading.

G. H. H.

### Hampton's Magazine, New York.

"Cassidy and the Food Poisoners," by Cleveland Moffett. This is a splendidly written article, resulting from a thorough investigation of the working of the pure food law, and of startling adulterated food conditions that exist in many American cities. It is based primarily upon the excellent work done by Mr. H. Cassidy, in Philadelphia, but is national in scope.

"The Diseases of Civilization," by Dr. Woods Hutchinson. In this article, Dr. Hutchinson treats at length the subject of Bright's disease, and exposes many fallacies.

### National Food Magazine, Chicago.

"Food and Health Sanitation in Germany," Rutledge Rutherford.

"Domestic Science in the Home," "Healthful Foods."

"Dangers of Impure Foods," "Notes on Food and Health."

### American Motherhood, Cooperstown, N. Y.

"Accidents and Emergencies in the Home," Minnie Genevieve Morse.

"The Nervous Child," Barbara Allen.

"A Talk to Fathers of Boys," Harry Bartow.

"An Inexpensive and Comfortable Nursery," Laura Crozer.

"Infant Mortality," Edward Burnell Phelps.



**The Mother's Magazine**, Elgin, Ill.

"Reclaiming the Deficient Child," Carey Sherwin.

"The Secret of Good Dressing," Augusta Prescott.

"To Cure and Not Endure," Martha J. Nichols.

"Winter in the Nursery," Anne Stokes.

"Infantile Paralysis," Kate Davis.

**New Idea Woman's Magazine**, New York.

"Fumigating the Sick-Room," Claudia Q. Murphy.

**McClure's Magazine**, New York.

"Women Laundry Workers of New York," Sue Ainslie Clark and Edith Wyatt.

**The Delineator**, New York.

"The People to Whom We Confide Our Children," Marie Van Vorst.

"My Campaign for Good Cooks," Elsie Janis.

**The Housekeeper**, Minneapolis, Minn.

"Something About Wrinkles," K. B. Palmer.

"History of Oriental Cookery," Dora Bacheller.

**Cooking Club Magazine**, Goshen, Ind.

"Economy in Food Values," "What Are We Eating?" "What Are We Eating For?"

**Country Life in America**, Garden City, L. I.

"The New Florida," A. W. Dimock.

"Cutting Loose From the City," Helen Dodd.

**The Garden Magazine—Farming**; Garden City, L. I.

"How a Pergola Redeemed a Back Yard," "The Best of All Tropical Fruits,"

"Watermelons From the Southern Viewpoint," "Making a Garden in a City Yard."

**A Resolution Against Absinthe.**—The sixth annual meeting of the Alliance Society of Hygiene in France unanimously passed a resolution against the manufacture and sale of absinthe.

**Milk-Sugar in Infant Feeding.**—At a recent session of the German Pediatric Society, Professor Langstein, the head physician of the institution for the prevention of infant mortality, stated that milk-sugar is not so well adapted to the child with disturbed nutrition as cane-sugar. The best combination of carbohydrates seems to be flour and malted preparations.

**Typhoid Fever From Butter and Cheese.**—Professor Gaffky reports that there are no published accounts of the transmission of typhoid fever by butter or cheese. In cheese the typhoid bacilli are rapidly killed by the acids, so that they can not be detected after the third day. Gaffky says that butter made from sour cream and curds from sour milk, and matured cheese, are not likely to convey typhoid.

**Outdoor School Healthful.**—The open-air school recently opened in Montclair, N. J., is proving its worth. An improvement is already noticed in the thoroughness of preparation of lessons. Some of the pupils have gained as much as a pound a week, while two out of the twenty-two have lost in weight. A daily lunch is provided, and free transportation is furnished to those children unable to pay their own transportation to and from the school.

**Chinese Hair.**—The British Consul at Swatow, China, is authority for the statement that on account of the change in American and European head-dress, the exports of hair from China have almost doubled. From another source, the information has come that part, at least, of this hair is obtained by rifling the graves and stealing the "pigtails."

**Gift for Tuberculosis Research.**—Mr. James A. Patten has given to the Northwestern University Medical School two hundred thousand dollars to endow a chair of medical research, the special object to be the study of tuberculosis, although the research will not necessarily be confined to this disease. Mr. Patten recently lost a brother from tuberculosis.

**Employment for Consumptives.**—Representatives of a large number of English hospitals have recently attended a conference for the purpose of discussing the half-care and employment of consumptives who have been discharged from sanatoriums. According to one of the superintendents (a woman, by the way), the best trade for a discharged consumptive is his old trade. It is better for the consumptive to work—according to the doctor—at an unfavorable trade where he is making a good wage than at some new occupation where he is unable to make a fair wage, and where he is under constant anxiety. An unsuitable occupation with plenty of money coming in is better than an ideal one with little coming in.





**Hindus Deported.**—Fifteen Hindu immigrants recently arrived at San Francisco were found to be infected with hookworm, and were ordered back to their own country.

**The Munyon Fine.**—The proprietor of the Munyon homeopathic remedies has been fined, it is said, for selling so-called blood and asthma cures, which proved to be little more than ordinary cane-sugar.

**Feeding Children in Open-Air Schools.**—In the open-air schools in Indianapolis, pupils are required to pay three cents a day for the hot milk, soup, or cocoa which they are furnished. This partly does away with the pauperizing effect of free feeding.

**Victory for the Consumer's League.**—As a result of several years' work, the Consumer's League induced the large stores in Philadelphia to close at six o'clock this year during the holidays. For once Christmas has not come as a crushing hardship to shop-girls, and perhaps the buyers have not been discommoded.

**The Liquor Question in France.**—The tax on absinthe in France is not a prohibitive measure. Many bills formulated in recent years with a view to the limitation of the drinking of absinthe have failed to pass. Most of these bills have had reference to the limitation of the wine-shops, of which there are five hundred thousand in France.

**Anti-Opium Legislation in China.**—There is a report that the Chinese imperial senate has passed a resolution forbidding the transportation of opium between provinces after July, 1911, and forbidding the use of opium by smoking after January, 1912. If this be true, it shows a creditable activity on the part of Chinese officials, and it is to be hoped that they will be successful in their work of stamping out this moral plague.

**Protecting Children Against Tuberculosis.**—The French association for the protection of children from tuberculosis, recently held its eighth annual session. This association removes children from tuberculous families, and places them in the families of healthy peasants in the country. Only absolutely healthy children of from three to thirteen years are accepted. The society has four hundred twenty-five children placed in various French provinces.

**Philadelphia Outdoor School.**—An outdoor school is to be established in Philadelphia to accommodate something over a hundred boys and girls having incipient tuberculosis. Classes will be held out-of-doors during the whole school term.

**The Cholera Situation.**—In December the principal foci of the cholera epidemic were Russia extending over into Hungary, and Italy. Outbreaks in other countries, such as Spain, Portugal, and some of the South American republics, seem to be under control.

**Prayers on a Commercial Basis.**—There was a New York woman who wrote prayers guaranteed to cure rheumatism, or other diseases, when repeated. For fifteen cents she would write a prayer guaranteed to cure the specific disease for which it was written. She has been fined five hundred dollars. She now has the privilege of praying for a dispensation of the fine.

**Food Poisoning in Germany.**—Several hundred persons have recently been poisoned in Germany, with a number of fatalities, the result, as the Germans say, of the use of artificial butter made from rancid French fat. But when we consider the German's propensity to attribute everything bad to the French, and also the natural habit of the German to eat raw ham and sausages, we feel very free to discredit the theory of the Germans as to the cause of their trouble.

**A Simple Method of Purifying Water.**—The Ontario health officers recommend to campers, prospectors, and travelers the following simple method of purifying drinking water: A teaspoonful of chlorid of lime, leveled off by rolling a pencil over it, is rubbed up in a cup of water. This is diluted with three cupfuls of water, and a teaspoonful of this dilution is added to a two-gallon pailful of the water to be purified, mixing it thoroughly. This gives between four and five parts of free chlorin in a million parts of water, and is said to destroy in ten minutes all typhoid, cholera, and dysentery germs, leaving the water without taste or odor. This method has been found effectual in purifying the polluted water of Toronto Bay.



**The Prohibition of Absinthe in Switzerland.**—The republic of Switzerland has absolutely prohibited the manufacture, importation, transportation, and sale of the drink absinthe.

**Refused Vaccination.**—Several instructors and three hundred students in the University of Minneapolis, refused to be vaccinated after having been exposed to smallpox. This refusal being an infraction of the State law, these persons were quarantined in their rooms, and forbidden to take part in the college exercises, for three weeks.

**Public Health Conference.**—The Western Pennsylvania Health Conference, which, between November 29 and December 1, held thirteen sessions in Pittsburg, is a magnificent example of the team work now being done by the association of social workers, medical men, sanitary engineers, etc. Among the topics considered were: The Work of Dispensaries; Restoration and Prevention; Development of the Social Service; Nursing; Children's Health Agencies; Young Men's Health Problems, including Sex Hygiene; and Community Education. All sessions were well attended, and there was an intense interest from first to last.

**American Public Health Association.**—The next meeting of the American Public Health Association will be in Havana, Cuba, Dec. 4-9, 1911. The headquarters of the association will be Hotel Sevilla.

**Buffalo Day Camp.**—A Buffalo day camp for tuberculosis has been in operation for three seasons. This year there was an average attendance of forty-three daily, and fifteen thousand meals were served, in addition to morning and afternoon lunches. The patients are largely Poles, Germans, and Italians.

**International Hygiene Exposition.**—At Dresden, Germany, during the coming summer there will be an exposition which will show in a fitting manner the progress of the various movements working for improved hygiene and sanitation. There will be five sections,—scientific, historical, popular, athletic, and industrial. The athletic section will give the third series of Olympian games July 8, 9. The popular section will be devoted to the various phases of personal hygiene and the significance and importance of legislative measures for health protection. A number of national congresses on hygienic topics will be held in connection with the exposition.

# LISTERINE

To promote and maintain personal hygiene

In all matters of personal hygiene Listerine is not only the best and safest, but the most agreeable antiseptic solution that is available for the purpose.

The sterilization of the teeth may be most nearly accomplished by using Listerine as a mouth wash. The success of Listerine is based upon merit: the best advertisement of Listerine is—**Listerine.**

**Listerine Tooth Powder.**—An innovation, in that it contains neither fermentative nor harshly abrasive ingredients. It is not intended to supplant Listerine in the daily toilet of the teeth, but is offered as a frictionary dentifrice to be used in conjunction with this well-known and time-tried antiseptic.

**Listerine Dermatic Soap.**—A bland, unirritating and remarkably efficient soap designed to meet the most exacting requirements of a saponaceous detergent. It is of especial value in preventing cutaneous affections.

**Listerine Talcum Powder.**—An excellent absorbent and deodorant, particularly adapted for use after shaving, and indispensable in the nursery to prevent soreness and chafing.

Interesting pamphlets on dental and general hygiene may be had upon request  
**Lambert Pharmacal Company, St. Louis, Mo.**



**A State Tuberculosis Exhibit to Cross the Water.**—Representatives of the antituberculosis work in Wales, having determined upon the Pennsylvania exhibit as the best at the International Tuberculosis Congress in Washington, have requested that this exhibit be sent over to use in their campaign in Wales against tuberculosis. It will probably be sent.

**To Limit Alcoholism.**—The jury of the Seine, giving as a reason for its action the statement that most crimes are the result of alcoholism, and that alcoholism is a social scourge which must be more energetically checked, has passed a resolution that every individual found drunk on the public thoroughfare should be arrested and tried, and that all granting of liquor licenses should be prohibited for ten years.

**Placing the Babies.**—Fifty-two babies were recently taken by special car in the care of nurses from a New York orphanage to various Texas cities to be adopted in responsible families. If these children had been left in New York, many of them would doubtless have grown up to be a public care. In Texas, under the new surroundings, many of them will probably become valuable and respected citizens. There are many Western families, and Eastern as well, who might well adopt some of these city waifs.

**Industrial Safeguards.**—The Ætna Life Insurance Company, Accident and Liability Department, Hartford, Conn., has issued an attractive booklet entitled "Safeguards for the Prevention of Industrial Accidents," which they mail free of charge to interested applicants. This booklet in the hands of factory superintendents, foremen, and others having to do with machinery, electrical apparatus, and the like, may be the means of preventing accidents and saving life. Other insurance companies issue similar pamphlets.

**Medical Sociology.**—A number of New York's eminent physicians have organized an American Society of Medical Sociology, which aims to deal with the diseases of which the cure lies in improving living conditions. It is the aim to include in the membership, social workers as well as physicians, and to make an unbiased study of medico-sociological problems, presenting the results without fear of prejudice or regard to established interests. Among other questions to be dealt with are: Tuberculosis As an Economic Disease; Insanity and Modern Stress; Increase of Cancer; Prostitution and Sex Hygiene; Alcohol and Its Effects; Infant Mortality; Occupation Diseases; Food Adulterations; Quackery. It certainly has a large program.

**Unenviable Publicity.**—The New York State department of health carried on the past summer a sanitary inspection of summer resorts. There were two hundred fifty-nine reinspections because of unsatisfactory conditions found at the first visit. In December the names of four resorts, the Raquette Lake House, the Saranac Club, the Lake View House (Blue Mountains Lake), and Cascade Lakes Hotel, were published as having failed to make the improvements in sanitary conditions. Perhaps a little newspaper notoriety will awaken the proprietors to a sense of the importance of providing for the health of their patrons.

**Mortality Among Jews.**—A recent report has been published by the Jewish board of health of Vienna, showing a higher birth-rate than that of the Gentiles, and a much lower death-rate, especially among infants. Twenty per cent of all deaths were of ages beyond seventy-five. There is a marked freedom from alcoholism among the Jews. They show in a remarkable manner the effect of a community observing hygienic principles for a long period of time. Two factors in the preservation of infant life among the Jews are, the mothers do not work out in factories, and they take more personal care of their infants than do the Gentiles.

**A Wise Benevolence.**—A provision by Mrs. Russell Sage for the establishment of a model suburb at Forest Hills Garden, L. I., within a few minutes' ride of the center of New York, strikes one as eminently practical. It is not a charity; the houses are to be paid for at a reasonable rate, but they are not to be exploited by real-estate agents, and provision is made so that the town will be built according to the most modern ideas of beauty, comfort, sanitation, and the like. Delightful homes will be obtained here by paying very little more than the rental of a crowded city flat. This suburb will serve as a model for other suburbs.

**There's a Verdict.**—So says *Collier's*. It is said that some years ago *Collier's* refused to accept advertising of the there's-a-reason type because of its extravagant claims, and was made the subject of personal abuse by the there's-a-reason people, who claimed that *Collier's* was using methods to compel them to advertise in *Collier's* magazine. A libel damage suit for fifty thousand dollars ensued, and was won by *Collier's* against the Post establishment. We have admired Mr. Post for his energetic fight for the open shop. In doing that he has been standing nobly for American principle. We can not say as much for his advertising methods.



# BREATHE RIGHT!

The Corset Won't Let You

## The GOOD HEALTH WAIST WILL



The Good Health Waist meets the actual needs of the body. No steels nor stays. It is endorsed by the physicians of the Battle Creek Sanitarium and has hundreds of satisfied wearers.

### SPECIAL OFFER

In clearing out our stock room, we find a stock of both new and old style Good Health Waists that have been slightly soiled by lying on the shelves. (The old style Waist differs from the new in that it laces in the back instead of on each side.)

This stock is made up of sizes 30, 32, 38, 40, 42, and 44 bust measure, the material being black, white, or drab jean, batiste, or sateen. Part of them are the athletic waists ending at the waist line.

The regular prices range from \$1.25 to \$2.25, but we offer you your choice, postpaid, for only 75 cents. Orders will be filled in the order in which they reach us. In case our supply is exhausted when your order arrives, your money will be promptly refunded. In order to be sure of securing one of these Waists at this low price, immediate action is necessary.

**GOOD HEALTH PUBLISHING CO.,  
Battle Creek, Michigan**

ORDER COUPON

The GOOD HEALTH CO.,  
Battle Creek, Mich.

Date .....

Gentlemen: For \$\_\_\_\_\_ enclosed, send me one Good Health Waist, as follows:

White { Sateen } Bust Size \_\_\_\_\_ Waist \_\_\_\_\_ Hip \_\_\_\_\_  
          { Jean }  
          { Batiste }

**SPECIAL  
OFFER**

Name .....

Address .....





Entrance to  
Main Building

# LOMA LINDA

(The "Hill Beautiful")

---

---

A Charming  
Health Resort  
in Southern  
California

The clear blue skies of Southern California, the beauty and fragrance of the trees and flowers, and the splendid panorama of the famous San Bernardino valley which spreads out before the visitor's gaze, combine to make Loma Linda one of the most beautiful places in the world. At the crest of a commanding elevation, the Loma Linda Sanitarium overlooks this whole delightful scene, the fertile, fruitful valley at its feet, the tops of sun-kissed, snow-capped mountains shimmering in the distance.

The Loma Linda Sanitarium offers its guests every comfort and convenience. The equipment is complete and the medical attention all that could be desired. Sixty-two miles from Los Angeles on the main line of the Southern Pacific.

FREE: A book of views in natural colors. Send letter or card to-day, with your name and address for this souvenir book

**LOMA LINDA SANITARIUM, Loma Linda, Cal.**



San Bernardino Valley from the Sanitarium

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



# In Sunny Long Beach Sanitarium California



At beautiful **LONG BEACH, SOUTHERN CALIFORNIA'S FAMOUS WINTER RESORT**, WHERE IT IS ALWAYS SUMMER-TIME. New pressed brick building. Every modern convenience. The finest and best equipped institution west of Michigan. **VERY LATEST SANITARIUM METHODS.** Patients enjoy long walks, riding, driving, and motoring on beautiful macadamized streets. Also boating, and the most delightful WINTER surf bathing in the world. Tennis, golf, etc. Our handsome **FREE** booklet tells the rest.

W. Ray Simpson, Mgr., **LONG BEACH, CAL.**  
Tell your friends where to go.

## Stop that Cold

For it is the Forerunner of Consumption



The Perfection Pocket Inhaler is ever ready for use. It is effective in the treatment of Asthma, Hay-fever, and acute attacks of Colds, Coughs, Catarrh, both moist and dry, Bronchitis, soreness in the Chest, and affections of Nose, Throat, Lungs, and Ears.

Special formulas of medicine for treating the above-named maladies, 50 cts per bottle, post-paid. Can be used in other inhalers, vaporizers, and nebulizers.



Enclose money-order for \$1, and we will forward to you by mail, post paid, one inhaler, with medicine for six weeks' treatment. When ordering medicine, specify the disease you want it for. (Mention Life and Health.)

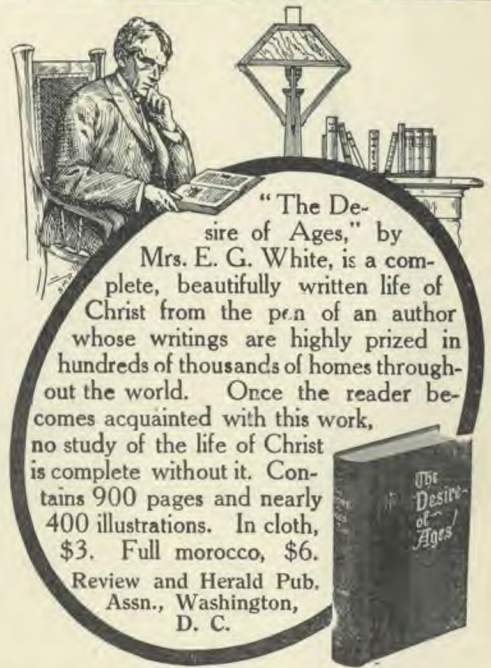
If you are not satisfied with the Inhaler after ten days' trial, return it in good condition, and we will return your money.

**BATTLE CREEK INHALER CO.**

R. F. D. No. 6

Bellevue, Mich.

## THIS BOOK IS WORTH YOUR EVENING HOURS



"The Desire of Ages," by Mrs. E. G. White, is a complete, beautifully written life of Christ from the pen of an author whose writings are highly prized in hundreds of thousands of homes throughout the world. Once the reader becomes acquainted with this work, no study of the life of Christ is complete without it. Contains 900 pages and nearly 400 illustrations. In cloth, \$3. Full morocco, \$6. Review and Herald Pub. Assn., Washington, D. C.



## Atlanta Sanitarium

243 South Boulevard, Atlanta, Georgia

Patients who have obtained definite results are sounding the praises of the Atlanta Sanitarium.

Write Before Coming, so as to Be Sure of Accommodations

The Atlanta Sanitarium is not a place where fads or cure-alls are exploited. It is a place for serious men and women who want to get well and who desire relief from that which makes life miserable.

The physicians and attendants will give you every attention.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



# Do You Know This Man?

We found him in a photograph—taken as he stood grim sentinel, after Lincoln's death, 45 years ago. Is he father, grandfather or uncle of yours? This very week a veteran of the war who wishes his name withheld was amazed to find himself in a photograph like this in a magazine page like this.

His photograph and the one here are but two out of 3,500—all taken during our Civil War. They have been lost since—these 3,500 messengers direct from the conflict. **3,500 photographs of the Civil War!** You did not know the Civil War was photographed—neither did we—until we were brought face to face with those 3,500 real photographs, taken by the greatest camera genius of his time. They have been lost, but are found again—just in time for the

## Semi-Centennial of Our Civil War

Fifty years have come and gone since this nation was convulsed by the greatest conflict between brothers the world has seen, and fifty years has passed since Mathew Brady—photographic genius—took his cameras and his men, and set out to get the most precious historical documents of our history. Under protection of Allan Pinkerton and the United States Secret Service, he followed the armies and navies on both sides into battle, into camp, into hospital, into fort and prison, and everywhere his camera clicked—clicked—clicked, producing the one undying witness of our great war.

Peace came, and Mathew Brady received \$30,000 for his precious photographs from the government, and then they were locked up in the War Department, as part of our Secret Records. But Brady kept a duplicate set of negatives for himself. That set was lost, but we have found it, and as our share of the 50th anniversary we put this superb collection within your reach.

## 12 of these pictures Free

To give you some idea of the bigness of this enterprise, a monumental and absorbing work, not for this day only, but to be handed down to future generations of American Citizens—your children—we have chosen 12 photographs reproduced them carefully, and enclosed them in a handsome portfolio. These 12 we will send you FREE in return for only 10 cents—the cost of mailing. Even these samples will be valuable acquisitions.

J. Pierpont Morgan tried to get this collection—Congress paid \$30,000 for part of it. Generals Butler and Sickles said it was worth \$150,000.

The coupon brings you twelve prints of these almost priceless pictures for nothing but the cost of mailing.

Cut this off and mail today

### THE REVIEW OF REVIEWS CO., 13 Astor Place, New York

Send me, free of charge, the twelve reproductions of your newly discovered Brady Civil War photographs, ready for framing and contained in a handsome portfolio. Also send me the story of these pictures, and tell me how I can get the whole collection for what the government paid for half a dozen prints. I enclose 10 cents to cover the cost of mailing.

Name .....

"L-H. 2-11." Address .....

Photograph  
Copyright 1910.  
Patriot Pub. Co.,  
Springfield, Mass.

Photograph  
Copyright 1910.  
Patriot Pub. Co.,  
Springfield, Mass.



# WHY YOU SHOULD EAT PEANUT BUTTER

Because our peanut butter being absolutely pure supplies all the health giving elements that meat does. It is cheaper than porter-house would be if you could buy it at six cents per lb. Remember that this is an all-round food, pleasing to the taste; healthful and nutritious, may be used in many ways, and at present the cheapest food known. Quality considered, our prices can not be beaten.

ways, and at present the cheapest food known. Quality considered, our prices can not be beaten.

5 lb. pails per lb. - \$12	50 lb. cans per lb. - \$10
10 lb. " " " " - .12	13 lb. fiber pails per lb. - .12
20 lb. " " " " - .11-2	25 lb. " " " " - .11
25 lb. cans " " " " - .11	40 lb. " " " " - .10-2

These prices are strictly cash with order, and F. O. B. Bay City. We will be pleased to quote prices delivered on any amount or package upon request; a trial can and receipt book sent post-paid for ten cents.

St. Laurent Bros., 1221-23 Saginaw St., Bay City, Mich.

## SCHOOL OF CORRESPONDENCE

Learn practical dress-cutting at home. Benefit of thirty-five years' experience given to pupils. Healthful garments made to order. Write for circulars.

Healthful Garment Co., Flint - Mich.

**15 CENTS 13 WEEKS**  
 Illustrated Magazine for **BUSY WOMEN** and the home. Every week from the Nation's Capital; Bright, Entertaining, Truthful—the paper you'll enjoy. Cream of the news; nove's condensed; odd sketches from other lands; home diversions for children; many unique features of rare interest. Takes place of \$3 to \$4 papers. **Send 15c. now for 13 weeks to Pathfinder, Wash., D. C.**

*The Pathfinder* \$1 A YEAR  
 EVERY WEEK  
 THE NATIONAL NEWS REVIEW

## TOBACCO KILLS!

Thousands die premature deaths as a result of the insidious habit of tobacco using. Read the pamphlet, "Tobacco Using" by Dr. G. H. Heald, a clear, convincing treatise, which compels consideration from the most inveterate user. Single copy, post-paid to any address, for 4 cents in stamps; 10 for 15 cents.

Review and Herald Pub. Assn.  
 Takoma Park, Washington, D. C.

## Unpolished Rice

Not coated with glucose and talc or lime as all other rice on the market, but *Natural Rice* with the organic salts not rubbed off. Easy to digest. Food for weak and sick stomachs. Cures constipation and biliousness. The food for Bright's disease. The children's food. I will send sample of 8-oz. package, prepaid by mail, for 12 cents in stamps, and circulars and receipts.

J. H. Heisser & Company

204 Sykes Block - - - Minneapolis, Minn.



FOLDING

PATENT PENDING

BATH TUB

WEIGHT, 14 POUNDS COSTS LITTLE

Requires little water

Write for special offer

N. Y. L. Bath Mfg. Co., Mfrs. Vapor

Bath Cabinets

103 Chamber St., New York City



## Ten Days' Free Trial

allowed on every bicycle we sell. We **Ship on Approval** and **trial** to anyone in the U.S. and **prepay the freight**. If you are not satisfied with the bicycle after using it ten days, ship it back and **don't pay a cent**.

**FACTORY PRICES** Do not buy a bicycle or a pair of tires from anyone at any price until you receive our latest **Art Catalogs** of high grade bicycles and sundries and learn our **unheard of prices and marvelous new special offers**.

**IT ONLY COSTS** a cent to write a postal and **FREE** by return mail. You will get much valuable information. **Do Not Wait; write it Now!**

**TIRES, Coaster-Brake rear wheels, lamps, parts, repairs and sundries of all kinds at half usual prices.**  
**MEAD CYCLE CO. Dept. R. 244 CHICAGO**

**GUM GLUTEN FLOUR**  
 GUARANTEED UNDER THE FOOD AND DRUGS ACT. JUNE 30<sup>th</sup> 1906. SERIAL No. 5715  
 FOR SALE BY ONE LEADING GROCER IN EACH CITY - WRITE FOR HIS NAME AND BOOK OF RECIPES - MENTION PUBLICATION  
**THE PURE GLUTEN FOOD CO.**  
 90 WEST BROADWAY, NEW YORK.

## BABIES' REFORM CLOTHES PATTERNS

and directions for 45 garments, both long and short, with Mother's book by trained nurse, 25c. Outfits made to order, 33 pieces, \$4.91, and up to \$100.00. Catalogues free. Marie L. Charles, Linden, Michigan.



## TRY ARIZONA

ural climatic advantages and encouraging environment are combined with modern facilities for treatment, under the supervision of skilled and experienced attendants. The institution is new throughout. Main building and cottages offer all the advantages and comforts of home. Write to-day for terms.

E. C. Bond, Supt., THE ARIZONA SANITARIUM, Phoenix, Arizona

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



# A Story of Vigor, Action, Courage, and Adventure

No modern tale of romance or adventure surpasses in interest this story of the fortunes of Jonathan, son of the king of Israel. The love of this royal youth for the shepherd lad David, and the marvelous happenings that befell the two, form a narrative no less interesting because true.

## "A Man of Valor"

By Arthur W. Spaulding

is the true story of a real boy and of his growth into the same vigorous and valorous manhood to which every real boy aspires to-day. It's description of the intrigues of kings, the clash of opposing armies, and the final triumph of right over might, are most inspiring. The "Man of Valor" is a book which, once opened and read, becomes a chosen friend. While specially a book for boys, there are few girls who will not read it with intense interest.

For the lessons of practical value which naturally connect themselves with the narrative, it is well worth while for every parent to place this book in the hands of his children.

In Cloth, Handsomely Illustrated, the price is \$ .75. Order from your Tract Society or from

**Review & Herald Publishing Association**  
WASHINGTON, D. C.



Flowers Bloom  
all the Year  
Round at Par-  
adise Valley

**T**HE name suggests the indescribable beauty and charm of this Southern California health resort. All conditions here aid in healing the sick and in building better health. Experienced travelers tell us that in all the world there is no place where the climate and natural advantages surpass those of Paradise Valley. The climate is equable — nearly the same winter and summer, never oppressively warm, always cool enough to be invigorating, but never chilly; no frosts. Every convenience of home, and the best of medical care and attention for the sick. Write for illustrated prospectus.

**Paradise Valley Sanitarium**

National City, California

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



## Do You Use Shortening?

Dr. Godsmark's Hygienic Vegetable Shortening has become the standard food fat among Vegetarians.

No animal fat. Always sweet and wholesome. *It will pay you to buy of us.* We ship direct from the Refinery to you.

Write to-day for our *FREE Cook-Booklet*, Circulars and special prices.

**The Home Supply & Mfg. Co.**  
Department B.                      Chattanooga, Tenn.

## TURKISH BATHS AT HOME DO WONDERS



There is internal body-waste always going on. An overaccumulation of this poison means nerve-exhaustion. Drugs can not drive it out. Take a scientific Turkish Bath at home, at cost of only 2 cents a bath; by means of the

### ROBINSON TURKISH BATH CABINET

and feel the rapid change in your condition inside of 30 minutes. It has produced astonishing results in men and women, nervously exhausted and afflicted with rheumatism, blood, stomach, and other troubles. Prominent physicians in many cases are abandoning drugs for this new treatment. The *Robinson Bath Cabinet* is the only scientifically constructed bath cabinet ever made—a model of ingenuity. Sold by dealers or sent direct, at prices to fit any purse. Send for illustrated booklet of astonishing facts, free with full information. *Robinson Mfg. Co., Suite 113, Snowflake Bldg., Toledo, Ohio*

## The Working People

Their Health and How to Protect It

By

M. G. Overlock, M. D.



Dr. Overlock

A book that tells in plain language how to gain and preserve that most precious possession—HEALTH. It deals with the prevention of Consumption, Dyspepsia, Rheumatism, Diphtheria, Scarlet Fever, Typhoid Fever, Heart-disease, and other ailments. It shows how to avoid and overcome Worry and Nervousness, and how to extend youthful health and spirits into advancing years.

Every one who desires health and the successful happy life that results from it, should order this book at once, and profit by the valuable knowledge it contains.

*Cloth Bound, With Gold Lettered Cover, \$2.00  
Postage Prepaid*

**Overlock Publishing Company**

534 Boston Safe Deposit and Trust Building

Boston :: :: Massachusetts

## TRI-CITY SANITARIUM - MOLINE, ILL.



**A**N institution of physiological therapeutics equipped with every appliance that modern science can provide for the treatment of the sick; including Galvanic, Static, Sinusoidal, and Faradic electricity, X-ray, Violet ray, and radiant heat of all kinds. A gymnasium and a Swedish mechanical movement and massage department are at the disposal of the patient. These are fully equipped, and include vibration of every kind beneficial to invalids.

Besides the above, the splendidly equipped treatment-rooms provide for the use of all forms of hydrotherapy, such as electric-light baths, hydro-electric baths, Nauheim baths, shampoos, salt glows, and packs of all kinds. Contagious and infectious diseases not received. A postal will bring a beautifully illustrated booklet free.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



# CONSUMPTION



DR. DAVIS

is curable and preventable. A great majority of cases can be cured, without drugs, and largely through the patient's own efforts.

This book tells how:

## CONSUMPTION Its Prevention and Cure Without Medicine

With chapters on Sanitation, and Prevention of other Diseases, by CHARLES H. S. DAVIS, M. D., member of the New Haven County Medical Society, Connecticut State Medical Society, American Health League, etc.

Not a theoretical, but a thoroughly practical book, based on actual experience. Treats upon the open-air life, rational diet, and other important subjects. Contains 216 pages. In cloth, post-paid, \$1.

Review & Herald Pub. Assn., Washington, D. C.

## 500 Recipes!



Nearly 500 of the choicest vegetarian recipes ever gathered together. Contains a variety of recipes for Bakery and Breakfast dishes, Beverages, Cakes, Cereals, Egg dishes, Entrees, Nut Butter, Pies, Puddings, Salads, Salad Dressings, Soups, Sauces, Toasts, and Vegetables. No other work of the kind can take its place.

## The Vegetarian Cook Book

By E. G. Fulton

This cook-book is thoroughly practical, and can be used successfully by housewives who have had no previous experience with vegetarian cookery, while it is an indispensable part of the equipment of the professional cook.

Neatly bound in gray cloth. Contains over 250 pages. Price, post-paid, \$1.00.

Review & Herald Pub. Assn.  
Takoma Park, WASHINGTON, D. C.

# The Prevention and Treatment of Tuberculosis

Authoritative Articles by  
Specialists

*in the*

## Journal of the OUTDOOR LIFE

The Anti-Tuberculosis Magazine

Invaluable to tuberculosis patients taking the cure, to their families, to physicians, nurses, social workers, and laymen interested in the campaign.

10 cents a copy, \$1.00 a year

Six selected back numbers containing helpful articles, 50 cents, prepaid.

## Journal of the OUTDOOR LIFE

2 Rector Street, New York City



## The Wonderful New Healthful All-the-year-round Drink

Physicians prescribe it in throat, stomach, and intestinal troubles. A refreshing drink during fever convalescence.

At Druggists, Grocers, and Soda Fountains.

Write for Booklet.

Hawaiian Pineapple Products Co., Ltd.  
112 Market St., San Francisco, Cal.

# Drink Dole's Pure Hawaiian Pineapple Juice



*James Dole*  
BE SURE THIS NAME IN  
RED IS ON THE LABEL

### 76 BIG ISSUES

{ Ladies' Home Journal }  
{ Saturday Evening Post }

for \$3.00

**THE SATURDAY  
EVENING POST**



Weekly Circulation 1,750,000

### Here's a Chance to Make Your Magazine Money do Double Service

The two most popular magazines in America, Ladies' Home Journal and Saturday Evening Post — one weekly and the other semimonthly — \$6.20 worth if bought by single copies — a year for \$3.00 — either magazine separately for one year \$1.50. Send your order to-day.

The Eastman Agency,

Battle Creek, Mich.

**THE LADIES' HOME JOURNAL**  
TWICE A MONTH



PAID CIRCULATION 1,400,000  
\$1.50 A YEAR  
TEN CENTS

### JUST COMPLETED

The illustration below is of our new building just finished. This is the most modern and complete sanitarium building which has been erected in the last five years. It is of solid steel and concrete, ten-inch walls, tile floors, large airy rooms, guest-rooms with private baths, handsome and complete operating-rooms, etc. Practically fire proof. This is our fourth building. All steam heated and lighted by electricity.

### What Would Health be Worth to You?

Would it be worth a trip to California's famous "GARDEN CITY" and a sojourn among the groves and flowers (ten acres of them) of the pleasant

## GARDEN CITY SANITARIUM (Cottage Plan)

Visitors tell us there is no sanitarium in California, or in the entire country for that matter, offering greater advantage, or general attractiveness.

ifornia, or in the entire country for that matter, offering greater advantage, or general attractiveness. Sunshine and flowers the year round. Modern appliances and equipment throughout. Location is ideal — just a short ride from the New San Francisco, the great western gateway of the nation. Write to-day for rates.

L. J. Belknap,  
President  
Garden City Sanitarium  
San Jose, Cal.



When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



# WANTED: A Man Who Can Speak English

One who has a thorough speaking acquaintanceship with the English language, who can converse on current topics correctly, who can speak with proper emphasis and enunciation, with no peculiarities of speech which attract attention to him rather than to what he is saying.

Men possessed of the above qualifications are wanted every day, everywhere, to fill positions of importance, to wield an influence in public affairs and **TO DO BIG THINGS**. Men who can speak English clearly and forcibly are wanted to take positions as teachers, lecturers, ministers, and leaders in important enterprises. If **YOU** are such a man, positions like these are open to you. Study your speech carefully and closely and see whether you possess these necessary qualifications for large undertakings.



If not, fit yourself for the position the world offers you. Carry in your pocket a copy of the **SPEAKER'S MANUAL OF PRONUNCIATION**. Study it carefully in your spare time and apply its teachings. Learn to pronounce your words correctly, to use them in their proper

relationship, to avoid peculiarities of speech common to the ignorant and uncultured, and to express your ideas clearly and concisely. **THE SPEAKER'S MANUAL** will help you become an efficient public speaker.

Compiled by Fannie Dickerson Chase, editor of the **YOUTH'S INSTRUCTOR**, formerly teacher of Natural Sciences in South Lancaster Academy.

**128 Pages; in Cloth, 25c; Flexible Leather, 50c**

**REVIEW AND HERALD PUB. ASSN., Washington, D. C.**

# GO TO GLENDALE

We will be glad to send you a booklet of views of this beautiful Southern California health resort, in natural colors. Send for it whether you plan to visit us or not. We do not expect every one who writes to us to visit Glendale, but we do want sick people and their friends everywhere to know about it.

Is there a more beautiful spot in the world than Glendale? Doubtless there is, but it will be hard to find. There is inspiration amid the California fruits and flowers to get well, and this, coupled with all modern sanitarium advantages, homelike surroundings and intelligent care, does accomplish effectual results. Only a few minutes from the heart of busy Los Angeles, but peaceful, quiet, and comparatively secluded. Methods as to treatment, exercise, and diet are the same as those originated at Battle Creek. Drop a postal to-day for our book of views, Booklet E.

**Glendale Sanitarium (S. D. A.), Glendale, Los Angeles, Cal.  
City Office; Broadway Central Bldg., Los Angeles**

**Main Building**



When you write to our advertisers, please say, "I saw your 'ad.' in **LIFE AND HEALTH**."



# New England Sanitarium, Melrose (Boston), Mass.



Is the largest and best equipped institution in the Eastern States employing a rational system of physiological therapeutics.

Is situated six miles from Boston, in the midst of a State Park of 3,500 acres.

Is well equipped with modern conveniences, and with every appliance for the successful treatment of disease, including the Hydro-electric Bath, Electric-light Bath, Russian Bath, Massage, Manual Swedish Movements, Electricity, and X-ray.

Special attention given to surgical cases.

Experienced physicians and well-trained nurses of both sexes are in charge.

Send for booklet.



## AMONG THE MOUNTAINS OF TENNESSEE

### The Graysville Sanitarium

Healthful climate, delightful surroundings the year round, bracing mountain air, and pure spring water. Unusual natural advantages are combined with a thorough health régime under the oversight of experienced physicians and attendants.

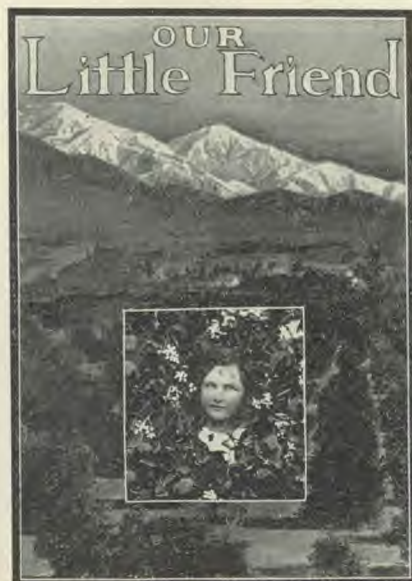
Treatments include Electricity in all forms, Massage, Swedish Movements, Hydratic treatments, and the general line of Sanitarium measures.

Surgery when required.

Regulated dietary. Send for catalogue.

Graysville Sanitarium - Graysville, Tenn.

## What Are Your Children Reading?



Miniature print of holiday cover

Scene: An animated crowd of Christmas shoppers at a juvenile book stand in one of San Francisco's large department stores. A tired looking young lady clerk, scarcely out of her teens, is behind the counter.

Attracted by a highly colored book, yellow predominating, one of the prospective customers asked, "Is this a good book for children?" Selling books was the girl's business. You can guess her reply. That book consisted entirely of hunting, killing, and other such stories. Candidly now, does the reading of such books inspire kind thoughts, good impulses, high ideals?

OUR LITTLE FRIEND is an illustrated weekly paper. Every line of its eight pages is interesting, instructive, helpful. Its Bible lessons and moral stories, accounts of noble men and women and their good deeds, thrilling experiences of missionaries, stories of birds and animals, all combine to make this paper one of the very best to place in the hands of your children.

It will cost you but one cent, the price of a postal card, to secure a sample copy of the double holiday number with beautiful colored cover. The yearly subscription price is 60 cents—less than one and one tenth cents a week.

Order through your state tract society; or OUR LITTLE FRIEND, Mountain View, Cal.



# The Book You Have Been Waiting For

How would you like to have a friend in your home who could answer thousands of practical questions and furnish you with just the information you needed in every emergency?

A friend whose experience was such that every answer might be accepted as final authority?

A friend who was always ready, who never talked too much, and who required neither board nor room?



The handiest compendium of useful information ever printed.

You Can Have Just Such a Friend In

## Home and Health

### What Would You Do

- For cold hands? (See page 360.)
- To get rid of mildew? (See page 161.)
- For a bad burn? (See page 538.)
- For choking? (See page 543.)
- For croup? (See page 560.)

### How Would You

- Fold a coat? (See page 168.)
- Clean brass? (See pages 128, 187.)
- Make bread? (See pages 239, 240.)
- Disinfect a wound? (See page 533.)
- Get rid of ants? (See page 210.)

### What Is

- The right diet for baby? (See page 441.)
- The proper drainage for your house? (See page 31.)
- The enema and its uses? (See page 512.)
- The cause of forgetfulness? (See page 475.)
- The use of the foot-bath? (See page 507.)

our new and complete practical compendium of home and health information.

Here is a book of 589 pages, which you can hold easily in one hand, but which deals with more useful subjects than any other book of its size ever written. It is compiled by housekeepers and health workers of experience and is undoubtedly the best book of its kind in the world.

HOME AND HEALTH teaches complete home-making, correct living in all its branches — diet, care of the body, exercise, hygienic housekeeping, etc. It tells how to care for the children — both their minds and their bodies — and it gives in convenient form for actual service, ample information and instruction regarding the home treatment of various diseases.

HOME AND HEALTH is written for the common people, in language which they can readily understand. Its price is in keeping with its character and is within reach of every pocketbook. One single idea this book gives in time of emergency, may mean the saving of the price of the book many times over.

### PRICES

Cloth, marbled edges .....	\$3.00
Half morocco .....	4.00
Full morocco .....	5.00

Send for a copy to-day, and begin at once to enjoy it and to profit from its valuable and varied instruction.

Review and Herald Pub. Assn.

Takoma Park

Washington, - D. C.



# Steps to Christ

By ELLEN G. WHITE



This is just the book for a gift to your friend or members of your Sabbath - school class. It contains fifteen chapters written from an intimate knowledge of the human soul's longing for greater nearness to the Saviour, by one who has long walked with the

Master and knows his ways. It is a book which should have a wide circulation for the marvelous good that it can do.

For the next birthday gift that you purchase, order a copy of "Steps to Christ." In cloth, handsomely illustrated, 144 pages, 60 cents, post-paid.

Review and Herald Pub. Assn.  
Washington, D. C.

## The Otter Lake Sanitarium

Michigan, the home of the Sanitarium idea, abounds in natural advantages, pleasant scenery, and invigorating climate.

At Otter Lake the climate is at its best. The location is between Detroit and Saginaw on one of the highest points of the lower peninsula. There is an abundance of fresh air and pure water, and the sanitarium is located on the shores of a beautiful lake.

The institution provides its guests with every comfort, and employs the most modern scientific methods in the treatment of disease. Rheumatism, stomach trouble, nervousness, and mental cases receive special attention.

Otter Lake is easily accessible from the principal points in Michigan. Eight trains daily. Telegraph, telephones, livery express, etc.

Rates are very moderate. Room, board, and treatment, \$14 a week. Examinations and special nursing charged for extra at moderate terms.

Otter Lake Sanitarium  
Otter Lake - Michigan.

### Location

### Equipment

### Conveniences

### Rates

# This Winter—Try Nut-Cero Roast

## Nut-Cero

A successful new meat-substitute made from nuts and wheat.

As appetizing as any meat, and much more wholesome and nutritious. Wholly free from poisons and disease germs. Put up in sealed cans, in which condition it keeps indefinitely. Can be used for making dozens of tempting dishes.

## SANITARIUM HEALTH FOODS

contain no lard, no soda, no baking-powder. They are pure, wholesome, and delicious. The products of old, reliable firms. Complete price-list and order-blanks on request.

### OUR SPECIAL OFFER:

To introduce these foods we will ship \$5.00 worth of any of the foods in the accompanying list to any address, for **\$4.50**

## SANITARIUM FOOD CO.

Boulder, Colo.

College Place, Wash.

College View, Neb.

Portland, Oregon.

St. Helena, Cal.

## PRICE-LIST

	PACKAGE
Graham Crackers, sweetened	\$ .10
White Crackers	.10
Ideal Soup Crackers	.10
Oatmeal Crackers, 15 cents; 2 for	.25
Fruit Crackers	.20
Zwieback or Toast	.15
Caramel Cereal or Cereal Blend	.15
Wheat Flakes (Toasted)	.10
Wheat Flakes Biscuit (Toasted)	.10
Fruit Nuts (Malted)	.10
Sanitarium Gluten Meal, about 20%	.20
Sanitarium Gluten Meal, about 40%	.40
Sanitarium Gluten Sticks, about 40%	.20
Charcoal Tablets	.25
	CAN
Baked Beans, 15 cents; 2 for	.25
Peanut Butter	.25
Malted Nuts	.60
Nut-Cero, 1/2 lb. 15 cents; 1 lb.	.25
Nut Loaf, 1/2 lb. 15 cents; 1 lb.	.25

Special Rates to the Trade and Institutions

Order from the Factory nearest you



# Washington S. D. A. Sanitarium



A most attractive health resort, beautiful for situation, located only seven miles from the nation's Capitol at an elevation of over 300 feet. The climate is excellent the year round. No mosquitoes or other pests. Open-air life may be enjoyed without molestation. The well-known sanitarium methods employed in restoring the sick to health. Baths, Massage, Electricity, Diets, etc.

Address

WASHINGTON SANITARIUM

Phone 127 Takoma

Takoma Park, Washington, D. C.

## The Watchman

*For February Will Have a Most Pleasing Picture of*

**GEORGE WASHINGTON**

*The Father of Our Country*

¶ Underneath will appear a heretofore very rarely published quotation from him, showing his attitude on matters of religious legislation. This number of the WATCHMAN will be a splendid

**Religious Liberty Magazine**

¶ The WATCHMAN is an Evangelical magazine, devoted to the promulgation of present truth. It is filled with wide-awake articles by well-known writers. ¶ The magazine to-day is better than it has ever been. All we ask for a sample copy is your request.

Yearly Subscription, only - - - - - \$1.00

**Southern Publishing Association**

2123 24th Ave. N.

Nashville, Tenn.





Part of Main Building



A View on the Lawn



The Dining-Room



A Group of Nurses



Some of the Tents

Where Health  
Is Contagious

## Saint Helena

Thirty years ago the St. Helena Sanitarium was founded on the sunny slope of one of the foothills of the Howell Mountain. For thirty years, nestled in the sheltered nook selected by its founders, it has grown and prospered. Today it is the best-known sanitarium on the Pacific Coast.

Located 750 feet above sea-level, with an unsurpassed view over the beautiful Napa Valley, 500 feet below, surrounded by a wealth of Californian verdure, and sparkling crystal springs, the St. Helena Sanitarium has been favored by a fortunate combination of conditions conducive to health-building.

### Sick People Get Well at St. Helena

They go away and tell others of the delightful climate, the beautiful scenery, the pleasant, homelike accommodations and appetite-creating cuisine, and — what is not of least importance — the excellent medical attention and health training which each patient receives. This has been for thirty years our best advertising — satisfied patrons.

We can not tell you very much about the sanitarium in this small space. Let us send you our illustrated booklet. This will give you a better idea of the place, its surroundings, and its advantages.

Ambulance will meet all trains when required.

St. Helena-California Sanitarium  
Sanitarium Napa County California

THIS COUPON, filled out, detached, and mailed to us, will bring you a free illustrated book.

let. . . .  
/ / /

L&H

MAIL THIS COUPON

St. Helena Sanitarium,  
Sanitarium, Cal.:

Please send your free illustrated booklet to:—

Name \_\_\_\_\_

Address \_\_\_\_\_



# Popular Health Books



**PRACTICAL GUIDE TO HEALTH**, by F. M. Rossiter, B. S., M. D. The most complete and compact compendium of health information ever published. The peer of all home medical books; a complete guide in sickness and health; a masterly treatise on anatomy and hygiene, containing scientific description of disease, its cause and treatment. Gives plain instruction regarding the functions of the organs of the human body, and hygienic prescriptions for the care of disease without the use of medicine. Covers practically all diseases common to man. Contains 668 pages, 12 color plates, and nearly 100 other illustrations.

Cloth ..... \$3.00  
 Full morocco ..... 5.00

**A FRIEND IN THE KITCHEN**, by Mrs. Anna L. Colcord. A practical vegetarian cook-book. This book is very popular nowadays, when so many people are endeavoring to learn to live practically without meat. This book makes a vegetarian diet wholesome and appetizing. Not an advertising medium, recommending any special branded articles.

Cloth ..... \$ .50  
 Waterproof paper ..... .25



**HEALTH; HOW TO FIND IT WHEN IT'S LOST; HOW TO KEEP IT WHEN IT'S FOUND**, by B. Franklin Richards. A book devoted to the discussion of practical every-day subjects, such as good foods, good combinations, stimulants, how to avoid consumption, care of the teeth, skin, the bath, home remedies, etc.

Cloth ..... \$1.00



**THE HOUSE WE LIVE IN**, by Vesta J. Farnsworth. This book represents a mother talking to her children, freely discussing questions of health and physical development, "the house we live in" being the human body. It is a book especially valuable for home reading, and of great assistance to parents in teaching their children how to care for themselves physically. It sets forth in an interesting and instructive manner, all the wonders, uses, functions, etc., of the human body. Contains 218 pages, and nearly 250 illustrations.

Cloth ..... \$1.00

## Life and Health

Takoma Park

- - -

WASHINGTON, D. C.





# I. X. L. Cooking Oil

Discriminating housewives and successful bakers of high-grade bread, cake and pastry use this Cooking Oil in preference to any other cooking fat in shortening and for general cooking.

There are three facts about "I. X. L." Cooking Oil which mark it an article of sterling merit: **Wholesomeness, Purity and Cheapness:**

**Wholesomeness** "I. X. L." Cooking Oil is an absolutely neutral, odorless cooking fat. Eminent physicians and authorities on dietetic subjects maintain that the use of pure vegetable oils for cooking and edible purposes generally aids digestion and makes a more healthful body.

**Cheapness** "I. X. L." Cooking Oil requires less than other cooking fats. The oil may be used repeatedly as it does not absorb any odor from the articles cooked therein.

**Purity** "I. X. L." Cooking Oil is pure refined cotton seed oil, manufactured under the highest standards of cleanliness.

Ask your grocer for it—insist on getting it. Once acquainted with it, you will want no other. That's the reason "I. X. L." Cooking Oil is found to-day in the majority of the best kitchens and bakeries in the United States. THAT'S WHY IT SHOULD ALSO BE IN YOURS!

Write for "I. X. L." booklet of recipes for making bread, pastry, cakes and other kitchen dainties. It will be mailed free of charge.



NEW YORK = CHICAGO = CINCINNATI = ST. LOUIS = NEW ORLEANS = MEMPHIS

## UNION OIL COMPANY Providence PURE SALAD OIL



The standard of the world for over half a century,  
Unsurpassed for Salad and Table Use.

Absolutely pure, sweet cotton-seed  
oil of the highest quality.

Sold in cans and bottles by all first-class dealers.

UNION OIL COMPANY

27 BEAVER STREET

Providence, R. I.      New York      New Orleans



When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."



“Oh!  
Look  
Who’s  
Here”



MADE FROM SELECTED WHITE CORN. NONE GENUINE WITHOUT THIS SIGNATURE

*W. K. Kellogg*

KELLOGG TOASTED CORN FLAKE CO., Battle Creek, Mich.

Canadian Trade Supplied by the Battle Creek Toasted Corn Flake Co., Ltd., London, Ont.

Copyright 1910, Kellogg Toasted Corn Flake Co.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."