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THE NATIONAL HEALTH MAGAZINE

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MAY

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### The May Number

Of this interesting magazine will contain several timely articles of special interest to *Life and Health* readers.

### The Transmission of Disease Through Milk

Dr. Kress contributes his second article on this important subject. You will be glad to read it.

### Healing by Hypnotic Suggestion

Another article of special interest by Prof. Geo. W. Rine. The professor considers these methods as used in the Emmanuel Movement, and contrasts them with the methods of Christ. This is an important subject and well worth your consideration.

### Socialism a Sign of the Times

In this article the author shows the present agitation of popular government, the government by the people, as exemplified in the movements of Socialism, Republicanism, and Democracy in all parts of the world as not only foretold, but also prefigured in the prophecy of Daniel 11. Every thinking person will be interested in reading this.

### An Epitome of History in Prophecy

By M. C. Wilcox. The history of the world from the time of Babylon, over 500 years before Christ, on through to the end of time, is traced, and the historical changes pictured in prophetic emblems. Highly instructive.

### The Portents of Trouble and What They Mean

Is of more than usual interest and importance. By the editor. Hundreds of thinking men and women in the world to-day see greater troubles portending than actually exist, as yet. A harvest is about to be reaped; there are breakers ahead; there is a crisis approaching in America, even in the United States, appalling, and yet certain. If the agent doesn't call on you, send ten cents for a copy to the

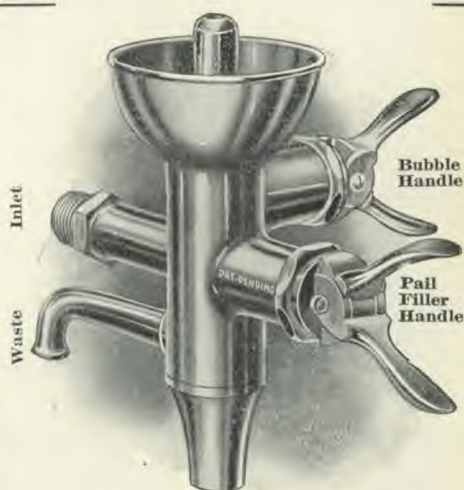
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That widely known series of articles by Prof. P. T. Magan on "The Eastern Question," is continued.

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# THIS ISSUE

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WHY a vacation? Mr. Fitzpatrick's views many would consider radical, but they merit careful consideration. If he is correct (and his own related experiences would indicate that he is), vacations as ordinarily taken are not only useless but harmful to the outers. But tell it not to the owners of resorts, the transportation companies, nor the dealers in vacation goods.

Why do men of sedentary habits age rapidly? For one thing, they neglect to take daily physical exercise. Mr. Cromie, instructor of gymnastics University of Pennsylvania, has prepared a well-illustrated paper giving instruction in exercises for middle-aged men, which can be taken in a few minutes anywhere and with no apparatus but a broomstick.

Dr. Achard, in his contribution to the dietetic care of the consumptive, takes issue with much of the recent teaching on this subject. He bases his instruction on sound common sense and on his personal experience with the disease.

Health Commissioner Evans, of Chicago, in "Dollars or Deaths?" makes a strong appeal, backed up by facts, for such a moral and financial support as will enable health boards to do efficient work. We Americans have not yet learned that the truest economy is the preservation of health. Having been brought up in a "money-mad" atmosphere, we can not realize how one-sided we are in this regard.

From a desultory fight, by individuals and associations here and there, the campaign against the house-fly has assumed national proportions. The Fly-fighting committee, composed of men who appreciate the value of constant and persistent reiteration, especially to the young, is now doing aggressive work. Edward Hatch, Jr., the chairman of this committee, gives a brief outline of his work in this issue.

Mr. Cornforth, who, in the article on "Vegetable Fruits," completes his series of articles on the cooking of vegetables, has in preparation a series on fruits, fruit canning, and vegetable canning, to appear in coming issues.

Dr. D. H. Kress, who has had extensive experience in sanitarium work and in the lecture field, gives an article showing how water applications are beneficial in various diseased conditions.

## THE JUNE ISSUE

"Come Out Into the Country," says Mr. Fitzpatrick, not for vacation but to live there, and he tells why.

Mr. Cornforth has prepared an article on "Fruits," to be followed by one in July on "Berries and Stone Fruits."

Dr. Achard considers that most important phase of the tuberculosis problem, "The Prevention of Tuberculosis."

Dr. M. E. Olsen, in "Honesty in Foods," gives an account of Dr. Harvey W. Wiley's efforts to insure through government administration that purchasers of food shall obtain what they pay for.

Dr. Converse (dentist) gives valuable suggestions for the care of children's teeth.

Dr. E. L. Paulding, in "A Natural Physical Culture," relates an instructive experience.

# CONTENTS FOR MAY

GENERAL ARTICLES	PAGE
Exercises for the Middle-Aged, <i>Wm. J. Cromie</i> .....	296
Home Care of Consumptives, <i>H. J. Achard, M. D.</i> .....	302
The Use of Water in the Treatment of Disease, <i>D. H. Kress, M. D.</i> .....	304
Vacation or No Vacation? <i>F. W. Fitzpatrick</i> .....	307
Dollars or Deaths? <i>William A. Evans, M. D.</i> .....	310
An Organized Fight Against the Fly, <i>Edward Hatch</i> .....	312
HEALTHFUL COOKERY	
The Vegetable Fruits, <i>Geo. E. Cornforth</i> .....	314
EDITORIAL .....	320
Has the Public a Right to Know?—The International Hygiene Exhibition at Dresden—Pellagra, Dr. Sambon's Theory.	
AS WE SEE IT .....	323
A Standing Reproach—Fomites, or Carriers—As Others See Us—Testimonials Barred—The Tuberculin Test Vindicated—Are We Facing a World-Wide Plague?—Salvarsan as a "Patent"—A Private Drinking-Cup—"Dirty and Dangerous"—The Public Need to Be Educated—If You Eat Pork, Cook It Thoroughly.	
THE MEDICAL MISSIONARY AT WORK	
A Tour Among the Natives of South Africa, <i>R. C. Porter</i> .....	327
Helpful Ministry, <i>Alicia Richardson</i> .....	329
CURRENT COMMENT .....	331
The Cigarette and the Boy—Contamination of Foods Exposed for Sale on the Street or in the Shop—Alcohol as an Active Cause of Insanity.	
ABSTRACTS .....	334
The Care of Nervous Children—Food Problems.	
SOME BOOKS .....	337
IN THE MAGAZINES .....	338
NEWS NOTES .....	340

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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.

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THE GORGE OF THE ZAMBESI BELOW THE VICTORIA FALLS

The April issue showed a view of this gorge from the rim. The gorge of the Zambesi River is very much more tortuous than that of the Niagara River



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**A FEW HEALTH BRIEFS**

**Do you want to be well?** Just read the newspapers, magazines, bill-boards, almanacs, circulars! Everywhere you will find sure cures for your ailments. Why should you be sick?

❧

Looking through a physical-culture magazine and a health-culture magazine, I was struck with the numbers of sure cures, drugless, of course, contained on the advertising pages.

❧

**"Our Treatment Costs You Nothing;"** "Foods That Cure;" "Cancers Cured;" "100 Per Cent Added to Your Mental and Physical Capacity;" "Get Perfect Health Without Drugs and Operations;" and so on down the line.

❧

In the newspapers the prospects for universal health are quite as cheerful. There are numerous new discoveries, and remedies with certain guaranties, the cure of any and all diseases.

❧

**"Easy to End That Cough;"** "Cured Neuralgia Pain;" "Kill the Cough and Cure the Lungs;" "It's Easy to Stop Pain;" "Ask Your Neighbors;" "My Corns Don't Hurt a Bit;" and so on *ad nauseam*.

❧

**Have you heard** of compound oxygen? Well, if you have not, you have certainly missed an important part of your education.

❧

The atmosphere contains only the simple oxygen, which is of no better quality than that breathed by Adam, several thousands of years ago.

Moreover, it is actually diluted with about four parts of nitrogen.

❧

But as air is not an article of interstate commerce, the national pure food laws can not touch it, and so we are compelled to accept our oxygen from nature *diluted*.

❧

But along comes an enterprising company or companies — for they are legion — having the benevolent purpose of furnishing real oxygen — real oxygen, mind you — to the people who have sufficiently long purses.

❧

Moreover, they do not stop with giving the pure oxygen; that would not hold the crowd.

❧

Peruna would not hold its victims if it did not contain the whisky, which stimulates and makes them feel good.

❧

So the oxygen is compounded. Did you ever take laughing-gas at the dentist's? Do you remember how it exhilarated you? It is an anesthetic, and has a certain seemingly stimulant action, just as whisky does in small doses.

❧

Compound oxygen may be good for those who like this kind of stimulant, but we prefer our oxygen as nature gives it to us, to this mild anesthesia.

❧

We have seen some of the regular patrons of compound oxygen who seemed to be sick about all the time.

❧

We are reminded of the testimonial, "I can heartily recommend your bitters; for I've been a constant user of them for the past ten years."



# EXERCISES *for the* MIDDLE-AGED

By William J. Cromie



**I**N a speech delivered by President Taft, upon accepting a gold-mounted golf-stick from some of his California admirers, our chief executive almost raised the game of golf to the plane of an official subject. He commended this sport in particular as a wholesome diversion to the middle-aged and persons approaching the evening of life. He sounded a timely note when he said that it is not games for the young and active that are needed in this country, since they are well provided for with baseball, football, basket-ball, and tennis. The president thinks that what is wanted are games for those past the flush and strength of youth, and consequently he recommends his favorite pastime, golf.

## Golf

It is true that many if not most middle-aged men in the United States take no special form of outdoor exercise; while they feel the need of a health-giving sport, still golf is usually found inadequate in filling this much desired need, because to the majority of men it costs too much to join one of the present existing golf clubs. The writer has repeatedly heard it referred to as a rich man's recreation; but it is not necessarily so, especially if another of the President's timely suggestions is followed. He inferred in his talk that the Californians utilize their unused land for public golf-links. If the rulers in our large cities would heed this advice,

and set apart certain plots of ground in the parks and elsewhere, to be used for playing golf by the public, with municipal supervision, and for a nominal fee, the game would become very popular, with a resultant improvement in the health of those who participate.

The rulers in most of our large cities cede portions of ground to be used as public playgrounds for the children of densely populated centers, and this where the ground is most expensive. This is commendable, in fact, an urgent necessity, because the health of the youth is the nation's greatest asset.

But what of the busy business or professional man who is beginning to feel the inroads of an inactive physical life and an overactive mental existence? Shall he be denied the privilege of doing what he urges his child to do,—to run, leap, and jump,—realizing that he needs recreation as much, if not more, than it does? As he is the taxpayer, and it is he to whom the municipality owes its very existence, why not set apart certain portions of ground in the public parks and in the outskirts of the city, where land is inexpensive, and equip this land with the necessary golf appliances, and man these links with supervisors, who shall have them under strict inspection. It is as necessary to have competent attendants in connection with golf-links as it is to have them at a public bath or playground. If these grounds are not under supervision, eventually the men

will be crowded out by boys and young men. The powers that be in our cities should be as zealous in providing ways and means for adequate supervision and healthy exercise for the middle-aged man as they are in protecting the citizen's health along the line of community hygiene.

In connection with public golf-links, sufficient bathing facilities, such as tub-and shower-baths, together with a swimming-pool, should be inaugurated, with a competent swimming instructor, and possibly a man to direct games and gymnastics.

In his book, "Exercise in Education and Medicine," Dr. R. Tait McKenzie, of the University of Pennsylvania, classifies exercise regarding age as follows:—

"Bowling, cricket, golf, horseback riding, swimming, and walking, may be indulged in freely between the ages of fourteen and sixty, and boxing, wrestling, mountain climbing, and rowing, from sixteen to forty."

#### Swimming

Swimming as an exercise for the middle-aged is valuable because it is a pleasant form of recreation; it develops the body symmetrically and thoroughly; it is hygienic, is curative, and a health-giving agency, and it very often is the means of protecting one's life.

The mind of the middle-aged man, in his reminiscent mood, lingers with pleasure upon the time when, a lad, he readily responded to the call of the gang to go swimming in a pond near the brickyard, or in a mud-hole in the quarry. From the point of cleanliness, such a swim was not the best, but it served as a swim. The memory of its indulgence is cherished and not readily forgotten. The exhilarating pleasure of gliding through the water, whether in the open air in summer or the natatorium in winter, can only be appreciated to the full

by those who are proficient swimmers; consequently every person should acquire this fascinating form of exercise. After a day of hard toil, in fact, after any kind of muscular or mental endeavor, it soothes and refreshes one to indulge in a short swim, and also tends to divert the mind from business cares, the thought being concentrated for the moment on the sport.

The captivating art of swimming brings more muscles into harmonious action than most forms of exercise. It improves the "wind," and strengthens the muscles without unduly hardening them. The swimmer's long, smooth, pliant, supple muscle is a pleasing sight when contrasted with the knotty, binding muscle of the weight-lifter. Cleanliness is one of the fundamental principles in both personal and community hygiene, while uncleanness and filth are the primary causes of sickness and disease. Napoleon was a great believer in the hygienic and curative agency of water. He once said to Antonmarchis, the Italian physician: "Life is a fortress which neither you nor I know very much about. Why throw obstacles in the way of its defense? Its own means are superior to all the apparatus of your laboratories. Water, air, and cleanliness are the chief articles in my pharmacopœia."

One half the male population is unable to swim, while not more than one woman in ten can swim. Those who live on or near the water are constantly guilty of criminal negligence if they neglect to acquire this beneficial and necessary art. Every summer, through the capsizing of boats and other accidents in the water, hundreds of persons, due to their inability to swim, perish, who might have been saved had they learned to swim. During the past few years swimming has been added to the curriculum of many colleges, and it should be required of every boy and girl in the public schools. The

municipalities should provide facilities in order that every citizen may have access to this form of exercise.



*Photo by Haeseler, Philadelphia*

In middle age there is a tendency to drop the head forward, thus rounding the back, flattening the chest, and causing the abdomen to protrude. The above exercise, lowering the broomstick from position A to B, gives one an erect carriage, and strengthens the muscles of the shoulders, back, and chest.

### Walking

The best outdoor exercise for the middle-aged person is walking. It is the simplest form of sport, requiring the minimum of effort and producing the maximum of good results; but when indulged in to the extent of thirty, forty, or fifty miles at one time, it becomes one of the most complex. Like air and water, it is one of the chief luxuries of life, as free to the poor as the rich. To prove that it is an exercise for those who have passed the half-century milestone of life, take the remarkable performance of Edward Payson Weston as an example, who upon his seventy-second birthday walked seventy-two miles.

This noted pedestrian did not rest a week before and a week after the walk, but it was taken during his last trip from California to New York, a distance of thirty-five hundred miles, and completed in seventy-seven days, making a daily average of over forty-five miles. How many men can walk in one day as many miles as they are old in years?

Some persons entertain the erroneous idea that walking is a leg exercise only, but it is a heart and lung exercise as well. The writer knows—a trial will convince any one—that a forty-mile walk tires every muscle in the body, and consequently develops all, at the same time improving the vital organs. You are past forty; you breathe hard, and your heart pounds violently upon ascending a flight of stairs; you are rapidly ta-



*Photo by Haeseler, Philadelphia*

Rise on tiptoes, as in position A. Try to reach higher, hold position, and stretch. Sink to a squatting position, as in position B. Push the stick out as far as possible, vigorously expanding the chest. This combination exercise is especially effective in reducing adipose tissue on the hips of women, and gives an erect, graceful figure.

king on adipose tissue, in fact, you have let your belt out two holes in the last half year; you become dizzy and blind upon bending to the floor for an object; you become cross and irritable at trifles; your digestion is poor, nerves unsteady, and your sleep not refreshing. You attribute all this to your advancing years and business cares, but it is really the lack of sufficient muscular exercise. Now, Mr. Busy-Middle-Aged-Man, you have with you constantly the tools necessary to build up your physical poise and efficiency. Why not begin to use these body-building implements, your legs, today? Arise one-half hour earlier tomorrow morning and walk a mile of the distance to your work; increase this to two each day the second week; add one mile each week till you are walking four or five daily. You can do this in an

hour, save the price of a suit of clothes each year, and at the same time eradicate those old-age symptoms which are becoming so pronounced upon you. If



Photo by Haeseler, Philadelphia

Place the stick on shoulders, as in figure, and rotate to the right, as in position A; then rotate to the left, as in position B. This movement reduces fat at the waist line. Stand with feet about thirty inches apart, and do not allow the feet to turn while rotating.



Photo by Haeseler, Philadelphia

Standing position as in preceding exercise, and bend to the right, as in position A; then to the left, as in position B. This exercise reduces fat at the waist line, and tends to make the liver active. These exercises are for women as well as men.

the weather is inclement, put on old clothes, but do not omit your daily walk.

President Taft is a devotee of walking, and takes many long strolls through the streets of Washington. One day last January during a snow-storm the President, in often-worn trousers and waistcoat, covered by a sweater, stopped during one of his rambles to address the newspaper correspondents. The President said: "I have to apologize for appearing before you in the garb that I have found convenient to wear when walking through the streets of Washington. There are, I suppose, some limitations upon presidential pedestrianism, but I have not found them as yet, except

in the tired muscles. It is a very great pleasure to me to walk along the street looking into the windows and pass by a



Photo by Haeseler, Philadelphia

From standing position, as in A, to a stoop-standing position, as in B. See that the chest is well expanded, abdomen drawn in, back hollowed, head up, and chin drawn toward the chest. This exercise gives one an erect, graceful figure.

great many people who don't know who I am, and at times to meet a fellow who looks once at me, and then passes on without any further curiosity, and another fellow who looks twice, then, with that degree of reverence we all feel for high offices, says, 'Hello, Taft.'

Our President is the better man for donning the unconventional sweater, because in this way he is conserving his vitality and consequently increasing his physical efficiency. We are all more or less hemmed in by the conventions, but we would do well on a cold day to wear a sweater, or to sling the coat over the arm on a hot day and "hit up" a brisk pace, rather than ride to and from our place of business.

### Cricket

Cricket is an excellent game for the middle-aged person, because it is an eleven-on-a-team game, and this means congenial companionship, besides fresh air and scenery; and the variety and changes in the work of the fielding side tend to make it a much sought-after sport among elderly people.

### Horseback Riding

Horseback riding is an enjoyable exercise for those who can afford it. The open air, the scenery, the continual shaking and jolting, and the excitement, all increase its attractiveness. Riding astride is especially beneficial for girls and women, as it tends to enlarge the pelvis.

### Bowling

Bowling is not so productive of good



Photo by Haeseler, Philadelphia

From standing position, as in Fig. 5 position A, bend forward, as in position A; then arch back slightly, as in B. In selecting a broomstick, have it of good length. If, after the broom-corn is removed, it is too short, a curtain pole cut the required length will be found an excellent substitute. In the illustration a steel wand weighing five pounds is used.

results as the other-named exercises, owing to the fact that but one side of the body is used, and it is played indoors,



Photo by Hasseler, Philadelphia

From position A to position B, arm vertical and right leg extended. Hold this position a number of seconds, and stretch leg and arms to the fullest extent. Repeat, using the left leg. The head and arms in position B should be as in A.

oftentimes where the air is permeated with tobacco smoke. Again, many bowling-alleys are situated in dismal basements of buildings where quite often the ventilation is imperfect.

#### Formal Gymnastics

In middle life, and as age advances, exercises requiring great speed and strength should be eliminated and substituted by those requiring quiet endurance, such as those suggested, together with simple gymnastic movements.

Many think that in order to take gymnastic exercises, one must go to a gym-

nasium, but such is not the case. Any one can very easily procure an ordinary broomstick and take the exercises illustrated in this paper. These can be taken in the morning in about ten minutes' time. They should be followed by a cool sponge, towel-, tub-, or shower-bath, and finished by rubbing all parts of the body vigorously with a coarse towel. Continue the exercises each morning till you are tired, but not exhausted. In addition to the broomstick exercises, you should indulge in some of the suggested outdoor exercises and games both summer and winter, and you will "grow old gracefully," and have better health during the process.



Photo by Haeseler, Philadelphia

Finish your exercises with deep breathing. Clasp the hands across the abdomen, as in position A; inhale deeply, as in position B; at the same time press the abdomen in slowly but firmly. Upon exhaling release abdomen, as in position A.



# HOME CARE of CONSUMPTIVES

By  
H. J. Achard, M.D.

## On Diet in Tuberculosis

**I** HAVE already suggested that I am not very much in favor of the excessive or forced feeding which was in vogue a few years ago, and which was brought over to us from France, but which is now, fortunately for our patients, losing countenance among physicians; I mean the forced feeding, the excessive stuffing of the poor patients, who were made to eat not only three large meals a day, but a little something every hour and every half hour, who were compelled to eat a great number of eggs, and drink a gallon of milk every day, until their poor, over-worked stomachs and intestines refused to work normally, and the patients were worse off than they were before. It is of the highest importance to remember that it is not what a patient puts into his stomach that is good for him, but only what he digests, what he assimilates, what he uses in order to make blood. The surplus is simply so much waste, and is lost.

Supposing a man breaks his arm, you do not expect him to go and shovel snow. If a man sprains his knee or his ankle, he does not enter a foot-race. In consumption the digestive apparatus is weakened. It is one of the earliest symptoms of tuberculosis that there is loss of appetite, that there is a disturbance of digestion. The digestive organs are weakened, and can not do a normal amount of work. Fill a stomach

like that to a greater degree than a healthy, hard-working man can stand, and you will readily see what happens. That stomach will not be able to do the little work that it might accomplish under favorable conditions, but will rebel against the excessive strain to which it has been put; and the patient who might have received benefit from a carefully regulated course of diet, and who might have been coaxed along and led toward an improvement in his condition, will be very seriously aggravated in his disease, and decidedly handicapped in his struggle against it.

Aside from the large quantities of milk and the many eggs which consumptives were, and in some places still are, forced to swallow, they were also obliged to eat considerable amounts of steak, preferably raw; and in France, horse meat has been recommended as particularly valuable not only as a food, but as exerting in some occult manner an antagonistic effect upon the tubercle bacilli.

You will remember that in past years it used to be an article of faith, almost, that meat, especially the so-called red meat, gives strength, and the attempts of vegetarians to popularize a no-meat diet were smiled at if not ridiculed. The need of proteid or nitrogenous food-stuffs, such as are supplied by meat, for a healthy man weighing one hundred fifty pounds, was considered to be about



one hundred fifty grams per day; and it caused a good deal of surprise when it was shown a few years ago, especially by men like Chittenden, Folin, and Kellogg, that healthy working men not only could get along with much less proteids, but that they could do better work. Chittenden established a standard of less than half the former amount; and even this has been found to be excessive.

By the most recent investigations on the body chemistry, it has been ascertained that the ingested proteids are, in the economy, split up into carbo-proteids and nitro-proteids, the latter of which are excreted and discharged as waste, while the former are used for the repair of tissue waste, to produce force; in fact, to feed the body. Since these act in like manner as do the carbohydrates or starchy foods, the substitution of the latter for proteids appears very plausible; and certainly the vegetarians, or at least the advocates of a low-proteid diet, appear to have scored.

There is, of course, the possibility that a certain amount of nitro-proteids is beneficial and necessary to stimulate the function of the excretory organs; but in general these investigations supply the scientific proof for the fact that consumptives actually are more apt to gain weight on plenty of bread and butter than on meat.

There are, then, two very important points which are to be remembered in the care of consumptives; for one thing, the open-air life should be regulated in a manner commensurate with common sense; and, on the other hand, the diet should be regulated in amount according to the capacity of each particular patient; and the quality should be satisfactory; and the cooking, of course, also. It is evidently not necessary to feed a consumptive patient exclusively with raw beef. That sort of thing is not only absurd, it is criminal, because no stom-

ach can stand that sort of diet for any length of time; and it does not even accomplish the object for which it is prescribed and has been prescribed very greatly in a short time past.

We have found in Asheville that the best way to increase the weight of our patients is to feed them on starchy foods and fats—bread and butter, potatoes, cereals, anything of that sort, and to let them drink milk as they want it, but principally to depend on bread and butter. The patients received some meat and vegetables as well, in fact, were put on a general common-sense diet. On that sort of feeding the patients improve in weight, when on forced feeding with milk and eggs and meat they had been losing steadily. They also experience an improvement in their digestive power, so that after their stomach and other digestive apparatus has enjoyed a period of rest from the previous strain, they can take up a fuller diet and get the benefit from it.

Frequently it happens, however, that consumptives can not be coaxed to take enough food, owing to the weakening of the digestive organs by the tuberculosis toxins which I have alluded to. In such cases a very serious inappetence may be present, and it may demand the greatest care on the part of the physician, the most ingenious management on the part of the nurse and cook, to persuade the patient to take the proper amount of food.

A proper diet means a sufficiency, not only as to quantity, but as to diversity. *In general, it is the patient who can eat every kind of food who stands a good chance of getting well.*

Of equal importance with kind and amount of food is the manner of preparation. Intemperance, and a predisposition to tuberculosis among the lower classes, are often due to the rarity of good cooks among the wives.



# The Use of Water in the Treatment of Disease

By D.H.KRESS, M.D.



HEALTH is dependent upon perfect circulation of the blood. By the blood, nutriment and life are conveyed to the tissues, and impurities removed from them. Anything that interferes with or unbalances the circulation brings about disease. Whatever may be the primary cause of disease, in all diseased conditions, local or general, there exist disturbances in the circulation of the blood. These disturbances may be temporary, and quickly removed by the removal of the causes which produced them, or they may be obstinate and of long standing, and removed with difficulty.

An injury to any part of the body externally results in swelling, heat, increased blood pressure, and pain. These are due to the increased amount of blood brought to the injured part. This is known as acute inflammation. The swelling, the temperature, the blood pressure, and the pain may all be temporarily reduced by merely drawing the blood away from the congested parts, or by equalizing the circulation. These injuries produced from external causes are usually superficial and can easily be gotten at. Cool or cold applications immediately over the seat of injury or inflammation, and heat at some part remote from it, usually afford instant relief and comfort. The application of cold constricts the blood-vessels in the injured area, and the heat draws the blood away from the seat of the injury to other parts. Sometimes a short application of heat at intervals of one-half or one hour, followed by prolonged application of cold over the diseased part, is beneficial; but whatever the treatment may be, the pur-

pose should be to relieve the local congestion and equalize the circulation.

Injuries from chemicals or burns, which are always superficial, can be greatly relieved by immersing the parts in cool or cold water. Superficial inflammation is usually relieved by the application of cold.

The internal structures and organs are not frequently injured by violence, although this may occur, but they are not infrequently injured by such irritants as find their way into the blood stream, either directly by food and drink, or indirectly as a result of intestinal decay of foods. The irritation produced is usually mild in character, but being constant it brings about changes very similar to those caused by a local external injury, but usually milder in form.

Wherever irritation exists internally we find the same conditions we have externally from irritation — the parts swell, there is increased local heat and blood pressure, with a certain amount of discomfort if not actual pain. In rheumatism, for instance, an irritant is deposited in the muscle sheath, and the friction that is produced as the muscles glide over each other, results in internal inflammation, with all the symptoms enumerated. In gout the irritation exists in the joints; in neuralgia, in the nerve sheath. Whenever the inflammation is in the deeper structures, cold applications are not indicated; they really aggravate the existing condition. Hot applications over the seat of the pain dilate the peripheral vessels, and thus relieve the internal congestion or swelling which is responsible for the pain.

Two things are always indicated in the

treatment of local or general diseased conditions. One is the removal of the irritants, and the other is the equalization of the blood supply. There is no other agency in nature, or known to medical science, which can be employed so effectively as can water in bringing about these desired results. Drugs can not accomplish it rationally or physiologically. While opiates lessen pain, they do so, not by the removal of the causes, or by restoring the diseased parts to a normal state, as does water, but by merely deadening the nerves. Antipyretics will lower the temperature in fever, by lowering the blood pressure and decreasing the activity or power of the heart. Pain and fever may cease by the use of heart depressants, as acetanilid, but such treatment is unphysiological and dangerous. Headaches due to excess of blood in the brain,—a condition which is frequently present in those whose occupation is chiefly mental, or in those who habitually use such heart stimulants and irritants as caffeine, thein, uric acid, etc., increasing the blood pressure,—may be relieved by acetanilid, alcohol, or other heart depressants; but the simpler and less dangerous way would be to apply cold compresses around the neck and to the head, and heat to the legs and feet. By doing so the blood is drawn from the head, and the pressure on the nerves being removed, the pain will cease.

Headache due to anemia of the brain, needs different treatment. Heat, instead of cold, applied to the head will usually afford temporary relief. In these cases the heart is already feeble; therefore any drug which will still further depress its action may result fatally. The deaths reported from the use of acetanilid are usually found to be in these cases.

Cramps, convulsions in children, extreme pain during menstruation, or pain in the abdomen, are nearly always due to internal congestion of blood, and may be

relieved by merely getting into a hot bath. A hot foot-bath will sometimes accomplish good results.

When pain exists in some internal organ, it can be readily relieved by making local applications to the skin area with which the organ is reflexly connected. Fortunately, each organ is connected with some skin area through nerves and nerve centers so that it is possible to communicate with these organs and influence them as readily as we do superficial structures. The vessels supplying the liver, stomach, kidneys, and intestines may be caused to dilate or constrict at will by applications made to the skin areas with which they are associated. It is only necessary to become acquainted with these skin areas and understand their association. Nature has made this so simple that even the unlearned involuntarily apply the proper remedy, and make the application to the proper place. The liver is associated with the skin area over the liver; the stomach, with the skin area overlying it; the same is true of the bladder, the intestines, the lungs, the heart, the kidneys, the brain, etc. In making applications, all we need to bear in mind is that we obtain the same results within the organs that we do in the skin area overlying them; for instance, any application which dilates the blood-vessels of the skin will also dilate the blood-vessels of the organ beneath it; and any application, as cold or extreme heat, which tends to constrict the vessels of the skin will constrict the vessels of the organ underlying it.

When internal congestion or blood stagnation exists in any organ, the function of the organ is thereby impaired. This is frequently responsible for indigestion and biliousness if not actual pain. Alternate hot and cold applications, in the form of douches, or fomentation followed by applications of cold, will improve the circulation of blood through

the organ, and thereby restore the function which was partially destroyed by a sluggish blood supply.

A short cold application of water to the face exerts a wonderful reviving influence on the brain which is congested from overstudy. In like manner, a short cold application over the lungs causes deep breathing, and over the liver it increases liver activity. A short general cold application each morning influences all the organs of the body beneficially. It increases intestinal and kidney activity, causing an increased production of gastric and intestinal juice. Thus every organ is aroused to increased action. To obtain the desired reaction it may be necessary to precede the cold application by a short application of heat. This will be found especially beneficial if the skin is cold.

Nervousness and insomnia are frequently due to cerebral hyperemia. A hot foot-bath and the application of cold cloths to the head and around the neck, will frequently be found sufficient to produce sleep. If there is considerable nervousness, this treatment may be beneficially followed by a full bath of a temperature about 93° F. for twenty minutes. This acts as a sedative to the nerve terminals, by shutting out all outside stimuli. The person should at once retire after getting out of the bath. The body should not be rubbed with a towel; surround with a sheet and allow it to absorb some of the moisture; then retire. Water externally and internally may be used in scarlet fever, in measles, in pneumonia, in typhoid fever, and other

acute diseases, as well as in chronic conditions.

A cold compress applied to the abdomen in typhoid fever during the course of the disease will usually prevent ulceration and hemorrhages. The compress should cover the whole abdomen, and should be wrung out of water at a temperature of about 60° F. It should be changed every twenty or forty minutes, or as soon as it becomes warm. A similar compress applied over the whole of the chest of the affected side in inflammation of the lung is also beneficial. At intervals of two or three hours two or three fomentations may be successively applied, followed again by the cold compresses. This is especially valuable if pleurisy pain is present. A cold in the head, with running at the nose, may sometimes be cured in a night by taking a hot foot-bath, then wetting the hair well with cold water and covering the head with an ordinary bathing-cap for the night.

We must not forget the internal uses of water. It conveys nutriment to the tissues and dissolves and conveys body wastes from the tissues for elimination. As a therapeutic agent it has an important place when wisely employed internally.

To abstract heat from the body, to communicate heat to the body, to equalize the circulation of blood, and to encourage the elimination of poisons and irritants, there is no agency which can take the place of water, used at the proper temperature and scientifically employed.





# VACATION OR NO VACATION?

By F.W. FITZPATRICK.

**U**NDoubtedly this is a rank effrontery, almost a sacrilege, to talk antivacation just at a time when people, having forgotten the effects of last year's outing, are wistfully anticipating another "season of refreshing." But I am fairly driven to it by the insistence of the wise ones, the endless disquisitions one sees in papers and magazines about the great benefit of the yearly vacation, the erudite pronouncements of learned Æsculapians, and what not. For me, a plain layman, to advocate a theory so completely at variance with all preconceived and accepted ideas of what vacation means to Americans, is, well, I suppose, just pure egotism. But it is a theory that I have worked on for thirty years, and have not found it wanting. And doubting friends have been induced to try it, too, and have been converted, and now swear by it.

The vacation idea usually accepted is, to my mind, a ridiculous, unsatisfying, aggravating affair.

You look forward for eleven months to a vacation, and it slips by at a terrific rate when it does come, and you are confronted by eleven more long, dreary, plodding months of grind. There's nearly always a "fly in the ointment" of your enjoyment: the fish don't bite, board is slim, weather unsatisfactory, something wrong. Men work like slaves for months without a break, expecting to get all fixed up and rejuvenated in the week or two weeks or a month of vacation. It does them a little good, makes life endurable for a little while, perhaps, though, as a matter of fact, it often renders the regular routine of life the more appalling, revolt-

ing. That may in a measure account for the fact that there are more suicides among business men soon after the return to business from vacation than at any other time in the year. The whole scheme, much advocated as it is by doctors, seems to me to be all wrong.

People do all sorts of foolish things



YOU LOOK FORWARD FOR ELEVEN MONTHS

for months and months, expecting to be able to undo their effects by a brief vacation. It is as if one had a dozen pills or powders to take for some ill, one pill or powder every day, and he concluded he had not time to bother with them so, and put it all off until the last day, and then took the twelve. What would happen? The chances are his friends would have to send flowers. So with the annual vacation. You are trying to condense into one little spell of time what ought to have been spread over a year. Why not an annual bath, or an annual feed? The notion that at such or such a time you are going away for a good, life-restoring rest is the excuse given for all sorts of foolish excesses of physical torture and overindulgence in business grind, that lead to insomnia, nervous breakdown, consumption, and what not, that a year's or ten years' vacation will not mend.

My theory, that has been put into



THE PLEASURES OF ANTICIPATION ARE GREATER—

practise for thirty years, is simple. All good things are. I never go off on a protracted vacation, and yet I am always fresh, never tired nor worn out, am unusually vigorous and strong, and always in the pink of physical condition, and as a result can do more business, more real hard work, and take more pleasure in it than can or do two of the general average of men. I take a vacation of two hours every day, two hours some time in the twenty-four when I completely throw off all business and get out and exercise vigorously. It is as regular as eating and sleeping, and as much a part of my daily life. Then, one day in seven I make a break and get away for a change of scene.

Now circumstances are such that my life generally is most enjoyable. I live in the country. My daily two hours are spent on a fine saddle-horse or in playing tennis. My business takes me into other cities at times, and gives me all the



THAN THE PLEASURES OF REALIZATION

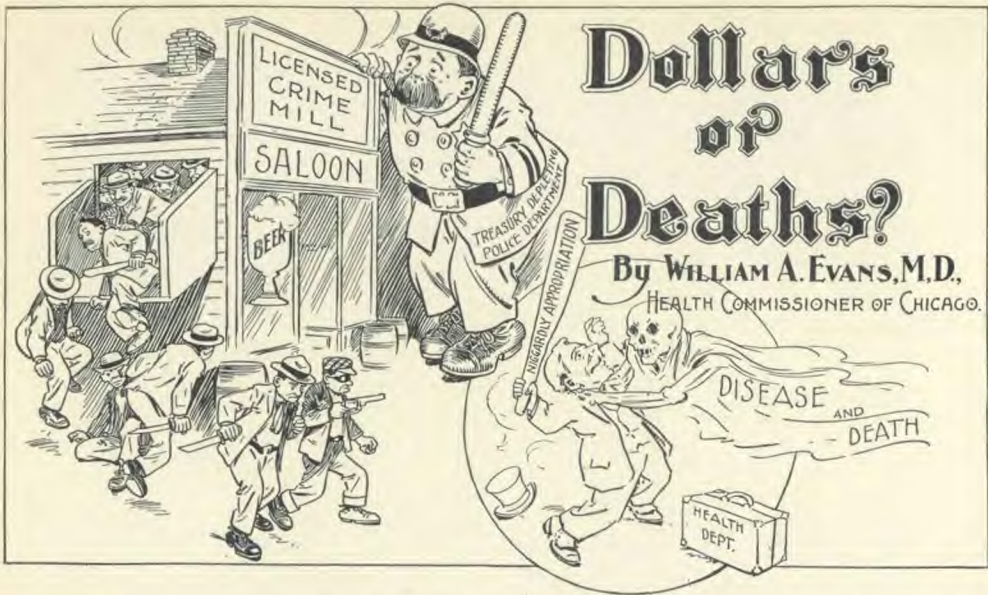
change necessary; occasionally I go on a long motor tour or indulge in other expensive amusements. But all that has been secured by hard work and years of thrift. I went through pretty nearly all the struggle and grind and up-hill work that usually fall to the lot of a young man while I was "getting there." That work seemed easier by reason of the daily vacation. My hours were so long that I had to get up earlier to enjoy it — a habit that has stuck; for I am still up with the sun. I could not afford a saddle-horse, but I could go on a good, quick walk, or chop wood, or do something that was not expensive and yet absolutely different from my regular work, physical exercise, the while completely throwing off all thought of business or of anything unpleasant — an-

other habit that has stuck, and has given a brighter complexion to life generally.

Then, wherever I was, I always organized a bit of a walking club. Off we would go once a week, four or five of us, rain or shine, for a good tramp. If we lived in a large city, we would "car" it to the outskirts, then get into the country, into the green fields, enjoy a frolic, then home, a good dinner, and a jolly evening with the family. We would vary the trips by occasionally getting the wives and babies together, hiring a bus, or otherwise getting off for a picnic in the country, for a ball game, a weekly vacation, or something to look forward to, not for a whole year but for only six days, further shortened by the two hours' vacation every day. There's nothing like it. Try it.



MR. FITZPATRICK TAKING HIS "CONSTITUTIONAL"



**F**OR many years the death-rate of Chicago was the lowest of any city of one million inhabitants or over. This was true not only as applied to American cities, but equally so when compared with the large cities of the world. This statement was based on our gross death-rate, and as a statement of fact it was true. From it, however, conclusions have been drawn which are not true. For instance, if a man was considering the advisability of locating in Chicago with his family, and concluded that it has the lowest death-rate among men and women of thirty and twenty-six years of age respectively, or among children from one to six years of age, his conclusion would be misleading. If the people concluded that a twenty-five-cent health department is keeping the death-rate down to this low point, then the conclusion is not justified by the facts.

The reasons why Chicago's death-rate is low are these:—

First. The population of Chicago is composed to an unusual degree of young and strong men and women. A larger percentage of our people are between

fifteen and forty-five years of age than in any other large city. A smaller percentage of them are under one and over forty-five years of age. The large percentage of our people who are in this first group where the death-rate is always very low, and the small percentage in these groups where the death-rate is always very high, make the largest correction factor which must be applied to our death-rate.

Second. An exceptionally large percentage of our people are country raised. Many of them have been brought up on farms and in small towns in the new States around Chicago. Many of them are the hardiest and most resistant among the young men and women from Europe. This is a correction factor which can not be mathematically determined, but which, I should think, would be larger here than for any other city of one million population or over in the world.

Third. Lake Michigan gives us a pure water-supply. It is a large factor in purifying the air.

Fourth. The high winds, which do harm in some ways, help in other ways.



Other factors are of lesser consequence. The largest of these correction factors is that of age. It is becoming less of a factor, and therefore *Chicago has already lost first position. This loss is permanent.* We are now *second* among cities of one million and over and *eighth* among cities of five hundred thousand and over. Our position will become steadily worse, for the following reasons:—

First. The proportion of our population at the different age periods is changing.

Second. Our immigration is now coming from countries with higher death-rates than those from which we were drawing twenty-five years ago. Their rate was high at home, it is high here.

Third. Our congestion of population is becoming greater.

Fourth. The forces working for the protection of health are tied down by more restrictions than are the forces which are making against health. The forces making for the protection of health are not gaining on the forces which make against health at all, or are gaining more slowly than they are in other cities of the same population group.

For these reasons the gross death-rate of Chicago will slowly grow higher, while the gross death-rate of London, Berlin, Paris, and Vienna will improve slowly. Even if we just hold our own, the improvement in other cities will carry them by us.

This opinion is predicated upon Chicago's failure to do the following things:—

First. Provide a purer outside air.

Second. Get better ventilation in the houses.

Third. Get better housing for its people of small means.

Fourth. Prevent congestion.

Fifth. Provide better sanitation in working places.

Sixth. Secure better care of the physical condition of schoolchildren.

Seventh. Procure better protection of its milk supply.

Eighth. Provide better infant-welfare work.

Ninth. Obtain better control of communicable disease.

If these things are done, this prophecy will not come true. If we go on as now, it will. If we slip back from our present standards of doing, we will be a health shame within ten years.

About so much can be done with tools. A good engineer can get more pull out of a dinky locomotive than a poor one can, but a dinky engine can never be expected to pull a thousand-ton train.

Chicago now has a twenty-five-cent-per-capita health department. Some part of this money is spent for things not closely connected with health; some part of it is relief. *We can have freedom from preventable disease in proportion as we are willing to pay for it. We can not have something for nothing.* A twenty-five-cent health department means about fifteen thousand deaths from preventable disease a year. If we pay more, we will have fewer. If we pay less, we will have more.

WHICH SHALL IT BE, DOLLARS OR DEATHS?





## AN ORGANIZED FIGHT AGAINST *the* FLY.

BY EDWARD HATCH

[Mr. Hatch, chairman of the Fly-fighting committee, is in a serious work,—most important work,—whether you consider it from the standpoint of comfort, or dollars, or lives. The educational work of his committee is of untold value to the country, and should have the encouragement and assistance of every American. The humor which our artist has thrown into the heading, does not represent the attitude of LIFE AND HEALTH to the campaign against the fly.—Ed.]

**T**HE Fly-fighting committee was organized in February, 1910, to continue the work carried on successfully for several years under the auspices of the Merchants' Association of New York, whose campaign had already spread to all parts of the country. It was believed that the efficiency of the work would be greatly increased by organization on a national basis, and consequently the committee of the New York Merchants' Association accepted the proposition that a special fly-fighting committee be formed by the American Civic Association, and for several months the enlarged committee has been engaged in extending the propaganda against the house-fly pest.

### Work Already Done

Printed matter has been sent out, including over one hundred thousand copies of the special bulletin "Beware of the Dangerous House-Fly," and about seventy-five thousand copies of "The House-Fly at the Bar," previously issued by the Merchants' Association.

Moving-picture films entitled "The

Fly Pest," prepared in England by direction of the chairman of the committee, were shown under the auspices of the American Civic Association in the National Theater, Washington, before members of Congress, department officials, physicians, educators, and the general public; and these demonstrations of the deadly character of the fly's activities have been repeated in many hundreds of moving-picture theaters throughout the country, as well as from many assemblages of physicians, sanitarians, and educators.

The committee has seized every opportunity, such as typhoid outbreaks, to call the attention of the public to fly dangers, and the educational effect of the campaign.

The press has shown a degree of friendly co-operation not exceeded—in its treatment of any other subject relating to the public health. The movement has also the cordial support of the medical profession and of health officers. The Fly-fighting committee is in frequent communication with these influential co-workers,

and is in correspondence with scientific workers, at home and abroad, who are investigating further the relations of flies and disease. The chairman has been asked to prepare a paper on "The Fly as a Carrier of Disease," for the annals of the American Academy of Political and Social Science. So the fly-fighters, though they often have to speak of unpleasant matters, are encouraged to discuss them in good society.

#### The Work in the Future

So much for what has been done in the last few months. Effective as the work has been, much more can be accomplished in the year before us. We have decided to extend the educational work among those who are most likely to profit by it. Some of the grown-ups may be so ignorant and prejudiced against modern scientific ideas that our campaign may make no impression upon them. But the children are open to reason, and we expect this year to direct our efforts largely to teaching them the relation between flies and infectious diseases. We wish to do two things:—

First, to place in the hands of as many children as possible—through the public schools principally—the literature of the committee, and to have as many as possible see the fly film to which reference has been made.

Second, to induce these schoolchildren to compete for prizes for the best essay written on the general subject, "House-Flies as Carriers of Disease." The committee has a limited fund upon which to draw for this purpose, and its efforts in the essay composition for the coming year may be concentrated upon the children of not more than a dozen of the principal cities. It is hoped that those who are residents of the cities selected will do their part to make the contest successful from an educational point of

view—by stirring up interest in the school boards, newspapers, and among the children themselves. Whether or not it is possible for the committee itself to initiate and finance a school contest in any city, it will be glad at any time to furnish its leaflets to any member who may wish to use them for educational purposes.

Another project which the committee has in mind is the publication of a "white list" of summer resorts, at which the sanitary precautions taken are such that flies are few or altogether absent. Information from American Civic Association members as to such resorts will be gratefully received by the committee, which is not without hope that the influence of many members thus may be brought to bear effectively upon the hotel and resort proprietors of their acquaintance.

Correspondence on any subject having to do with the elimination of the house-fly will be warmly welcomed and promptly acknowledged.

There is another very important thing which we can all do in this fly-fighting campaign: we can be consistent. We can say not only that we know the fly to be filthy and pestiferous, but that we will keep him out of our houses, and not suffer him to breed on our premises.

NOTE.—This paper was prepared by Mr. Hatch shortly after the annual meeting of the American Civic Association. Under date of March 18, he writes that "the committee has received a number of applications for literature, etc., to start the prize compositions in schools, and that Louisville, Ky., is particularly active in its plans for the next few months. Next week the committee will enter upon a vigorous prosecution of the fly campaign, particularly through the medium of the schools, to be carried on through the months of the spring and summer.

"As to the 'Hotel White List,' we have already enlisted the co-operation of the manager of one of the largest and most fashionable of the new England summer resorts."



## THE VEGETABLE FRUITS

George E. Cornforth

**A**FTER reading the first of this series of articles, a person said to me, "I thought vegetables were good food, but you say they do not contain much nourishment." Thinking that the same thought may have arisen in the minds of other readers, I will write a few words in answer. Food value means the proportion of tissue-building or heat-and-energy-producing material which the food contains; that is, its food value tells how concentrated a food is and the proportion in which the proteids, fats, and carbohydrates are contained in it. Now it would not be well for us to live entirely on food of high nutritive value. Our diet would be too concentrated. Part of our diet should be made up of less concentrated food. There are other qualities besides high nutritive value, or concentration, which make foods valuable to the body. The nutritive value of foods not only tells us what proportion of the food may be utilized by the body for tissue repair and energy, but it also tells us whether, when we are buying foods, we are paying for a large amount of water and little food, or whether we are buying a considerable amount of food for the money we put out.

Food value does not *always* mean value as a food. A food may be high in food value, nutritive value, or nutritive constituents, and yet be a poor food because it is hard to digest or be-

cause it contains bacteria or other harmful substances; while a food may have a low nutritive value and yet be valuable as an appetizer, or because of its cooling, refreshing, and cleansing properties, or because it contains certain salts needed in the body. Foods of this kind are melons and other fruits, and such vegetables as tomatoes, celery, and lettuce.

This lesson will be about the vegetable fruits, the tomato, squash, eggplant, cucumber, and okra.

### Tomatoes

FOOD VALUE IN CALORIES PER OUNCE				
PRO.	FAT	CAR.	TOTAL	
1.0	1.1	4.5	6.6	

Tomatoes contain the smallest amount of tissue-building and energy-producing material of any vegetable thus far considered. But they are highly esteemed as a relish, their value, like that of all vegetables, being due to their mineral elements, their appetizing and cleansing acids, and the large amount of nature's distilled water which they contain. The acid of tomatoes, which has been somewhat commonly believed to be oxalic acid, is mostly citric acid. They contain only a very small amount of oxalic acid. The tomato was formerly called the love-apple. It was, some seventy-five or eighty years ago, supposed to be poisonous, and even to-day we sometimes hear people say they have heard it causes cancer, but there is no foundation to such a supposition.

Tomatoes are at their best when served fresh as a salad vegetable. They may be peeled by pouring scalding water over them, allowing them to stand for a moment, then putting them into cold water, when the skin can be easily peeled off. After being peeled, they should be put into the refrigerator till they are to be served. They may then be sliced and served on lettuce leaves with a lemon quarter or a spoonful of mayonnaise salad dressing on each individual dish. Some prefer to peel them without scalding. They should be peeled thin with a sharp knife. They are then more firm. They are sometimes served without removing the peeling. Instead of simply slicing the tomatoes, they may be cut into quarters, thirds, sixths, or eighths, and these pieces placed side by side on an individual dish and garnished with parsley; or the pieces may be placed in the shape of a cross, and a spoonful of mayonnaise dressing put where the ends meet, as shown in the illustration. Another way is to cut a tomato as if you were going to cut it into quarters, but only cut three fourths through it. Let the quarters fall apart slightly and put a spoonful of mayonnaise dressing in the opening. Serve on lettuce. Still another way is to put a whole tomato, stem end down, on a lettuce leaf or a bed of lettuce, dip a knife in mayonnaise, and cut across the top of the tomato; dip the knife again into the mayonnaise, and cut at right angles to

the first cut, making a cross on the top of the tomato.

#### Stewed Tomatoes

After peeling the tomatoes, cut them into pieces, put into a stew-pan, and cook slowly till tender. Season with one tablespoonful of vegetable oil, if desired, and one-half teaspoonful of salt to a pint of tomatoes. Canned tomatoes need only to be heated and seasoned.

#### Scalloped Tomatoes

To one pint of stewed or canned tomatoes add sufficient stale bread-crumbs, zwieback-crumbs, or cracker-crumbs to make rather thick, one-half cup cream or two tablespoonfuls of vegetable oil, and three-fourths teaspoonful of salt. Bake twenty minutes. Or drain some of the juice from the tomatoes, season them with salt, oil, or cream, and a little onion if desired. Sprinkle some of the crumbs on the bottom of a baking-pan, cover with tomatoes, and sprinkle more crumbs over the top of the tomatoes. Bake till well heated through.

#### Scalloped Tomatoes, No. 2

Fill a baking-pan with alternate layers of sliced raw tomatoes and crumbs, sprinkling a little salt over each layer. Pour a tablespoonful or two of oil over the top, and bake for an hour or longer.

#### Baked Tomatoes

Dip thick slices of tomato in flour, then in beaten egg, then in zwieback- or cracker-crumbs. Put on an oiled baking-pan and bake till nicely browned.

#### Tomatoes Stuffed With Corn

Peel solid tomatoes. Cut an opening in the stem end and scoop out the inside. Fill the tomatoes with corn cut from the cob and seasoned with salt. Put the tomatoes into a baking-pan. Put a teaspoonful of oil on the corn in each tomato. Bake till tomatoes are tender but not broken. Garnish with parsley.



TOMATO STUFFED WITH CORN, AND ZWIEBACK AND BUTTER; AND SLICED TOMATOES WITH CRACKERS AND PINE-NUTS

**Tomatoes Stuffed With Peas**

Fill the hollowed-out tomatoes with peas with which a little cream sauce has been mixed, and bake.

**Stuffed Tomatoes**

Peel solid tomatoes and cut a hole in the stem end. Scoop out most of the inside. Refill the tomatoes with this filling:—

- 1 cup stale bread-crumbs
- 1 tablespoonful oil
- 1 tablespoonful brown gravy
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{4}$  teaspoonful sage
- $\frac{1}{8}$  teaspoonful thyme
- $\frac{1}{8}$  teaspoonful summer savory
- A little grated onion, if desired

The herbs may be omitted if desired.

Put the filled tomatoes into a baking-pan, and bake till tender but not broken.

**Filling No. 2**

Add to the above filling the pulp scraped from the tomatoes, and one beaten egg.

**Filling No. 3**

Add to either of these fillings one-half cup chopped nut meats.

**Breaded Tomatoes**

To one quart of stewed or canned tomatoes add sufficient stale bread cut in dice to thicken, one teaspoonful salt, and two tablespoonfuls vegetable oil. Heat in a double boiler.

**Eggs Baked in Tomatoes**

Select very large tomatoes. Peel them and carefully remove the inside so as not to break the tomatoes. Place them in a baking-pan. Break an egg into each tomato. Sprinkle with salt and a little chopped parsley, if desired. Bake till the egg is set. Garnish with parsley or watercress.

**Squash**

FOOD VALUE IN		CALORIES PER OUNCE	
PRO.	FAT	CAR.	TOTAL
1.6	1.3	10.4	13.3

The squash is a variety of gourd. There are many varieties of squashes, but they may be grouped in two classes, summer squashes and winter squashes. Squashes of all kinds are low in nutritive value, containing a large quantity of water. Winter squashes are more nutritious than summer squashes. The figures given above represent the average nutritive value of all kinds of squash.

For the reason that squash contains a large amount of water, summer squash is better steamed and winter squash is better steamed or baked. If squash is boiled, so little water should be used that it will be quite evaporated when the squash is done.

**Mashed Summer Squash**

When young, summer squash needs only to be washed and cut in pieces. Steam it till tender. Put it into a cheese-cloth and drain and wring it till quite dry. Mash and season it with salt and rich cream. If the squash is older, peel it thin and remove the seeds before steaming.

**Creamed Squash**

Peel the squash, remove the seeds, and cut it into three-fourths-inch dice. Steam it and pour the following cream sauce over it:—

**Cream Sauce**

- 1 $\frac{1}{2}$  cups milk
- $\frac{1}{2}$  cup cream
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoonful common salt



TOMATO MAYONNAISE, AND SLICED TOMATO

Heat the milk and cream in a double boiler. Thicken with the flour stirred smooth with a little cold milk. Add the salt. Instead of milk and cream, one pint of milk may be used and one or two tablespoonfuls of cooking oil added to the same.

#### Squash With Egg Sauce

Prepare as for creamed squash, adding chopped hard-boiled egg to the cream sauce in the proportion of one egg to one pint of sauce.

The preceding ways of preparing are suited to summer squash. Winter squash is best according to the following recipes:—

#### Baked Squash

In selecting winter squash see that it is heavy in proportion to its size. Wash the squash. Cut in pieces of convenient size to serve. Do not peel. Steam or boil till nearly tender. Place the pieces, shell down, on a baking-pan. Sprinkle with salt and pour a bit of cream over each piece. Bake till browned. Serve with cream sauce.

#### Baked Squash, No. 2

Prepare the squash as in the preceding recipe and steam till tender. Scrape the squash out of the shell. Mash and season, replace upon the shell, and bake till browned.

#### Baked Squash, No. 3

Squash may be baked by placing the pieces on the oven grate, as sweet potatoes are baked.

#### Scalloped Squash

After peeling, slice raw squash. Put it in layers in a baking-pan, and sprinkle each layer with flour, cracker-crumbs or zwieback-crumbs. For each quart of sliced squash heat to boiling one and one-third cups of milk or thin cream; add one-half teaspoonful salt to the milk, pour it over the squash, and bake.

#### Baked Squash in Batter

Cut marrow squash in pieces and peel. Steam till tender. Place the pieces close together on a baking-pan. Sprinkle with salt. Put into the oven while the following batter is being prepared:—

- $\frac{1}{2}$  cup cream
- 1 egg
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{2}$  cup sifted bread flour

Beat together with a batter-whip the cream, salt, egg yolk, and flour. Carefully fold in the stiffly beaten whites. Pour a thin layer ( $\frac{1}{8}$  inch) of this batter over the hot squash and bake. This may be served either plain or with cream sauce.

#### Squash Cutlets

Prepare marrow squash as in the preceding recipe, and steam, then dip in beaten egg to which a little salt has been added, roll in crumbs, and bake. Serve with cream sauce.

#### Squash Souffle

- 2 cups mashed squash
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{4}$  cup cream
- 2 eggs
- 2 teaspoonfuls sugar

Add the salt and cream to the mashed squash. Beat the egg yolks till thick and lemon-colored and add them to the squash, then carefully fold in the whites, which have been beaten till stiff and dry. Turn into an oiled baking-dish and bake in a slow oven till firm.

#### Squash Fritters

- 2 cups mashed squash
- 1 cup milk
- 1 egg
- $\frac{1}{2}$  teaspoonful salt

Flour to make stiff enough to turn on griddle

Beat well together all the ingredients except the white of egg, then carefully fold in



SQUASH BAKED IN BATTER

the white, which has been beaten till stiff and dry. Cook on a hot griddle which has been oiled just enough to prevent the cakes from sticking to it. When browned on one side, turn and brown the other side.

### Eggplant

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
1.4	.8	5.9	8.1

The eggplant is of East Indian origin. It is botanically allied to the tomato, both belonging to the nightshade family. The fruit is shaped somewhat like an egg, from four to six or more inches long, having a smooth, shiny skin of a dark purple color. Like the tomato, it is low in nutritive value.

### Boiled Eggplant

Cut the eggplant into three-fourths-inch slices, peel the slices, then cut them into three-fourths-inch dice. Cook in boiling salted water, to which a little parsley and onion have been added, if desired, till tender. Drain and pour over it a tomato sauce or cream sauce to which a little cottage cheese has been added.

### Eggplant Lyonnaise

Cut the eggplant into dice, as in the preceding recipe. Chop an onion, and cook it in a little oil till it is lightly browned. Put the onion and the oil over the bottom of a baking-pan. Put in the diced eggplant, and pour over it a little of the broth from vegetable soup. Bake till the eggplant is tender. When cooked, sprinkle over it some finely chopped parsley.

### Scalloped Eggplant

Dice the eggplant as in the last recipe, putting the dice into cold salted water. Remove from this water and cook in salted water till tender. Drain off the water. Put the eggplant in a baking-pan in layers, sprinkling

each layer with Zwieback- or cracker-crumbs. Pour over it sufficient rich milk to each pint of which one-half teaspoonful salt has been added, to nearly cover it, then bake three-fourths hour.

### Scalloped Eggplant and Tomatoes

Dice the eggplant and boil as in the first recipe. Cook one chopped onion in oil. Spread it over the bottom of a baking-pan. Put in a layer of egg-plant. Sprinkle this with cottage cheese, if desired, salt, and cover with stewed or canned tomatoes. Fill the dish with alternate layers in this way. Bake from twenty to thirty minutes. The onion may be omitted if desired.

### Eggplant on Toast

Slice, peel, and dice the eggplant. Stew it in broth from vegetable soup. When tender stir into it the yolk of an egg beaten with the juice of one lemon. Add one tablespoonful of chopped parsley. Serve on toast.

### Baked Eggplant

Slice, and peel the eggplant and put into salted water for one-half hour. Drain the slices and dip them in beaten egg to which one tablespoonful of water has been added. Roll in crumbs. Lay in an oiled pan. Pour a little salted cream over them carefully, so as not to wash the crumbs from the slices. Bake in a hot oven till tender. Serve with any preferred sauce.

### Cucumbers

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
.9	.5	3.6	5.0

The cucumber belongs to the melon family. It is "one of the oldest known table esculents." "It is mentioned as one of the things for which the Israelites longed while in the wilderness and complained to Moses. Num. 11:5. The



EGGPLANT SLICED TO SHOW THE INSIDE, AND A DISH OF BAKED EGGPLANT



emperor Tiberius had cucumbers on his table every day in the year."

The cucumber is very low in nutritive constituents. It is valued, however, for its flavor, which is enjoyed by nearly everybody, though some consider it unwholesome. But it seems to me that it has been treated as people are treated; that is, it has been blamed for the company in which it is found. I mean that much of the digestive disturbance for which the cucumber has been blamed is due not to the cucumber, but to the vinegar, salt, and pepper with which it is eaten. A warm, tough, rubbery cucumber, of course, is neither easily masticated, palatable, nor wholesome. But a young, cold, crisp cucumber properly dressed will be found by the majority of people to be a wholesome article of diet.

The best time to pick cucumbers is early in the morning. They should be kept on ice or where it is very cold. About an hour before they are to be served, they should be peeled, sliced, and put into salted ice-water or very cold water. They may be served on a lettuce leaf with a lemon quarter, or with mayonnaise salad dressing.

They may be combined with various other vegetables, as radishes, tomatoes, celery, and others in making salads.

### Okra

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
1.8	.5	8.6	10.9

"Okra is a herbaceous, hairy, annual plant, a native of the Old World, and naturalized and cultivated in all tropical countries. . . . The fruit or pod is a tapering, ten-angled, loculicidal capsule four to ten inches in length, except in the dwarf varieties of the plant, and contains numerous oval, dark-colored seeds, hairy at the base. . . . It is an ingredient in various dishes, e. g., the *gumbo* of the Southern United States, and the *calalou* of Jamaica, and on account of the large amount of mucilage it contains, it is extensively consumed, both fresh and in the form of powder, for the thickening of broths and soups."

#### Okra and Tomatoes

Peel and slice four tomatoes and stew them one-half hour. Wash the okra, cut off the stems and ends of the pods, and thinly slice enough to make one quart. Add the okra to the stewed tomatoes and stew for one-half hour longer. Season with salt and cream or cooking oil.

#### Scalloped Okra and Tomatoes

Put alternate layers of sliced canned okra and tomatoes into a baking-dish, sprinkling each layer with salt. Cover each layer with boiled rice, adding a few drops of oil to each layer. Strew zwieback-crumbs over the top. Bake fifteen minutes.



EGGPLANT AND OKRA



## HAS THE PUBLIC A RIGHT TO KNOW?

**H**AS the public a right to know who makes its foodstuffs? The American Canners' Association in convention assembled in Milwaukee recently decided that it has. There was a lively altercation over the subject, and the needs of the consumer was the football of the occasion; but when the dust had blown away, it was seen that the champions of public right had won their point.

The question was over the indorsement of the Chamberlain bill before the United States Senate. There were two bills pending before Congress, one the Mann bill, introduced by an Illinois representative, and the other the Chamberlain bill, both calling for important food enactments. Both provided for net weights; but in addition to this feature, the Chamberlain bill provided that the name of the packer or producer should appear on all labels of packages or canned goods. An innocent provision, surely, and a most righteous one. Yet it was just this one little provision that was the bone of contention at the big Milwaukee convention.

To be brief, the National Wholesalers' Association opposed the "name-on-the-label" bill. They had been to Washington to indorse the Mann bill,—a bill providing for some greatly needed legislation,—but it is whispered that the national wholesalers were not nearly so much interested in seeing the net-weight legislation enacted as they were in seeing that the "name-on-the-label" legislation was *not* enacted. All of this would be very puzzling to the ordinary ob-

server; so a word of explanation is in order.

The wholesaler is the man who takes the goods from the manufacturer and distributes them to the retailer. The retail grocer on the corner seldom sees a manufacturer or has any dealings with a manufacturer in any way. He buys everything from the wholesaler. The function of the wholesaler is purely that of a distributor; but because of the peculiar advantages offered him, he occasionally goes into the manufacturing or producing business himself. As a rule, he does not actually engage in the manufacture of the goods, but buys them as best he can, puts on his labels, and sells them as his own product. Such is the history of the "private brand," or, as it is also called, the "jobbers' brand."

Now the jobber, or wholesaler, may pick up his goods in a dozen different parts of the country. Say it is canned tomatoes. He buys them, perhaps, from three factories in Indiana, two in Wisconsin, and four in Illinois. He calls them "Crystal Brand," slaps on his label, and sends them out to his trade, all under one brand, though they are the products of nine different factories, packed under as many varying conditions. Now the question is, Has the consumer a right to know where his goods come from? Under the present law, he does not have such a right. Under the Chamberlain law, he would have.

There are those who contend that this "name-on-the-label" legislation is vital, that it is the most effective piece of pure-food legislation that could be proposed

under existing conditions. One thing is certain: the activity of the wholesalers at the Milwaukee convention was surely a significant argument, and a very forceful one, in favor of the passage of the Chamberlain bill.

Here is the situation: As soon as the question came up, the wholesalers were there in force opposing the suggestion that resolutions in favor of the enactment be adopted. The wholesalers, being big customers of the canners, could compel a hearing. The canners previously had been represented at Washington before the committee to whom the bills had been referred by their executive committee, who had indorsed the "name-on-the-label" feature.

The wholesalers were given the privilege of the floor of the convention, and for two days they were in executive session with the executive committee of the canners. At least such was the report which leaked through the closed doors of the star-chamber sessions to the outside world. The resolutions committee promised not to report on the Chamberlain bill. So it looked for a while as if the measure was effectively killed so far as any favorable action on the part of the canners was concerned. But the papers began telling how the wholesalers had come in and held the "big stick" over the heads of the canners, and how the latter had yielded. The result was that on the last day of the meeting just before the election of officers, the canners unanimously indorsed the action of their executive committee in upholding the Chamberlain bill and its provisions for net weight and the "name on the label."

The canners may be thanked for two things: first, for their weakness, which gave the wholesalers an excellent opportunity to show their hand and indirectly apprise the public of their sentiments; next, for their courage in arising

to the emergency and asserting their independence. Their action was greatly significant, not merely because of their numbers (between four and five thousand being in attendance at the convention), but also because of the circumstances surrounding the situation.

So far as is known, the only active opposition which the Chamberlain provision has encountered has been from the jobbers. The canners who pack their own brands are anxious to see the "name-on-the-label" proposition go through. The canners who pack jobbers' brands exclusively, or together with their own, are perfectly willing to have their names on the label, and national manufacturers of package goods, generally, are anxious to see the legislation effected, as it would do away with a vast amount of irresponsible cutthroat competition of an undesirable character.

E.



### The International Hygiene Exhibition at Dresden

THIS exhibition, to be held in Dresden from May to October, 1911, is significant as showing the growing interest of physicians, rulers, municipalities, and people in the subjects of public and personal hygiene.

For some reason our American legislators regard public health matters as beneath their notice (no money lobby back of such legislation, you know!), and no state government, so far as we know, has undertaken to have a representative at this exhibition.

The American Public Health Association at its Milwaukee meeting authorized the appointment of a committee to do what it could to secure a proper representative from the United States, but with only moderate success.

A similar condition seems to prevail in England; for a recent issue of the London *Lancet* complains of the lack of in-

terest on the part of the government, and urges private individuals to see to it that England is properly represented at the exhibition. The article in the *Lancet* begins:—

“An organization which aims at success must satisfy public opinion in several respects. In the first place, the promoters must produce evidence of capability and earnestness. In the second, they must deliberate with care, and expend time, energy, and money in casting their mold and laying their foundation. Next, there must be proof of the importance to the public of the undertaking; and lastly, means must be adopted to inform the public of the details of the scheme.

“The administration of the International Hygiene Exhibition, Dresden, 1911, has fulfilled all these conditions, and we may safely assert that success is assured. The promoters include the most eminent scientists in the German empire.”

The *Lancet*, after other words expressing its confidence in the importance and in the ultimate success of the exhibition, urges a movement by individuals and societies to give England a proper representation in the exhibit.

Americans are usually provincial. They think that all the rest of the world outside of the United States could be squeezed into an overcoat pocket. American physicians, however, do not share this feeling. Most physicians who desire a rounded education do some work in Germany, Austria, and other European countries. For scientific research, Germany still stands preeminent, and we can feel assured that the present exhibit will do justice to that great country. It can only be regretted if it does not do justice to the English-speaking countries.

Dr. Henry G. Beyer, medical director of the United States Navy, in the *American Journal of Public Hygiene* of November, 1910, said concerning the exhibit:—

“An entirely new and uncommonly great chapter in the history of international exhibitions opens to the world with the International Hygiene Exhibition, to be held in 1911 at Dresden. In the whole history of exhibitions, without exception, no chapter, however far-reaching and important, has ever stood out with the prominence equal to that of the exhibition under discussion. It will indeed mark an important epoch, not alone in the history of practical and scientific sanitation, but also in that of human culture and civilization. The exhibition, in fact, is not so much an exhibition as it is an illustrated expression of the twentieth-century civilization and culture. As a humanitarian work, the exhibition, in the altruistic character of the motives that alone could have prompted such an undertaking, typifies the pinnacle of civilized human endeavor.”

The managers of the exhibition have issued a comprehensive bulletin, and have begun the issue of a monthly publication in the interest of the exhibition, to be continued through the exhibition.

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#### Pellagra — Dr. Sambon's Theory

EARLY in 1910 a commission was sent to Italy to investigate the cause of pellagra. Dr. Sambon, the head of this commission, has made a report, in which are the following statements:—

1. Pellagra is not due to eating maize or corn.
2. It has a well-defined topographical distribution.
3. The disease has been prevalent in certain localities for at least a century.
4. These situations are closely associated with streams of running water.
5. A minute blood-sucking fly is probably the agency which conveys the disease.

From the lack of necessary funds, investigation has not been carried on to the point which definitely proves the agency of this fly, but the evidence in hand makes the fly theory almost certain.

# AS WE SEE IT

## A Standing Reproach

WHEN a leading life-insurance company publishes, as an evidence of its conservative policy entitling it to special patronage from thinking men, that it does no business in South Carolina, Florida, Alabama, Mississippi, Louisiana, and Texas, it is time for the legislators of these States to take active and effective steps to stamp out malaria and hookworm disease; in other words, clean out the mosquitoes and the hookworms; yes, and possibly the insects, which will one day be recognized as transmitting pelagra.

In a sense, the situation is a misfortune rather than a reproach. The subtropical climate, and the presence of an uneducated race which brought the hookworm from the African wilds, and which has habits tending to perpetuate the disease indefinitely, are misfortunes indeed. But it is for the statesmen of these States to rise above these misfortunes. Energetic and intelligent administration in Cuba and Panama has demonstrated that the tropics have no terrors which medical science can not conquer.

Unless the South—the medical men and the legislators—rid themselves of this incubus, the attitude of this insurance company will become more general and more disastrous to these States.

In comment on the condition in the South, the editor of the *World's Work* says in its March issue:—

“It must be said for these very States that the organized campaign that their boards of health and the better class of physicians are now making to stamp out hookworm disease is also a campaign of prevention of typhoid, of malaria, and of all other peculiarly local

diseases. The central fact around which this campaign revolves is the need of sanitary privies; for it is the lack of these that causes soil pollution and keeps vitality low. These States *are* waking up; but every force that can be applied to hasten their clearing up is a force that makes progress.

“States, counties, and towns must energetically take up these grave sanitary problems, appropriate money enough to engage the best men, and give these men power. Every thousand dollars invested in good sanitation yields an incalculable return. There is no other investment that any rural State can make that will bring back so much.”

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## Fomites, or Carriers

Is disease transmitted by clothing and the like, or directly from person to person? Most persons would answer this by saying, “Both.” As far as the mind or memory reaches back, the opinion has been prevalent that fomites—clothing, toys, bedding, and the like—are an important factor in the transmission of infectious disease.

To have said ten years ago that one can sleep with impunity in the soiled bedding occupied by a yellow-fever patient would have been considered an evidence of mental disturbance. Now we know that yellow fever is not transmitted by clothing or bedding. Other diseases are yielding up their secrets, and whereas we used to attribute all mysterious transmission of disease to fomites, not knowing where else to lay the blame, we are learning that in a very large proportion of cases the fomites have nothing to do with it.

At the last meeting of the American Public Health Association, Dr. Charles V. Chapin, superintendent of health, Providence, R. I., read a paper in which he raised a cry against the practise of

terminal disinfection; that is, disinfecting the room and its contents in which cases of infectious disease have terminated. Dr. Chapin tells us that in the Big Five of the Atlantic Coast,—Boston, New York, Philadelphia, Baltimore, and Washington,—a total of \$111,998.43 was paid in 1908 for terminal disinfection.

The *New York Medical Journal*, commenting on Dr. Chapin's paper, says:—

"We have emancipated ourselves from the dread of fomites as transmitters of fever, why should we cling to it in the matter of the commoner infectious diseases? . . . It seems to us that the American Public Health Association may well devote a good deal of attention to the matter of terminal disinfection."

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#### As Others See Us

SOME time ago we received a book from San Francisco, with a request from the author to advertise it. This we declined, for two reasons: first, because of the doctor's professional card printed in the book; and, second, because of the subject-matter of the book. We, however, published a review of the book, which appeared in the February issue. That the author was not appreciative of our estimate is indicated by the following letter, which in itself may indicate whether our first estimate of the book and the author was erroneous:—

"SAN FRANCISCO, Feb. 13, 1911.

"G. H. H., editor LIFE AND HEALTH,  
Washington, D. C.

"In your review of my book, you inquire where and when I have gained my title of M. D. For your information I will say that I got it in 1874 at the Royal Academy of Medicine in Vienna, Austria, of which institution you may have heard. As to my other titles, you say you have nothing to say, probably because you are ignorant of their meanings. Since 'where ignorance is bliss, it's folly to be wise,' I leave you in your bliss, fearing that on account of insufficiency of gray matter in your cranium you could not be made to understand.

"You have simply missed the grandest opportunity of your life to hide your colossal

ignorance, in matter of physiology, but like all asses, like to bray, you could not resist the temptation.

"So you still think that Rheumatism is *hereditary* [My article said nothing of the kind. — Ed.], and caused by a germ. You, an editor of LIFE AND HEALTH! God forgive the people who employ you for their ignorance, since against *stupidity* even the gods fight in vain. Let me venture to advise you to break away from the old (?) superstition of bug-ology [it came into existence since his college days], and learn something that is proven as useful by *cold reason*, for the sake of the poor victims that may trust in your knowledge.

"DR. —.

"P. S.—Your tacid [so spelled in the original] admiration of *Chinese Drs.* on page 104 of your February issue is a perfect index of your *cranial vacuum*."

Note the date of his graduation. It is significant that this doctor graduated at a medical school before the science of bacteriology was heard of, and before pathology had been revolutionized. He has evidently never come into touch with progress of medicine since he left school. Since that time scientific medicine had its birth, and it has gone forward by leaps and bounds. Note the date of his graduation, and then ponder.

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#### Testimonials Barred

A RECENT federal court ruling bars out testimonials as evidence of the curative properties of patent medicines, in cases before the courts. When one considers the tendency of the ordinary person to give a flattering testimonial because of a temporary good feeling, which might be caused by a glass of whisky, for instance, or by a dose of compound oxygen containing nitrous oxide, the justice of such a ruling is apparent. The *Journal of the American Medical Association* well comments:—

"Every physician knows that a large proportion of those who are sick, or who think they are sick, will recover whether they receive treatment or not. The average layman, however, has little faith in the healing power of nature, and persists in ascribing the cure to whatever artificial means he may have employed to bring about relief. . . . It is this

very human weakness to give credit to human agencies for what rightly belongs to nature that is chiefly responsible for the testimonial, whether the testimonial be for a patent medicine, for a worthless electrical device, or for the various forms of absent treatment."

Judge Goodwin, whose reports have been back of most of the post-office fraud orders of recent years, and who, perhaps, knows as much as any living man regarding the devious ways of the men who play upon the credulity of the public, says:—

"In all my experience in this office, never has a medical concern, no matter how fraudulent its methods and worthless its treatment, been unable to produce an almost unlimited number of these so-called testimonial letters."

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#### The Tuberculin Test Vindicated

ON account of the opposition of Chicago dairymen to the tuberculin test, a bill has been introduced into the Illinois State legislature prohibiting the enforcement of the tuberculin test. The Chicago health officers have contended so vigorously for the efficacy of the tuberculin reaction that the dairymen, in order to show the fallacy of the test, selected fourteen fine-looking cattle that had shown the tuberculin reaction. Evidently they thought they had fourteen animals perfectly healthy or they would not have sent them. The animals were slaughtered and examined by the State and federal inspectors, who condemned every one of the animals as seriously infected with tuberculosis. Two cows which had not reacted to the test were slaughtered and found to be free from tuberculosis.

It is true that the tuberculin test may give a false result occasionally, but where properly carried out such cases are exceedingly rare. At the present time the tuberculin test is by all odds the safest and most accurate test for the presence of tuberculosis in cattle.

#### Are We Facing a World-Wide Plague?

THE reports of the plague situation in Manchuria are disconcerting, to say the least. Though it is confined at the present time to a comparatively small area, conditions are such that it may spread over the whole of North China. Already it has reached Peking, and this increases the possibility of its reaching other countries. The present epidemic, which is only an extension of the pandemic or world-wide epidemic which began in South China eighteen years ago, is particularly virulent. At present, the danger to America, on account of our limited commerce with the infected district, and our strict sanitary enforcement at ports of entry, appears to be remote. However, if it reaches us, it may prove to be less manageable than the plague which infects the ground-squirrels of California, from which only occasionally is there a human case.

The places now infected with plague include several places on both coasts of South America, widely separated localities, in Africa, India, China, Russia, Portugal, England, and California.

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#### Salvarsan as a "Patent"

WE trust that no readers of LIFE AND HEALTH are in need of treatment by this remedy, but to any one who innocently or otherwise has become infected, we say this remedy is not a certain remedy, and in unskilled hands it is dangerous. Quacks are already exploiting it, or rather exploiting the name, for they do not have the real medicament, as is shown by the following characteristic advertisement:—

"606, Prof. Dr. Paul Ehrlich's cure for blood poisoning, now on sale. All symptoms removed in two days. One dose cures. Remember, all symptoms disappear in two days. One dose cures

permanently. Salvarsan can be taken in the privacy of the home. For \$30 the '606 laboratories' will ship in plain, unmarked package the necessary dose, with simple directions."

A mean, wicked lie every word of it. If we sometimes have a feeling for the victim that "it served him right," we certainly do not want to see any one further fleeced by these conscienceless harpies.

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#### A Private Drinking-Cup

ONE need not carry a collapsible cup or a nest of paraffin cups in traveling. All that is necessary in order to have always at hand a brand-new cup is to have a supply of paper, eight inches square. Ten cents ought to purchase a year's supply. A cup may be prepared instantly from such a square sheet by the following method:—

"Fold the square diagonally. Next, fold the two distant corners over on opposite sides until the tips touch the opposite edges; crease them down. Separate the two layers of the middle corner, crease one over in one direction as far as it will go, and the other over in the other direction. If you now open with your fingers the edges left, you will find a substantial cup, good for one or two 'glasses' of water."

A few of these cups may be made up at home and carried folded flat in an envelope in the shopping bag.

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#### "Dirty and Dangerous"

THIS is the comment of the *California State Journal of Medicine* on a practise which purchasers should do all in their power to stop. In many pastry stores "the paper for wrapping packages, cakes, bread, etc., is in sheets, and when the saleswoman reaches for a sheet of paper she generally holds the cake or loaf of bread in the left hand, dexterously wetting her thumb with saliva to facilitate the quick detaching of the top sheet on the pile. Not infrequently that portion of the sheet of paper which she

has moistened with her spittle, is then turned in and wrapped against the food that is later to be eaten, thus transferring some of her sputum to others."

Every purchaser witnessing such a procedure should protest to the saleswoman, carry his protest to the proprietor, and if the practise is continued, deal elsewhere. Purchasers can compel cleanliness.

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#### The Public Need to Be Educated

A SODA - FOUNTAIN which displays a conspicuous sign offering to furnish individual paper drinking-cups on request, serves ninety-nine drinks in glasses to one in sanitary paper cups. The people do not appreciate the fact that drinking-fountain glasses contain germs from previous customers.

It is not enough to prohibit the use of public drinking-cups, for if sanitary cups are not provided to take the place, something worse will be used by the thirsty traveler. In one case a passenger was seen drinking from the cover of the drinking-tank, and not infrequently have they been seen applying the mouth to the faucet. Any such practise, of course, counteracts all the good that might come through the abolition of the public cup.

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#### If You Eat Pork, Cook It Thoroughly

DR. A. D. MELVIN, chief of the Bureau of Animal Industry, United States Department of Agriculture, Washington, D. C., having had from time to time reports of outbreaks of trichinosis from eating insufficiently cooked pork, has recently made an urgent request that all physicians warn their patients to cook the pork parasites before eating them. "Fresh pork should be cooked until it becomes white and is no longer red in color in all portions of the piece, at the center as well as near the surface." No, thank you, we do not wish any cooked parasites.



# THE MEDICAL MISSIONARY AT WORK



## A TOUR AMONG THE NATIVES OF SOUTH AFRICA

R. C. Porter

**T**HE Maranatha Mission gospel wagon has just completed a ten days' trip through the Tyumie Valley.

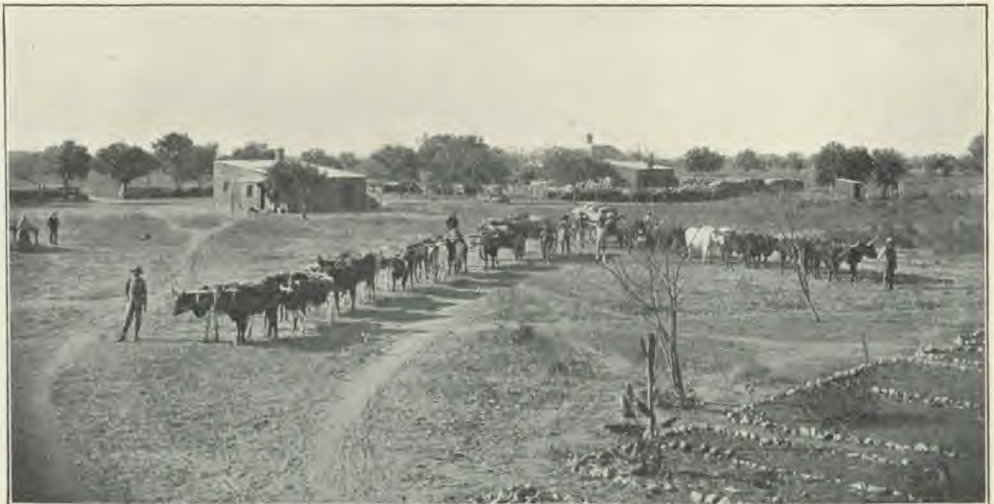
Our company was made up of Pastor W. S. Hyatt and wife, Willis and Rosa Hyatt, Dr. Thomason and wife, I. B. Burton, the writer and wife, Brethren Moko, Faba, and son Christian.

For some months we have been planning a trip with this gospel wagon among the natives of Kafirland, with the hope that we might learn the possibilities of a more rapid way of enlightening them with the message. Brethren Burton and Moko have done faithful work in this valley, and the little wagon is known and looked for with delight.

There are two classes of natives in

the Tyumie Valley. One class is the unconverted heathen, called the red Kafirs, and the other class is those who have accepted Christianity. The latter have adopted the European dress in place of the blanket; oftentimes it amounts to nothing more than a shirt, but is sufficient to mark the change from heathenism to Christianity. Through the influence of the wagon work both classes are friendly, and gave us a cordial welcome to their locations and their huts.

Our experience on this trip has fully demonstrated the possibility of gaining the confidence of the natives through the medical missionary work, and interesting them in the message by use of lantern lectures. This valley is thickly populated. The locations are near together,



SOLUSI, SOUTH AFRICA

Starting to market with grain from Seventh-day Adventist Industrial mission farm (8,000 acres)

many of them almost joining. Looking at them from a distance one would think them one continuous location. Our party walked to the top of a mountain, about two thousand feet high, and there spread out before us was a sight never to be forgotten. On one side was the Tyumie Valley, and on the other the Amatola Basin. These valleys are lined throughout with native huts, thousands of them. The soil is fertile, and their little plots of ground for vegetables and mealies, were in a flourishing condition. These valleys are the garden spots of Africa. The elevation is

high, the valleys sloping and surrounded by mountains, the air pure and bracing, and the scenery most delightful. It is little wonder that the white farmers covet these beautiful valleys. They are even now seeking to replace these locations with the farms and villages of civilization.

We spent from one to two days in a place while on this trip, that we might become acquainted with the interest that had been awakened by the wagon, which was in charge of Brethren Burton and Moko. In nearly every place we were greeted by from seventy-five to a hundred interested souls, who sat upon the ground and gave excellent attention.

The next morning all who were ill would come for medical treatment, and the doctor and his assistant were kept busy until about noon of each day. The patient would usually bring a small package of mealies, peas, beans, eggs (from one to a half dozen), a fowl, and some a small piece of money, to pay the doctor for his services. All who came were given faithful attention. Their confidence was shown by following us from location to location, bringing friends for medical attention, and reporting to the doctor the help they had received. In two or

three instances life was saved by the treatments administered. When the ten days' trip was completed, and the doctor glanced over his memorandum, he found that he had given nearly two hundred treatments.

This trip has fully demonstrated that this method of evangelistic work among the natives, remaining long enough in each place to give a full course of instruction and to enlist the people in gospel living, will prove to be the most effectual, rapid, and economical way of carrying a saving message to the native races of South Africa. Our company greatly enjoyed the time spent together, and believe it was profitably spent.



THE MISSION WAGON AND A NATIVE CHURCH



## HELPFUL MINISTRY

Alicia Richardson

**F**EEL constrained to write about my work, thinking that it may be helpful and encouraging to others. The Lord has blessed me in my work since I left the sanitarium at Wahroonga, nearly four years ago, and particularly during last year.

When I am called to a case, I always ask the Lord to make me a blessing in the home. The beginning of last year I was called to Townsville, and worked for the stewardess on the boat. She was much interested, especially in health and dress reform, and was supplied with literature.

I was looking forward to a good time at the conference, but after a few days was called away to a Presbyterian minister's home, about sixty miles distant. I never entered a home more in need of the gospel message. The children were incorrigible, and the husband smoked incessantly. The wife was my

patient. On one occasion the husband was so ill that he asked me to give him treatment. As I spoke to him of Christ's willingness to heal when we comply with the conditions by giving up all bad habits and relating ourselves rightly to him, he quite broke down, and inquired into the health principles. I was asked each day to write a menu, which I was only too pleased to do, and also to help in the preparation of the meals, when possible. A few treatments soon put him on the way to recovery, and he resolved to seek the Lord's help to enable him to live a more simple life. I have hopes for this man, and ask your prayers in his behalf. His wife also made a good recovery, and much appreciated our treatments.

The doctor asked me to take another case for him in a private hospital, and there I found a dear woman ready for the gospel. I had the joy of pointing her to the Saviour. She was very ill,



Brother Burton treating an African native, who is said to be more than a hundred years old. The large native standing is Brother Moko.

but as she improved she asked me to read to her, and said she never heard anything more beautiful in her life. She was well supplied with literature. I also had the opportunity of speaking to others, some at the point of death. I thank my Heavenly Father for giving me a humble part in his work.

I have just returned from another most interesting case. I had prayed that the next time I was called, it would be to a home where they were hungering for spiritual food. My answer came soon. One of the sisterhood from the Wesleyan Church called and asked if I would take a case in the suburbs, a lady member of their church. She said: "I have hunted all day in the heat, and can not get a nurse to go. Some refuse because it is near the holidays, and the Lord seems to have closed every door against me. Do not say, No. I was sent specially to you, and was told that you would not refuse, if you knew you could do good." I felt that this was my answer to prayer; so, after asking that the angels be sent to prepare the way, I accompanied her.

I found my patient very ill, and need-

ing an operation. I was greeted with, "I am sure the Lord sent you." The Lord blessed me, and made me a blessing here. The doctors were exceedingly nice, and gave way when our treatments could be used instead of drugs. In fact, one of them asked that they be given. I unfolded the Bible truth little by little as my patient was able to take it; she drank in every word and asked for more. When well enough, and at her request, I gave a study on the Lord's second coming, and the watchful preparation needed. Two of the children were taken ill, and I had the pleasure of seeing them recover after treatment.

I left literature in this home, and promised to call again soon with more. They will subscribe to our health journal. I learned that the husband's mother and brother had been to the sanitarium, and were in harmony with all they saw. The mother will again live out the health reform, and also subscribe for the journal, which she had given up. We need to pray earnestly for these dear people.

My prayer is that we may be kept humble, at the foot of the cross, that we may be used of the Lord.





## THE CIGARETTE AND THE BOY

**I**T is absolutely impossible for a cigarette-smoking schoolboy to grow into healthy manhood. Dr. Morgan Clint, in discussing the physiological effects of tobacco in general, says: "In the anemic, pasty-complexioned, undersized weakling called a cigarette fiend we see the effect of tobacco at its worst. Here is a youth who should be just growing into manhood, the possessor of vigorous health and strength. Instead we have an old man in his teens, prematurely aged and decrepit, who is injured both physically and mentally beyond all hope of repair. In school he is a dullard, incapable of concentration. Socially he can make no progress, for his person is offensive. In athletics he is a nonentity—he hasn't lungs enough to make even a good rooter."

A fever that kills ten per cent of its victims is a dreaded disease; one that kills twenty is a scourge; and a disease that kills half of those it attacks is a terrible plague. But cigarette smoking begun early in boyhood and continued, wrecks the health of every one of its victims. I do not know of a single exception. I have never known a boy who began to smoke cigarettes under the age of fourteen and continued the habit who was not a physical wreck before twenty-seven. And physical strength is not all that is sacrificed. No boy can be strong mentally and smoke. Teachers everywhere confess that it is practically impossible to educate a boy who uses to-

bacco—especially cigarettes. It so diseases the brain and nervous system that clearness and buoyancy of mind, application, and concentration are impossible.

With scarcely a single exception, from the commissioner of education down, all the superintendents, school boards, and teachers who have to do with the education of boys, are implacable foes to the cigarette habit. President David Starr Jordan, of Leland Stanford University, even forbids college men from using cigarettes anywhere on the university grounds.

H. H. Seerley, principal of Iowa State Normal, says: "In making a study of several hundred boys, continuing through a period of ten years, I have not met a pupil that is addicted to the habit that will go through a single day's work and have good lessons. So far as my observations have extended, not a single boy has passed the examination required for admission to the high school after he has acquired the habit; and not one has graduated from the high school who began the habit after beginning his course in the high school. Pupils under the influence of the weed are constant subjects of discipline, are not truthful, practise deception, and can not be depended upon."

Even more appalling, if possible, than the wreck of health and mind, is the effect of the cigarette habit on a boy's morals.

Judge Lindsey, of Denver,—and the boy never had a better friend than Ben

B. Lindsey,—speaks emphatically: “I have been in the juvenile court nearly ten years, and in that time I have had to deal with thousands and thousands of boys who have disgraced themselves and their parents, and who have brought sorrow and misery into their lives; and I do not know of any one habit that is more responsible for the trouble of these boys than the vile cigarette habit.”

With a pretty wide experience as a student of boys, a worker among them and for them, the writer is convinced that a clean moral life and the cigarette habit are practically impossible in the same boy. I have never seen nor heard of a single boy who began the use of cigarettes under fifteen and continued the habit who had not before the age of twenty-five become either immoral, a drunkard, a gambler, or a drug fiend; and most of them become the victims of two, three, or all of these deadly sins. And, of course, success is impossible. Neither wealth, fame, nor usefulness is in store for the cigarette-smoking school-boy. Cigarettes have been well named coffin nails. They are more; before the coffin is reached, they nail up every door to success. Across every call for help is branded, “No cigarette smokers wanted.” I have never seen a single boy who began the cigarette habit in his teens and continued it, secure and hold by his own worth and ability at any time in after-life a position that paid as much as a hundred dollars a month.

The ease and frequency and apparent cheapness by which this habit may be practised doubles its evils. And how to keep the boy from the cigarette and the cigarette from the boy has become a vital question to every lover of the human race. The motive that prompts the formation of this habit—and many another bad one—is the boy’s desire to be a man just as quickly as possible. Were it merely a matter of choice, nine boys

out of ten would wake up in the morning with beards. They imitate men; and, naturally, words, acts, and habits that are emphatic, unusual, or swaggerish make a strong impression on the youthful observer. Oaths (because usually spoken with emphasis), reckless driving, a peculiar gait, a hat tipped back, the rolling of a cigarette, puffing the smoke, the offhand way of asking each other for the “makin’s,” all appeal to the boy as something interesting. And as he does not discriminate in selecting habits of men for imitation, he quite naturally chooses the ones that have impressed him most.

To counteract this, the mother should begin early and make every possible effort to enlist the assistance of the men of the family and the friends, in emphasizing before the boy worthy traits and habits. Nothing is better for this purpose than clean athletics. Give the boy something he can excel in, give him a chance to attract attention in a commendable way. Also by story and example and straight teaching impress on him that the smoker is the weakling, the dullard, the one left behind in every contest both in manly sports and the work of life. And, of course, teach him the evil of it—that is wrong; that while successful men sometimes smoke cigarettes, it may ruin even them; and they would not have succeeded had they begun the habit in boyhood.—*W. H. Hamby, in American Motherhood, December, 1910.*



#### Contamination of Foods Exposed for Sale on the Street or in the Shop

**L**OOK about you anywhere. In a pedler’s cart, more or less foul, are scattered vegetables, fruit, and fish, perhaps, often of doubtful quality, heaped together in confusion, without protection from the dust or flies. Innumerable

bacteria accumulate on these food articles. Flies bring germs of infectious disease.

"One buyer after another appears, handles the fruit and vegetables, picking up one article, laying it down, and then another article, with unclean hands."

Foods sold under such conditions swarm with germs of all kinds, including those which cause disease. Yet these foods, whether fruit or vegetables or fish, are taken home, handled by various members of the family, and not infrequently eaten without sterilization or even washing. The child picks up an apple or a bunch of grapes and proceeds to eat the fruit at once. A few days later it comes down with an attack of cholera infantum, and dies. What a puzzling case! Where did the child get the infection? A visitation of providence! Such are the comments, perhaps. An enormous amount of filth of the most deadly kind is consumed under ordinary conditions of life. Small wonder that infectious diseases abound, and that infants and children die off by the hundred and thousand in the hot season. It is not the heat but the dirt, with its accompanying microbes, that produces the slaughter of the innocents.—*Professor Heymans, read before the International Food Congress, Brussels, October, 1910, with comments by Dr. A. B. Olsen.*



### Alcohol as an Active Cause of Insanity

NOT much time need be spent in discussing whether or not the use of alcoholic drinks is an active cause of insanity. This is a question that will receive an affirmative answer, not only from alienists and physicians generally, but also from all intelligent students of

the effects of alcohol upon the human body.

Although known universally as an academic truth, the great importance of alcohol in the production of insanity is realized by comparatively few. Certainly it is not appreciated by the man in the street, or there would be fewer saloons and other drinking-places.

Pennsylvania is now supporting, in whole or in part, in thirty hospitals nearly sixteen thousand indigent insane, a very large proportion of whom owe their unfortunate condition directly or indirectly to the toxic effects of alcohol. If statistics are desired, we may quote the investigation into the causes of insanity of several thousand patients admitted into the Manhattan State Hospital, which, as recently reported by the superintendent, Dr. Mabon, shows that about thirty-three per cent of the cases of insanity are due directly to alcoholism, and if those are also counted in which alcoholism acted only indirectly, the proportion would be increased to nearly sixty-six per cent of the male patients.

In the Canal Zone itself alcoholic drinks are excluded, but I was informed that in the adjoining city of Panama the drinking of rum is very common among the lower classes, so that a large proportion of them are constantly more or less under the influence of alcohol. By an arrangement between our government and the republic of Panama, the insane of that country are admitted into the United States Hospital at Ancon. In this hospital alcohol is recognized as the greatest active cause of insanity among the natives.—*Frank Woodbury, M. D., secretary to the committee on lunacy of the board of public charities of Pennsylvania.*

# 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 CARE OF NERVOUS CHILDREN

**N**ERVOUSNESS depends on two factors, hereditary constitution, and environment especially during childhood. There is great difference in opinion as to the relative importance of these two factors; but we may accept it as certain that both nature and nurture are of great importance. We can not deny that much that is attributed to heredity is due to imitation, and can be prevented by removal from the family at an early age. Children become nervous through faulty education, even when the heredity is good. Faulty feeding in infancy and early childhood may lead to such impoverishment of tissues and stunting of growth that complete recovery from the effects is never possible. Fortunately, parents are now being carefully instructed as to the importance of breast milk for infants and of a liberal diet during the early years of childhood. The child should have an abundance of good food, including animal food, vegetables, and fruit, but avoiding the use of tea, coffee, condiments, and alcohol. The child should be taught to eat all good foods and to avoid food antipathies.

Children should not be too tenderly brought up, though we should as carefully avoid the other extreme. The child is unfortunate who is reared so as to be sensitive to the least changes of weather. Cool baths in the morning and walks in cool weather, with outdoor life,

are better for the child than hot-house treatment.

Bodily exercise and harmonious development are advisable. Play is an important factor in the life of the child. The "only child," without play companions, is much to be pitied. Such exercises as running, walking, and horseback riding are desirable forms of bodily activity. In the city gymnastic movements may afford the most available exercise for the child. "My System," by J. P. Müller, is an excellent compendium of exercises without apparatus, and I can recommend them heartily for children or for older persons. Nervous children even more than normal children require systematic exercise. But care must be used in prescribing exercise for nervous children, who should be under the care of the family physician, in order to avoid excessive exercise. Overindulgence in tennis and such games must be avoided, especially with those having a neuropathic taint.

Every child should be put through a course of psychic hardening and should be taught to endure pain and hardship.

Physicians who attend nervous patients can determine that most of these patients have not in childhood been trained to bear pain and inconvenience, or to adjust themselves without complaint to the disagreeable. The boy who learns to stand bravely the pains and the accidents of the gymnasium is more



likely to endure the hardships of life.

In the training of girls, not too much attention should be given to their likes and dislikes. When a child shows a great tendency to nausea without sufficient provocation, the family physician should be consulted as to the advisability of commencing a course of psychic hardening.

Often suffering is caused by an abnormal idea. It should be the aim to train children to a tolerance of disagreeable feeling-tones as early as possible in life. If this is early done, the ability to control passions and emotions will be greater.

Above all, it is important to overcome the tendency to give way to emotions. Children should early be given to understand that they must control themselves before they can get what they want. The child must learn that it is more apt to get what it seeks if it controls itself than if it gives way to an emotional outbreak. Beginning later in life, it will be found almost impossible to control this emotional instability.

Vacillation is another characteristic which must receive especial attention in childhood. Parents should see that the child finds in them no example of this failing. While a few children of the "hair-trigger" type need to be taught deliberation in making decisions, most children should be encouraged to make a decision and stick to it.

Another matter parents must guard is the criticism of neighbors. Such criticism favors a malevolent spirit, which has a most pernicious effect on the nervous system.

But the child should not be protected from everything which might stir his emotions. He needs such experiences in order to learn self-control. While a hot temper is bad for the child, it is less damaging than a habit of holding a grudge, which grows by degrees into the persecutory ideas of the paranoid state.

But at best sudden outbursts of emotion or passion, if frequently repeated, are very deleterious to the nervous system. The attempt to avoid or overcome these attacks either by petting or by punishing is not apt to end well. As a rule, it is best to ignore the attacks, and, as far as possible, forestall them. To older children one can explain the lack of dignity and senselessness of giving way to anger. Such lessons given during seasons of calm will often have the desired effect.

A mistake often made by parents and oftener by nurses, that of frightening children with stories of the boggy man, the policeman, etc., is apt to set up nervous disturbances which last through life. One must learn how to deal with the fear of being alone, the fear of the dark, and the fear of thunder and lightning. Certain of these fears are easily overcome, especially by an example of courage on the part of older persons.

Sometimes fear is a symptom of disease, and the child should be examined by a physician. Night terrors, for instance, may indicate the presence of adenoids.

But we must not think that a lack of feeling is desirable, or that it protects against disease. We should not forget that the emotions have very much to do with the child's future nervous make-up. The elevating emotions are constructive, helping to build up a strong nervous system; the depressing emotions, if long continued, are damaging, and have the opposite effect.

The child should be given the highest development possible, but always at a suitable age. It is a mistake to give children experiences at an age when they can not be appreciated. "The child's childishness is its greatest asset."

One of the greatest pleasures and the best protection is the joy of work, but avoid overwork. The best tonic is enjoyable work. The country is a more

favorable place in which to rear nervous children than is the city.

Nervous children should not be sent to school too early, and should not be pushed ahead too fast. Competition is dangerous to the nervous child. Sleeplessness is a danger-signal. In children it is often due to indigestion, mental overstrain, or premature sexual excitation. If it persists, a physician should be consulted.—*Lewellys F. Barker, M. D., address before the Public Health Conference of the Medical and Chirurgical Faculty of Maryland, Feb. 10, 1911.*



### Food Problems

THESE are two great problems confronting us: First, how are we to feed humanity as humanity continues to gravitate more and more to the large centers? One solution is *decentralization*. Establish factories in the towns instead of the cities. This will make better markets for the farmer, and give the factory laborers a better chance to breathe.

The second problem is the delivery to the consumers of *pure* food, especially pure milk. One hundred of every one thousand babies die under one year. One hundred seventy out of every thousand die under five years. These deaths are very largely the result of malnutrition, from artificial feeding and dirty milk. The best food for the infant deprived of mother's milk is clean modified milk, as near as possible like mother's milk; but there is not a city government that spends a dollar to provide such milk.

If the baby gets sick, the usual plan is to send for the doctor; but what the baby needs is nourishment, not pills. The fault of the bad milk does not lie with the dairymen, but with the schools, which teach nothing about milk, but insist that the pupil shall know what river flows into the sea of Azov, and what direction

London is from the north pole. The schools, to be practical, should teach less geography and more hygiene.

We as a nation are now concerned with the problem of prolonging life; but after all, this is a question of food more than anything else. Age is not measured by years but by the condition of the protoplasm in the cells.

In India, where the natives are half starved, the average age limit is twenty-one years. In Europe, where they are well nourished, the average is fifty years. In the United States, the average is forty-four years. Hence nutrition has very much to do with the length of life. It is much safer to eat a little more than is needed than to eat a little less than is needed. With a well-nourished body we are more apt to escape tuberculosis, typhoid fever, and other infectious diseases. If we are undernourished, we invite these diseases. The reason is that full nourishment gives an abundance of phagocytes, or body defenders.

Another problem before us is to insure that people shall get what they buy. We do not want cold-storage foods, chemically preserved or decomposed foods.

There is a great cry in favor of personal liberty. There is something attractive about it. But when we gather into congested communities, we find that the welfare of society demands that the liberty of each must be curtailed for the good of all. The law must protect the multitude.

In our complex civilization the individual has no time to look out for himself—to analyze his canned peas and test his other foods. It becomes necessary that the government make provision which will insure that each one shall be able to purchase foods properly branded as to their contents.—*Dr. Harvey Wiley, lecture in the chapel of the Foreign Mission Seminary, Takoma Park, D. C., Feb. 21, 1911.*

# SOME BOOKS

**Foods and Their Adulteration:** Origin, Manufacture, and Composition of Food Products; Infants' and Invalids' Foods; Detection of Common Adulterations, and Food Standards, by Harvey W. Wiley, Ph. D., chief chemist United States Department of Agriculture. Second edition, revised and enlarged, including a very complete article upon "Infants' and Invalids' Foods." 100 pages of new material. Eleven colored plates and 87 other illustrations. Octavo, 641 pages. Cloth, \$4 net.

One feels in regard to Dr. Wiley that he has by his continuous specialized study earned the right to prepare such a book as this, and one can accept its teachings in confidence that they have been prepared only after the most careful consideration.

Many physicians are coming to believe, with Dr. Wiley, that proper nutrition is extremely effective in preventing disease and that proper feeding, based on scientific principles, is the most effective remedy. An accurate knowledge of foods not only preserves health but is the most helpful adjunct in the treatment of disease. This book does much to enlighten the mind of the lay public on this important question.

The body of the book has been thoroughly revised, many paragraphs having been entirely rewritten, though in general the text and sequence of the articles remain as in the previous edition. Two important sections have been added, one a carefully prepared article devoted to infants' and invalids' foods, describing their preparation and care, and accentuating the supreme importance of the natural supply of milk for infants and, where this fails, the proper substitution of fresh, clean cow's milk, properly modified.

The first edition was sold out within a comparatively short period, and yet it was necessary, after so short a time, to revise thoroughly in order to bring the book up to the present day.

The book is designed for the scientific man and the manufacturer and dealer in foodstuffs as well as for the purchaser and consumer. It contains much information about food values and the use of food for bodily nourishment, and other instruction helpful to the householder.

Perhaps a third of the book is devoted to a

consideration of flesh foods, in which many LIFE AND HEALTH readers may not be particularly interested, but whatever one's practise in eating he will find in this volume much information that is valuable and life conserving.

**The Bible and Wine**, a translation of all texts referring to wine and strong drink, by Ferrar Fenton, M. A. R. S., M. C. A. A., etc., with an appeal to the archbishop of Canterbury in reference to the use of intoxicating wine at the communion, by John Abbey. Third edition, revised. Published in London. Mailed at 35 cents the copy by the National Temperance Society, 3 East Fourteenth St., New York.

The author of this book, an Oriental scholar who has translated the entire Bible into modern English, has brought to the study of Bible wines a ripe scholarship, entitling him to discuss with authority the original words and their meanings.

He believes the representatives of Christianity have misrepresented their sacred Book by making it give countenance to practises which are condemned by the Mohammedan Koran. "The records of the Christian Scriptures," says Fenton, "more emphatically condemn intoxicants than the Moslem Koran, and Christians ought to be taught the fact."

**Open-Air Crusaders**, a report of the Elizabeth McCormick Open-Air School, together with a general account of open-air school work in Chicago, and a chapter on school ventilation, edited by Sherman C. Kingsley, general superintendent of the United Charities of Chicago.

This is a book of inspiration and of practical instruction. It tells what has been accomplished and how, what difficulties have been encountered and how met, and the results in the open-air school movement in Chicago.

The book is well illustrated with photo-engravings and has numerous charts and diagrams. Any one interested in open-air school work should make application to the United Charities, 51 La Salle St., Chicago, who, through the generosity of the Elizabeth McCormick Memorial Fund, are enabled to place the book before the public free of charge.



## Discussion of Articles on Hygiene and Kindred Topics Which Appear in the May Issues of the Magazines

### Pearson's Magazine

"THE Cure for Pneumonia, the Story of a New Treatment for This Disease Which Has Failed Four Times in Four Hundred Trials."\* We must confess when we saw this title the first impression was, "Another sensational magazine hoax." It seemed preposterous, and the medical journals have said nothing regarding this new cure; but a perusal of the article is sufficient to convince one that they have been doing things in Bakersfield. Dr. August Francis Schafer, of Bakersfield, Cal., has, according to this article, demonstrated by the cure of literally thousands of cases, that he has found not only a cure for pneumonia, but that it is efficacious in other diseases, such as typhoid fever and even tuberculosis. A number of prominent San Francisco physicians have given testimony to the efficacy of the new method, which is to use a vaccine prepared from cultures of the three germs, pneumococcus, staphylococcus, and streptococcus. Any one interested in this subject should obtain a copy of the May *Pearson's*.

### Woman's Home Companion

No activity is more commendable in a periodical intended for the home than a campaign against filth and disease. Such a campaign is being conducted by the *Woman's Home Companion*. "The Deadly House-fly,"\* describing the habits of this ubiquitous insect, and telling how to rid the premises of its presence, is a peculiarly timely editorial which appears in the May issue. The time to deal with flies is before "fly time."

"The Child's Courage"\* is a practical talk to mothers by an experienced and wise mother, regarding the reprehensible but very common practise of inculcating in children a fear of such things as animals, boats, water, burglars, fire, and the like. She herself grew up in terror of many such things, and remembering her own childhood

she was careful to caution her children—when she found caution necessary—without arousing their fears. Mrs. Graham gives a very instructive account of how she dealt with the fears that naturally developed in her children. She believes that women properly instructed may have as much physical courage as men. Her instruction regarding the teaching of moral courage and truthfulness to children is particularly apt.

### The Designer

"The baby had to go—we could not abolish him. He had to go, and on a transcontinental journey. How to take him and preserve his amiability and ours became the problem. He was only two months old, fat, blue-eyed, and fond of kicking. A modern baby, he had never been handled or bounced, but had led a simple baby life under the swinging trees by day and in a cozy bed by night. How could we maintain the accustomed quiet and cleanliness on such a trip, with a snorting engine spitting cinders, and only a hot, dusty, velvet seat for him to lie upon?" This is the problem discussed in the article, "A Baby Traveler's Outfit,"\* in which the writer outlines how one fortunate baby made the trip across the continent, with practically as much benefit as he was accustomed to in his own home. The article is well written, and gives careful directions looking to the health and comfort of the baby, and the comfort of the parents.

"The Unexpected Guest and What to Serve Her,"\* contains many excellent suggestions. There are the usual suggestions by *Designer* cooks, "Attractive Garnishes,"\* and other features of interest to the housewife.

### The Delineator

Emma Paddock Tilford, in "The Good Green Things to Eat,"\* gives a number of excellent recipes for the preparation of spring vegetables, especially apt for May.

"Running a House by Rule,"\* gives careful directions for the various processes of cooking.

### Mother's Magazine

Dr. Caroline A. Watt has discussed in an interesting manner "Catarrh and the Most Modern Methods of Treating It." She strongly advocates outdoor exercise, and quotes Prof. Wm. E. Watt, of the Graham public school, Chicago, who says: "After eight weeks of life in the fresh-air rooms, our physician examined the pupils for catarrh in the head. Among the ninety pupils he found two who had nasal discharges. In the next two rooms (hot-air rooms) he found forty with nasal catarrh.

Ten years ago Mrs. Mary H. Willard, of New York City, started in business in one room with one employee, six quarts of broth, and five hundred booklets. To-day she is at the head of an invalid supply house which is known throughout the East. Laura A. Smith has described the establishment and its rapid growth in "Home Bureau and Medical House."

The "Diet of High-School Girls," is an account of the investigation of its author, Paul Oehme, along the line of schoolchildren's feeding.

The department "Baby's Realm," by Kate Davis, contains discussions of the following subjects: Breathing exercises, the value of buttermilk for children, the uses of olive-oil, treatment for stings and insect bites, the tonsils, the injurious use of highly seasoned foods for young children, treatment for cold or grip, and treatment for bowel disturbances.

### Country Life in America

"Cutting Loose From the City" is a series of personal experiences of people who have left the city, and gone to make a living on the farm. In half of the instances recorded, failing health was given as one

of the causes, if not the chief reason, for making the change; and, in every case, the writer has reported greatly improved health, after two or three years in the country.

### The World's Work

"The Urgent Immigration Problem," based on the report of the Immigration Commission.

"A Right Fourth of July," showing how we are becoming more "safe and sane" in the celebration of our national holiday.

### The Chautauquan

Nearly every issue presents topics of sociological interest which are therefore related to public hygiene. In the May issue Elbert F. Baldwin, in "The Human Side of the United States Treasury," gives an account of the institution of the postal savings banks. Another paragraph gives the latest news regarding this last venture of Uncle Sam. "Twelve Months of the Peace Movement" records an advance in the movement for universal peace such as has been gained in no previous year. Other topics of interest are: "Great Britain's Labor Exchange," "Social Changes Reflected by English Vital Statistics," "Remodeling Cities," "Helping the Unemployed."

### Good Housekeeping Magazine

"Health Talks for Boys," by Bertha H. Smith, an account of the training in the course in sexual physiology at the Polytechnic High School of Los Angeles. "Michigan's Sanitary Campaign," by Floyd W. Robinson, State analyst. "Hopeful Oregon," an account, by Stella Walker Durham, of the clean food campaign in that State. "Indiana Educates the Consumer," by Harry E. Barnard, B. S., State food and drug commissioner. The address of *Good Housekeeping Magazine* is now 381 Fourth Avenue, New York.

### Harper's Bazar

"Mrs. Belmont's Suffrage Hospital," by Ethel Lloyd Patterson; "Flesh Reduction," by Martha Cutler.

\*The articles designated by the asterisk have been read by the editor of LIFE AND HEALTH.





**Vermont Abolishes Drinking-Cup.**—The State board of health of Vermont has forbidden the use of common drinking-cups in all public places after May 1, 1911.

**A School of Tropical Medicine.**—New York City is to have a tropical school of medicine in connection with the New York Postgraduate Medical School and Hospital.

**Medical Wit.**—"The patient must trust his doctor, but it is a poor rule that works both ways." "No man is a hero to his valet, and no woman is an angel to her physician."

**Results of Ehrlich's Treatment.**—As a result of the treatment of twelve thousand cases of syphilis by "606" there were twelve fatalities, not necessarily due to the drug, and a "cure" in over ten thousand of the cases, about ninety per cent.

**Cigarettes Barred in Utah.**—The Utah legislature has made it a misdemeanor to sell cigarettes or cigarette-papers in that State. A medical contemporary queries whether the people of Utah consider cigarette smoking worse than plural marriage!

**Operation of Pure Food Law.**—The Department of Agriculture has secured more than seven hundred convictions for violation of the law, and the good work goes merrily on. The law has not yet made all food men good, but the tendency to substitute and misbrand is diminishing.

**Increase of Insanity and Nervous Disease.**—A recent medical journal contains two articles by prominent medical men, one denying that insanity is increasing, the other proving by the hospital records that the proportion of nervous diseases to other diseases is not increasing; and this in Boston!

**Danger from Quinin.**—A recent investigator reports that the administration of continuous small doses of quinin to animals in a proportion such as is used by man in the prevention of malaria, resulted in a marked impairment in the growth of the animals. It would seem that the use of small doses of quinin is by no means harmless.

**Plague Rampant in India.**—India seems to be doomed to another plague epidemic. In one week recently there were nearly twenty-five thousand new cases with more than twenty-two thousand deaths.

**Pure Food Laws in Other Days.**—In Germany, it is said, a maker of a doctored wine was once condemned to drink a gallon of his own wine, from the results of which he died. Suppose some of the canners in this country were condemned to eat their own stuff!

**Bill of Health Before Marriage.**—A bill was presented to the New York Legislature providing that no marriage license shall be issued until each of the contracting parties has presented a physician's certificate of freedom from contagious disease, and making it a misdemeanor to secure by fraud such certificates of health. It is not likely to pass.

**Name Malta Fever to Be Changed.**—Because this fever is not confined to Malta, but found in many localities, an appeal has been made to the government for a more appropriate name. The name melitosis has been suggested, from the name of the germ causing the disease. After all, is not this really from Melita, the ancient name of Malta?

**Adulterated Cheap Candies.**—It is reported that the shellac varnish with which cheap candy is often coated contains appreciable quantities of arsenic, some samples having over one eighth of one per cent. Such an amount of arsenic can not but be injurious, if a considerable quantity of the candy is eaten.

**Slaughter-Houses Unsanitary.**—A joint investigation of the St. Louis slaughter-houses by the city health officer and the State pure food department revealed shocking conditions, and the city health officer has called a meeting of all butchers to discuss the establishment of a public slaughter-house. But St. Louis is no worse than most cities in this respect. There are a few slaughter-houses that are passable. For the rest no adequate adjective has been coined.

**Sanitary Drinking-Fountains.**—The New York City schools are to have sanitary drinking-fountains to replace the present drinking-cups.

**Bee Plague in England.**—A mysterious and disastrous disease is reported among bees in England. It is said that a bacillus is found similar to the plague bacillus.

**The Jews and Disease.**—Fishberg, in his study of the Jews, attributes the immunity of the Jew from tuberculosis to the many generations of life in the Ghetto, where a hard life has weeded out the susceptibles. The lower infant mortality he attributes to the universal practise of breast-feeding by Jewish mothers, and the better care given their infants. Jewish mothers very rarely go out to work after marriage.

**Social Status and Birth-Rate.**—A recent book, a study of the effects of environment on the Jewish race, states that wherever the Jews are subject to hostile legislation, placing them on a low economic and intellectual standard, the birth-rates and marriage-rates are higher than when they are permitted to attain a higher social and economic level. They increase in spite of the efforts of their persecutors. Theodore, take notice, and apply the screws to Americans.

**Exterminating Mosquitoes.**—New Jersey is already beginning its summer campaign against mosquitoes, by draining marshes and applying oil.

**The Sleep Cure.**—There has recently been established in Touraine (France) a somnarium, or institution for the treatment of nervous disorders by rest and sleep.

**Protection of Foods.**—The Boston board of health has begun the strict enforcement of its regulation requiring that meat, fish, vegetables, berries, and other food articles exposed for sale must be protected from flies and dust.

**A New Narcotic.**—In the South African war soldiers short of matches made use of the rods of cordite, or smokeless powder, to transfer a light from one pipe to another. It was soon discovered that the smoke had a narcotic effect; and since, cordite has been used for its narcotic effect, being taken in the mouth as a solid, or dissolved in tea. When taken in hot tea, it produces a delirium followed by sleep. Opium and alcohol are taken in small doses to straighten out the victim after a cordite debauch. Long use of cordite causes visual illusions, timidity, weakness, and physical, mental, and moral breakdown.

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**Micro-organism in Infantile Paralysis.**—A report comes from the department of health of Pennsylvania stating that the laboratory workers in the department have discovered organisms in the blood of patients having infantile paralysis, and in the blood of monkeys in which the disease was induced experimentally. The organism was not found in the blood of normal persons or normal monkeys.

**Smallpox in London.**—London is having an experience with its old enemy. It is scattered pretty well over the city. Seven children under the age of eight were attacked. The two who were vaccinated had very mild attacks, being scarcely ill. Of the five unvaccinated children four died. Perhaps the parents of the dead children had protested against their children's being infected with the foul virus! The two who were thus "infected" are alive to tell the tale.

**The Pure Food Law.**—It required about twenty years of effort to get Congress to pass the Food and Drugs Act. Since its adoption there have been few protests against its working, though many arguments in regard to its commercial effects were raised in advance. The law has proved a benefit not only to the consumer but to the honest manufacturer. More than fifteen hundred violations of the act have been taken up by the Agricultural Department, and of these more than a thousand were recommended by the Attorney-General for legal action. Many thousands of dollars have been imposed as fines, exclusive of court costs. A large number of violations of the law were discovered in the misbranding of various extracts, medicines, foods, condiments, spices, etc.; and

the inspection of drugs has resulted in increasing the standard of purity, greatly to the benefit of the public.

**Death of Professor Escherich.**—One of Austria's illustrious physicians, a remarkably fine teacher and one who has devoted his life to the prevention of unnecessary infant mortality by getting mothers to feed their babies with their natural food, and by securing the delivery of pure milk for those unable to nurse their infants, has recently died. The discovery of the colon bacillus by him has probably done more than any other thing to make his name familiar.

**The Dresden Exhibition.**—Practically all civilized nations have expressed their purpose to be represented at the International Hygiene Exhibition, Dresden, Germany. A notable exception is Great Britain, the minister of commerce having stated that neuormuos shrdlucmfwypaoao stated that numerous other expositions were making such demands that the department of commerce would not be able to participate in this. Doubtless the medical profession of England will make an effort to secure adequate representation.

**Schools to Adopt Practical Hygiene.**—Supt. A. T. Stuart, of the Washington high schools, has determined that hereafter, in place of the text-books on physiology, the schools will make use of books teaching the elementary principles of hygiene. He says, "We do not want to set pupils down now to learn the bones of the body; but we do want to teach them such elementary topics as the care of the teeth, how to breathe, why sleep is needful, to avoid the use of narcotics and stimulants, and other fundamental principles of how to keep well."





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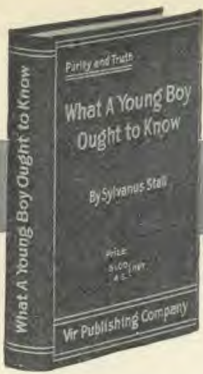
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