

The PACIFIC HEALTH JOURNAL

MONTHLY

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March, 1901

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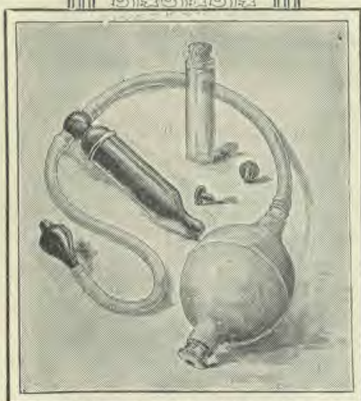
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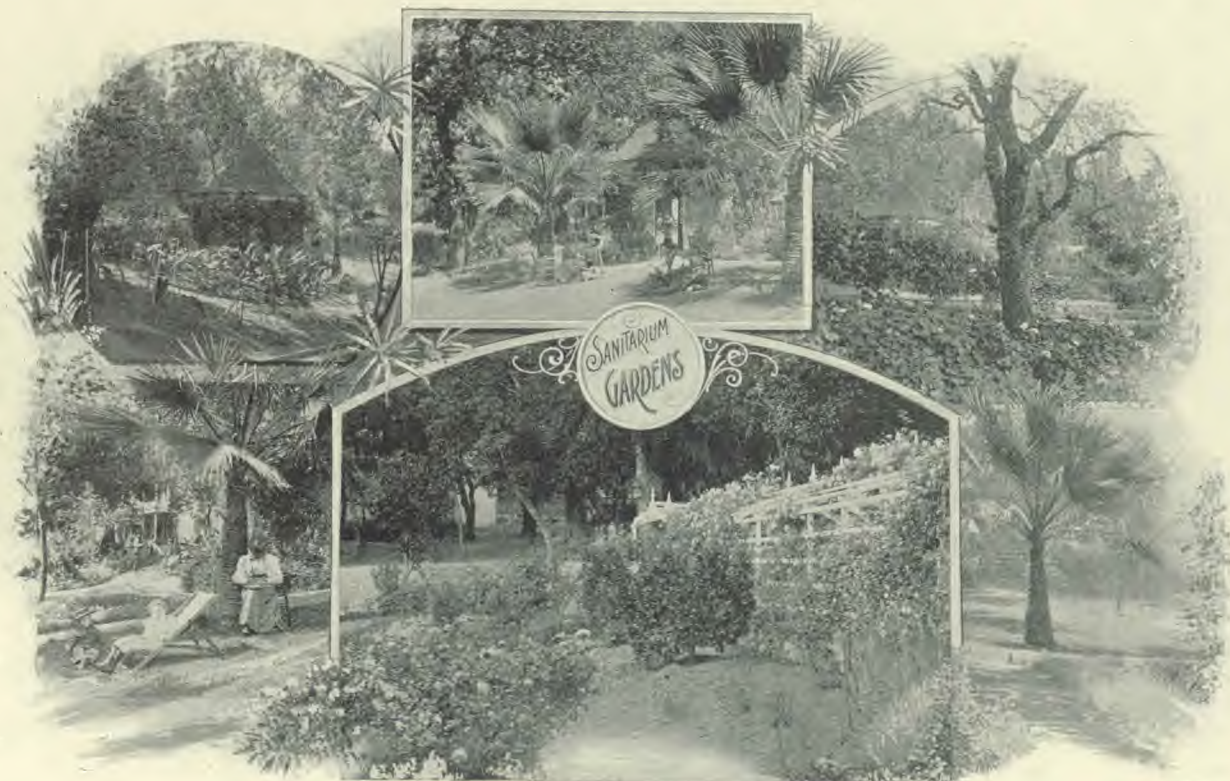
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SOME CULTIVATED NATURE ABOUT THE ST. HELENA SANITARIUM

PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., MARCH, 1901.

No. 3.

THE EVOLUTION OF RATIONAL MEDICINE

By J. H. KELLOGG, M. D.

WE find the superstitions of medicine particularly represented in patent medicines and nostrums of various sorts. There are people who believe that if they could only find the right doctor or the right medicine, they could be cured of anything, and they are not at all particular as to the evidence which is afforded in support of the supposed potency of any particular remedy or method,—for example, if you can get testimonials enough with reference to the supposed virtues of a bottle of colored water, you can get any number of people to swallow it with avidity, and be willing to pay ten dollars a bottle for it if it is only recommended highly enough.

Some one is cured of supposed or real consumption by inhaling the vapor of this water. There is some virtue in the method of some such medicines, for it is some exercise for the patient to pull the vapor through a glass tube about one-sixteenth of an inch in diameter; it is sometimes specified to put one end into the mouth, and the other end over the open space over the water, so as to draw the vapor in. That is a sort of breathing exercise which would certainly benefit some patients.



Some years ago a wonderful doctor dropped down into St. Petersburg, Russia. He came from some of the back provinces and made his appearance in the great Russian capital. He announced himself as being able to cure consumption and almost every other known disease. He had a little bottle of red medicine, which he gave to every sort of case. He gave this medicine with wonderful success, until by and by one of the czar's friends was taken sick, and this doctor gave him the same medicine, and he died. So this "doctor" was brought into court and compelled to testify as to the nature of this medicine, which had, apparently, killed the nobleman. The man, upon his oath in court, swore that the medicine was simply water of the river Neva, which flows through St. Petersburg,—it was some of the sewer-infected water of the river Neva, the dirty water being colored with a little cochineal, and nothing more. And yet

there were a number who declared themselves cured by this medicine. There are a great many patent medicines sold which have no more virtue than water. They sometimes have wonderfully-taking names, and in these names, in many cases, resides their magic power to cure. These remedies cure, simply because they make the patient believe that he is well. If he is suffering from a malady which consists in a disordered mental condition, then the patient can be cured in this manner: it is only necessary that a sufficiently strong impression should be made, but this is irrational medicine.



Rational medicine has been gradually winning its way in the world, and Oliver Wendell Holmes, Jacob Bigelow, and other men of like character and prominence in the medical profession, during the last generation did much for the promotion of this reform. "The Rip Van Winkle Doctor" is Dr. Holmes' contribution to the literature of medical reform, thirty years ago or more, when the world needed to be "woke up," and set to thinking about some rational measures in treating the sick; and the doctor's purpose was to cast a little scorn or contempt upon irrational, and what Dr. Jacob Bigelow calls "the artificial method of treating the sick,"—by attempting to cure one disease by producing another. We see some of this method still in use, and it is because of the superstitious faith that people have in inert drugs. The rational method appeals to nature and recognizes the curative power as existing in man himself. It is just as superstitious to suppose that a bath, massage, or electricity has curative power as to suppose that a drug, or the waters of a mineral spring,

will cure. The same curative power that keeps us from
To Heal Is to Create day to day and digests our food, is the power that heals us, and there is no healing power outside of the power that creates. To heal is to create; and it requires the same power to heal that it does to create.

We should not imagine that we can find a doctor who has power to cure. When we find a doctor who can cure a man of a grave sickness, we find a person who can make a man out of clay and put life into him. But it is as impossible for any man to put life into a lump of clay as it is to make a new liver out of a disordered one; and it is as impossible to make a disordered liver new as it is to make a liver *de novo* out of dust,—it can't be done. The curative power is in the body,—the same power that repairs the body when worn out by fatigue or hard work. There is no meeting the proposition that the same power is required to repair and to heal the body as to make the body in the first place.

Rational medicine deals with rational remedies; it deals with those methods by which the body is created in the first place, and with those methods by which the body is maintained in health. Rational medicine deals with rational things; we need pure food, air, and water; we need contact with cold air, proper electrical conditions, and proper environments, for the maintenance of health.

In curing disease, nature does the work; but we can help nature by manipulating, utilizing, and properly adjusting the same conditions which are necessary for the maintenance of health, and we can not go
Helping Nature much beyond that; we have to go a little beyond in surgery, but not much. Here is a man with a fever. What does he need? What does nature do for such a man?—She makes him sweat. Then the evaporation cools him off. This contains a suggestion as to what is to be done in case of fever. Suppose a man is suffering pain; the cause of the pain is congestion. The pain is due to too much pressure of blood upon the part. If he has headache he has too much blood in the brain and not enough blood in his feet.

Nature suggests to readjust the man's blood, and get blood out of his head and into his feet. Suppose the congestion is in the muscles, what then? There are branches of the blood-vessels running into the skin; when we apply hot water to the skin, this dilates the vessels of the skin so that a large proportion of the blood goes into the skin instead of into the muscles, and thus the muscles are relieved; and in that manner fomentation relieves pain.



We often know from these suggestions of nature what is the right thing to do. Suppose a boy gets a toothache, the first thing he does is to clap his hand over his tooth, and say, "O mother, I've got a terrible toothache!"
Instinctive Treatment He takes his hand off his tooth, and there is more pain, and so he puts his hand back, to bring the blood back and keep the skin warm. If he has pain in his stomach, he brings his knees up to keep his stomach warm. If you have pain anywhere, the first thing you do is to seize the part, and keep it warm; the heat that you apply with one hand is sufficient to get blood to the part and relieve it. If you have a pain in your finger, you hold it up, so as to let the congested blood run out of it. There is an instinct in nature which is an unerring guide. Nature, by instinct, shows us the right thing to do,—we turn that throbbing hand upright, and the pain is relieved. If you have an inflamed corn or bunion, and your foot aches, and you feel like the boy who said he had "the toothache in his heel," you lie down and get your foot up as high as you can; that makes the blood run out of it. By means of your hand, making a pressure upon a part, you can apply a fomentation or a cold friction.



Here is a person with his skin pale, and he has a chill; we want to get his skin warm. The blood-vessels of the skin contract so that there is not enough blood in the skin. It is dangerous for the skin to remain
Chills Are Heating in that condition, because the blood-vessels are contracted and the heat remains in the body and is retained there, and the temperature keeps going up. When a man says he has a chill, he has a heat, for the temperature is higher in the chill than before the chill; the longer the

chill lasts, the higher the temperature climbs, until at the close of the chill the temperature is the highest; but, as soon as the blood comes to the surface, relief begins. What does nature do for the chill?—She sets the man to shivering. By contraction of the muscles, nature sets every muscle to work; she sets the jaws and teeth going. Every muscle in the body is for the purpose of making heat. It is in the muscles that heat is manufactured. When a man has a chill, his skin is cold, and this working of the muscles produces heat and sends the blood to the surface; and so directly after the chill comes the fever, and after the fever is the sweating. The fever is nature's effort to warm up the skin, and the sweat is nature's method of cooling off the fever, and so one step follows another systematically and logically, and so the man is finally brought into a normal state again. We get a hint from nature that a man has a chill coming on, and so we put him into a hot bath to relax the blood-vessels of the skin. It is best to give him a very short warm bath and a very short cold bath and rub him dry quite frequently. He will sweat, and the vessels will dilate, and the man can't have the chill.



There is a young man here who has come in from Calcutta for the purpose of getting an education. A few days after he came here he had a chill, and his temperature went up to 106° . After four days he had another chill. Under examination of his blood we found that he had a peculiar fever parasite, which is not found in this country, although it is found in India, and, while examining the blood, we could see the parasites eating up the red blood corpuscles; it is a kind of parasite that matures once in four days, and is very difficult to get rid of. This young man became infected at Colombo, where he stopped for a short time, contracting a most infectious malarial fever, and he has been suffering from it ever since. At 11 o'clock every fourth day he has a chill. His blood is swarming with parasites. There is no better chance for parasites to capture red blood corpuscles and eat them up than just before a chill. We gave this young man a wet-sheet pack, and just as soon as his temperature began to rise he was put into a hot shower bath, and immediately after that he had a cold dash, and was wrapped up in blankets, and then he did not have any chill. There was a little fever, because some of the parasites were still present. He was sweating after that, but the fever didn't rise so high as before. In two weeks the young man will be cured, because we are simply adopting nature's method of cure. Nature first contracts the blood-vessels of the skin; then the temperature rises and toxic substances and poisons are produced in the body, causing the chill and the subsequent fever, as we have demonstrated in our laboratory. When we undertake to eliminate the poison, keeping the vessels of the skin dilated, then the patient can not have a chill.

"THE exalting influence of the Spirit of God is the best restorative for the sick."

INFECTION FROM WITHOUT AND FROM WITHIN

By DAVID PAULSON, M. D.

THE body may be represented by a double sack, and we really live between its outer and inner walls; so substances in the alimentary canal are for the time being no more part of us than if they had been placed in our coat pockets. The walls of such an inner sack represent the lining of the alimentary canal, and those of the outer sack represent the skin. Solid substances that are taken into the alimentary canal have to be subjected to a transformation process which will render them a soluble fluid before they can be absorbed into the real person, and become a part of him. If the skin possessed digestive organs, as the alimentary canal does, we should be able to absorb food from without as well as from within. Neither the mucous membrane of the alimentary canal, nor the skin on the outside, when in a healthy state will allow germs to enter into the circulation of the blood, but when the system becomes weakened or deteriorated, then the microbes often become successful in securing an entrance into the body, but even then if the blood is in a healthy condition it has power to protect itself against its natural enemies, for the blood is naturally germicidal, that is, it has the power to destroy germ life. If a man in perfect health should cut a slit through the skin of his hand and introduce some pus, and then stitch it up again, the chances are that in a week it would be fully healed over; for the blood possesses the power to destroy such accidental invaders; but suppose the blood is continually called upon to disinfect portions of diseased meat, and is deteriorated by continually receiving toxic substances produced by the fermentation and decomposition in the alimentary canal resulting from poorly cooked and improper food, then if a few disease germs secure admittance into the blood stream as the result of some accident, as stepping upon a rusty nail, they may find a perfect paradise for their activities.



A barefooted young man may go about daily with perfect safety in the clean country meadows with abrasions and wounds on the skin of his feet, but let him be suddenly transferred into one of our large cities, and he will at once be exposed to a variety of dangerous disease germs, and unless at the same time his general vitality is above the disease line, he may be sick in bed from blood poison or some form of infection within the course of a few weeks, and probably will have to go to a hospital and submit to surgical operation to allow the resulting pus to be drained away.



The best way to build up a resistance to be prepared for all these ordinary emergencies of life is to remember that clean, pure blood, possessing germicidal properties, can only be made from pure, clean food, also to remember that during the reaction following a vigorous cold bath the number of white blood corpuscles in circulation upon which the germicidal property of the blood

depends, is increased at least twenty-five per cent, and that good, vigorous exercise tends to fan into greater activity the fires of the human economy, which will result in improving the general nutrition, which is so necessary to increase the vitality of the human system.

The individual who, upon the slightest provocation, suffers from boils ought to receive this as a suggestion that either his skin is in such an unhealthy condition that it does not have power to protect him from the germs, or else he ought to look upon it as a handwriting on the wall that his blood is losing its germicidal properties, and if he should become similarly exposed to the germs of pneumonia or tuberculosis or some other infectious disease, he would succumb to them just as readily as he does to the boils.

THE RELATION OF DIET TO INTEMPERANCE

BY F. B. MORAN, M. D.

THAT the food we eat from day to day has any effect in producing an appetite for alcoholic drinks, or, in fact, exerts a marked influence upon any of our habits, has perhaps never occurred to the majority of people. It is nevertheless true that of all the various influences that affect the life and character of mankind, diet occupies a most prominent place. This is readily observed when we study this relationship in individuals and nations.

An incident may serve to illustrate the thought: A lady of my acquaintance had two boys, one of whom had a kindly disposition and was very obedient; the other was hard to manage and quarrelsome. The latter had a great fondness for flesh foods and ate but little else, while the former manifested a dislike for meats and could not be persuaded to eat them.



A lady journalist, who has covered the world with her note-book, declares the English people to be the most ill-tempered and quarrelsome of any she has visited. There is more bickering and distemper in the Englishman's family, and more homes are made unhappy by domestic contentions, than in any other nation. This condition is attributed chiefly to the Anglo-Saxon's fondness for a stimulating diet. On the other hand, the Japanese and other simple-living races are mild and gentle, kind in their families, and not given to quarreling.

The great flesh-eating nations are notably ill-tempered and intemperate. The English nation is fast becoming one of drunkards. Even the saloon-keepers begin to realize that something must be done or the welfare of the nation will be endangered. It is not an unusual sight to see women with babes in their arms reeling along the streets of the cities.

It must be conceded by all who have made any study of the subject that a plain, simple diet is always conducive to normal habits of life, while stimulating food invariably leads to abnormal habits and desires.

An eminent English physician who has given much attention to diet in its relation to alcoholism says it is beyond question that the seeds of a large

amount of intemperance are sown by feeding children upon stimulating food, thus causing abnormal conditions which lead up to a desire for stimulants of a stronger nature.

The mother who feeds her child upon flesh meats, tea, coffee, and dishes seasoned with irritating condiments, is sowing surely and well for a harvest of intemperance and dissipation.

In treating cases of alcoholism, the writer has been forcibly impressed with the effect of a simple, non-stimulating diet in overcoming the appetite for alcoholic drinks. A reclaimed drunkard, after living upon a simple vegetarian diet for a few weeks, was surprised to find that his desire for liquor had disappeared. Recognizing the influence of his diet upon his desire for alcohol, he remarked that if he should ever want to go on another spree he would be obliged to indulge in a juicy beefsteak in order to whet up his whisky appetite.

All stimulants act upon the system in a similar manner. They tend to produce an abnormal craving for the thing indulged in. Even tea, coffee, and tobacco lead unquestionably toward the development of a desire for alcoholic liquors. In order to effectually overcome the liquor appetite, stimulants in every form must be avoided. While milder stimulants may exert less influence upon those with no hereditary tendencies toward alcoholism, the influence upon individuals with such tendencies may be of no inconsiderable consequence.

When temperance people everywhere get hold of the truth that intemperance begins, not with the "first glass," but with wrong habits of eating and drinking from early childhood, and shall begin to labor in earnest to educate the masses with reference to this truth, we may expect to see more satisfactory results.

THE following quaint medical advice is copied from an almanac printed in 1798:—

THE POOR MAN'S MEDICINE.

"The prescription is no more than this: Boil four ounces of pure quicksilver in two quarts of water in a glazed pipkin, until half is wasted; bottle if for use. The same quicksilver will serve again, as often as you want a fresh supply of liquor.

"This medicine is as insipid in taste and as safe in using as so much simple water.

"Many and various are the virtues of this single and simple medicine, when both externally and internally tried; wherefore I recommend it to destroy worms; to cure all impurities of the skin; to purify the blood; heal ulcers; open obstructions; scour the glands. Drink of it freely and as much and as often as you please."

This is still excellent advice; but we would suggest that in case quicksilver can not be readily obtained, a clean pebble will answer every purpose, or if not readily obtainable, the pebble may be dispensed with. In fact, if the water is pure, it is not absolutely necessary to boil it.

✻ ✻ ✻ ✻	SELECTIONS	✻ ✻ ✻ ✻
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TUBERCULOSIS IN CATTLE

THE following from the *Sanitarian* for February is an extract from the report of a committee appointed to investigate *animal diseases and animal food*:

"Your committee has carefully considered the arguments of those who oppose action for the control of tuberculosis, and asks your indulgence while some brief references are made to them. The one assertion which includes all others is that bovine tuberculosis is not communicable to man, and hence the sanitarian is not warranted in causing animals so affected to be removed from dairy herds. If this contention were demonstrated, would the conclusion necessarily follow?—Evidently not. Consider, if you please, a herd like that belonging to her majesty the queen, and which furnished milk for use at Windsor—and there are many such herds, and not all of them in Great Britain. This herd was under veterinary supervision and was believed to be healthy, yet when tested with tuberculin ninety per cent were found tuberculous, and upon post-mortem examination some of them revealed most extensive lesions. Is it conceivable that a cow will give normal and wholesome milk when it has a whole lung transformed into a tuberculous mass, with tubercles disseminated through the liver and other organs, and with, perhaps, tuberculosis of the milk ducts as well? Would any one knowing the animal's condition be willing to drink the milk from such a cow, or give it as food to his children, even if satisfied that the specific disease tuberculosis could not be transmitted in that manner?

"It appears important that the milk supply should come from healthy cows, and that any animal having extensive inflammation of any kind, in any organ, and particularly any disease accompanied by extensive suppuration or mixed infection, should be condemned as a milk producer. It is claimed, however, that many cows which react to tuberculin and would be destroyed have comparatively small lesions, and such as would not affect the quality of the milk. This may be granted as an undoubted fact; but, on the other hand, it is equally certain that almost as great a number with serious and extensive disease are discovered with tuberculin and could not be discovered in any other manner; it is also certain that a majority of those with minor lesions will in time become badly affected, and that no one can tell the day or the hour when their milk assumes a dangerous character."



We might add to this also the following extract taken from the *New York Sun*, dated at Albany, January 7:—

"Twenty-five car-loads of tuberculous and cancerous cattle have passed through or have been shipped from West Albany to New York City within the past ten days. How many head of diseased cattle have found their way into the New York City market during the recent fall months the state authorities do not pretend to estimate. Of the recent shipments a description of one car-load will suffice. The first animal to be led upon a cattle car at West Albany for shipment to New York was an ox which in weight should have carried nearly a ton of flesh. Its hide was scraggy, and the beast was in such a weakened condition that in order to prevent falling while standing it had to brace its hind legs. Then followed three cows with cancerous growth. Next were three more cattle suffering with hernia, while another came bearing unmistakable signs of tuberculosis. The other cattle loaded upon this car bore similar marks of ill health.

"A special report upon this car-load was made to the State Agricultural Department by one of its inspectors, who has been operating at the West Albany Cattle Yards for several weeks past. This inspection was instituted to discover violations of the bob veal, and the disclosures which resulted otherwise were of a startling nature. It is during the fall that the farmers weed out undesirable cattle, and agents scour the country for such animals, offering nominal prices. The car-load mentioned is a sample of what has been going into New York City for some weeks to be made into bologna sausage, though the 'best' cuts find a resting-place upon the butcher's block."

NUTS AS FOOD

As showing the place nuts occupy in the dietary of the country districts of France, the following is of interest:—

"Through the center of France from the Bay of Biscay to Switzerland, there are large plantations, almost forests, of chestnut trees. The poor people through the autumn and winter often make two meals daily from chestnuts. The ordinary way of cooking them is to remove the outside shell and blanch them. The blanching is done by throwing the nuts into boiling water, and rubbing them around the kettle until the inside skin peels off. After the blanching process, a wet cloth is placed in an earthen pot, which is almost filled with raw chestnuts; they are covered with a second wet cloth, and put on the fire to steam. They are eaten with salt and milk. Hot steamed chestnuts are carried around the city streets in baskets or pails; the majority of the working people, who usually have no fire early in the morning, eat them for their breakfast, with or without milk. These nuts are often used as a vegetable, and are exceedingly popular, being found on the tables of the well-to-do and wealthy. They are served not only boiled, but roasted, steamed, cured, and as dressings for poultry or meats."

The hygienic effects are considered good, replacing meat to a large extent.

FRUIT BREAKFAST

PATIENTS with thick, non-circulating blood, torpid lymphatics, and dormant secretions; patients with stiffened joints, gouty deposits, chronic neuralgias, torpid livers, uric-acid kidneys, and the irritable nerve centers that go with them, and others who suffer from errors of nutrition, can be greatly benefited, not to say cured, by the simple dietetic procedure known as the fruit breakfast.

This means just what it says. Fruit, all the patient wants, and nothing else for breakfast. No chops, bread, cereals, coffee, tea, or anything but fruit before twelve o'clock. By fruit is meant apples, oranges, and grapes. These should be of excellent quality. Preserved fruit juices do not answer as well, and no other kind of fruit compares in efficacy with oranges, apples, and grapes. No sugar should be used on the fruit. Cooked fruit will not do.

Just what effect these natural fruit juices have on the blood is not easy to say, but they certainly do contrive to purge, purify, and alter it for the better. Two months of the fruit breakfast will work a practical miracle in a body full of the morbid products of chronic disease. The patient feels lighter, more active and cheerful. The circulation is accomplished with less friction, and is better equalized. The glutinous quality of the blood has been overcome, and no longer paralyzes tissue cells as molasses does the wings of a fly. Assimilation and elimination are better performed. The secretions are all of a higher physiological standard.

The difficulty is to get the patient to refrain from eating all other food in the morning, and unless he does this, he will get little or no benefit. Habit is strong, and for some days the patient may feel a craving for the usual breakfast, a gnawing sense of dissatisfaction, but if he perseveres, this will gradually give way. The amount of fruit is not limited. He can eat all he wants of that.

No stimulants of any kind should be used while taking this cure.

It is not necessary that the fruit breakfast should be a permanent thing. Three months will put the system in excellent order, and then the patient may return to his former habits, if he desires, making use of the fruit breakfast whenever the symptoms indicate that nutrition is again deranged.—*Medical Brief.*

CURE OF CONSUMPTION

GREAT results we hear are now being brought about in the treatment of consumption by the practise of sleeping in the pure, cold air of outdoors. With plenty of covering, dampness will do no harm, and the patient at once shows gain in strength and weight. The colder the air the better, since cold air seems to have a retarding effect on the growth of the tubercle. Something like this has got to be done, for the *Lancet* says, "Tuberculosis is still progressing, in spite of the incessant anti-microbial warfare during the last ten years."

MASSACHUSETTS has the first law in the world prohibiting vivisection in the schools.



EDITORIAL COMMENT



FAITH AS A REMEDIAL AGENT

In an editorial article, in a recent number of the journal of the American Medical Association, under the heading "Medicine of the Nineteenth Century," appears the following significant paragraph:—

"One of the striking features of modern medicine, as Dr. Osler points out, is the tendency on the part of physicians to give little or no medicine, and to substitute attention to diet, exercise, rest, and climate for drugs. And yet the century never witnessed a more perfect and all-abiding faith in drugs on the part of the layman than at its close. But, as the man of wisdom concludes, faith is as ever a large element in the success of the practitioner, and, as Galea said, 'Confidence and hope do more than physic.'"

This brings to view several important facts:—

1. Physicians are losing faith in drugs.
2. Laymen, on the other hand, are receiving drugs with increased favor.
3. Faith being an important factor in the cure of disease, physicians use drugs for their mental effect if for nothing more.

The use of mysteries, incantations, drugs, etc., for the cure of disease are relics of the age of ignorance and superstition, which are gradually disappearing before modern investigation and observation.

They served their purpose to the extent that they inspired hope in the patient. There is no system of medicine which has appeared, no matter how irrational, but can boast of some successes. Diseases yield to the most opposite procedures.

Physicians of one school consider the methods of other schools inferior, and yet they all have more or less success. There are two reasons for this: First, the faith of the patient is an important aid to his recovery. Second, it is probably often the case, in any school of medicine, that patients recover in spite of the treatment, rather than because of the treatment.

Why should drugs grow in favor with the laity while the profession is losing confidence in them?

No doubt this is due partly to the persistent advertising on the part of the manufacturers of patent and proprietary medicines, by means of skilfully-worded testimonials. Nearly all the drugs put on the market have the effect of causing a marked improvement in the patient's general symptoms for the time being, and under such circumstances many flattering testimonials are written. Again, it is no doubt true that many testimonials are manufactured in the offices of the drug companies.

Again, persons who have experienced an amelioration of symptoms as the result of using a certain remedy, will recommend it to all their friends, and will not be apt to trace the reaction which follows to the use of the drug.

"Nothing succeeds like success," we are told; and this is especially true in the case of remedies and physicians. That man or remedy which has gained the reputation of having made wonderful cures will inspire a confidence which will be a powerful aid to future successes.

He who would succeed as a healer, whatever his school or his system of treatment, should, as a first requisite, be able to make his patients believe him to be a success. Not that confidence is the only thing necessary in the cure of disease, but it is a very important factor, without which any method will fail.

MEAT SUBSTITUTES

If eating afforded animals no pleasure, they would starve; for it is the pleasure derived therefrom, and not the desire to preserve life, that causes them to eat. The instincts and desires of each animal are such that their gratification tends to the preservation of self and of the species.



The hen is not passing through a self sacrificing ordeal for the sake of her unborn chicks when she sets for days and weeks in voluntary seclusion. She enjoys it as much as the young man enjoys a seat on the same bench with his loved one. If the hen did not relish the setting act, the hen tribe would soon cease to exist.



Numberless other instances might be given of acts tending to the preservation of life, which, were it not for the accompanying pleasure, would be abandoned and life would become extinct.



In a normal condition all instincts tend to health. But tastes and desires may be perverted by false education, so that pleasure is afforded by that which destroys life and health. Examples of this are seen in the liquor, tobacco, morphine, cocaine, arsenic, and other vicious habits.



In the matter of diet, the appetite has also been greatly perverted. That the taste is not in these cases regulated by the needs of the body but by education, is manifest from the fact that tastes differ so widely and are dependent largely on the character of the foods eaten in early life.



Even with the most perverted appetites there is, to some extent, an indication of the needs of the body. Increase of physical exercise is followed by a craving for more food. A nitrogenous diet causes a desire for carbonaceous food, and a carbonaceous diet causes a demand for nitrogenous food; so that to some extent the appetite calls for a proper proportion of these elements.

But as a rule the appetite is more or less unreliable; and in order to preserve the best health, it becomes necessary to study the functions and needs of the body, and the properties of foods, so as to eat intelligently. In man, the appetite, through perversion and false education, is not nearly so good an index of the needs of the body as it is in the lower animals. As an instance may be mentioned the widespread taste for flesh-meats. Comparative anatomy and physiology prove conclusively that man by nature is frugivorous and not carnivorous.



The flavor of meats, so acceptable to flesh-eaters, is due to the extractives or partly broken-down tissues which have already served their purpose as food and which have been rendered soluble in order to be removed from the animal by its excretory organs.



Yet many who have discarded a meat diet confess to a survival of the old taste by attempting to prepare vegetable foods so they will resemble the taste and appearance of carcasses, and giving them such names as "vegetable turkey," "vegetable goose," etc.



As well might the reformed drunkard imitate the flavor and appearance of his favorite tippie, and call the mixture "temperance whisky," or "teetotal gin," or "prohibition champagne;" or the converted cannibal, still thinking of his former dainty feasts, make as close imitations as possible, calling them "vegetable Englishman," or "mock American."



God, in creating man, so adapted him to his surroundings that normally the most exquisite gustatory delight would follow his partaking of his natural food in a natural manner. Any appetite calling for unnatural foods is abnormal, the result of perversion and degeneration. Realizing this, why should we not be forever weaned from the flesh-pots and all that suggests them, and return as rapidly as possible to first principles?



It *may* be necessary, in public institutions, to use names suggesting old familiar articles of diet in order to induce the uninitiated to try the new dishes; but to the vegetarian it should be no commendation of a food that it "looks like meat and tastes like meat." If it has any of the flavor due to the presence of meat extractives, something is wrong.



Properly prepared, the vegetable foods taste infinitely better than meat to an unperverted appetite. But many, through hereditary and long education, may find it impossible to regain at once the natural appetite.



As a matter of fact, such names as "vegetable goose" are often used by cooks who, through long abstinence from the real article, are unable to judge correctly as to the resemblance in taste; for often the meat eater who has been induced to try the imitation will fail to detect a resemblance.

To imitate the name or flavor of a food is to acknowledge its superiority; but the difficulty is with the appetite, and not with the flavor of the food we are trying to improve; and we should train ourselves to relish the foods given us by the Creator rather than to make the foods conform as nearly as possible to the demands of a depraved appetite. The former calls for more self-denial, but yields much better results in the end.

COMMERCIAL MEDICAL JOURNALISM

A NUMBER of medical journals recently have, for financial reasons, come under the control, or subject to the diction, of drug companies. It can be readily understood that a magazine numbering several hundreds or thousands of physicians on its subscription list, is a valuable advertising medium for a drug house, especially if the editorial and correspondence columns can be used in favor of its production.

The *Philadelphia Medical Journal*, formerly under the able and fearless editorship of Dr. Geo. M. Gould, has recently changed hands. It is stated that the capital stock was increased \$30,000, this amount being taken up by one individual, on condition that in addition to being treasurer, he should be general manager, printer, etc.

Dr. Gould has been replaced as editor, and is actively engaged in inaugurating a new medical journal, which is so organized "that no combination of capital and no lay owner or publisher can ever obtain control of the journal."

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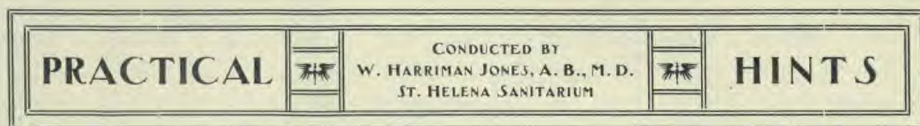
From comments in the various medical journals we believe that the sympathies of the medical profession are with Dr. Gould, and we, personally, wish him success in his new enterprise.

AN EARLY SIGN OF MEASLES

RECENTLY a new sign of measles has been described by Dr. Koplik, which is considered of diagnostic importance, occurring as it does in almost all cases of measles, and being one of the first indications of the disease.

This sign manifests itself on the first day of sickness, and is found on the mucous membrane on the inner surface of the cheeks. It consists of a scattered eruption of small irregular spots of a bright red color, in the center of each of which is a minute bluish-white speck. A good illumination of the mouth is necessary to make these "Koplik's spots" visible.

Still another almost constant sign of measles presents itself as early as Koplik's sign. This may be seen on the inner surface of the eyelids, and consists of small red points, easily seen in a good light.



THE HAIR

WHEN we consider how universally is prized a fine head of hair, and yet how frequently it is neglected, we are led to believe that it is as often through ignorance as through carelessness that such apparent neglect exists.

To be sure, some individuals have a great natural advantage over others in the preservation of the hair, and all the brushing, combing, tonics, washes, electric brushes, rubbing, massaging, and shampooing that were ever suggested will not overcome the tendency to baldness which is inherited by some people, and manifested by a thin, poorly-nourished scalp; still by careful attention to the hygiene of the hair much annoyance may be overcome, and many heads may wear the crowning beauty that nature designed for them.

Dr. Fox compares the scalp to the soil. He says that neither hair nor plants will grow luxuriantly if the quality is poor. A scalp which is favorable to the growth of hair is thick, pliable, and moves freely over the bones of the skull. If the scalp is thin, the blood-vessels are few in number, and if tightly drawn over the skull, it will tend to constrict the blood-vessels, lessen the supply of blood to the scalp, and cause atrophy of the roots of the hair from pressure. So, then, the two principal causes which bring about a premature thinning of the hair are a deficient circulation of the blood in the scalp and the constant presence of dandruff, and any treatment to be effective must aim at one of these two causes.

To increase the circulation in the scalp, thorough brushing of the hair night and morning for several minutes, until there is a feeling of warmth in the scalp, is one of the best means, besides having the advantage of largely removing the dandruff. The brush should be a stiff one with the tufts of bristles widely separated, and brushing should never be so vigorous as to produce any soreness of the scalp. The comb is to be used only to disentangle snarls, and hence the teeth should be wide apart and blunt at the ends so as not to injure the scalp.

When the scalp is pale and thin it is well to combine a few minutes of massage by the finger tips with the daily morning and evening brushing, and this, if continued for a considerable time, will tend to improve the circulation and increase the growth of the hair. It is in the massage that is practised in the use of various "hair tonics," together with cleansing effect, that the virtue of these remedies lies.

Electricity in the form of the galvanic current applied through the wire brush attached to the negative pole of the battery, until the scalp becomes reddened, acts as a local stimulant to the circulation.

Dandruff is a collection of epithelial scales mixed with dried sebaceous matter, and in a large percentage of cases is the forerunner of premature baldness. So it is highly important to keep the scalp free from dandruff. This may be done by daily brushing the hair and keeping the scalp perfectly clean by frequent shampooing. Any good toilet soap may be used, and a little alcohol added to the shampooing liquids will greatly assist the thorough cleansing of the scalp. There is no danger of doing damage to the hair by removing the oil from the scalp, as the improvement in circulation and consequent stimulation of the oil glands will quickly produce more oil. When the scalp fails to respond quickly to the stimulus of shampooing, by failing to produce a sufficient amount of oily matter, a little white vaseline or olive oil may be rubbed into the scalp. Shampooing, like brushing, removes some loose hairs, but by cleansing and stimulating the scalp it is a most important means of preserving a good head of hair, or aiding to restore it after temporary falling, and should be practised as often as dandruff accumulates.

BURNS

THE local treatment of burns has for its object the prevention of infection with germs, the limitation of inflammation, the healthy stimulation of new tissue, and healing with as little deformity as possible. When the burn is slight, very little or no treatment may be demanded. For ordinary burns the application of simple home measures is all that is necessary. Baking soda, the white of egg and sweet oil (equal parts), starch, carron oil (linseed oil and lime water), immersion in water and the continuous bath, carbolated vaseline, a paste of calcined magnesia and water, have all given excellent results.

Turpentine applied to a burn of any degree of severity relieves pain almost at once and the burn heals very rapidly. A thin layer of absorbent cotton is placed over the burn and the cotton saturated with the turpentine and covered with bandages.

The turpentine is volatile and will evaporate, and it is therefore necessary to keep the cotton moistened with it.

Another dressing has given great satisfaction and is kept made up in stock solution in factories where people are liable to be burned, that is, picric acid in a saturated solution of water containing a little alcohol. Clothing over the part should be gently removed and the burnt or scalded portion carefully cleaned with a piece of cotton wool soaked in this lotion. Blisters should be pricked, care being taken not to destroy the epithelial surfaces. Strips of gauze or soft cotton are then soaked in the solution of picric acid and applied so as to cover the whole of the injured surface. Over this a thin layer of absorbent cotton is lightly bandaged on. This dressing may be renewed in three or four days. The advantage of this method is that the picric acid deadens the sense of pain, and limits the tendency to suppuration, by coagulating the albuminous exudations so that healing takes place under a scab of epithelial cells hardened by picric acid. I have also seen excellent results from the use of picric acid and sweet oil, equal parts.

SUGGESTIONS



FROM THE SANITARIUM
COOKING SCHOOL

[This series of recipes, which were given at the Summer Class of the St. Helena Sanitarium Training School, began in the September number. Following this will be a series of recipes by the chef of the Sanitarium kitchen.—ED.]

MENU NUMBER SEVEN

	Sago Legume Soup	
Hulled Bayo Beans	Gluten Roast	Chile Sauce
Fricasseed Potatoes	Escalloped Cauliflower	
	Prune Pie	

Sago Legume Soup.—This soup can be made of left-over peas, beans, or lentils, or all can be combined. Heat and put through a Chinese colander. Season with salt. Add water to make the proper consistency. One-half hour before serving add two tablespoonfuls sago for each quart of water used. Serve with croutons.

Hulled Bayo Beans.—Soak one pint of bayo beans overnight. In the morning if the skins will not easily slip, put on and just let come to a boil, cool, and then slip the skins. Put to cook in hot water. Salt to season. Either simmer on top of the stove for four or five hours or cook in the oven in covered dish till tender.

Gluten Roast.—Prepare the gluten by washing the starch from the flour. This can be done the day before it is needed. Leave the gluten standing in a colander in water till needed. For the roast take two-thirds cup wet gluten. Put on to boil in cold water. Boil six hours. When done, press most of the water out. Put into a chopping-bowl and chop quite fine. To this add one-half cup ground or chopped walnuts, one-half cup nut butter, which has previously been dissolved

in one-half cup cold water, one-fourth cup of strained tomatoes, one-half cup dry gluten. Season with salt. Onion, sage, bay leaf, or celery can be used if desired. Mix all together and spread to the depth of one and one-half inches in a bake-tin. Bake one-half hour or till nicely brown on top. This roast may be served plain or with a tomato sauce or Chile sauce.

Chile Sauce.—Strain one pint of tomatoes through a colander. To the tomato add one onion (medium size) chopped fine or ground through the mill, one-fourth cup sugar, one-fourth cup good lemon juice, one-half teaspoonful celery salt. Mix and boil till the onions are tender. Serve.

Plain Cauliflower.—Thoroughly wash the cauliflower in strong salt water. It is well to let it stand awhile in the water, then wash several times in clear water. Tie the head securely in a net. Put into boiling water and salt. Cook until tender, from twenty to forty minutes. Serve plain, garnished with slices of lemon.

For Escalloped Cauliflower.—Place the cooked cauliflower in a bake-dish. Cover with thin almond or peanut

cream salted to taste. Sprinkle the top with granola or bread crumbs. Put in hot oven and bake till brown on top.

Fricasseed Potatoes.—Cut raw potatoes into one-half inch squares. Put on in boiling water and cook till tender, but not to a mush. When the squares are done, pour over them a gravy made of thin nut cream, thickened with flour. Salt to taste. The gravy should be made and ready by the time the squares are done. Pour the gravy over the potatoes and let boil up once. Parsley or onion can be added if desired.

Prune Pie.—Stew French prunes till tender. Let simmer till nearly dry.

Cool and remove the pits. Then press through a colander. If the pulp is too thin place in a hot oven for awhile. Fill the crust with this marmalade and put into the oven for a few moments.

To Make the Crust.—Take two-thirds cup of granola and place in a heap in center of pie-tin. Over this pour two-thirds cup of nut cream. Mix well, and with a spoon spread evenly over the bottom of the tin and up the sides. Be sure to leave no spaces. Place in a hot oven and bake till slightly brown. Then put in the filling. Put into the oven again just long enough to slightly cook the marmalade on the top.

MENU NUMBER EIGHT

	Fruit Soup (cold)	
Baked Beans	Creamed Canned Corn	Protose Sandwiches
	Stewed Berries	
	Zweiback Pressed Pudding with White Sauce	
	Stuffed Dates	

Fruit Soup recipe given in a previous number. This soup may be made the evening before; may be served cold or reheated. This makes a nice soup for Sabbath.

Baked Beans.—Take one quart of navy beans, wash and soak overnight in cold water. In the morning drain off the water and put to cook in three quarts of boiling water. Let boil till they begin to tender a little. Salt and put in a covered bean jar, put in the oven, and bake eight hours.

Creamed Canned Corn.—Take one can of corn, turn into a small porcelain pan, and salt. Pour over the corn a cream made of one tablespoonful of almond butter mixed smooth in one-half cup of cold water, cover, and place in the oven in a pan of hot water, and cook one-half hour.

Protose Sandwiches.—Take slices of bread cut quite thin, spread lightly with nut butter, place a thin slice of protose between the slices of bread. Lemon juice and a lettuce leaf on either side of the protose is very nice. The sandwiches may be cut into fancy shapes.

Stewed Berries.—Look the berries over very carefully, and wash in a colander by letting the water run over the berries. Put in a porcelain kettle, add a little boiling water, a little sugar if necessary, and cook till tender but not to a mush. Cool at once. To avoid using sugar try cooking an acid and sweet fruit together.

Zweiback Pressed Pudding recipe given in a previous number.

Stuffed Dates.—Remove the seeds and fill the cavity with cracked nuts, either blanched almonds or English walnuts.

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Is not the presence of hydrochloric acid in the stomach increased by the use of a large amount of salt with the food?

Hydrochloric acid is formed in the gastric fluid as it is secreted by the peptic glands. It is quite possible that the presence of sodium chloride in moderate quantities has a favorable effect upon the production of this acid. This amount of salt, however, is present in a large variety of foods, and only requires the addition of a limited amount to give any food sufficient seasoning to have this effect. An excess of salt has no advantage in the formation of this acid, but would have a tendency to irritate the stomach and produce gastric disturbance.

What is the best diet for a person suffering from a sour stomach?

This condition of the stomach is brought about either by excessive fermentation of the food or overproduction of the acids of the stomach. This latter condition often occurs in cases of nervous dyspepsia, where there seems to be a constant tendency for the perverted energies of the stomach to manufacture large quantities of acid without being any better able to digest the food. This class of cases is best treated by avoiding everything that will excite the digestive glands of the stomach. No acid fruit, condiments, or stimulants should be used, and the diet should be simple but varied. Cases of sour stomach which are produced by fermentation, should necessarily avoid all fermentable foods, especially sugar and foods which contain much sugar. The coarser vegetables, and sometimes all vegetables, have to be discarded, as well as yeast and hot breads. A good diet can be had from the use of unfermented breads, unsweetened fruits, grains, and the green vegetables.

What can be done to prevent the falling of the hair?

There are many causes for this condition. It is sometimes due to diseases which affect the scalp, or may be due to defective nutrition, which prevents all the cutaneous surface from having a healthy circulation; and, hence, the nutrition of the hair is defective, and it naturally becomes loosened from the follicle, and is lost. This may be brought about by digestive troubles or other diseases which lower the general vitality. The remedy must be found both in improving the general nutrition and also the local nutrition of the scalp, and the treating of any diseased condition which may be present. Often the hair follicle becomes diseased through too frequent wetting of the scalp. This will be benefited by keeping the hair dry. As a tonic measure for the nutrition of the scalp, rubbing daily with fingers dipped in cold water has proved efficient. If a preparation is needed, the Sanitary Supply Company of St. Helena puts up the best with which I am acquainted.

What are the cause and prevention of wrinkles?

Wrinkles are simply the marks of age, and show the amount and kind of wear through which the person has passed. The wrinkles of the face are formed according to the expressions which are the most frequently repeated. Hence, they are the index very largely of what the life of the individual has been. The anxious care with which many persons burden their mind continually, is the cause of the larger share of wrinkles that appear prior to old age. Two different people may go through the same experience in life, and one will come out very old and wrinkled, while the other remains young and vigorous, without any signs of premature age. The difference is caused by the way in which they adapt themselves to the situation, and the freeness with which they have carried the burden. The restful life of one who learns to look upon the brighter side of every circumstance, will cause him to remain the longest without wrinkles, and when they come they will be the most agreeable to bear and the pleasantest to look upon.

Why does a dry or damp climate have so much influence upon one's general health?

A healthy man is usually affected but little by climatic conditions. The person who is run down in health, or is suffering from any disease that is exhausting the energies of the body, is often very susceptible to any change in the weather. This is probably because the individual, by improper living or by improper clothing, has failed to accustom himself to the changes which take place in the atmospheric conditions; and he needs, by means of baths and proper clothing, to establish a better resistance. Damp atmosphere, especially if it is warm, has a general debilitating effect with some people. It is probable that the dampness does not favor the absorption of oxygen; and in this way it lessens the vitality and activity of the system. A person who is suffering from rheumatic or neuralgic pains, which are due to imperfect oxidation of the tissues, will oftentimes find his symptoms exaggerated by damp weather; and such people often designate themselves as "regular barometers."

What is the cause of ulcers forming on the eye? and what treatment would you advise?

These are often due to imperfect nutrition, there usually being some local irritation which acts as an exciting cause, either some error of refraction in the eye that needs to be corrected by wearing glasses, or occasionally a hair follicle will be rough on the inside of the lid, and irritate the cornea enough to form an ulcer. In all these cases, the first thing to be accomplished is the improvement of the general nutrition of the body and the removal of the cause. Other treatments should be prescribed by a competent oculist.

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No. 3.

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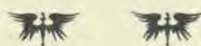
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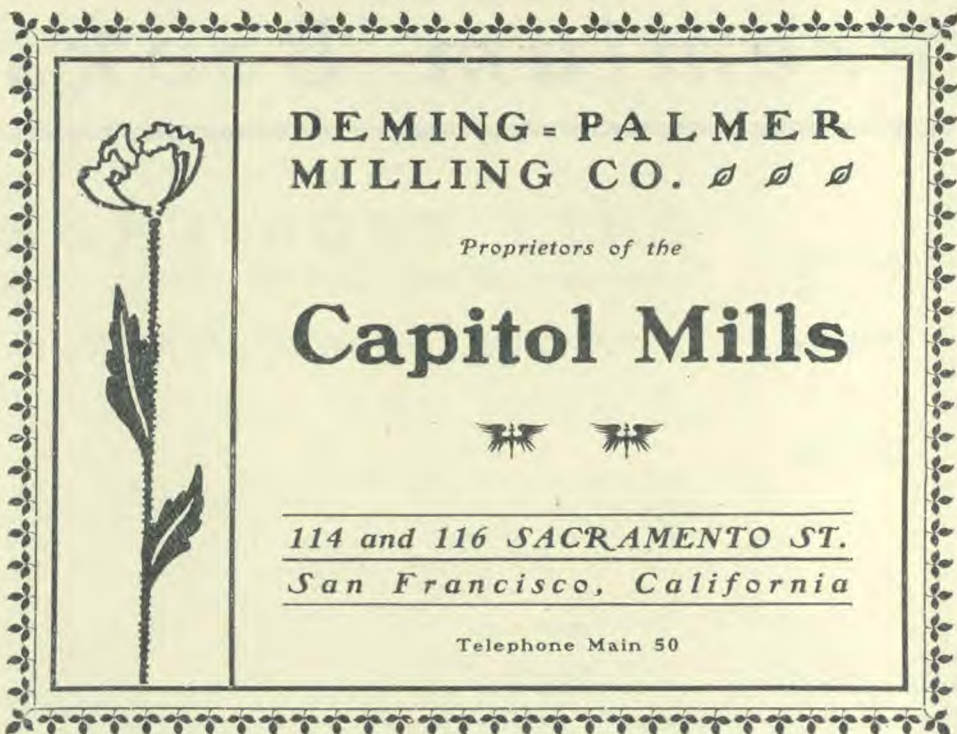
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


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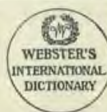
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