

GOOD HEALTH



December, 1904.

How the Body Defends Itself
against Disease.

Diet Reform in England.

Is There Hope for the Drug
Habitué?

Beautiful Hawaii — *Illustrated*.

Christmas for a Year.

Battle Creek Sanitarium Day at
the World's Fair — *Illustrated*.

A Simple Christmas Dinner —
Illustrated.

The Glendale Sanitarium — *Il-
lustrated*.

CHAUTAQUA SCHOOL OF
HEALTH: Blood-building
Foods; The Night Care of the
Patient; The Sun Bath, or
Insolation (*Illustrated*); Some
"Dont s" in Relation to
Clothing.

Hundred Year Club.

Editorial.

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Good Health Publishing Company

115 Washington Avenue North, , Battle Creek, Michigan

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Is the oldest health journal in the world. It is owned and published by a philanthropic association organized for the purpose of promoting hygienic reform in general and especially dietetic reform. There is no private interest, and the journal is not the organ of any institution or association other than its own.

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Where Should an Invalid

Spend the Winter?



THE answer is easily found.

The invalid should spend the winter where he may find greatest profit for his health.

Shall it be a warm or a cold climate?

There are considerations to be thought of.

Warm weather in winter time is an attractive novelty.

Flowers, palms, bananas, and other tropical growths in January are delightfully luxurious and seductive.

But the system needs the stimulus of cold, dry air. There is no other tonic half so valuable.

Heat depresses, enervates, weakens, lowers vital resistance, breeds germs, and invites disease.

The delights of a tropical winter annually allure away from the frost and snow of the north thousands who are quite unconscious that Jack Frost, though a very austere and blustering sort of fellow, is, after all, a good friend, and especially to chronic invalids.

The keen, cool, crisp, oxygen-laden air of December to January is the purest, sweetest, most healthful of the year. There are no germs in it, no dust in it, no poisonous gases of decay from bogs or barnyards in it; only pure, life-imparting oxygen, condensed, vitalizing, stimulating, appetizing. Appetite, as Pawlow, the St. Petersburg savant, has shown, means gastric juice—digestive power.

So cold air purifies the blood, energizes the heart, puts new vim into the muscles, helps the stomach, wakes up the liver, lifts the whole being to a higher plane of life.

The "winter constitution," which all animals put on when cold weather comes, is hardier, tougher, more enduring, more resisting to disease than the feebler "summer constitution" which springtime brings to northern dwellers, and which tropical animals and men have all the year round.

This "winter constitution" is just what the chronic invalid needs.

The consumptive gets it by living out of doors in a tent, sleeping with windows open, and getting close to nature. The "winter constitution" which he cultivates, eats up the germs which are consuming his lungs, and thus cures him. It is the cold air that does the work.

The most successful consumption resort in the world is Davos, a winter resort in the Swiss Alps, near the Engadine, where the

snow is six feet deep and the temperature close to zero all winter. Every winter, hundreds of tubercular patients from all parts of the world resort to Davos to take the "cold-air cure."

Cold air cures. There is no doubt about it when it is accompanied by wise and skilful management and careful regulation of diet. Highly nourishing, easily digestible food, massage, electricity, baths and other sanitarium methods are essential for the fullest success.

That which will cure that dreaded disease, consumption, will cure almost every other chronic malady.

The body heals itself. What the sick man needs is a more vigorous body and cleaner blood, for "it is the blood that heals."

There is, perhaps, no place in the United States where an invalid can be so comfortable in the wintry weather of the year—late autumn, winter, and early spring—as at the Battle Creek Sanitarium.

There is no winter inside of the great absolutely fireproof main building of the Battle Creek Sanitarium: an artificial climate (70° F. during the day, and 60° F. at night); perfect ventilation for each room; pure warm air in rich abundance—9,000 cubic feet per hour for every guest. This is the way that out-of-door purity is maintained. Warm floors; kitchen and dining-room at top; no smells; solid walls, partitions, and floors,—no place for bugs; no harmful drafts, no dust.

There is probably no place in the region of frost and snow where an invalid can find so favorable conditions for wintering as at the Battle Creek Sanitarium. Nowhere else has so successful an effort been made to create an artificial climate, on a scale large enough to meet the needs of several hundred invalids. In the great solid structure summer reigns from October to April more uninterruptedly than from May to September. There are no chilly mornings or evenings; no raw, damp nights; no cold, drizzly days; and on the other hand, no oppressive tropical heats. Seven acres of floor space inclosed by heavy impervious walls through which the cold can not penetrate; thick stone floors which, once warmed by the radiation from heated steam pipes, remain warm the whole winter through, making cold feet from cold floors impossible,—a difference of not more than ten degrees between day and night; air always dry, pure, full of ozone, unmatched by

any natural climate on earth; with palms, flowers, foliage everywhere, to remind one of summer.

Thus perfect protection is offered those who need it, while those who need to be hardened by contact with cold air, are able to secure the benefits of this great invigorating force whenever desired, day or night, and to any desired degree or extent. In the summer season this great healing force is available only in small measure by means of cold baths, ice rubs, and fans; but in the winter season, the keen frosty air is everywhere ready to be put to work as the great uplifting power it is when rightly applied.

Warm air comforts and allures,
But cold air hardens and cures.

A mammoth gymnasium for exercise; two great swimming pools; a grand solarium; ingenious mechanical exercise machines; and a great palm garden in which the patient may easily imagine himself in a tropical clime as he sits cosy and warm under a great palm or a banana tree rising twenty feet above his head, — these are features well calculated to produce an atmosphere of summer in the coldest weather.

One does not realize it is winter until he looks out of doors, except for the buoyancy of his spirits, the elasticity of his step, the keenness of his appetite, and the joy of living, which returning vigor brings.

Under the doctor's prescription, excursions are made into the outer region at the proper hours and with suitable precautions, — sleigh-rides, tobogganing, walks, skating, and skiing for strong folks; "air packs," that is, lying out of doors enveloped in cold-proof wrappings, for feeble folks, — from which everybody comes back with a keen appetite for the nourishing, easily digestible food which the Sanitarium menu supplies in rich abundance. Nowhere in the world can an invalid find such a rich and endless variety of wholesome, toothsome, tempting delicacies, easily digestible, even predigested, and so daintily served, as at the table of the Battle Creek Sanitarium.

The winter season, under right conditions, affords the chronic invalid the best possible chance for recovery. All persons suffering from a chronic malady are in need of one and the same thing; namely, more health, — a higher degree of vitality, of resistance, higher nerve tone, higher digestive tone. Hence every chronic sufferer requires tonic treatment — tonic conditions. The winter season alone provides continuous tonic conditions. The dense air, containing from one-eighth to

one-fourth more oxygen than midsummer air, stimulates all the vital processes to a higher degree of activity. Air is a curative force, in operation day and night, and steadily lifts the patient up to a higher level until the ebbing tide of life turns backward, and the re-ovating forces of the body resume their activities with all the old-time vigor.

An outdoor sun bath finds a complete substitute in the electric bath. Powerful arc lights concentrated upon the body by means of highly polished metal reflectors produce effects the most powerful of which light is capable. In three or four minutes the skin may be as red as if exposed to the sun for half an hour, and in seven or eight minutes a veritable sun burn may be produced when this is desirable. An eminent French doctor in prescribing for some puny infants presented to him by a titled lady, horrified her by the command, "Roast them, Madam. Roast them, — in the sun." An electric-light "roast" may be four times as powerful as a sun bath, thus securing the effects of the actinic rays in a very much shorter time. The actinic ray of the arc light is much more powerful in proportion to the amount of light than that of the sunlight.

During the winter season the phototherapy department of the Battle Creek Sanitarium is thronged from morning till night, and is fairly ablaze with the glorious health-imparting rays sent forth from a number of powerful arc lights especially constructed for the purpose.

Life is never dull at the Battle Creek Sanitarium. The patients are kept busy all day getting well. There is no routine treatment. Each patient has a program providing something to be done every hour, which will give him an uplift. With rare exceptions, improvement is experienced with the very first application made, and the healing impulse gathers energy from day to day. The patient soon sees through the philosophy of the Battle Creek Sanitarium System, and learns how to co-operate with the physicians in their work, not of healing, — for doctors can not heal — but in pointing out the way, removing obstacles, and co-operating with the mighty healing forces of nature, which, divinely implanted, are divinely guided. The same power which created, heals. Healing is re-creating.

A school of health is in progress during the entire winter. Afternoon classes and evening lectures give every patient an opportunity to obey the injunction of the great philosopher, "Know thyself," and by acquiring this knowledge he can learn, not only how to get well, but how to keep well.



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Announcement



J. H. KELLOGG, M. D., EDITOR

WITH the January number GOOD HEALTH will enter upon the fortieth year of its advocacy of the principles of natural living. Forty years of effort in the campaign against the evils and abnormalities of our perverted, civilized life have not dampened the ardor of those whose lives have been devoted to the promotion of this movement.

The world is growing sicker every day. The effects of evil habits in eating, drinking, and the general conduct of life are daily becoming more and more evident. The mission of GOOD HEALTH is to point the way back to the old paths.

During 1905 GOOD HEALTH will present in a more attractive and interesting form than ever before the various phases of the numerous questions which relate to the physical welfare of man. The services of a large corps of able writers and collaborators have been secured. These are not mere theorists, but physicians who are in close touch with all the vital problems involved in getting well and keeping well.

Each quarter one number will be devoted to some special subject. The February issue will be a Physical Culture Number. Special attention will be given to the question of physical culture for invalids, sedentary people, growing children, and the gymnastics of ordinary labor.

The May issue will discuss in a practical manner the outdoor life for sick and well of all ages.



The midsummer issue will be a Mothers' Number, and will be brimful of practical information on subjects specially appropriate to the season, particularly respecting the care of infants, infant feeding, etc.

The special autumn number (October) will be packed with fresh, interesting, and practical information upon the subject of food and diet from the natural, physiologic standpoint.

Each number during 1905 will contain new recipes for healthful and tasty dishes.

The Chautauqua School of Health will be continued as during the past year. This department has attracted much attention, and has served as a basis of study for numerous health clubs which have been organized in different parts of the country.

As a new feature a Children's Page, in charge of Miss E. E. Adams, will be added. It is safe to promise that this will be a rare treat for the children.

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A SLEIGH-RIDE THROUGH FAIRYLAND

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HOW THE BODY DEFENDS ITSELF AGAINST DISEASE

BY J. H. KELLOGG, M. D.

IN olden times it was supposed that sickness was caused by an evil spirit inside the person affected, and various methods were adopted to exorcise the demon. Sometimes a man was severely whipped in order to drive the devils out of him. Sometimes they were coaxed out by fragrant herbs held near the sick man's nose and then carried away. Sometimes the man was carried off and thrown into some cave where sulphurous fumes were exuding from the earth, with the idea that the demon would be frightened out. It is less than two hundred years since the Pope fulminated a bull in which he anathematized the Turk, the comet, and the plague that was at that time prevailing in Italy. It was thought that these were all devilish agencies which could be combated by a bull of excommunication or some such weapon.

In recent times marvelous discoveries have been made, opening up a great many secrets that have been hidden and sought for during all ages. Never in the history of the world has there been such wonderful progress as within the past fifty years in the science of medicine, the discovery of the cause of disease and its relation to the body.

There is nothing more interesting in the whole history of scientific discovery than the discoveries made by Metchnikoff, of Paris, and his colleagues with

reference to the ways in which the body defends itself against disease. There are many causes of disease,—heat, cold, dust, bad food, poisons of various kinds, excesses of all sorts,—but the most important of all is germs, which are the direct cause of more diseases than all other things put together. But germs are utterly powerless to injure a thoroughly healthy man. It is only when the body has been reduced, brought down from its high plane of vigor and vitality to a low level, that it succumbs to the attacks of germs.

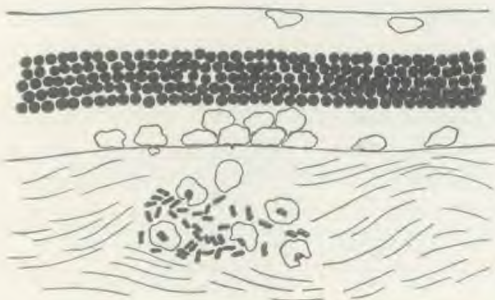
We are never free from contact with germs; they are about us all the while. If the dust is stirred up in any street, in any church, concert room, or theater, in any public place, tubercle and other germs are swept up into the air in myriads.

Why, then, do we not all have tuberculosis? Simply because we have not all yet become susceptible. If tubercle germs are injected into the skin of a healthy man he will not suffer at all; for the body has power to destroy the germs, and he is perfectly safe.

An eminent bacteriologist, Dr. Sternberg, found by a series of experiments that in the mouth of almost every man, woman, and child there are germs capable of destroying life. He then made further investigations, examining the fluids of the body and the contents

of the intestines, and he found that disease germs are always to be found in the colon. Still further investigation showed that there were germs inimical to life on the skin as well as in the mouth and nose. It was found that these germs are confined chiefly to the skin; but within twenty-four hours after the death of a man or animal the germs that were before confined to the surface are found throughout the entire body.

During the life of the body these germs are all the time penetrating the



THE WHITE BLOOD CELLS COMBATING GERMS

skin, just as they do after death, but as soon as they get below the surface, they meet cells which capture and destroy them. The living cells of the body are waging an active, vigorous warfare against the enemy which attacks them. They are all the time defending us against the germs which are alighting upon us, and which are even taken into our mouths. The cells within our bodies are constantly defending our life, as the Russians are defending Port Arthur; and the germs are swarming upon us just as the Japs are swarming upon that fortress. There is a continual bombardment, a continual assault upon the body everywhere. The only reason that we do not succumb is that our bodies have the ability to resist.

When the system is run down, the body cells can not fight off the germs successfully. When germs once get a foothold inside the body, they produce poisons which paralyze the cells that are capable of destroying them, so they are no longer able to defend the body. Then the germs multiply, and swelling of the affected part takes place. The blood vessels dilate for the purpose of bringing more blood cells to the part to combat the germs. The serum—the watery part—of the blood is poured out to dilute the germ poisons.

If you examine a blood vessel under a microscope you will see the red cells coursing along down the center. Here and there along the wall of the vessel curious transparent cells will be observed; these are the white cells. The red cells march straight along with the steady current, but these larger white cells behave very differently. They go loitering along by the walls of the blood vessel, sometimes stopping a while. Watch one, and you will see it coming along to a little speck—it may be a germ, or it may be some other interloper—and by and by you will see the speck has gone. The cell has picked it up and carried it off. This white cell is a little drop of jelly-like substance without any investing membrane. It keeps putting out little lips until it has surrounded the speck, and then it moves on. Soon the speck is dissolved, digested, and disappears. The white cell has the power to destroy it. This is going on in the body continually.

When germs get beneath the skin and a part of the body is infected, as the white cells come along through the blood vessels to the infected part they stop, and get piled up one above another. By and by one puts out a little gilet, bores a tiny hole through

the wall of the blood vessel and crowds itself through, as one might draw a handkerchief through a ring. By a mysterious instinct the cell goes straight toward the germ, and absorbs and destroys it.

It is in this way that the body is defending itself when one has a boil. The white cells come crowding out until the infected tissues are full of them. By and by they are crowded into the center, and a white spot appears. When an opening is made, a mass of white matter exudes. If this is examined under the microscope, it will be found to be composed almost entirely of these white cells that have died in the battle against the germs, giving up their lives to defend the body. The idea that pus is impure matter taken out of the blood is a great mistake. It is the best part of the blood that has been poured out in defense of the body.

In order that the white cells should be able to perform their duty as defenders of the body, it is necessary that the blood should be in perfect condition. If one's blood is full of poisons, the cells are paralyzed.

There are in the blood, besides these white cells, substances which are capable of killing germs, and are antidotes for germ poisons. If you take a glassful of new milk, warm from the cow, and put into it a tablespoonful of water containing typhoid fever germs, the milk will destroy the germs. Milk is the serum of the blood of the animal. This watery part of the blood contains substances inimical to germs. When any part has been infected, it swells up because the blood serum is poured out into the tissues to dilute the poisons and destroy the germs by means of these germicidal substances. The thyroid gland, the suprarenal capsules,—

glandular masses attached to the kidneys — and other glands in the body produce these germ-destroying substances, which are called *alexins*.

But in order that the body should be capable of utilizing this power of defense, it is necessary that the blood be clean. Certain germs injected into the body of a bird did no harm at all; the bird was able to destroy them all. But it was found that when a small portion of nicotin — tobacco poison — was injected, the bird lost the power to kill the germs; and the germs, when introduced after the nicotin, killed the bird. It makes no difference in what way the nicotin is introduced. If one smokes tobacco, the poison has the same effect as when introduced with a hypodermic syringe; it lowers the resisting power of the body.

There are other things besides tobacco that lower the body resistance, that paralyze the white cells and destroy the alexins. Alcohol, opium, tea, coffee, and condiments have that same effect. A flesh diet floods the system with uric-acid poison, and brings a man down from the highlands of health into the valley of the shadow of death.

A coated tongue indicates lowered vital resistance. It is evident that the saliva is no longer capable of destroying germs; the whole body is in a state of deterioration. If a man has a clean tongue, his saliva will destroy germs or prevent their growth. A man with a thoroughly healthy nose does not have nasal catarrh; for germs are destroyed when they come in contact with the healthy mucous membrane.

By a well-regulated, natural life we can keep our bodies in such a condition that they are resistive, and disease germs are incapable of doing us serious harm.

DIET REFORM IN ENGLAND

BY A. B. OLSEN, M. D.,

Caterham, England

THE cause of diet reform is onward in England. Public opinion, the arbiter of the people, is being steadily influenced, and results begin to be manifest. The press of the day no longer sneers. Even joking about vegetable eaters has almost disappeared. Instead, the leading daily papers print long articles on natural diet, and even comment favorably thereon. Medical men, too, are coming to look with more favor on the reform.

All this is encouraging, but there is still a vast work to accomplish. We must educate, educate. The average man of the street still believes that animal food is essential for health and strength. He has been taught this, and he knows no better. It is for us as reformers to show him his error, and to demonstrate the advantages of vegetarian food.

The natural diet is the most economical, as well as the most wholesome.

From a money standpoint, flesh food costs more than natural food, such as grains, legumes, vegetables, and nuts. A shilling's worth of bread contains more than twelve times as much nutrition as a shilling's worth of beef, according to Dr. Roberts Hutchison, of the London hospital. Even a shilling's worth of apples possesses more nourishment than the beef which can be bought for the same money.

Healthful cookery saves time as well as money. It is a far simpler and at the same time more scientific system than that in ordinary use. Mothers

would have less work to do and could spend more time with their children if they would adopt a non-flesh diet. And the kitchen duties would not only be lighter and less tiresome, but also much more pleasant and interesting. It is to be hoped that the time will soon come when kitchen schools can be started among the masses of the East End of London, and elsewhere as well, for the purpose of giving simple practical instruction in the selection and preparation of food.

But the greatest saving of all is in health and happiness. Health, which is invaluable from a mere financial point of view, is best conserved and promoted by a simple diet, consisting of fruit, grains in the form of bread, and nuts. All the elements required for the building of the body and the production of energy are furnished by such a diet. When properly prepared and rightly combined, these simple foods supply a most appetizing fare, which few would fail to relish.

A natural diet means pure food, while animal flesh means food contaminated by uric acid and other waste matter. Under most favorable circumstances, even when the animal is entirely free from disease and has been properly slaughtered, the flesh always contains poisonous wastes. In the writer's opinion this alone is sufficient reason for condemning the use of animal flesh as a food. It seems an unnatural food as compared with fruit and nuts and grains.



IS THERE HOPE FOR THE DRUG HABITUE?

BY DAVID PAULSON, M. D.

A PROPERLY equipped sanitarium, operated upon rational principles, is best prepared to undertake the cure of the typical drug-habit victim. Yet, in view of the alarming increase of this class of patients, it is evident that a large number will either have to be cured at home or else abandon all prospect of securing the longed-for deliverance from this slavery.

The average drug fiend soon develops definite traces of moral depravity. One of the most characteristic of these is an invariable tendency toward falsehood, and a peculiar deceitfulness which frequently enables him to continue the use of the drug when his friends do not in the least suspect it. One of my patients for several days successfully eluded the vigilant eye of his trained attendant and succeeded in supplying himself with morphin tablets which he had secreted in the cap of his fountain-pen. This shows how utterly useless it is to attempt to cure such a patient unless he is placed under the constant supervision of some responsible person who acts under proper medical direction.

The "tapering off" method appears at first thought to be the most feasible plan. This consists in slowly reducing the dose until finally the patient, without his knowledge of the fact, is given nothing but pure water at each hypodermic injection; but in actual practice this process generally proves to be a delusion and a snare to the patient, for when he experiences the first trifling physical ailment or mental depression, he as readily again falls back into the old habit. It assists materially in the permanency of the cure for the patient

to be able to recognize the decisive moment when he secures the victory from this slavery.

Another popular idea consists in substituting some less harmful drug for the particular one to which the patient is addicted. The majority of the widely advertised "cures" are based upon this principle. As a rule, they are unsatisfactory; for the patient soon discovers that he is leaning on a broken reed, which does not afford his wrecked nervous system the support it craves, and when the desire for more unearned felicity than the substituted drug can furnish becomes almost irresistible, the patient again resorts to his favorite drug.

It is not enough merely to cure the drug habit. The patient himself must be cured; he must receive such a physical uplift as will enable him henceforth to camp above the drug line. As long as he maintains himself upon this plane, by the diligent cultivation of moral and physical health, so long he remains cured.

When the patient's irritated nerves are properly quieted by sedative physiologic measures, the drug may be completely withdrawn at once, and in the majority of cases it is not necessary to administer even a second dose; in fact, incredible as it may seem, a number of these patients do not even call for a single dose of the drug after beginning a proper line of treatment. It is absolutely essential that other enslaving agents should be abandoned at the same time. If the patient persists in the use of alcohol or tobacco, or even is so habituated to tea or coffee as to be miserable when deprived of them,

it will be only a question of time when these agents will serve as connecting links in a chain of circumstances which will eventually lead back again to the old life; for the temporary stimulation which they afford will sooner or later fail to satisfy him, and nothing but morphin or cocain or some other drug will then answer the purpose.

Dr. Haig, the eminent English medical authority upon this subject, speaks as follows: "No doubt all stimulation is wrong, and we thus merely enjoy to-day by mortgaging to-morrow, and just as we may rise to-day a few inches above our normal level, so shall we fall to-morrow exactly the same amount below it."

Often an individual is addicted to the liquor, tobacco, and drug habits at the same time. It is as great a folly to advise such a victim to abandon these habits on the instalment plan as it would be to suggest to a man with several fingers in the fire to withdraw only one at a time.

One of the most soothing measures that can be employed in these cases is a neutral bath, the temperature of which should be precisely that of the skin, or about 94° to 96°. The patient may remain in such a bath from half an hour to several hours. The sedative effect of this upon the system is so marvelous that the patient invariably feels refreshed and soothed, and often secures some refreshing snatches of sleep. Patients who have sustained severe external burns frequently live for a number of weeks constantly in such a bath without experiencing any unpleasant effects. The mistake is likely to be made in allowing it to become too warm, in which case it is both weakening and debilitating. The application of fomentations quickly relieves to a large degree the distressing

pains which are apt to develop upon the withdrawal of the drug. Firm rubbing will often accomplish the same result. Properly applied galvanic electricity is also a very useful agent in these cases.

The diet should be extremely simple, consisting of egg toast, gluten gruel, buttermilk, fruit and fruit juices. The patient should be inspired with the thought that he has a right to expect divine assistance while he resolutely determines to give up these life-destroying habits.

It is highly essential for the permanency of the cure that the patient should have indelibly stamped upon his memory that there is no royal road out of the morphin habit; that it is utterly impossible to trifle for years with Nature and not expect her to inflict some penalty.

When the case is managed in harmony with the principles outlined in this article, the patient ordinarily passes the crisis of his ordeal within thirty-six to forty-eight hours, and after that time experiences but little discomfort.

After the patient has been cured of his drug habit his health must be gradually restored, and to accomplish this it will be necessary for him to adopt a natural and wholesome dietary, and to undertake some systematic course of physical development. He should daily utilize such tonic hydiatic measures as a cool sponge bath or cold mitten friction, or brief cold baths, gradually lowering the temperature as his ability to react increases. Such an individual must exchange his sedentary life for one that includes a considerable amount of vigorous outdoor activity. He must learn to look to divine sources to impart to him permanently that calmness of spirit which he has sought to secure from the delusive effects of drugs.

It is scarcely necessary to state that when drug victims are treated in accordance with these principles, they remain cured, unless they allow themselves

again to degenerate from their high plane and fall into physical decay by adopting various health-destroying habits.

BEAUTIFUL HAWAII

BY G. C. TENNEY

TWENTY-ONE HUNDRED miles southwest from the Golden Gate lie the beautiful islands that now form the territory of Hawaii. About thirty miles from San Francisco are the Farallones. These are a group of rocky points sticking up out of the ocean, uninhabited, except the largest of the group, which carries a little soil, and has room for a few houses, and a telegraphic station that is connected with the mainland by cable. These little dots forcibly remind one of the notorious "last chance" signs, too familiar in the outskirts of our towns. They afford the last chance to see land for nearly a

week. On the sixth day passengers and sailors begin to show an unwonted interest in some invisible object ahead. Those who stand at the prow of the steamer watching with glasses are at last rewarded, and the glad word goes around, "Land is in sight." Looking carefully, one discovers, lying low on the horizon, a filmy cloud, veiled with blue haze. It is almost transparent, because the verdure of the indistinct cloud blends so closely with the water's expanse. A half hour works a transformation, and the cloud resolves itself into a mountainous island. Ere long, rocks and palm trees are outlined



HONOLULU FROM THE PUNCH BOWL

against the sky. Then the hills and valleys take shape, and soon we are thrilled with the sight of actual human life. Here are some daring natives coming out to meet us in long, narrow, log canoes,



THE BEACH NEAR MOANA HOTEL.

held in ballast by outriggers. They carry a large, clumsy sail, and run so close to the stiff wind that some of the reckless crew crawl out the slender arms and add weight to the outrigger by standing on it while the slippery, sharp-pointed little log darts like an arrow through the billows.

Along the beach native dwellings begin to appear, little canoes are seen moving about, and then children are seen playing on the beach or among the trees. The green hillsides are so restful to the eyes that for days have strained with endless vistas without finding rest for the sole of the foot.

Diamond Head is a high promontory that forms the southern point of the island of Oahu, and around this the steamer passes on its way into the harbor of Honolulu, picking up somewhere in that region a skilful pilot who keeps an accurate knowledge of the treacherous ways of the channel through which

alone the harbor may be reached. There are few sea captains, even among those frequenting the port, who care to undertake to negotiate the entrance.

From the very first view one obtains of the islands he is likely to recall his ideas of paradise. This impression deepens as he approaches, and is not in the least dispelled by a ride through the bowery streets of Honolulu. If the traveler has come directly from the winter of our northern States, and here beholds tropical loveliness for the first time, the transition will almost convince him that he is nearer the supernal regions than he ever expected to be on this side Jordan. He has come to a place where gaudy flowers and beautiful fruits blend everywhere with luxuriant foliage. Nearly all the trees are gorgeous with bloom, and on every side unfamiliar plants seem to offer the stranger a welcome with outstretched arms laden with blossoms.



OVER THE RICE FIELDS AND CITY TO THE PUNCH BOWL

Cook in 1778. The simple natives regarded him and his ships as visitors from the region of unknown gods. He did not discourage them in this veneration, thinking thus to gain an

Gradually this ecstatic illusion is dispelled, and in a comparatively short time it appears to be battered almost out of recognition by rude contact with sordid mortals who infest this mundane paradise. There are men who drink and women who smoke; Chinese who grovel for pelf; traders who cheat; prices that shock you; merchants and mosquitoes vie in presenting the largest bills; while the festive fleas, having found a "new chum" who offers fresh pasture, seem determined to make up for a protracted fast.

The islands lie just within the tropics, having an average temperature of about 75°, with but little variation throughout the year. The rain supply is abundant, so that the atmosphere is humid. The soil is volcanic and fertile. With these three conditions,—constant warmth, constant moisture, and fertile soil,—the requisites of luxuriant vegetation are all supplied.

The Hawaiian Islands, eight in number, were discovered by Gaetano, in 1549, and were first visited by Captain

advantage over them, but it was his undoing. On his second visit the natives became involved with Captain Cook in a dispute over a boat they had stolen. They had begun to have suspicions about his claims to divinity, and determined to satisfy themselves by a test. They agreed to prod him with a sharp spear, and if he jumped as an ordinary man would do, it would prove that he was not a god. Receiving a sharp prick unawares, he acted as any mortal would act, and being ashore unattended, the natives despatched him at once.

In 1820 the first missionaries landed in Hawaii. They were a devoted band of seventeen men and women who sailed from Boston, and were five months on the voyage. At first they met hardship and opposition; but all through their experience the early missionaries as a class were devoted, conscientious, and true. They met many difficulties, especially in getting their work established and in directing the tide of affairs after it had set in in their direction.

Probably no community of its proportions was ever so quickly won to the gospel as this. They came into the arms of the church almost *en masse*. But the conquest was almost too easy to bear the best fruits. It was too easy for the natives, who were satisfied with a form of religion, and too easy for the good of the missionaries or their successors, who turned their attention to conquering the undeveloped wealth of the islands. These became possessed of large tracts of land, became planters, and some became the oppressors and despoilers of the poor people. Notwithstanding the devotion of those who pioneered the missionary cause, the course pursued by others has built up a barrier between the natives and the missionary cause which has resulted in strong animosities against the latter, who unfortunately have been unable to discriminate carefully. The term "missionary" is to the natives a synonym for almost any-

thing except a good man. It should be distinctly understood that in speaking thus I speak in general terms, for not all of the natives lost faith in the principles of the gospel. There are notable examples of faith among them.

Honolulu lies at the crossroads of the Pacific. Six of the great steamship lines which traverse the broad ocean make this a port of call. United States warships are always there, and generally those of other nations are resting in the quiet waters of the small harbor. Within the past ten years marked changes have come over the city. Cheap primitive buildings have been replaced by substantial structures of brick. A good system of street railways has been installed. The little independent "teapot" kingdom has become part and parcel of the United States, and of course American energy feels at home there now. Under the influx of new races and with a change of blood in public affairs, the poor



A HAWAIIAN FEAST



THE YELLOW PERIL

natives are fast going to the wall. In a short time they will be a matter of legend only. Chinese and Japanese are there in large numbers, though restrictions are now placed upon Chinese immigration. Since the war began, the Japanese have flocked to Honolulu in large numbers. Other nations are well represented in Honolulu, but the American influence must predominate henceforth. In the meantime the original dwellers in the fair islands may reflect upon the little flowery kingdom as it used to be; they may smoke, eat *poi*, and drink their *kava*, but the days of Kamehameha are no more.

Honolulu will no doubt become more and more a resort for health- and pleasure-seekers. The grand scenery, the genial climate, the tropical

beauty, the fresh but warm sea-breezes, and many other attractions invite the sick and weary to a peaceful haven that seems a little nearer heaven than the snow-drifts of our North. For some years the work represented by GOOD HEALTH has been carried on in Honolulu. The most favorable circumstances have not always attended it, but several faithful workers have done what they could to represent the principles in a practical way, and at present two lone nurses are there, who unite with physicians and leading citizens in calling loudly for the establishment of a sanitarium that will properly represent the work in that center. It is needed, and if established will be certain of appreciation and a hearty support by many who are already its friends.

The knowledge of the methods and principles represented by the Sanitarium and its branches and workers is not confined to any locality or country, but they are rapidly making their way to the hearts and convictions of all thinking people everywhere. A sanitarium planted at a place where people go to seek health and where Nature has concentrated her life- and health- giving agencies, could not fail to be a blessing to many.



THE DIAMOND HEAD LIGHT

CHRISTMAS FOR A YEAR

BY ROSE WOOD-ALLEN CHAPMAN

CHRISTMAS is coming! Christmas is coming!" sang little Stephen, as he skipped gaily up and down the hall.

"Why, so it is, Stevie Graham!" said Ruth, sitting down suddenly upon the lowest step. "And that means —"

"Turkey and cranberry sauce," shouted David, as he stamped his feet in excitement.

"Pumpkin pie and mince pie," chimed in Ruth.

"Oranges and bananas," sang David.

"Sweet potatoes," cried Ruth.

"'N' nuts 'n' raisins," finished little Stephen with a sigh of great content.

"Nuts and raisins," shouted the other two in unison. "Oh, goody! goody! *goody!*"

Mr. and Mrs. Graham looked at each other and smiled. The children were such ecstatic children that their cup of joy was usually overflowing. The smile on Mr. Graham's face gave place to a look of worry, however, as he sighed and said, "I wonder how we can manage it."

"What, dear?"

"The turkey and all the rest of it. Business has been pretty poor lately."

"And Bennie's illness has been quite an expense, too."

"Yes. More than that, meat is very high now, thanks to the strike. I was pricing turkey to-day and it's twenty-five cents a pound. That means at least a dollar and a half for us. Couldn't we omit our Christmas dinner this year?"

"We had to give up our Thanksgiving dinner, you know, dear, and I couldn't bear to disappoint the children again," was Mrs. Graham's low reply.

But when the doctor said, next day, that Bennie would not be able to eat any of the Christmas dinner, although he would be well enough to sit at the table with them, Mrs. Graham almost wished that the annual feast could be omitted. The quiver of her boy's lips, as he tried to be brave and say it was all right, was almost more than her mother-heart could bear. She followed the doctor from the room, wondering what she could do about it.

"Doctor," she said, hesitatingly, "what special part of the Christmas dinner will hurt Bennie?"

"All of it is harmful," said the doctor, brusquely. "In the first place, he'll eat too much. Then he'll top off with such indigestibles as pie and cake. It's bad enough for well folks, but a boy in Bennie's condition can't afford to run any risks."

"It will be so hard on him to see the others eating all the good things, and he not able to have any."

"Postpone your Christmas dinner until he is well."

"It wouldn't seem like Christmas to the children without the dinner."

"Exactly. That's all Christmas or Thanksgiving mean nowadays, — a chance to stuff. Lofty ideal, isn't it? The only person who really ought to be thankful at the holiday season is the doctor; for he knows there is nothing equal to a good Thanksgiving or Christmas dinner for furnishing him with practice. Good day," and the doctor turned to go.

"Doctor, please, could you give me just a minute longer?"

The doctor put down his case, and waited, not impatiently.

"Suppose we did not have so many things to eat; suppose Bennie promised to eat only as much as you said would be good for him; suppose —"

"Certainly, madam, if you will have a hygienic meal, the boy can eat what the rest of you have."

Mrs. Graham inwardly shuddered at the word "hygienic." It brought to her mind visions of gruel, of unsavory food, and bread of a dry, tasteless variety; for hygienic food was known to her more by hearsay than by personal acquaintance.

"What do you mean by hygienic?"

"Well, now! You'd want to have, I suppose, as many of the things that usually appear at such a festival as the ogre (meaning myself) will allow. Let me see. Sweet potatoes; and of course the vegetables, such as peas, corn, tomatoes; cranberry sauce; pumpkin pie; oranges, bananas, Malaga grapes; nuts and raisins. How does that sound?"

"Oh, Doctor, I didn't suppose you'd let him have all those things."

"Nor will I. You are to make your selection from that list. There should not be more than three, or, at the most, four things for him to eat, and, of course, he must eat sparingly of all."

"But, Doctor, you said pumpkin pie."

"Hm! So I did. Well, you see, I meant the kind my wife makes, which is rather different from the ordinary abomination. If you knew how to make that —"

"Do you suppose she'd teach me?"

"Shouldn't wonder. She's always glad to preach her hygienic gospel to any one who will listen. Is that all? Good day," and the busy man was gone.

The following afternoon the doctor's wife called, and as she dropped into the

proffered chair, remarked, "My husband was telling me about your trouble over Bennie's Christmas dinner, so I thought I'd run over and see if I could be of any help."

The step was short from such an introductory remark to an animated discussion of foods and their preparation. At last the details of the dinner in question were under discussion.

"No, I asked the Doctor the last thing before I left home, and he said very positively that Bennie must not have any meat. How would it do to have a veal loaf, — not made of veal, of course, but with one of those meat substitutes that I've been telling you about. Now, I make one of protose and cracker crumbs, that, — well, really, I've had more than one person completely deceived," with a little laugh of triumph.

"That would be nice. Veal loaf, cranberry sauce, baked sweet potatoes, and celery; that's good so far, but what shall I have for dessert?"

"You'll want to make a selection, I suppose. Do you want pie, or fruit, or nuts and raisins?"

"The children have always had all of these things, and I suppose they will miss whatever we omit."

"Well, now, why not have fruit; say Malaga grapes, because they are such a treat."

"Yes, we don't always have them, even for Christmas."

"Then the day after Christmas you could have the pumpkin pie — my kind, you know, with a dry Graham flour crust."

"Dry Graham flour?"

"Yes," with another laugh. "I just sprinkle the flour on the pan until it's about a quarter of an inch thick on sides and bottom; then I dip my pumpkin in with a spoon — I have it rather thin on

purpose; it comes out the most delicate crust you ever saw."

"I never heard of such a thing."

"Well, there's lots for you to learn if you've never ventured into hygienic cookery. But, as I was saying, the next day you could have the pie, and the day after that, nuts and raisins. You know, nuts are good food, only most folks never eat them except after a tremendous dinner on some special occasion, and of course the poor overworked stomach can't possibly manage them under such conditions. Now, in our house we have nuts and raisins for dessert right through the winter. We don't want more than six or eight nuts apiece at a meal, because we're having them all along, and, taken in that way, the Doctor says they're all right — especially if you chew them long enough."

"Nuts and raisins every day! How the children would enjoy that," soliloquized Mrs. Graham.

"Well, why not?" queried her visitor. "Why shouldn't we have the things we like best every day, — if they're good for us, of course — instead of limiting ourselves to their enjoyment on a few occasions when we have so much that we can't do justice to anything. Now, there are cranberries. I have them every day as long as they're in season. We all like them, and having them saves my jellies quite a bit. Then sweet potatoes —"

"But they're always so high," commented Mrs. Graham.

"Maybe they do seem high when compared with the price of Irish potatoes, but look at the price of meat." You pay sixteen to eighteen cents a pound for meat without giving it a second thought, and, as I have already shown you, there isn't nearly as much nutriment in meat as there is in lots of these other things.

Then there's fruit. That seems expensive, but if you're not buying meat, you can afford many things that have always seemed beyond your purse. You just take my advice and study that scientific cook-book I brought over for you to look at. You'll find so many delightful dishes there that your family'll never give a second thought to the meat they're going without, especially if you give them fruit and nuts and such luxuries every day."

The week preceding Christmas Mrs. Graham was too busy to do more than look up the needed recipes in the borrowed cook-book. But Bennie's Christmas dinner greatly encouraged her in her new field of effort. To be sure, the children looked a little downcast when they first glanced at the table, which, though gay with flowers, and showing several of the favorite dishes, yet looked a little bare when compared with the groaning tables of the years gone by.

Everything tasted good, however, and when the children learned that pumpkin pie, nuts, and raisins were to be enjoyed on the following days, they had no word of complaint to make.

"We'll have Christmas for three days then, won't we, mama?" asked Ruth.

"How would you like to have it for a week or two?" queried the mother in reply.

"A week or two? How?"

"Well, we could have sweet potatoes — every day, if you wanted them — and cranberries, nuts and raisins, oranges and bananas. Wouldn't that make it seem like Christmas?"

"My! I should say it would," said David.

Mr. Graham looked at his wife questioningly. Did she think they could afford such extravagances?

Mrs. Graham caught her husband's look, but went on talking to the children. "Do you think," she asked, "that you could go without meat in order to have all these good things?"

"Meat! Why, we have meat every day," in a tone of scorn from David. "Guess we could go without meat."

"We had meat to-day," hazarded her husband.

"I am sorry to contradict you."

"But the veal loaf —"

"The veal loaf hadn't a particle of meat in it, but if you liked it and are willing to try this plan, I believe I can offer you each day a satisfactory substitute for meat, and have all the good things besides."

"I'm willing," said her husband.

"So'm I," cried each of the children.

"And can I have something of everything then?" cried Bennie eagerly.

"I think so, my darling," was the mother's tender reply.

"Hooray!" shouted Bennie, a little feebly, but with an energy which promised a return of the old vigor.

So the experiment was tried. The borrowed cook-book proved a mine, not only of fascinating recipes, but of scientific information as well, and the family thrived. Mrs. Graham could but notice how much better they all were; no stomach aches, no flushed faces, no colds, even. Last year, she remembered, they seemed to have an epidemic of colds just after Thanksgiving and,

yes! after Christmas, too. Could it be —?

She carried her query to the doctor. "Yes'm, that's just exactly the reason. If people will stuff themselves, they can expect to have colds. I can tell you, Mrs. Graham, that I know it to be a fact that more colds result from an overtaxed stomach than from any other one cause. Why is it? That's easy to explain. The mucous membrane of the stomach becomes congested and inflamed; the membrane of the nose and throat, which is simply an extension of the same membrane, becomes inflamed; the mucus secretion is increased, and you have a cold."

Thankful to have learned how to avoid this most dreaded winter visitor, Mrs. Graham became more and more enamored with the new way of living. And the children?

Said little Stephen, two weeks later, "Mama, I like Christmas dinners; can't we have Christmas all the time?"

"I'll do my best, dear," his mother replied, smiling. "What part do you like best?"

"Nuts and raisins," was his immediate reply.

"I like sweet potatoes best," cried Ruth.

"Oranges and bananas," said David.

"I like it all best," said Bennie.

"And nobody misses the meat," concluded Mr. Graham.

OURS are the treasures of the year,
That every month brings fresh and dear:
All ours the ever-new delights
Of rosy mornings, silvery nights.
Time can not dim the autumn's gold,
Nor watching make the stars grow old.

Such riches every day we see
And heed them not because so free;
O, while we live let us rejoice,
And lift in praise a grateful voice
To Him whose tireless beauty brings
The gifts we know as common things.

— *Frances L. Mace.*

BATTLE CREEK SANITARIUM DAY AT THE WORLD'S FAIR

WITHOUT any action whatever on the part of the Sanitarium authorities, the managers at the World's Fair sent to the Sanitarium management the proposal to designate September 29 as "Battle Creek Sanitarium Day," and to place at the disposal of the institution one of the largest of the congress halls in the Hall of Congresses.—that known as Library Hall,—and to do their part in making the occasion a success.

The proceedings began at ten o'clock, the morning being devoted to a demonstration of foods and of some of the simple treatments of the Sanitarium system. The afternoon meeting was called to order by the Chairman, Hon. F. J. Conrad, of St. Louis, Mo., at 2:30. Some idea of the interest manifested may be gathered from the fact that a majority of the large audience that filled the Library Hall, remained until seven o'clock, when they adjourned to the Christian Endeavor Hotel, where a Sanitarium banquet was served to about two hundred people. A full report of the proceedings will appear shortly in booklet form. We can here present only a brief abstract of the speeches made during the afternoon session.

CHAIRMAN: A vegetarian congress held in any part of the world without the Battle Creek Sanitarium would be a vegetarian congress without the greatest force for vegetarianism that we have in the world. Therefore the committee felt that the Battle Creek Sanitarium must play a very important part in this congress. A whole day has been devoted in order to show what they have done for the cause of vegetarianism. I should like to—but

I won't, because there are so many speakers to follow—tell you the many beautiful things that I know myself; and I speak from the outside, because I have been nothing but a patient there. I have found the benefits to be reaped from their teachings, and from what they can do, and I have seen what they have done for others; and therefore it gives me pleasure to stand before you to-day as Chairman, to have them tell you what they have been able to do for mankind.

The Battle Creek Sanitarium System: Its Principles, Origin, and Development

DR. J. H. KELLOGG: The Battle Creek Sanitarium system is not a new thing, but a very old thing, and that is why I have confidence in it. It had its origin away back at the beginning. Adam was a natural man and lived in a natural way. He was divinely instructed as to how he should live, and the first instruction given him was about what he should eat. That instruction is just as good for Adam to-day as then. There is but one man living in the world to-day—Adam. We are all but extensions of the first man, buds of the original tree. The Battle Creek Sanitarium System, as far as diet is concerned, originated with Adam at the beginning. If Adam at any time suffered pain, I am sure he resorted to natural agencies for its relief. We might have found him resorting to water. How do we know?—Because we see in animals and in primitive peoples an instinctive knowledge of the uses of water, of sunlight, and of heat. The Maoris of New Zealand and our own Indians take

vapor baths by pouring water over hot stones, afterward plunging into cold water. The people who lived away back in the ages, far beyond



PRIESSNITZ

the records of history, passed down from one to another various natural methods of treatment.

About one hundred years ago a poor peasant boy in the hills of Austrian Silesia saw one afternoon a wounded deer come down to a spring and put his injured leg in the cold water, leaving it there for an hour or two. The next day it came again, and day by day he saw it come and take a cold foot bath until the wound was entirely healed. A few weeks later his own arm was injured, and the doctor told him it must come off. The boy said, "No; the deer saved his leg, and I will save my arm." So he put it into water, and afterward wrapped it in wet cloths, and in a few weeks he was well. Some time after, he was run over by a sleigh, and the doctor said he would be an invalid for life. But he had cloths wrung out of cold water laid on his chest, kept quiet for a few weeks, and was well again. Little by little, as this lad grew up, he began practicing these methods, and before he was twenty years old, royal personages were sending for him to treat them.

This man, Priessnitz, systematized the use of water. By degrees scientific men took up the subject. Eminent physicians were sent by the French, German, and other governments to investigate the methods of Priessnitz. The result was that those methods were introduced into other countries, and in-

stitutions similar to his were established. Benjamin Rush, one of the greatest of American physicians, introduced these methods into this country in the treatment of typhoid and other fevers. Thus the knowledge gradually spread over the world. About sixty years ago there sprang up in this country a number of little institutions known as "water cures."

After a time other simple remedies came into use. Electricity was introduced, especially through the efforts of Dr. G. M. Beard, of New York City. Winternitz, of Vienna, and Fleury, of Paris, began making scientific experiments with water. Other men subjected the simple methods found in use among the laity to scientific experimentation in laboratories, and found out their limits and the principles upon which they were based. By degrees these methods that the laity have been using for thousands of years have been brought into a harmonious and scientific system.

The work of the Battle Creek Sanitarium has been to gather up all these various natural remedies, — water, electricity, light, massage, Swedish and other forms of gymnastics, mechanical movements, dietetics, etc. Twenty years ago diet laboratories were established. In these, tens of thousands of experiments have been made, out of which have come some important facts not known before, which have been utilized. But the work of the Sanitarium has not been so much in the line of new discovery as it has been to gather up, harmonize, correlate, systematize, and utilize all natural methods for the treatment of disease. And the underlying principle of the whole thing has been that the sick man is not cured by the doctor, nor by medicine, nor by baths, but that the real cure is effected by the agencies that

are within him, — that there is a life power working in every man that is capable of healing him, and all the physician and the nurse can do is to cooperate with this vital, healing power within.

The Battle Creek Sanitarium has no wealth, but it spends a great deal of money in extending its work. It has always been in debt; yet it spends much in the training of nurses and sending them out into the various parts of this great land. Some years ago a gentleman from South Africa made a donation of forty thousand dollars, which laid the foundation of the medical missionary work in Chicago, and out of this has grown the American Medical Missionary College, which the Battle Creek Sanitarium has fostered, and helped to the extent of one hundred thousand dollars. One hundred and twenty-four doctors have been graduated from this college, and a large proportion of them are already in heathen lands. About one thousand trained nurses have also been sent out. So this institution is not only curative, but it has an educational character, and that I conceive to be its highest function in the world, — to teach people how to keep well, or if so unfortunate as to get sick, how to recover health and remain well.

The whole purpose of the Battle Creek Sanitarium is to hold up light to the world. We have sought to bring together there all the light pertaining to the healthful care of the body, and we are doing our best to let it shine.

Gradually the demand for such service as is being rendered at the Battle Creek Sanitarium has increased, until similar institutions have been established in scores of places and in most civilized countries. A dozen food factories, numerous natural food restaurants, thirty training-schools for nurses, are a part

of the results of this growth. The representatives of many of these sister institutions are here to-day to tell of their work and to testify to the splendid results of the principles which have given the Battle Creek Sanitarium System its useful place in the world, and which have brought it to appear in this conspicuous place to-day.

The Chewing Reform

HORACE FLETCHER: Dr. Kellogg gave you a very good epitome of the sources of his inspiration for work in his going to nature and those who have studied nature. All that I have done in connection with researches into the matter of health and of personal efficiency has been by studying the same sources of information, — going right back to nature, setting aside the empiricisms of all the professors, colleges, and universities.

About twelve years ago I was a subject of inspection for life insurance. I was told by the examiners that I was not a good risk, and they would not have me on any terms. I determined to look into the matter myself, believing that if anything was the matter with me, it was my own fault; that Nature in her beneficence intends that everything shall be well, and that if anything is wrong, it is through disobedience of her requirements. The troubles from which I suffered, — were the result of malnutrition of some sort. I asked of Nature, How may I cure the faults? How am I to know in what I am disobedient? My faith led me to say, If Nature has given us anything at all to do in the matter, she has not hidden it within the



HORACE FLETCHER

secret laboratory of the organism. It must have something to do with what happens in the mouth. I remembered Mr. Gladstone's dictum to his children: "Chew every morsel of food thirty-two times." I began to notice every morsel of food that I took into my mouth, and discovered that while some things disappeared by involuntary swallowing after three or four movements of the jaw, others were still refractory at one hundred. I tried every food that my appetite would tolerate, and made records of what happened in the case of each morsel. From out of all this data I discovered the process of careful mastication until whatever had taste had been accepted and swallowed involuntarily. While pursuing this method, chronic troubles for which the doctors had given me no hope whatever, began gradually to disappear. I lost pounds upon pounds of my obesity, and began to feel an energy that I had not felt for twenty years. I required less sleep, and my appetite began to assert itself in a very decisive manner. It proved to be a perfect indication of what my body needed. I was able absolutely to indulge the appetite, which I found could be very safely done when the appetite was normal, and when it was studied in the natural manner.

I and my colleagues, among them some of the most famous physiologists, for the past six years have been studying this matter of the relation of food to the first four inches of the alimentary canal. We have found that the technical description of the processes of mastication, deglutition, swallowing,—what happens in the mouth,—has been more neglected than any other portion of physiology. Investigators have gone right into their subject, not stopping to consider the vestibule. In the vestibule are found appliances for cleansing

everything that goes through it, so that one might go inside and not spoil the polished floors and carpets, but these people have jumped over the vestibule and carried their mud into the interior, and have been devising ways and means for getting the mud out and keeping the place clean.

I am going to tell you something about the Sanitarium itself, as this is Sanitarium Day. At Battle Creek is being worked out a quiet demonstration in the possibility of making good citizens of everybody that is born into the world, that within the next ten or fifteen years will be cited as a model; and no community, no municipal government whatever, will allow anything less perfect to be done within its confines than the model set by the Battle Creek Sanitarium. The Battle Creek Idea, of which health recuperation is only a single feature, will be a model held up to the world. It is another "Sermon on the Mount." And when I have said that, I think it is a good time to close, because I have spoken in my most enthusiastic way about my most enthusiastic admiration.

The Philosophy of Healing

DR. E. J. WAGGONER: The philosophy of healing is as old as the world. It has, however, been practiced mostly by the animals and birds, who know something that human beings do not know—how to take care of themselves. Now the philosophy of healing, although so vast that a lifetime may be spent in studying all its ramifications and applications, is yet so exceedingly simple that any one in the world can apply it. A French scientist has recently told of finding a snipe that had actually put a splint upon its broken leg, and it had been healed. When a bear is wounded, it plucks the fur from its side, staunches

the blood, lies down quiet, and gets well again. All animals know what very few human beings have found out,—that the power that brought us into the world is amply sufficient to carry us through it, if we will only give it a chance. All we have to do is to recognize the working of natural law and bring ourselves into harmony with it.

When a wound is inflicted upon the body, the grand army of the body defenders begins its work. One company of cells is told off to repair the bone; another, the muscle; another builds up the nerve that has been severed; and another heals the skin, etc. All move in perfect order, and their work is perfectly done. When we see that, we are convinced, as one of the leading scientists of the world has said with reference to plant life, "that there is a single governing power of definite design and methodical action." That creative power is working continually in every human body, in everything that has life, to build up and restore. Life-power is stronger than death; life swallows up death.

The Creator has supplied every one with the healing agencies,—food, water, sunlight, and air,—and every one can apply them to a certain extent for himself and others.

Our Danish friends have a proverb which says,—

"I Adam's Fald vor sjæl var Prester underlagt,

Vort Legem Lægen's kald, vort Gods Juristers magt."

That is to say, in the fall of Adam our souls were put under the authority of the priests, our bodies subjected to the physicians, and our property put into the hands of the lawyers. A whole man is the highest work of the Creator, and being so, God did not design that

one man should be over another. The work of the Gospel preacher is to teach every individual that he can go direct to his Maker without the intervention of any priest.

There have been books circulated, "Every Man His Own Lawyer," and we know very well that the man who has no legal business gets along better, at least financially, than



DR. E. J. WAGGONER

the one who has. The original design and the goal to which every physician who is true to his title of doctor—teacher—is working, is that every man under God shall be his own physician, for God has put into every man's hands all that is necessary for his own health and happiness.

An old Book with which I am familiar contains these words: "I will bless thy bread and thy water, and I will take sickness away from the midst of thee." This suggests that the food which God provided for man is the proper medicine. Mr. Fletcher, who spoke here a few moments ago, was a demonstration of that. What is the work of the Sanitarium?—It is bringing to bear these simple elements in just the proportion in which they are needed. If a man is in debt, he needs money enough to sustain him from day to day, and something besides to pay off the old debt. The Sanitarium is helping people to pay their debts, showing them how healing power can be supplied in fuller measure. The sunlight, which in its natural form is all that the healthy man needs, is stored up and given out in the form of electric light baths, etc. The thing that the patient most needs is intensified for the time being, and he is given a right start.

The food that he has been taking in, in incorrect quality and quantity, is regulated for him; in short, he is simply put upon a right basis.

The True Foundation of Temperance Reform

A. T. JONES: The history of this world can largely be told in simply the subject of temperance and intemperance. The nations that have domi-



A. T. JONES

nated the world in succession have begun their power while they were temperate, plain livers, and have lost their power when they lost their plain living. In this day our own nation has taken its stand as a world power, and it is a serious question, How stands this nation as she speaks forth to influence the world?

The Medes and Persians who destroyed Babylon that night when Belshazzar's drunken, lascivious feast was in progress, were plain, simple livers. The Persian youth were allowed no other food than bread, cresses, and water. The Greeks were far more temperate than the Persians were in the day when the Greeks took the power of the world. And the Romans came in on exactly the principles on which the nations before them had secured and held power—eschewing everything but the plainest food, because, as they themselves stated, a highly seasoned, rich dietary inflamed and filled both body and mind with ill humors that would take away all their power for government; and the Romans were a people of self-government.

How stands this nation compared with the other nations in the day when

they stepped forth and became world powers? The United States to-day is a more intemperate nation, in more things, than Babylon was the night she sank into everlasting ruin. How long can the United States government hold its place at the height to which it is aspiring when it is more intemperate than were any of these others when they sank?

The Battle Creek Sanitarium system of pure dietary lays the true foundation of temperance reform. One simple dietetic principle alone is vitally important to every temperance worker: Whatsoever in our dietary is not water is food; and all food must be chewed. Mr. Fletcher discovered by practicing that you simply can not use wine, beer, tea, coffee, if you chew it. Every one who will practice chewing his whisky, can take at the utmost but a very few sips. That simple principle is a universal cure for intemperance. Another thing is that whoever chews thoroughly everything that is not water will be inevitably but gently carried to the simplest dietary for his living; and he who lives on a simple dietary is proof against intemperance.

Nothing that has any kind of intoxicating principle in it is ever used in the Sanitarium system; it is not allowed to come into the physical system of any one who comes there. And this corrects evil habits, and brings one upon the true, natural foundation of right living, and puts him in the place where he is himself and has control of himself. The definition of temperance is self-control. Any stimulant habitually used takes control of the one who uses it. So the whole principle is expressed in this word, "All things are lawful for me, but I will not be brought under the power of any." The one great aim in the Sanitarium System is to put the

man into such a field of thinking and living that he shall be master of himself and the servant of nothing and nobody.

This touches the fundamental principle of our national existence — self-government. How many people in the United States to day, when they indulge in stimulants by the score, can govern themselves? And when it comes to a point, in a government of which the principle is self-government, that the majority of the people lose the power to govern themselves, that government is gone, and will have to give place to one of some other form.

The great necessity in this day is backbone, among public men especially. Now in this system of education and practice that the Battle Creek Sanitarium works out, temperance, self-control, is held and advocated for all people as a principle. When you take a child and hold him face to face with a principle in every affair of his daily life, and that child grows up to manhood, you have a man that will not lack backbone in public or any other life. That makes strong, manly, pure-minded, clean-thinking men, and these are a benefit to the world wherever you find them.

Rational Food Reform

DR. MABEL HOWE-OTIS: The more you know about us as Battle Creek people, the more you will find that our notions conform to the very best ideas you have always had yourself. When we talk to you about cutting out tea and coffee, the inadvisability of adding to the waste of your body the waste and even diseased tissues from some other body; when we talk with you about the great value of fruits in diet; and tell you that by Atwater's analysis pure grape juice contains half as much nutrition as is found in beefsteak, you say, "I thought

so, but I never tried it." What we wish you to learn is the reason for all this, so that you will be brave enough to do just what we do — live up to the things we know to be best. In diet, exercise, or whatever it may be, we try to be rational.

In rational food reform we must first of all have a knowledge of food elements and their sources. We must have a knowledge of physiology, what metabolism is, what tissue changing and tissue building mean. To this we must add a knowledge of food preparation, the changes that take place in food when it is cooked. Study the diet yourself, know what is in the foods you use, and what you expect to get out of them. If you are not able to go twenty-four hours without a single square meal and then have vitality enough to address a public audience — the food you have used has not been doing you the good it should.

Food is that which, when taken into the body, not only builds up the waste, but adds to the sum total of energy already there. Alcohol oxidizes and liberates energy in the tissues, but it not only does not add to the sum total of energy, but the energy it does furnish is liberated at the wrong place, at the wrong time, and the whole result is something to be avoided.

Send to the Agricultural Department at Washington for a copy of Atwater's "Chemical Composition of American Food Materials" and you will have the basis of rational food reform. "The proof of the pudding is in the eating." If you are a food reformer and you find your strength getting less, your vitality ebbing away, carefully investigate and



DR. MABEL HOWE-OTIS

find out what is the matter. When you cut out meat, add its substitutes, which are to be had fresh from Nature's garden.

It is possible for you to sit down with your family mouths to feed, and know for a certainty whether you are putting into the stomachs of your children that which after a while is going to bring sorrow to your heart. It is possible for you to know that pepper in the stomach is just as much of an irritant as it is in the eye; that an irritated condition of the stomach — one result of continuous feeding — is just as serious and evil in its results as a starvation diet.

If you come to the Sanitarium, we can show you an army of young men and women working as hard as any people you ever saw, eating but two meals a day, excluding meat entirely from their diet; and yet they are the happiest, rosiest-cheeked folks you ever saw. They will tell you that "the proof of the pudding is in the eating," and it is good.

Now I am going to ask Mr. Weinburgh just to say Amen to what I have said. Six years ago he was an invalid, unable to help himself in the smallest degree. Two years ago he took a prize for being the most perfectly developed

young man in America. To-day he is at the Battle Creek Sanitarium taking the medical course.

H. B. WEINBURGH: You have heard some of the older men, and now you are going to hear from a young one.



H. B. WEINBURGH

About six years ago, when I was an invalid, I began studying how to become healthy, not only physically, but mentally, and that is why I am at the Battle Creek Sanitarium. About four

years ago I had given up the use of meat, tobacco and all narcotics, but I found I was not getting along as well as I should, and I determined to study the question more thoroughly. One thing that I have found out since then is that I can live exclusively on nuts and fruits in their fresh state, and grains. Since last December Mr. Ossig, a young man at the Sanitarium, and myself have lived exclusively on nuts, fruits, and grains, and I must say that I never before felt so well physically, mentally, and morally. I believe that in that list we have all the elements that the body requires.

(To be concluded.)



HALL OF CONGRESSES

PEACE ON EARTH

BY E. E. ADAMS

THERE was a time, in earth's first garden fair,
A beauteous time of love, when the soft air
Vibrated but with tones of peace and joy,
When all was happiness without alloy.
All creatures happy were, for all were good,
And bound in universal brotherhood.
The highest, man,—creation's heir,—was
king,
And to his sway of love was subject every-
thing.

But man became a rebel to his Lord :
Henceforth his sovereign scepter was the
sword
Himself no longer subject to love's sway,
No more will all things else his word obey.
Earth's harmony is broken, and the law
Of brutal force brings universal war
And fear and dread. All things, not willingly,
But through their highest, subject are to
vanity.

But hark! Once more the sound of "Peace
on earth!"
Is heard, as angels sing the blessed birth
Of a new King—a little, wondrous Child
Omnipotent. The forest creatures wild,
The folded sheep, the cattle in the stall,
Do they not feel peace brooding over all?
A heavenly Presence near? O happy Mother!
In fellow flesh, all creatures have a Brother.

This Babe of babes, now sleeping rosy sweet,
Shall bring creation to his p'ercèd feet.
The Golden Age of love He shall restore,
The reign of peace extend from shore to
shore.
In all his realm they'll hurt not nor destroy:
The leopard with the kid at rest shall lie;
The wolf and lamb together sweetly feed,
Lions, no longer fierce, a little child shall
lead.



A SIMPLE CHRISTMAS DINNER

BY MRS. G. H. WARD

. . . *Menu* . . .



Green Pea Soup

Bread Sticks

Protose Timbales

Jelly

Baked Potatoes

Brown Gravy

String-beans

Hoe-cake

Vegetable Salad

Almond Wafers

Chocolate Loaf Cake

Mince Pie

Green Pea Soup.—Press through a colander one can of green peas. Add to this two cups of water, one teaspoonful of salt, and one heaping tablespoonful of cocoanut butter. Cook

in a double boiler until the butter is melted.

Dried peas may be used by first cooking until tender, then pressing through a colander.



Bread Sticks.—Cut stale bread into three-eighth-inch slices, then cut the slices into one-half-inch strips, and toast in the oven until hard and lightly browned.

Protose Timbales.—Take one pound of protose, one-fourth pound of nuttolen, four rolled crackers, one-half cup of cream, two beaten eggs, one teaspoonful each of salt, celery-salt, and powdered bay leaf. Mix these ingredients thoroughly, and bake for twenty minutes in oiled molds set in a pan of hot water.

Brown Gravy.—Brown together in the oven two rounding tablespoonfuls of flour, one of nut meal, and one teaspoonful of salt. When a rich dark brown, add one tablespoonful of white flour; braid this mixture smooth with a little cold water, and turn it into two cups of hot protose broth.

The broth may be obtained by boiling one cup of minced protose in two quarts of water for two and one-half hours.

Hoe-cake.—Brown slightly together in the oven two cupfuls of cornmeal, four tablespoonfuls of flour, two teaspoonfuls of sugar, and two-thirds teaspoonful of salt. Heat one cupful of rich milk, add this mixture to it, beat it until cold. Add to this the beaten yolks of four eggs, lastly fold in the

stiffly beaten whites. Drop by spoonfuls on a hot oiled tin and bake twenty minutes.

Vegetable Salad.—Wash three medium-sized potatoes, and steam until tender. Peel and cut into one-fourth-inch cubes. Add one cup of celery, chopped fine, one teaspoonful each of salt, celery-salt, and grated onion, and the whites of three hard-boiled eggs, chopped fine. Mash the three hard-boiled yolks, add three tablespoonfuls of lemon juice and two of olive-oil; beat until smooth. Pour this over the salad. Garnish with either lettuce or parsley.

Almond Wafers.—One egg well beaten, two tablespoonfuls of almond butter, two and one-half tablespoonfuls of flour, one-fourth teaspoonful of salt. Roll out to one-eighth inch in thickness, cut with a round or any fancy cooky cutter, and place a blanched almond moistened in cream on the top of each wafer. Bake on an oiled tin five or eight minutes in a moderate oven.

Chocolate Loaf Cake.—Beat until very light three eggs with one-half teaspoonful of salt. Add two tablespoonfuls of hot water, and slowly sift in two-thirds of a cup of sugar. Beat until the sugar has melted. Fold into the batter one cup of flour and one-third of a cup of Sanitas Health cocoa



ALMOND WAFERS



CHOCOLATE LOAF CAKE

sifted together. Bake in an oiled tin one-half hour.

Mince Pie.— Five cups of tart apples, chopped fine; five cups of protose, minced; one cup of prune marmalade; (prunes thoroughly cooked, seeded, and pressed through the colander); two cups boiled apple juice (boil the juice down until it is almost as thick as syrup); one cup of crushed nuts (walnuts or

pecans); one cup of malt honey, one-half cup of sugar, one cup of raisins, butter the size of an egg.

Cook all the ingredients (except the raisins) together slowly for two and one-half or three hours. Cook the raisins about half an hour. This is enough for five large pies. It may be sealed in glass cans and kept for any length of time.

A DAY AT A GREAT SANITARIUM

A "RESORT" where abounding success is perennial, and perpetual even throughout this icied season of 1904, deserves description, think you not? Yes, perennial is the term. Over thirty years ago the tiny seed was prayerfully planted by the hand of a lowly charity society. Year by year it has grown, upward, downward, aboutward — to-day, behold a giant banyan!

In 1902 all the chief buildings of what was known as the Battle Creek Sanitarium were burned, and yet people came and insisted upon staying. Work ceased for but one day! All the buildings in the immediate vicinity were pressed into service. Nurses moved out of their dormitory, and students gave up their halls, and so the good

work went on. That the numerous patients were all rescued from both hospital and sanitarium is a fact remarked with surprise by hotel men. Yet it is not more wonderful than the life saving effort which is daily going on here.

After the ruins were cleared away, the present imposing structure was at once begun. It is called "A Temple of Health."

The illustration on the next page shows the front of the main building.

In general appearance, both inside and out, it is very similar to a fine, modern fire-proof hotel. There are nearly six acres in all of a marble and cement floor, in a form of polished mosaic known as Tarrazzo. This is absolutely

germ-proof, for it can be penetrated only by a cold chisel or a diamond drill.

These gleaming white bath rooms are the innermost shrines in this modern temple of Hygeia. In place of oblation there is ablution, and the "sacred fires upon its altars" are electric lights and steam pipes. The form of the mythical goddess is replaced by some sturdy-limbed American goddesses in short-

lavishly served, but expect no cheese, meat, fish, or fowl. Fresh eggs and butter and cream, both sterilized, are the only animal products. There is no end of the cereal and nut compositions, and some are most clever imitations of roasts and fowl; vegetables and fruits of all kinds abound. There is a deliciously novel pie. The crust of this is of nut meal and cream. Formerly but two meals a day were served. Now



FRONT VIEW OF THE MAIN BUILDING ON A FROSTY MORNING

sleeved-and-skirted dresses of white. At six in the morning the first "early sacrifice" takes place in the form of a hot and cold spray or a quick plunge into the swimming pool. But these pre-matin devotees call it joy, not sacrifice.

Seven o'clock finds old and young, fat and lean, sick and well, marshaled in the open air, breathing and bending in unison to music. This over, the patient chooses either a brisk walk, or a song and prayer service in the parlor.

Breakfast follows from 7:30 to 9:30. The sixth-floor dining room has its walls covered with some of the finest paintings known to art. Their merit can not be disputed, for they are done by the hand of Mother Nature herself, and most effectively framed by simple, broad sashes. Order from a bill of fare like that here printed and you will be

there are three, though patients are strongly advised, if there for stomach trouble, to let two meals a day suffice. The physicians and helpers, now numbering over six hundred, eat but two meals daily, and the majority of them are the finest of animated advertisements for the two-meal-per-day vegetarianism which is the slogan cry of the institution. The superintendent has always advocated vegetarianism as right, ethically, religiously, and physiologically. In the face of such vigorous argument as the Japs are now giving the world, he believes that even the prejudiced public must admit that it is "a condition, and not a theory, that confronts us."

Music and movement in the gymnasium at 9:00 A. M. announce the daily dumb-bell and marching practice. The

latter covers by pedometer measurement, at times, over two miles in distance. The bald-headed heavy-weights who are seeking thus to reduce flesh and limber up generally afford considerable amusement, which they seem to enjoy quite as much as the others.

At 9:30 the various bath rooms are in vigorous operation. Each patient is carried off at the appointed hour by an attendant and put through the treatment prescribed for him by his physician for that day. It may be an electric-light or water bath, a vapor or shower bath, a fo-nentation or radiant light treatment, followed by an ice or cold mitten rub. It may be a salt glow or massage or any one or more of the numberless forms of healing known to electricity and hydrotherapy. And you are almost sure to like it and cry for more. After the attendant has rubbed and spatted and patted till one tingles and glows, there follows a quiet rest, either in your room, which may be reached by a trim hallway and elevator, or in summer in the outdoor gymnasium, where a sheet costume is the height of fashion. Here, upon a pile of sand behind a protecting canvas, one woos old Sol. Some of these sun worshipers, who were but a few weeks before as "white as snow," are turned first "as red as scarlet" and next an olive-brown or dark as any Oriental. Some vie with one another to see which can become the blackest. This sunning should include the whole body, though some protect their faces. After an

hour or more of toasting, if still ambitious, one may visit the Swedish mechanical movement room. A column would not suffice to relate the names of machines which here spank and shake and knead and knock the muscles. Of course they are applied only by prescription and for but a short time.

Dinner hour arrives at 1:30 for the three-meal-a-day heretics. The orthodox wait until three.

The afternoon and evening programs are even more interesting than the morning.

DINNER AT THE SANITARIUM

Celery	
Cream of Lentil Soup*	Tomato Bisque
Nutrolic Roast — Gravy	Nut Fillets
Protose Steak — Maitre d'Hotel Sauce	
Baked Potatoes — Egg Sauce	
Stewed Celery*	Sweet Corn
Fresh Spinach	Potatoes au Gratin
Lettuce Salad	
Whole-wheat Bread	Graham Bread
White Bread	Whole-wheat Wafers
Apple Sauce	Blueberry Sauce
"No-Coffee" (Our New Cereal Beverage)	
Dairy Cream	Sanitas Cocoa*
Apple Juice	Sterilized Dairy Milk
Raspberry Nectar	Blackberries Plums
Prune Soufflé — Almond Sauce	

ARTICLES SERVED TO ORDER

Gluten Sticks	Potato Gruel	Kumyss
Stewed Tomatoes	Protose Broth	
Floated Eggs	Egg-nog	Green Peas
Prune Marmalade	Spinach	
Steamed Figs	Cocoanut Butter	
Malt Honey	Malted Nuts	
Maltol	Bromose	

*With Milk

—M. H. B., in the Hotel World.

WHEREVER are tears and sighs,
 Wherever are children's eyes,
 Where man calls man his brother,
 And loves as himself another,
 Christ lives!

—George Houghton.

CHANGED ITS MIND

BY MRS. D. A. FITCH

AS mama was preparing her boy for breakfast she said, "How many cakes can Eugene eat for his breakfast this morning?"

"I can eat four, mama."

Seated at the table, his appetite seemed to have materially diminished, for he ate only one of the cakes. "Mama thought you were going to eat four cakes this morning. What is the matter?"

"Well," said the five-year-old, "my stomach changed its mind."

It occurs to us that the wise man's stomach often "changes its mind," as in this case, but too often that much-abused organ is so pressed upon as to be convinced against its will, though of the same opinion still, and, yielding to the demands of an abnormal appetite, finds itself wishing the real man had been master over the lust of the flesh.

MEDICAL WORK IN THE JAPANESE ARMY

THIS country, and every other, may learn much in the line of military economics from a study of the methods of the Japanese, who seem to be the first to realize the true value of an army medical corps. Major Seaman, late surgeon of the First United States Volunteers, has just returned from Manchuria, where he spent four months as a representative of this government. He pays a very high tribute to the Japanese medical department, especially for their attention to hygiene, and their splendid preparatory work. The life-preserving department is as carefully attended to as the killing department.

The medical officer in the Japanese army seems to be omnipresent. He is with the scouts, with microscope and telescope, testing and labeling wells to keep the army from drinking contaminated water. He accompanies foraging parties, sampling all food, fruit, and vegetables sold along the line of march. He examines the sanitary conditions of every town before the army arrives, and if there is danger of infection or contagion, the place is quaran-

ted and guarded. He is in the camps, lecturing the men on sanitation and hygiene.

As a result of this, Dr. Seaman points out, the Japanese medical men are not now found treating thousands of cases of intestinal diseases and fevers resulting from improper food and neglected sanitation. His testimony is that "the Japanese loss from preventable disease during the first six months of this terrible conflict will be but a fraction of one per cent;" whereas, during the Spanish-American War the mortality from preventable disease was seventy per cent—268 men were killed by bullets, and 3,862 died in hospitals. Of fifteen thousand French in Madagascar in 1894, twenty-nine men were killed by bullets, and seven thousand by preventable disease. The British losses in South Africa from disease were frightful.

Dr. Seaman further states that of one thousand wounded arriving in Tokyo up to July 1, not one had died of the wounds inflicted by Russian bullets. The Japanese surgeons at the front do not operate except in cases of

extreme emergency. Wounds are antiseptically dressed, and patients are sent by hospital boat or transport to the hospitals in Japan. The Tokyo surgeons

complain of little to do, for by the time the wounded arrive, the vast majority of wounds have cicatrized, and further interference is unnecessary.

THE GLENDALE SANITARIUM

BY J. A. BURDEN

AMID orange, lemon, and olive groves, in one of the most beautiful and fertile valleys of Southern California, nine miles from Los Angeles, the new Glendale Sanitarium is situated.

and other small fruit, besides the beautiful groves of oranges and lemons. There are interspersed with alfalfa fields, vineyards, and vegetable gardens.



THE GLENDALE (CAL.) SANITARIUM

Surrounded by hills and mountains, with an altitude of six hundred feet, Glendale Sanitarium possesses natural advantages to be found only in this great sanitarium country.

The Fernando valley, in which the sanitarium is located, affords an excellent supply of fresh fruits and vegetables. There are acres of strawberries

The ocean-breezes, blowing over the low range of foothills that hide the waters of the broad Pacific from view, fan the valley by day, and the cool mountain air by night conduces to refreshing sleep in the warmest weather. In Southern California there is a constant striving for the mastery between the heat of the sun and the sea-breezes,

resulting in a compromise in a constant moderately low temperature.

One of the chief advantages of this equability of temperature as a health-producing factor is the constant and free ventilation which it makes possible. It is never necessary to close the houses, either to exclude the heat of summer or the cold of winter. One may be kept in a constantly changing volume of air of the same temperature, whether within or without the house.

The distinction between summer and winter is not a matter of temperature, but of rainfall, merely. During the summer, for a period of five or six months, no rain falls. Sometimes for a series of months not a speck of cloud appears to mar the surface of the bright blue skies. To this unfailling regularity of the wet and dry seasons is due much of the charm of life in California. It is an ideal place for the outdoor life. Even a tent is unnecessary, for one may live the long summer through without a roof and suffer no discomfort. These conditions result in a freedom and abandon of life seldom met with elsewhere.

Heliotherapy, or the sun cure, can be practiced to perfection, and all the benefits of life in the sunshine be had at their maximum in Southern California. Even in the coldest weather the sun heat makes fires unnecessary, for the walls of well-constructed houses absorb it by day, and this keeps the house moderately warm at night.

The dry soil of the high altitudes, pure, aseptic air, and out-of-door life in the bright sunshine which characterize these regions are antagonistic to disease of all kinds. Diseases of the respiratory tract are especially rare.

On account of its peculiar climatic conditions, Southern California is almost as famous a resort for consump-

tives as Colorado. The region of Los Angeles has been called the "one-lung country," on account of the numerous consumptives who resorted thither. There are many sanitariums for the treatment of this particular disease.

Work on the Battle Creek Sanitarium principles was begun in California about 1880. A sanitarium was built on the mountain-side near St. Helena, and opened as a summer resort, accommodation being augmented with tents when necessary. As this became established and its influence extended, branches were opened in other parts of California. At the present time there are, besides the St. Helena Health Retreat, sanitariums at Los Angeles and San José, and treatment-rooms at San Diego. The Glendale Sanitarium is the latest member of the Battle Creek Sanitarium sisterhood in California.

[We know of no part of the world where sanitariums of the right sort are more needed than in Southern California. This is the Riviera of America, a veritable invalid's paradise. Here are always to be found an army of sick folks numbering many thousands, all seeking the boon of health and eager for help. With a strong corps of able and experienced physicians and managers, the Glendale Sanitarium offers, besides superior climatic advantages, inducements which the invalid public will certainly appreciate and eagerly make use of. The leading physician, Dr. A. Winegar-Simpson, was for several years a leading and popular physician at the Battle Creek Sanitarium, where she won an enviable reputation. The manager, Mr. Burden, has had a long and most successful experience as business manager, both in this country and abroad. We prophesy success from the opening day.—ED.]

Chautauqua School of Health

BLOOD-BUILDING FOODS

BY J. H. KELLOGG, M. D.

FOR the making of pure blood the first essential is pure food, and not blood or blood-containing food. If the blood has been greatly reduced in quantity, it is important to take food rich in proteids. These are furnished in abundance by many of the natural foods which Heaven has prepared for man's use. Among the choicest of these are nuts, especially almonds, peanuts, Turkish hazelnuts, or filberts, pecans, and all nuts from which the outer shells and skins can be readily removed. A pound of nuts contains more blood-forming material than a pound and a half of the very choicest (so-called) beefsteak. Peas, beans, and lentils are also splendid blood-formers, containing more than one-fourth their weight of blood-making material, and each pound equal in food value to three pounds of beef.

Whole-wheat bread and gluten preparations of all sorts are also good blood-making foods. All foods which hinder digestion, and which give rise to fermentation or other disturbances, must be carefully avoided, as the acids formed by the souring of the food serve to lessen the alkalinity of the blood, and thus to deteriorate its quality. This is not true of the acids found in fruits. These are food substances, and unless taken in very great

excess are in no wise harmful, but, on the other hand, are highly beneficial. These acid fruits encourage the action of the kidneys, and thus aid in the removal of the poisons, while they at the same time disinfect the stomach and intestines, and thus prevent the formation of poisons by fermentative and putrefactive processes.

Nothing could be further from the truth than the very generally entertained notion that the blood must be fed by blood; in other words, that the quickest and most certain means of enriching the blood is by the taking of the blood of some animal, either in the fresh state, or in the prepared form in which it is presented in various well-known medicines. There is no foundation whatever for this idea. Animal blood differs from human blood as much as animal intelligence differs from human intelligence. Even when the warm, fresh blood of an animal is injected directly into the veins of a human being, the blood cells thus introduced quickly disappear, being somehow destroyed in the body as unusable. They are recognized as strangers, as invaders which can not be tolerated, and within a few hours after they are introduced, even though the quantity may be very large, not one can be found. When taken into the stomach, blood must

pass through the same processes of digestion as does ordinary food, to which it is rendered decidedly inferior by the fact that its nutrient value is

low, while it contains a large proportion of the poisonous elements which the body is continually exerting itself to exclude.

THE NIGHT CARE OF THE PATIENT

BY LENNA F. COOPER

SLEEP, "nature's sweet restorer," has become a fleeting phantom with many American people. The rush of business, the gay social functions, and the unhygienic modes of living of the present day tend to drive away that most important restorer of the body. It is during sleep, more than at any other time of the day, that the tissues are repaired. Indeed, one can abstain from food for a much longer time than he can be deprived of sleep. Experiments on dogs which were entirely deprived of sleep for four or five days, proved fatal. But when deprived of food for twenty days, by good care and careful feeding they were nursed back to health. In ancient times deprivation of sleep was a means of capital punishment in China. Fortunately, complete loss of sleep is very rare. Patients suffering from insomnia often think that they have had no sleep when in reality they have, though perhaps consciousness has not been entirely lost.

The night care of the patient is of very great importance, especially to those who have been suffering from acute febrile disease or from some chronic or nervous disorder which causes them to spend restless nights tossing and turning, thinking and planning, yet longing for sleep. With such the night is more dreaded than any other part of the twenty-four hours. Anything which may add to the comfort or soothe the nerves of the sleepless one is very gratifying indeed.

A great deal depends upon the preparation for sleep. If the patient has occupied the bed during the day, the sheets, no doubt, have become wrinkled and warm, the bed clothing more or less disarranged, and all together the bed itself has quite a "tired" appearance. Hence, it should be remade, and, if possible, fresh bedding used. At any rate, the sheets should be exchanged for those which have been reserved for the night, thus having two sets of bedding, one for the day and one for the night.

Sleep has been described as "rest of the consciousness." Anything which will tend in any way to rouse the consciousness should be avoided by the light sleeper. Animals, when wishing to sleep, retire to as quiet a place as possible, and also where the direct rays of the sun will not strike them. Light exerts a strong physiological action upon the nerves of the body, which tends to arouse consciousness. For this reason largely, no doubt, we have been supplied with eyelids which involuntarily close as we sink into slumber. Nevertheless, those whose nervous systems are very sensitive to outside impressions, may be aroused even by the early gleams of the morning light acting through the nerves of the eyelids. For this reason, curtains should be drawn so as to shut out the morning light.

The warm sponge bath to the entire body, including the face and the hands

is very restful to the tired invalid. The hair should be gently brushed for the night. All exciting news, distressing subjects, visiting, or anything which would tend to excite the patient, should be avoided in the evening.

It has been found that in normal sleep, several physiological changes take place. The flow of blood to the brain is decreased, leaving that organ in a temporary state of anemia. The internal organs are also somewhat deprived of the usual amount of blood, and the vessels of the skin are dilated, allowing the blood to escape from these other organs. Thus the blood pressure is lowered, the heart beats slower and with more ease, and there is general relaxation of the muscles of the body. Hence, in insomnia we may look for a disturbance of some of these conditions as a cause. If the patient is suffering from cold extremities, showing that there is a congestion in the internal organs instead of anemia, this condition must be combated by applying heat or massage to the extremities to draw the blood to the surface. A hot foot and leg bath or a hot leg pack are excellent treatments for this condition. If there is a general feeling of chilliness, the warm bath, with a cold compress to the head, should be administered.

If there is a feeling of warmth, yet the patient seems "nervous," a neutral bath, temperature from 92° to 97°, lasting from one-half to one hour, or even longer if necessary, should be given. If not convenient to give a full bath, fomentations or other applications of heat to the spine should be given from eight to ten minutes, followed by cool sponging. Sometimes massage or mere rubbing of the spine will have a

soothing effect. Spanish mothers often put their babies to sleep by rubbing of the spine.

As has been said, in normal sleep there is an enlargement of the blood vessels of the skin, thus producing a sensation of warmth. This condition should be fostered in those who are troubled with insomnia, by applying extra wraps or covers at night. In the July number of *GOOD HEALTH* we described a sleeping bag, which is a most excellent thing. It is well, also, for the patient to wear an additional sleeping robe, with perhaps an extra blanket for cover, and a warm cap or cover of some kind for the head, but only covers which are light in weight should be worn, heavy ones being fatiguing. These measures are necessary, not only as a means of supplying warmth by which the peripheral vessels may be dilated, but as a protection against the cold air which should be admitted into the sleeping room. Patients who sleep in the cold fresh air feel much more refreshed on rising than those who sleep in a close room. This is due to the fact that cold air contains much more oxygen than warm air. Hence, the window should be opened wide, care being taken to place a screen or some object before it in such a way that a draft will not strike the patient.

Late dinners should be avoided. The work of digestion interferes with quiet, restful slumber, for it causes an increased flow of blood to the digestive organs, thus preventing an engorgement of the vessels of the skin, as is found in natural sleep. If an evening meal is taken, it should consist largely of fruit or other light foods. Avoid, especially, milk, bread and butter, nuts, and sweets.

THE SUN BATH, OR INSOLATION

SUNLIGHT is one of the most powerful of all hygienic and curative agents. As a hygienic measure it is of inestimable value in the destruction of dangerous microbes, the most of which are unable to resist the action of the direct rays of the sun for more than a few minutes. Sunlight is thus the most important of all disinfecting and sterilizing agencies. The value of sunlight in the maintenance of health is well shown in the dwarfed development or rapid deterioration of plants deprived of its stimulating influence. In caves, mines, and other places from which the light is excluded, plants, with the exception of the fungi, do not grow, or if they do, very quickly die, never attaining maturity. Animals also are dwarfed and sickly under these conditions.

It was long ago noticed that in hospitals a larger percentage of recoveries occurred on the sunny side than on the shady side of the ward. At least a part of the well-known good effects obtainable from an outdoor life or from systematic exercise out of doors must be attributed directly to the influence of the sun's rays.

In taking a sun bath, either the whole or a part of the body may be exposed to the direct influence of the solar rays, or some protection may be afforded by a covering of white cheese-cloth. The bath may be best taken in a room properly constructed for the purpose.

The room should face the south (in the Northern hemisphere), and the windows should be sloping. The patient should lie on a cot placed before a window,



SUN BATH

the head being protected from the direct rays of the sun. The length of the exposure will depend upon the intensity of the sun's rays and the effects sought. If the light is very intense, or the patient very feeble, the duration of the bath should not be more than five minutes if the whole body is exposed; while in less sensitive patients, or those accustomed to the sun bath, it may be continued from twenty minutes to half or three quarters of an hour.

The sun's rays not only influence the skin, but pass through the skin into the body, exciting and stimulating every cell and tissue. The surface circulation is greatly accelerated, free perspiration occurs, the heart's action is increased, and the activity of all the vital functions is promoted. In many cases the patient experiences very pro-

nounced sensations of languor or drowsiness during the bath, and not infrequently falls asleep. The effects of the sun bath are practically identical with those of the electric-light bath, which has been previously described.

The investigations of Finsen, of Copenhagen, of Bert and Maklakow have greatly broadened our knowledge regarding the physiological effects and therapeutic properties of light. Sunlight may be properly regarded as not only a source of radiant energy in the form of heat, but as a powerful tonic through its actinic rays. Its calorific, or heating, rays may be isolated by placing a red-glass screen between the

sun and the patient, so that the actinic rays are filtered out. For tonic effects, the calorific rays may be separated by employing a blue-glass screen in like manner.

The sun bath is useful in all cases of malnutrition, anemia, inactivity of the skin, chronic dyspepsia, most cases of neurasthenia, indigestion, chlorosis, rheumatism, diabetes, and obesity. The only class of cases in which the bath is positively contraindicated is that in which the patient has recently suffered from heat stroke, and is especially susceptible to the action of the direct rays of the sun; but such cases are rare.

SOME "DON'T'S" IN RELATION TO CLOTHING

Don't dress the neck too warm when going out in cold weather. A little extra protection is required for the ears, but it is not necessary to muffle up the neck with thick furs to protect the ears. Warm wrappings about the neck cause the skin of the neck to become moistened with perspiration. When the wrappings are removed indoors, the slow cooling which takes place in consequence of the evaporation, chills the parts, and may produce sore throat or nasal catarrh.

Don't wear rubbers indoors, nor out of doors, except when it is necessary to prevent wetting the feet. Rubbers, being impervious to air, prevent evaporation, so that the perspiration is retained, and the shoes and stockings become damp from the perspiration. When the rubbers are removed, evaporation chills the feet, the same as if they had been wet by the rain or by walking on a wet pavement. On removing the rubbers after they have been worn for some time, it is a good precau-

tion to remove the shoes and stockings and put on dry ones. If this can not be conveniently done, care should be taken to keep the feet warm until the shoes are dry. The rubbers should be dried before wearing again.

Don't wear a mackintosh or rubber overcoat, except when necessary; and on removing the waterproof, when it has been worn for some hours, don't forget to change the undercoat also. The clothing is saturated with moisture from the skin, and a chill may be induced by evaporation from the moist clothing.

Don't wear at night underclothes which have been worn during the day.

Don't forget, on going to bed at night, to hang up the underclothing in some place where it will air overnight. It is a good plan to lay the clothing over a warm steam coil when it is convenient to do so. Persons who perspire freely should employ two suits of underclothing, wearing each every

other day, allowing one day for airing and drying.

Don't wear more clothing than is really necessary for comfort. Many people render themselves sensitive to cold by wearing too much clothing.

On going out of doors, don't forget to slip on an outer garment of some kind if the temperature is considerably lower than the indoor temperature; especially protect the head and the feet.

Don't wear thin-soled shoes at any season of the year. One may take cold from chilling of the feet as the result of wearing thin-soled shoes in walking over a cold pavement, even when the pavement is perfectly dry.

Don't adjust the clothing to suit the

season of the year only, but adapt it to the weather conditions of each particular day.

Don't wear high-heeled shoes, nor pointed shoes, nor narrow-soled shoes, nor tight shoes, nor low shoes. Don't wear slippers, except in the house. Shoes must have broad, reasonably thick soles, plenty of room for the toes, low heels. Rubber heels are a great comfort.

Don't support the clothing by bands tight about the waist.

Don't constrict the limbs by means of elastic bands to support the stockings. Support all clothing from the shoulders, not by bands, but by a properly constructed waist free from bones, on the "union" plan. J. H. K.

SCHOOL OF HEALTH SEARCH QUESTIONS

BLOOD-BUILDING FOODS

1. What food element is especially needed when the blood has been reduced in quantity?
2. In what natural foods is this element found in abundance?
3. Name some of the best blood-forming vegetable foods.
4. How do these compare in value with flesh foods?
5. What is the effect of fruit acids on the blood?
6. Why is not the taking of animal blood a good means of enriching human blood?

NIGHT CARE OF THE PATIENT

1. When the bed is occupied during the day, how should it be prepared for the night?
2. For light sleepers, what is especially to be avoided?
3. What physiological changes take place during sleep?
4. Name some measures by which these may be encouraged.
5. What is the best means of soothing a nervous patient and inducing sleep?

THE SUN BATH

1. How is the value of sunlight in the maintenance of health shown in plants?
2. How should a room intended for sun bathing be constructed?
3. How should the patient be arranged for the bath?
4. What should be its duration?
5. Describe the effects of the sun's rays on the body.
6. In what cases is the sun bath useful?
7. In what class of cases should it be avoided?

Hundred Year Club

A CENTENNIAL CELEBRATION

THE people of Fayette, Ohio, recently showed their appreciation of the favor conferred on them in having in their community a fine old lady who



MRS. AMELIA DUBOIS

has rounded out the full measure of her hundred years. The centennial of Mrs. Amelia DuBois was celebrated by hundreds of people who met to do her honor. The public schools were closed, that the children might join in the celebration. In charge of their teachers, they marched to the home of Mr. and Mrs. DuBois and escorted them to the opera house, where an interesting program, in which many prominent people of the neighborhood took part, was carried out.

One pleasing feature was the presentation by the children of a quantity of flowers, the money for which had been collected among themselves.

The interest shown in the occasion

by the people of Fayette and surrounding towns is evidence of the high esteem in which this remarkable old lady is held. Every faculty of her mind is alert and responsive, and her brown eyes still retain their attractive sparkle. She is an accomplished needle-woman, and still spends much time in preparing dainty gifts for her friends. Mr. DuBois, to whom Mrs. DuBois was married sixty-one years ago, is no less remarkable than his wife. The unusually healthy and active old age of this fine couple is a testimony to the value of their simple, natural, peaceful life of activity. Commenting upon this the *Fayette Review* says:—

“One's relation to the ALL are so simple that it is not necessary for any one to transgress. Instinct, that mysterious principle that protects and preserves all creatures, would protect us if we did not bury it under an avalanche of artificialities. Our falling away from nature is what kills. Our getting back to it will revivify, and this principle of ‘sticking to’ nature is what one sees so distinctly in these grand old people.”

A STRENUOUS LIFE

THE value of strenuousness as a health-producing factor has of late been much discussed, and increasingly vigorous

forms of physical culture are the result. An experienced physical culturist recently stated that many years' study

of the various kinds of what is called physical culture had resulted in the conviction that useful labor is the very best means of exercising the muscular system. To this kind of "physical culture" is probably owing the fact that Mrs. Hugh McLean, of Prince Edward's Island, Canada, was a healthy centenarian at the time the photograph was taken from which our picture is reproduced. The most of her waking life was spent in strenuous out-of-door farm work, of which she did every kind, even to the hoeing in of potatoes among the burnt stumps. For about fifty years she worked with the reaping-hook, and later bound grain after the harvesters. Even after her hundredth birthday she stacked grain after the self-binder.

Mrs. McLean's diet through life was

not what might be called high living. It consisted chiefly of oatmeal and barley meal, with plenty of milk, and occasionally a little meat or fish. In quantity it was of necessity limited to rather scant proportion. Tea and coffee she never tasted until after fifty years of age, and alcoholic liquors were never taken. When about ninety years of age she fell into the habit of snuff taking; but finding that it was injuring her eyes, she at once ceased, and her eyes were soon well again. The experiment was not repeated.



MRS. HUGH MCLEAN

A WHOLESOME MEDICINE

" A WHOLESOME medicine is Cheer,
 And Hope a tonic strong;
 He conquers all who conquers fear,
 And shall his days prolong.

" A happy heart, a cheerful lip,
 Contagious health bestow
 As honey-bees their sweetness sip
 From fragrant flowers that blow.

" Let cheerful thoughts prevail among
 The sons of men alway,
 And sighs shall change to Love's sweet
 song,
 And night to golden day."

.. By the Editor ..

WINTER HYGIENE

GETTING used to a thing, in a physiological sense, means more than becoming acquainted with or accustomed to it; it means a constitutional change. This we see in all the world about us. In the fall, when the cold weather is approaching, the fur of animals begins to thicken. Trappers catch animals in the winter because of the superiority of their fur at that season, their summer fur being very poor and thin. It is interesting to note the change coming over the animals as the cold weather approaches. The thickening of their fur or hairy covering is a protection for the winter.

There are other changes which take place in the animal at the same time. His appetite increases; he eats more, and thus stores up fat. Take the bear, for example; in the fall he eats all the acorns, chestnuts, pine and all kinds of nuts that he can get, and these produce a great deal of fat-making material. He also robs the beehive when he has a chance, running the risk of being stung, for the sake of getting the fat-making honey. Then he goes into a hole and lives on this fat during the winter months. During his hibernating sleep his life is sluggish, his pulse gets down to sixteen a minute, and his respiration is decreased to four a minute. For two or three months — ninety days or more — he has an absolute fast, living on the fat that he has stored up for the winter.

A corresponding change takes place in the vegetable world, — in the trees, plants, bushes, and shrubs. If the cold comes suddenly upon us, it catches the trees

and bushes napping, unprepared for the winter. As the cold weather approaches, they thicken their bark, draw in their sap, and the chlorophyl of their leaves; and the leaves fall off. Some little time before the leaves fall, we see the green color disappear. The chlorophyl and the sap have been drawn in and stored up for use in the spring, and thus preparation is made for winter.

Similar changes take place in human beings if they subject themselves to natural conditions. A shrub that is left standing out of doors gets ready for winter. If it should be taken up in September and kept in a greenhouse at a temperature of 70° it would not make preparation for the cold weather. Put an animal in a warm building and keep him there, and his fur will not thicken for winter. Some interesting observations have been made concerning sheep. In the tropics they grew only thin hair, but when taken to Siberia they began to grow fine wool, which thickened with each generation until they had a thick woolly covering that was an ample protection against the severities of the climate to which they were exposed. Leave a sheep out of doors and it gets ready for winter. Bring it indoors where it is not subjected to natural conditions, and it is not affected by meteorological changes.

The same thing is true of human beings. Many people, when cold weather comes, hide away in their wind-proof houses, thoroughly barricaded against fresh air. Under such circumstances the power to make heat diminishes, and they are

afraid to come in contact with cold air, because they have coddled themselves too much as the cold weather has come on. When a person is in that condition, his vitality is lowered, his resistance weakened, and he is an easy prey to disease.

On the other hand, cold is a vitalizer of tremendous consequence. There is no tonic so good as contact with cold air. The body rallies its forces to repel the cold, which it recognizes as dangerous. This is why one feels stronger and more full of energy after the application of cold. It is because of the resistance which the body makes against the cold. It is worth while to lose a little heat when by this loss the vital forces are rallied.

And while the forces of the body barricade themselves against cold, they are also barricading themselves against germs. The skin that can resist cold, can resist all kinds of germs. One whose skin has a good reaction to cold need not fear the germ of salt rheum, psoriasis, or the germs that organize boils. It is the weak skin that is a prey to all kinds of germs.

All the vital functions are affected by the resistance of the body forces to the contact of cold. The stomach makes more and better gastric juice; the blood-making process goes on with greater rapidity, and more and richer blood is produced. The blood is stronger and healthier, and so all the vital powers of the body are increased. One who can resist cold can resist pneumonia, diph-

theria, dyspepsia, apoplexy, cholera, typhoid fever, diabetes, obesity; in fact, he is prepared to fight every disease. Such a person need not be afraid of old age. The man who has excellent reactionary power is still young, no matter how many his years may be; he still has this vigor in his body which will enable him to resist successfully all the enemies that assail human life from within.

This power of resistance can be cultivated by daily exposure to cold air. Go out of doors each day and get into the fresh air more and more. At first you may find it trying, but fight it out. At night let the cold fresh air come in. The one who sleeps in a tight room will strive in vain to accustom himself to cold, for he will undo during the night all the good he has accomplished during the day. It is most important that the sleeping room shall be cool and that it shall be well ventilated.

One should eat for cold weather, as well as exercise and bathe for cold weather. Eating for cold weather is to eat the right kind of food, eat slowly, masticate thoroughly, and take a sufficient amount of fat to keep up the heat production. We need fuel for the maintenance of body heat, and fat is necessary for that purpose. In cold weather we need to eat about three times as much fat as in warm weather. Coconut cream, almond cream, or some other form of natural fat is best. The appetite, if it has been properly trained, will be a proper criterion as to how much is needed.

A MEAT EATER'S ARGUMENT ANSWERED

MEAT eaters, like tobacco users, are never at a loss for an argument to sustain their practice. This is true as a general principle. A man will not readily confess that he is guilty of a practice which is patently absurd or injurious; hence meat eaters are bound to defend their practice, and even scientific men

not infrequently strain a point and perhaps disregard the evidence of well-known physiologic facts in order to uphold it. A correspondent clips from a newspaper the following argument, made on the authority of Quain's "Dictionary of Medicine," and asks us to reply:—

“First, our teeth are like neither the teeth of the vegetarian animals nor of flesh-eating animals, but about half way between. The ‘grinders’ in the herbivora are very large, and consist of a wonderful arrangement of very hard and less hard substances, which wear unevenly and keep the crowns always furrowed for grinding. Our molars are not so large or broad-crowned, while the typical molars of the carnivora are almost as sharp as the cutting teeth.

“Secondly, the intestines of sheep and other vegetarian animals are very long, of flesh-eating animals quite short, and of man a medium length.

“Thirdly, the digestive juices of carnivora are unequal to the task of efficiently digesting vegetables; the herbivora can digest the hard cellulose of raw oats, grass, etc., while man can not digest cellulose at all. He needs most of his vegetables to be softened by cooking, and he can easily digest meat raw or cooked.

“We have also an argument supporting mixed diet, in the fact that it is the food of the leading nations. Neither the Hindus and Chinese, nor the Red Indians and Eskimos can compare with Europeans, Americans, and Australians. And, among Europeans, those people who depend largely on vegetable food—the Italians, Spaniards, and Russians—are not equal in stamina to the English, Germans, and French.

“Against these solid reasons what arguments can the advocates of vegetarianism bring? They say vegetable is purer than animal food, and we would escape disease by eating it. This is self-destructive; for the animals we eat, feed on vegetables, and how can we get disease from them if they do not get it from the vegetables?”

The first argument, concerning teeth, is in the highest degree absurd. To say that man should eat all kinds of things because he has teeth which resemble those of all kinds of animals is not sound reasoning. Physiologists do not study

other animals in this way; neither are animals compounded after this fashion. If a new animal is discovered, its anatomy is compared with that of some other known animal, and from the habits of the animal known, the habits of the newly found animal are inferred. Following this argument, we note that man has teeth like a chimpanzee, hands like a chimpanzee, nails like a chimpanzee, bones, muscles, stomach, intestines, and other digestive organs like the chimpanzee. In fact, his anatomy resembles that of the chimpanzee, orang-outang, gorilla, that is, of the higher apes. The skull of the infant human being is almost indistinguishable from that of the infant orang-outang.

When we study the habits of the higher apes we find their natural diet to be fruits, nuts, and soft grains. Cuvier, Humboldt, Owens, and numerous other great scientists have unhesitatingly declared man to be, according to his anatomy, a fruit- and grain-eating animal.

Second: The length of man's alimentary canal in proportion to the length of his body is the same as that of these non-flesh-eating apes, and it does not compare at all with that of the carnivorous animal, which is very short in comparison with the length of the body.

Third: It is perfectly true that man is not adapted to subsist upon coarse vegetables; he is not a herbivorous animal, but a fruit and nut eater. Fruits and nuts are easily digestible without cookery. They only need to be chewed. Man has been able to add vegetables to his dietary only by the invention of the art of cookery.

Fourth: The fourth argument offered, that non-flesh eaters are unable to cope with flesh eaters in strength and vigor, is just now being shown to be altogether erroneous, by the exploits of the rice-eating Japanese in their contest with the pork-eating Russians. In the march to Peking, when the armies of several nations were racing toward that capital to rescue the imprisoned embassies to

save them from massacre, these rice-eating Japanese marched fifteen miles to every ten miles covered by the soldiers of any flesh-eating nation; and thus far they have worsted the flesh-eating Russians at every point.

The last argument offered is a fair example of the superficial reasoning of those who undertake to defend flesh eating. We are told that if animals are diseased it must be because they have contracted disease from vegetables. It is well enough known that animals are subject to diseases from which vegetables do not suffer; so if animals contract disease from vegetables, and then in addition contract diseases of their own, the man who eats vegetables at second hand, in the shape of animal flesh, has two chances to become diseased, where the one who eats vegetables at first hand,

has but one chance. However, every one knows that disease is rarely contracted from vegetables. There are but a few vegetable maladies which offer any chance for injury to animals or to human beings who subsist upon them. These are very rare, and might easily be guarded against; but animals suffer from many of the same maladies to which human beings are subject, and some others besides, so that in eating animals one exposes himself to the liability of contracting their maladies, just as does a cannibal who subsists upon the flesh of human beings.

Flesh eating is, indeed, so closely allied to cannibalism that Hindus who have for centuries been trained to abhor the thought of eating flesh would almost as readily eat human flesh as the flesh of any other animal.

INTERESTING OBSERVATIONS ON THE PASSAGE OF FOODSTUFFS FROM THE STOMACH

PROF. W. B. CANNON reports in the *American Journal of Physiology* for February, 1904, the results of a series of exceedingly interesting observations made upon animals (cats) for the purpose of determining the rate at which different foodstuffs leave the stomach. The observations were made by the aid of X-ray apparatus, bismuth subnitrate being mixed with the food so as to render it visible. The quantity of food administered was twenty-five cubic centimeters, or a little less than one ounce. It was found that carbohydrates, that is, starch and sugar, passed out of the stomach the most quickly; next, fats, and last of all, proteids. Variations of the experiment and control experiments showed that the reason why the carbohydrates were most quickly expelled was that this element of the food gives rise to the production of considerable quantities of gastric acid, which, remaining free, not being able to combine with carbohydrates, causes a reflex opening of the pylorus. Proteids neutralize the acid,

which enters into combination as rapidly as it is formed, until after an excess of acid is produced.

A very interesting observation was the fact that after the acids enter the duodenum, they produce, through reflex action, a reflex closing of the pylorus, an effect the opposite of that produced by acid in the stomach. As the acid in the duodenum is gradually neutralized by combination with the bile and pancreatic juice, the pylorus again opens through the stimulus of the acid of the stomach contents, and thus the food is dosed into the intestine from the stomach in portions which are carried along the alimentary canal by peristaltic waves while undergoing the digestive action of the pancreatic and other intestinal fluids.

It was also found that when carbonate of soda was added to carbohydrates, they were retained in the stomach as long as the proteids; while if the proteids were rendered acid before being taken into the stomach, they were discharged from the

stomach as promptly as ordinary carbohydrates.

Several very obvious practical conclusions may be drawn from these observations.

1. The addition of alkalis in the form of baking-powder, saleratus, or in any other way, is highly detrimental to digestion. The slow digestion which has come to be almost universal among Americans may be fairly attributed to the extensive use of baking-powders in various breadstuffs. Here is a gigantic evil against which the

medical profession ought to raise its voice in protest.

2. Persons suffering from diminished motility, so-called slow digestion, should take great care to avoid the use of alkalis, and should adopt a dietary consisting chiefly of carbohydrates and fats.

3. The excessive use of proteids evidently tends to the production of slow digestion by causing prolonged retention of foodstuffs in the stomach, thus tiring out the muscular walls of the stomach, and causing relaxation and dilatation.

IS THE HUMAN RACE IMPROVING?

MANY modern scientists and savants have discoursed in exultant terms on the marvelous advances of the race, especially in recent times. The superiority of the civilized over the uncivilized man has been offered as evidence of the truth of those evolutionary theories which see in man the result of a long series of ascending steps in development, — from an extra smart ape, through various primitive and inferior orders, up to his present high estate, — and which has scoured the earth in search of the needed "missing link" to establish this hypothesis upon a foundation of proved fact.

No such proof has been forthcoming. The "missing link" has several times been reported as found among some newly discovered group of degenerate and degraded humans, but the "link" has never appeared in public, notwithstanding the readiness of any number of enterprising showmen to bring it out. This interesting and important bit of evidence has not yet appeared, and it would seem from the facts recently presented by Professor Thomas (October — December *Forum*) that it is not at all likely to appear. Professor Thomas has been making an exhaustive study of the question, "Has the Human Brain Reached Its Limit?" The conclusions he reaches are: (1) That there has been no improvement in the human brain since the time of Plato,

at least; (2) that the civilized brain possesses little, if any, superiority to the savage brain, and (3) that in the rapid increase of insanity and idiocy among civilized nations there is good evidence of race degeneracy.

Professor Thomas shows that the savage has as good a memory as the civilized man, possibly better. The savage also possesses the power of abstract reasoning, practices self-restraint perhaps almost as much as does the civilized man, is mechanically ingenious, invents and constructs, engages in business, organizes and maintains community life. These faculties are identical with those of civilized man, and are equally well developed, but in different ways.

Civilized man has, on the whole, nothing to be proud of. Great opportunities have given him enormous advantages, which, however, appear to have done nothing for him in the way of actual racial improvement, because so wholly neutralized by the evil habits which he has cultivated, especially the use of alcohol, tobacco, and other poisons, neglect of out-of-door exercise, and various excesses.

A thoroughgoing study of this question leads unmistakably to the conclusion that the race is descended from ancestors who were nobler representatives of the race than any now living, and that through de-

parting from the natural order of life there has been marked deterioration and degeneracy. In short, the human race is not rising, but sinking, and it is easy to

see that the deteriorating forces at work are destined to bring about, within a few centuries at the longest, complete race extinction.

THE WORK CURE

Gout is pre-eminently a malady of the rich; at least of those rich people who live in luxury. It is rare, indeed, to find a hard-working man suffering from gout or chronic rheumatism. Uric-acid disorders in general afflict the opulent and the sedentary,—those who live high and who do not earn their bread by the sweat of their brow. The man who works, even though he may eat uric acid in the form of beefsteak, and drink it in the form of tea or coffee, cures himself by his labor. If the uric acid settles in some muscle or joint, producing pain, he may find himself crippled more or less when he begins his work in the morning, swinging an ax or hammer, pushing a plane, holding a plow, or engaging in some other muscular activity; but in an hour or two the pain is gone. The muscular movement has pumped through the affected part such a large amount of healing, life-imparting blood that the uric acid has been burned up, dissolved, and carried away, and the crippled part is healed.

During the time of sleep there may be another accumulation of uric acid somewhere, and the next day pain will reappear, but work cures it again; and so the working man keeps himself comparatively well, although he may now and then feel a twinge of pain or recognize a lack of suppleness which is the result of his wrong eating or drinking.

The sedentary man, on the other hand, finding himself suffering pain, becomes less and less active. Of course he must not exercise, for exercise produces pain! Perhaps his physician prescribes rest, absolute rest, and the rubbing on of liniments, or some dose. No worse prescription could be given. The poisonous elements accumulate, the power of the body to destroy and eliminate poisons is diminished; so the disease gains ground and the man becomes a hopeless cripple.

The labor of the working man is in fact a sort of medical gymnastics. The Ling system of manual Swedish movements, or medical gymnastics, is simply a scheme for making muscles work in a systematic way; or of inducing the sedentary man to employ the same means which the working man involuntarily employs, with splendid curative effect. When Adam was instructed that he must earn his bread by the sweat of his brow, that which appeared to be a curse was in fact the greatest possible blessing. There may be found now and then a man or a woman suffering in consequence of overwork; but if work now and then produces injury through overdoing, there are a thousand persons who are benefited by work where there is one who is damaged by it. Muscular activity is one of nature's most powerful healing means, and is equally effective as a means of preventing disease.

... Question Box ...

10,139. Freckles — Chewing Liquids — Feather Pillows — Sweet Corn — Pop-corn — Childbirth.—L. E. W., Wisconsin: "1. What causes freckles on the face? 2. Should fruit juices be chewed by the mouthful as advised for milk? 3. State your objections to feather pillows. 4. Is matured sweet corn, when roasted, a good article of food? also pop-corn? 5. Is childbirth necessarily painful?"

Ans.—1. Irregular development of pigment in the skin.

2. Yes.

3. They are too heating to the head, and, being hygroscopic, absorb impurities.

4. Yes.

5. Yes; at least in most cases.

10,140. Tender Spine.—G. E. H., Illinois: "When a child I fell, injuring the base of the spine, which has been more or less tender since, and growing more so all the time. Lately it has been quite painful. What can be done for it?"

Ans.—Apply at night a fomentation to the spine, and also a fomentation to the abdomen. After the fomentation apply a moist abdominal girdle, to be worn overnight. The girdle should be applied as follows: First, a linen or cheese-cloth bandage long enough to reach around the body once and a half is wrung rather dry out of cold water and applied about the abdomen; this is covered with mackintosh, and then with flannel enough to keep it warm during the night. Draw the edges of the outer wrappings tight, so as to prevent evaporation, and chilling of the patient. Take a cold bath every morning. Live in the open air as much as possible. Exposure of the skin to the sun will be found especially helpful. Adopt a simple dietary of fruits, grains, and nuts, taking great pains to masticate the food thoroughly.

10,141. Neurasthenia.—Mr. M. I. S., Manitoba: "Suggest home treatment, diet,

etc., for neurasthenia of six-years' standing. I am twenty six years of age. What work would be most beneficial under these circumstances?"

Ans.—Three months in a good sanitarium is the best prescription we can offer. Such a case needs the out-of-door life, simple, natural food, and some easy and not wearisome occupation which will afford an opportunity for abundance of exercise in the open air.

10,142. Hawaiian Sugar — Canned Cream.—L. S., California: "1. Is the native sugar of the Hawaiian Islands better than refined sugar? 2. Are canned creams as healthful as the mixed milk obtained from milkmen?"

Ans.—1. No; it is practically the same.

2. There is probably a little difference.

10,143. Eczema.—T. T. M., Oregon: "Am seventy-four years of age, strictly temperate, in robust health, but for several years in the spring and fall have been troubled with eczema, generally lasting from two to four weeks. Please advise."

Ans.—See answer to No. 10,125, in October number.

10,144. Waterbrash.—H. H. G., Michigan, asks for remedy for waterbrash.

Ans.—Eat only simple, natural food, and masticate very thoroughly. Take a cold sponge bath every morning. Wear a moist abdominal bandage at night (see No. 10,140).

10,145. Nuts — Whole Wheat.—G. H., Maine: "1. How should nuts be cooked for one who can not eat nut butter? 2. Is browned whole-wheat flour more healthful than when not browned?"

Ans.—1. Most nuts, with the exception of the chestnut, and the peanut, which is not botanically a nut, though dietetically closely allied to nuts, do not require cooking. The

only preparation required is grinding into the form of a fine meal or crushing to a smooth paste, so-called "nut butter."

2. No.

10,146.—Neurasthenia.—C. H. F., a subscriber in Canada, sends the following queries: "1. Does neurasthenia always affect the heart's action? 2. Give the best diet, exercise, and bathing. 3. Is cold air good in this trouble when the heart is weak? 4. How can a neurasthenic best keep the mind occupied without exhausting it, when unable to exercise physically? 5. Are phosphates more important than albuminous foods in such a case? 6. Why are the latter more important? 7. Do you recommend the maltine preparations? 8. Would it be wise to sit in the hot summer's sun all day? 9. Have fruit acids an injurious effect in such a case? 10. Are bananas and sweet potatoes nutritious and easily digested?"

Ans.—1. Yes; more or less.

2. Eat natural food. Live in the open air all the time possible. Expose the skin to the sun for one to two hours daily if possible. Begin with a few minutes' exposure and gradually increase the duration. Take a short cold bath every morning, and at night take a neutral bath for fifteen to thirty minutes if the sleep is not sound.

3. Yes, but the exposure should be very short, and the circulation of the skin should be maintained by vigorous rubbing.

4. By having some pleasant, interesting, but not taxing occupation. Something of a humanitarian character is especially appropriate.

5. No.

6. Because they include the phosphates which are always found in combination with natural albuminous or proteid foods.

7. We make no use of these preparations.

8. Such excessive exposure to the sun might do harm.

9. No.

10. Yes, if very thoroughly masticated.

10,147. Atrophic Rhinitis.—O. J. H., Massachusetts, would like an outline for treatment for atrophic rhinitis.

Ans.—Such cases are not curable; they can only be helped. The most important thing is to build up the general health by cold morning bathing, natural food, outdoor life, especially exposure of the skin to the sun and air. Much relief may be obtained by the application of the following formula to the nose two or three times daily by means of an

atomizer: Menthol, 30 grs.; thymol, 8 grs.; albolin, 4 ozs.

10,148. Deposit in Urine.—A. J. N., West Virginia: "1. Does a white deposit in urine that has stood a day or so indicate albumin, or is it urates? 2. What is the cause of this deposit? 3. Will overeating cause it? 4. What is the cure? 5. Can a vital fluid escape into the urine? 6. Does healthy urine contain any sediment? 7. What are lithates? 8. What is the cost of a microscope to detect germs in milk, water, etc.?"

Ans.—1. No. Such a deposit usually indicates urates, which are a form of uric acid.

2. Excess of uric acid in the blood.

3. Yes.

4. Make the diet abstemious. Avoid flesh meats of all kinds. Thoroughly masticate the food. Take a cold bath daily, and two or three times a week take a hot bath of sufficient duration to produce sweating. Live in the open air. Get as much of the sun as possible. Exercise daily one or two hours with sufficient vigor to produce perspiration.

5. Yes.

6. No.

7. Urates or uric acid.

8. Fifty dollars; but the knowledge necessary to make the proper use of such a microscope will cost considerably more than fifty dollars.

10,149. Constipation.—Mrs. N. S. D., Washington, asks for a remedy for constipation in a farmer seventy years of age, but otherwise healthy.

Ans.—See answer to No. 10,132, in October number.

10,150. Ulcerated Tooth.—D. W., New York: "Is surgical treatment required for one who has had the cheek incised five times in four months for an ulcerated tooth?"

Ans.—Probably yes.

10,151. Constipation.—M. H. F., Illinois: "1. Do you recommend regular enemas for constipation in a middle-aged man so troubled from youth? 2. If so, how often, and at what temperature?"

Ans.—1. Yes.

2. Employ water at a temperature of 80°, and gradually lower the temperature daily. In some cases the quantity of water may be gradually lessened until the water can be dispensed with altogether.

LITERARY NOTES

"Beauty through Hygiene."

"COMMON SENSE WAYS TO HEALTH FOR GIRLS," by Emma E. Walker, M. D. Illustrated. Published by A. S. Barnes and Company, New York, 1904. Price, \$1.00.

The author of this book, which is one of The Woman's Home Library Series, edited by Margaret E. Sangster, evidently believes that Hygiene is the fabled fountain of youth become a modern reality. She insists that beauty, the natural birthright of woman, can be secured, heightened, and held for a lifetime, not by cosmetics and other artificial makeshifts, but by intelligently following nature's laws. Every woman, she believes, may have "bright eyes, a clear skin, a cool hand, a steady head, and possess to the full the charm of unbroken health and a calm equipoise." Sleep, bathing, diet, exercise, self-restraint, and the cultivation of cheerfulness are among the subjects treated. Though written primarily for girls, every woman will find in it information and simple and safe directions which should make her more interesting and attractive, because more healthy.

The November number of *McClure's* concludes with some interesting comment, "On the Making of *McClure's* Magazine," which discusses the work of *McClure's* famous staff writers, both in the words of the editors and those of the press. Ida M. Tarbell, Ray Stannard Baker, Lincoln Steffens, Samuel Hopkins Adams, and William Allen White, all receive special mention, and brief statements concerning their work and abilities are made for each. The great reading public which enjoys the resulting magazine itself month by month will be glad of this opportunity to look behind the curtain and see how it is made, as well as to see and learn from its own pages something of the people who make it.

Thomas Nelson Page's article on "The Old-time Negro," in the November *Scribner's*, is in no sense a discussion of the Negro problem, but, instead, a most sympathetic appreciation of the old "mammies" and "uncles" of his boyhood days and of the charming relationship that existed between old families of the South and their colored retainers.

Never allow your physical standard to drop. Keep up your energy; walk as if you were somebody and were going to do something worth while in the world, so that even a stranger will note your bearing and mark your superiority. If you have fallen into a habit of walking in a listless, indolent way, turn right about face at once and make a change. You don't want to shuffle along like the failures we often see sitting around on park benches, or lolling about the streets, with their hands in their pockets, or hunting intelligence offices, and wondering why fate has been so hard with them. You don't want to give people the impression that you are discouraged, or that you are already falling to the rear. Straighten up, then! Stand erect! Be a man! — *O. S. Marden, in November Success.*

The effect of music upon the physical being can readily be observed in those who make it a profession. In New York, orchestral players are often obliged to play a long opera rehearsal in the morning, at a concert in the afternoon, and then at an operatic performance lasting perhaps until midnight. A clerk or an average business man equally hard worked would be morose and on the verge of nervous prostration. But with orchestral players the stimulating effect of music seems to counteract the fatigue of overwork. They are a cheerful and sociable lot. Here music seems a preventive. In cases of lung trouble, singing lessons (under a really able teacher) usually result in great physical improvement, due not only to the incidental instruction in proper breathing and consequent expansion of the lungs, but also to the stimulating effect of music itself. In fact, an artificial emotional crisis, such as is produced when either interpreting or listening to music, results in a beneficial physical reaction. — *Gustav Kobbe, in Good Housekeeping.*

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BATTLE CREEK. MICHIGAN

in 1870, and has published five volumes of transactions and twenty-seven yearly volumes of the *Quarterly Journal of Inebriety*, the organ of its association. The second society began in 1891, and has issued three volumes of transactions, and for seven years published a *Quarterly Bulletin* containing the papers read at its meetings.

The special object of the union of the two societies is to create greater interest among physicians to study one of the greatest evils of modern times. Its plan of work is to encourage and promote more exact scientific studies of the nature and effects of alcohol in health and disease, particularly of its etiological, physiological, and therapeutic relations. Second, to secure more accurate investigations of the diseases associated with or following from the use of alcohol and narcotics. Third, to correct the present empirical treatment of these diseases by secret drugs and so-called specifics, and to secure legislation prohibiting the sale of nostrums claiming to be absolute cures, but which contain dangerous poisons.

The American Medical Society for the Study of Alcohol and Other Narcotics was organized June 8, 1904, by the union of the American Association for the Study of Inebriety and the Medical Temperance Association. Both of these societies are composed of physicians interested in the study and treatment of inebriety and the physiological nature and action of alcohol and narcotics in health and disease. The first society was organized

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Fourth, to encourage special legislation for the care, control, and medical treatment of spirit and drug takers. The alcohol problem and the diseases which center about and spring from it are becoming more prominent, and its medical and hygienic importance have assumed such proportions that physicians everywhere are called on for advice and counsel. The public is turning to medical men for authoritative facts and conclusions to enable it to realize the causes, means of prevention, and cure of this evil.

This new society comes to meet this want by enlisting medical men as members and by stimulating new studies and researches from a broader and more scientific point of view. As a medical and hygienic topic, the alcohol problem has an intense personal interest, not only to every physician, but to the public generally in every town and city in the country. This interest demands concentrated efforts through the medium of a society to clear away the present confusion, educate public sentiment, and make medical men the final authority in the consideration of the remedial measures for cure and prevention. For this purpose a most urgent appeal is made to all physicians to assist in making this society the medium and authority for the scientific study of the subject. The secretary, Dr. T. D. Crothers, of Hartford, Conn., will be pleased to give any further information.

Union College Calendar, College View, Nebr., 1904—1905, provides a full and complete curriculum for a thorough literary and scientific course. In addition, various lines of manual training will be carried on, including apiary, horticulture, carpentry, poultry keeping, electrical engineering, etc. We note as a feature of special interest the courses in Hygienic and Scientific Cooking, Hydrotherapy, Preparatory Nurses' course, and Preparatory Medical course.

THE Phelps Sanatorium, a concern started a few years ago in close proximity to the Battle Creek Sanitarium, with the avowed purpose of preying upon the patronage of the fast-named institution, was sold under the sheriff's hammer on Nov. 1, 1904, for less than one-third its cost, and on the same date its doors were closed. The chief promoter and holder of most of the stock has mysteriously disappeared, leaving large debts and no assets.

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By Thos. Cartwright, B. A., B. Sc. (London). This splendid booklet should be put into the hands of every growing lad. It is written by a lover of boys, especially for them, and is so interesting and readable that there will be no difficulty in inducing them to read it. No self-respecting boy who does so, will need to be told not to smoke. It aims at pointing out in simple fashion the evils that beset the boy smoker, whose delicate, unformed frame is peculiarly susceptible to the nicotin contained in all tobaccos. The book is illustrated with attractive colored plates, and is prefaced by a commendatory letter from Major-General Baden Powell, the British boy's hero.

It can be obtained from Mr. G. W. L. Barraclough, Hon. Sec. British Anti-Tobacco and Anti-Narcotic League, Floraville, Malmesbury Rd., Woodford, London, N. E. Price, 12 cents.

The Beacon Light, the official organ of the British Anti-Tobacco League, published monthly, may be obtained from the same source.

ONE of the attractive features of the Battle Creek Sanitarium is the great Palm Garden, in which scores of patients may sit or lie under the spreading leaves of great palms and bananas, which present a truly tropical luxuriance of growth, and lend an atmosphere of southern warmth to the artificial climate which elaborate scientific appliances have enabled the management to provide for the benefit of winter patrons. The great institution is a veritable world of itself, with its acres of floors, its miles of corridors and verandas, its sun parlors, magnificent gymnasium, and other facilities for exercise.

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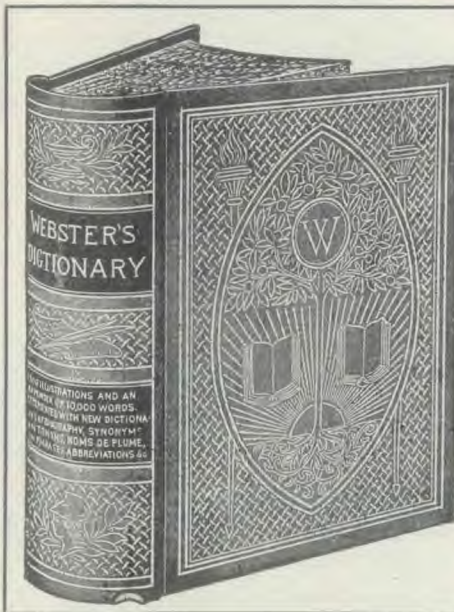
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