

The PACIFIC HEALTH JOURNAL

MONTHLY

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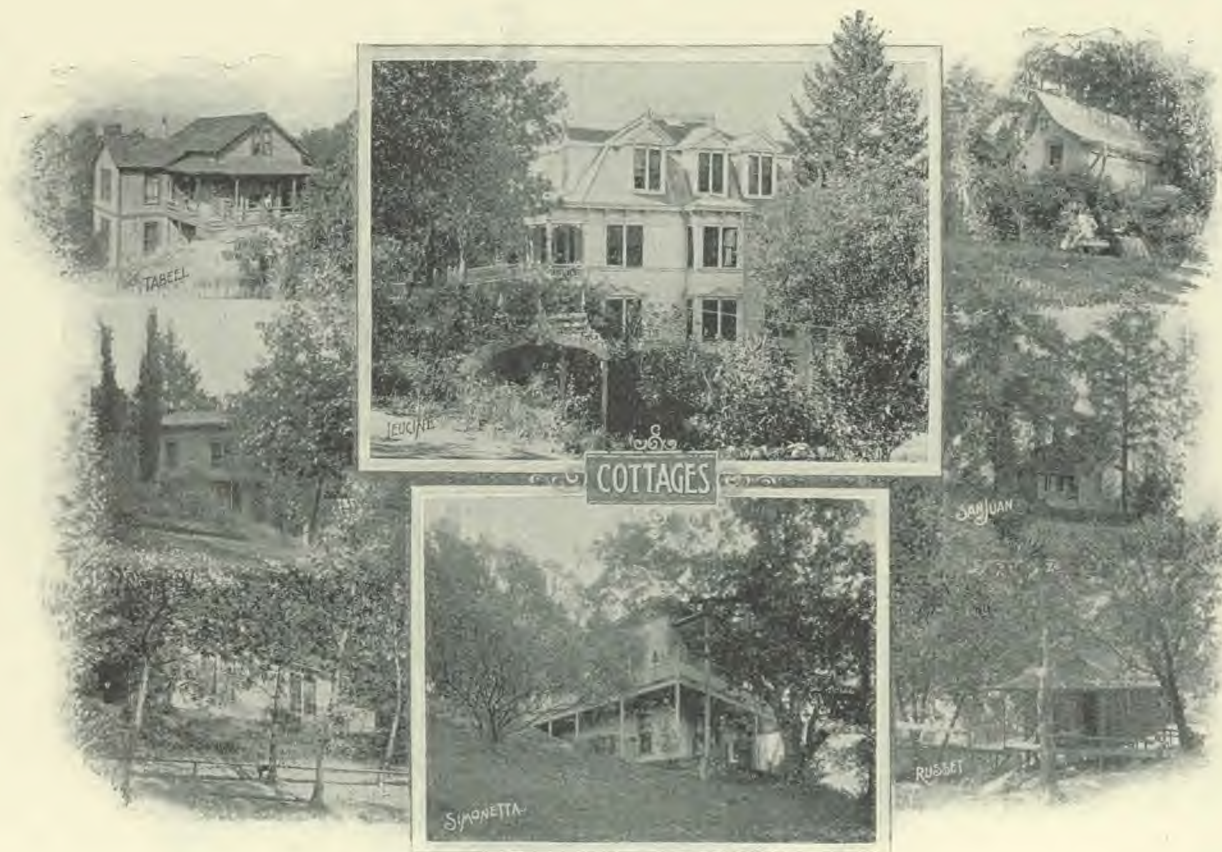
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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., APRIL, 1901.

No. 4.

THE CONSTITUTION

BY A. J. SANDERSON, M. D.

[Superintendent St. Helena Sanitarium.]

BEHIND the life of every organization is a constitution which is indicative of its strength. Defects in it mean great loss to the organ, while if it is built upon right principles the life of the organism is insured.

The Constitution of the United States is the life of the nation. It has given to its people health, happiness, and freedom, which have resulted in strength and progress. This Constitution is simply the establishment of correct principles which operate the government. The principles were not obtained without effort. They were the result of a great conflict, in which our forefathers, prompted by love of liberty and truth, were led to endure great trials and labor that they might establish a better government. The success which was achieved is told by the story of the recent century.

Every order, institution, or society must have, if it abides, a constitution which is truth and in keeping with its purposes. Living organisms are no exception; and man, the greatest type of organized life, needs it most of all.



Our power to do work and our resistance against disease are dependent more upon the physical constitution we possess than upon any direct efforts put forth. A man may have no apparent physical defect that he can locate himself or can be detected by a physician, and yet he has not the physical endurance which sustains him in the actual service of life. The constitution is lacking. Another person, who has acquired or inherited a good vitality, may, even under the influence of a partial disablement, be successful in life's greatest conflicts.

A man with a good constitution, who is conscious of his power, has wealth and influence at his command; while a man who is without it has but little of value, even though he may have inherited fortunes.

The acquirement and preservation of a good constitution is the problem of life, and the man who gives but little thought to it, or fails to appreciate it when it is given to him, is not wise.

As in the organization of society, a constitution may be described as correct principles established in good working order. The internal operations of nature are so fixed that they habitually work on right lines, and the righteous work ever adds to the strength of the vital forces. Thus a man's constitution is in accordance with the habits which have been the longest established in the life of the individual.

Three important factors enter into the formation of a strong constitution: (1) A good inheritance, (2) correct early training, (3) rational living. Unfortunately, the first two are out of our individual power of control; but even though these have been unfavorable, if the latter is correct, very much can be accomplished.

A good constitution should be every man's birthright. To begin life well means much to the individual. The first question asked of nearly every patient who comes to a physician for treatment is concerning the parentage. We give a much greater assurance when we find that he descends from strong, healthy parents. Parental responsibility needs to be more largely felt. Our children will be a blessing or a dishonor to our life, as we transmit to them the best or the poorest there is in ourselves.

However great the influence of inherited vitality transmitted through parentage, the early training of the child will have a far greater influence over his development. If the mental and physical habits are correctly established, even the weakly child will grow up to develop a constitution that may be far better than that from which he descended. Unfortunately, children living with parents who are not rational in their life imbibe the same habits which have been their weakness. The child in learning the same ways develops a similar weakness, even to a more marked degree.

We inherit our fathers' diseases largely because we, by contact and association, inherit the same habits, passions, and tastes, which lay the foundation for physical decay. Children need the association of parents who lead rational lives, even more than they need to be descendants from strong parentage.

The child who is brought up with correct habits and under wholesome influences will not fail to develop physical strength, and will have a constitution so organized as to be self-preserving and able to meet all emergencies which life may bring to him.

When the life of infancy and youth has not been thus favorable, much can be accomplished later if the same habits are formed. Just in proportion as we cultivate correct habits in exercise, rest, diet, etc., in the same measure will these right actions contribute to the development of the inner forces which become the fabric of constitutional strength.

It is also as true that just in proportion as we follow in ways which are contrary to the laws of our being, there will be a tearing-down process, and

the physical frame will become weakened or wrecked. Too often our irrational lives become such fixed habits with us that we have little inclination or desire to change for better ways, and are ever seeking for strength and life from some other source. We are desirous of health and strength, but we want it to come through our cultivated or abnormal ways of living or along with them. The sooner we learn that one is contrary to the other the better.

We find it impossible to develop or even maintain a strong constitution when our habits are not in harmony with the laws of our being. Here is where the struggle for life comes; the denying and crucifying of old habits and the formation of new in later life call for something that but few people are willing to give. Yet it is the only way that a constitution can be built; and the sooner we recognize and work upon that basis, the better will we succeed.



Many people use the utmost care concerning their physical habits, while their mental habits are entirely wrong. It will some day be understood that there is more weakness and suffering in the world as a result of irrational thinking than there is because of irrational living. The effect of the mind upon the body is such that the existence of fear, worry, anxiety, and other abnormalities of the mental functions will help to destroy the vital forces. Even when the physical habits of the life are correct, these will more than counterbalance and neutralize what otherwise would be gained by right living.

A perfect diet taken with an anxious mind will do more harm to the system than a most indigestible meal taken in the bliss of ignorance. The malice we bear to our enemies has a very strong suicidal influence. The inability of the individual to adapt himself to his environment means a sure termination of the relations or of the life. The Christian is the only man who can preserve a constitution intact and unbroken all through life.



Dr. Haig, of Cambridge, England, after years of suffering, as the result of a mixed diet, adopted a non-meat diet, the result being a complete cessation of his symptoms.

Years of experimentation convinced him that the meat caused an excess of uric acid in his blood, and that the uric acid was the cause of his suffering. He says:—

“Those who have been accustomed to the stimulation of animal flesh, and have mistaken this stimulation for strength, have, evidently, the greatest difficulty in believing that any one can possibly be strong and fit for exertion on any other diet; thus a patient of mine whose life was sedentary had a beef-eating friend who prided himself on his walking, and, to escape further chaff on diet matters, my patient accepted his challenge to have a good walk; the result was that my patient walked him off his feet with comparative ease, and when some twenty miles had been covered, the beef-eater acknowledged that he was tired and did not care to go any further.”

THE EVOLUTION OF RATIONAL MEDICINE NO. 2

By J. H. KELLOGG, M. D.

RATIONAL medicine rests upon a rational basis; for example, here is a man with obesity; what shall be done with him?—Burn up his fat. We know of no kind of pill or medicine that you can take in any form that will cause the body to burn up its fat; there is nothing of that kind known that will do it. But there is something that will do it. When a man goes north to spend the winter, he has to eat a good deal more of fat-making material. When a bear is getting ready to hibernate, or go into winter quarters, he eats nuts, honey, and all the fat-making things he can find, until he gets fat; then he is fat enough to remain all winter in his hole. That is what the squirrels are doing,—capturing and eating all kinds of fat-making materials, especially nuts, and getting fat and ready for winter, because they will go into their holes and remain there during the long days and nights of winter, and they must have a store of fat to keep them warm. During the winter this fat is being burned up. It is cold that burns up the fat. In warm weather we do not want so much fat as in cold weather, but, instead of that, we want water and acids. So we have a hint as to the means of reducing fat,—by applications of cold, cold baths; and the longer the bath is continued, if the patient is able to stand it, the more effectual it will be found in breaking down the fat. There is a notion that you can get rid of fat by sweating, but that is a mistake. Sweating reduces the strength of the patient, but it does not reduce his fat; it makes no reduction except by the abstraction of water, and that makes him so thirsty that he will soon make it up by drinking. You can also reduce his flesh by starvation, but he will not be healthy, because even if he gets sick and loses fat, when he gets well he will get fat again. So we must find a more physiological method of reducing fat, and the cold-water treatment is the method by which this can be done,—the cold shower, the cold douche packing, and swimming in cold water.



Exercise is another means of burning up fat. But exercise is sometimes detrimental to the obese person, because he has such a heavy overcoat of fat. I have seen some patients with overcoats of fat six inches thick in some places—it is spread around in irregular spots. I remember one case of this kind who weighed 350 pounds; in these cases there is an enormous amount of fat to break down. When such a person is asked to take exercise, he is soon tired out. This gentleman's weight was so great that practically he had to carry one man on each shoulder, and he had to stagger around under that great load, and of course it is a great task for such a person to take exercise.

Hot baths diminish power for exercise, whereas the application of cold water increases, not only the power to exercise, but also the desire to exercise

as rapidly as possible. Cold water also gives capacity for exercise. It energizes the lungs, the muscles, and the heart. Some time ago we took one of the largest men in the house and gave him a hot bath, and then we tested his strength, and he could lift only about half as much as before; his total strength was only a little more than half what it was before. When we put him into a cold bath and then tested his total strength, he could lift a little more than he could before taking the hot bath. Proper application of cold water will transform a weak man into a strong man. He may be so weak that he can hardly stand up, but give him a cold bath, and in two minutes he will be stronger than before. There is energizing power in cold water. The obese man takes cold water, and that gives him strength and additional capacity for exercise, and exercise accumulates heat, because the overcoat retains heat. That is just what you would experience in summer if you should put on a thick overcoat and take a bicycle ride, or some similar exercise. It would be a great embarrassment. The other man has a similar embarrassment, which is the result of an undue increase of heat. So, after exercising for a time, he has a fever, and then the exercise begins to tear down his muscles and nerves and break down his bodily structure, the structure which he depends upon to

keep him strong and well. But we want to avoid that, **Cure the Fever before** so we begin by extracting heat from the patient by a cold bath, then making up that loss of heat by exercise, and **It Begins** some time will elapse before he will get a fever, because we have cured his fever before it begins; so that, instead of an elevation of heat above normal, it would require an elevation to bring it up there. So the cold bath prepares a man for exercise. It is a good thing to have a hot bath to heat the skin so as to cause perspiration in the obese man, so that he may enjoy his cold bath. Heat, while it is very sedative and very enticing, is really very unfriendly, for it decreases the power of resistance. Cold increases the power of resistance, while heat diminishes the power of resistance.



This principle has been largely used by Priessnitz. He found what virtues there were in cold water. He made his patients take a cold pack, and then wrap a sheet around them and go downstairs into a basement where there was a big tank in which there was water, the temperature of which was maintained at 40°, and plunge into that cold water, and then out, and then the patient must be wrapped up warm. Those patients who were strong enough to bear that treatment got well, but some were not able to endure it. People with weak hearts, inflammation, gastritis, etc., could not endure it, and were damaged by it. Some people having tuberculosis had fatal hemorrhages from the inrush of blood caused by this treatment. After the plunge the next thing was to put on the wet girdle, which was a towel wrung out of very cold water, and then, without flannels, they were to go out and walk on the mountainside until they got warm, also drink glass after glass of cold water, drinking five to twenty glasses of water, one after the other. This treatment was very successful, so

that during the first quarter of the century, people flocked to that little country town of Graefenberg, in Austrian Silesia, until there were fifteen or sixteen hundred people there, and the place grew up into a large town in consequence of a method of treatment which showed the great power of cold water.



Pastor Kneipp, a Catholic monk of Wurzhavan, learned some of the principles of Priessnitz, and he adopted the principle of hardening the body by the use of cold water. He achieved such wonderful success that people flocked there from all parts of Europe, and at the time he died there were several thousand people in town to be treated by Pastor Kneipp; for he was a man who impressed his patients with the dignity of his character. He was indeed an excellent man, and possessed of a good deal of wisdom and sagacity. One of his methods of treatment was to make his patients walk in wet grass early in the morning and late at night, when the dew was on the grass, the grass being about knee high, thus whipping the bare feet and legs of the patients. In the winter the patients walked in the snow with their feet and legs bare ten to fifteen minutes every day.

There are certain benefits arising from these treatments, but most invalids would find it very severe treatment. This method of Pastor Kneipp hardens the body, develops it, and stimulates the vital processes through its influence upon the great vasomotor centers, which are more abundant in the soles of the feet than in any other part of the body. This is the reason people so easily take cold by getting their feet wet. This is the reason ladies take cold by wearing thin-soled shoes, when men would not take cold, or by walking a long time upon a cold pavement, chilling the feet, if the soles of the shoes are thin. The prolonged chill disturbs the vasomotor surface vessels so there is a congestion of the lungs, throat, or other parts, and serious results follow such exposure. But when this is done intentionally, and in such a way that the feet do not become permanently cold, but become warm, so that a reaction occurs, the vasomotor centers are so educated and trained that the patient is protected from these bad effects. Now it would not do to set a patient to walking on a cold pavement with bare feet unless he stopped to rub his feet while walking. In the wet grass it might be healthful, because it is wet and sharp and whips his feet, and causes a vigorous reaction, and that is the thing sought after.



This is, however, a crude method of treatment; but this method of hardening has been investigated and studied, and has been gradually reduced to a scientific method. In connection with a large number of health treatments in Germany, you can find at the present time what is called an out-of-door gymnasium, and it was these empirics who first called attention to this kind of treatment. It seems necessary that it should have been investigated, because everybody knows that the

peasantry are the most hardy people of any country, that the people who have brown skins and brown faces and who live out-of-doors are far healthier than people who are brought up indoors and have white skins and pale faces. So the aristocratic people of New York find it profitable to spend the summer at the seaside, sporting in the sea-breezes and in the surf; and when they get home they are very proud of their brown skins and of being thoroughly tanned, because out of that tan will come a clear complexion, which will be the envy of their friends who have not been to the seashore. That is the secret of that clear complexion and far better health. The trainer of a man who is to engage in a prize-fight watches the skin of the athlete, and when it is pink or transparent, he knows that his man is in the pink of condition. When the trainer tells the prize-fighter whom he is training that his skin is "as white as a woman's," he is ready for the battle. On the other hand, when a man's skin is tawny, it signifies that débris is in every part of the body. But a clear skin indicates that impurities are not accumulating in the system.

Outdoor exercises are marvelously useful in the oxidation of waste substance. Cold air constantly playing upon the skin keeps up a perfect fusillade of impressions, spurring every single organ into increased activity, awakening the liver, stomach, and other organs, creating more gastric juice and an appetite for food; the liver makes more bile, and that means better gastric juice; the kidneys are stimulated to increased action, and so the whole body is purified and vivified and lifted to a higher level of being. There is a wonderful power in cold air.

ENVIRONMENT

BY G. H. HEALD, M. D.

EVERY living thing, plant or animal, is endowed by heredity with a certain capacity for growth and development. This hereditary endowment differs with each individual. Several grains of wheat, selected from different sources, and planted under exactly the same conditions, may vary greatly as to their growth. Of a number of infants brought into an orphanage and placed under identical conditions, some will be more or less frail while others will be robust.

Each being has a capacity for a certain amount of life and development, and will reach that limit unless prevented by unfavorable environment. So then there are two factors determining the amount of life, development, and health, which each living being shall possess,—heredity and environment.

The hereditary conditions we can not control except for future generations. So we may omit the consideration of this factor, and proceed to study the effect of environment on health. If I plant a grain of wheat in the cellar, another in dry, uncultivated soil, and another in good soil, I get very different results. Each grain may possess a like capacity for development, and each grows the very best plant it can *under the circumstances*. One deprived of sunlight will lead a pale, sickly existence; another deprived of moisture will perhaps not

develop at all; the third will, if the temperature be favorable, make a good growth.

Every living being will develop to the full extent of its hereditary capacity, or as near to it as its environments will permit. Nature is constantly striving to attain perfection in the development of her creatures. And even under unfavorable circumstances the work is carried as far as possible.

In a dry year the wheat does not mature, but it develops as far as it can with the amount of moisture at its command. Tobacco is a violent poison, and when the small boy first indulges, he perhaps becomes deathly sick, but nature so fortifies herself that a second dose of tobacco does not cause such marked results, and finally a tolerance is established.

Persons addicted to the use of morphine or other poisons, become tolerant of doses which would be rapidly fatal to one not under the habit. Diseases such as smallpox often develop in the patient an immunity, so that he is not liable to a second attack on exposure.

These are only a few examples among many indicating how nature—and by nature we mean the life principle, or power of God, which dwells in every living thing—endeavors to overcome, as far as possible, unfavorable surroundings, and give the greatest possible development and health under the circumstances.



Every human being may be considered to consist of two parts,—the thinking, choosing part, the mind, and the body, or machine, which is the dwelling-place and the servant of the mind. This machine can be depended upon to develop to the full capacity of its hereditary endowment, provided it has the proper environment. With the mind rests the responsibility largely of supplying the environment, and it is right here that sickness comes in; for the mind, partly through ignorance, partly through indifference, is not so faithful in choosing surroundings as the body is in making the most of surroundings. Among the environments upon which life and health depend, the principles are, air, water, food, sunlight, dress, exercise, contentment. These we shall proceed to consider.



Cases are recorded where people have abstained from food for a period of forty days or more without apparent injury. It is possible to survive a week or more without water, but without air one can live only a few moments at most. Air is of value because of the oxygen which it contains, the oxygen being taken into the blood, carried to the tissues, and there combined with the products of digestion to produce the heat and energy, the chemical change resulting in the production of carbonic oxide, which is thrown off from the linings.

Pure air contains about twenty per cent oxygen; expired air contains only about sixteen per cent oxygen and per cent carbonic oxide, and is no longer fit for respiration, partly because the amount of oxygen is diminished,

but especially because of the presence of carbonic oxide and of organic impurities thrown off from the lungs. If such air be breathed again, the interchange of gases in the lungs is much slower, and as a result, the system is rapidly poisoned by the gases which should be excreted by the lungs. It is said that every expiration renders 2 cubic feet of air unfit for further breathing. At the rate of 16 respirations a minute this would mean the destruction of 32 cubic feet of air per minute, or 1,920 cubic feet per hour. This would be an amount equal to a room 10 feet high, 10 feet wide, and 19 feet long. The ordinary sleeping-room often does not contain more than 1,500 cubic feet, and then may have two or more occupants. Why, then, one may ask, are there not more frequent deaths from impure air, as it is the practise with many people, especially when the weather is cold, to sleep with closed doors and windows? The reason is explained in the fact that the body adapts itself more or less to these unfavorable surroundings, and makes the most of them. A bird may be placed in a bell jar and kept there until the oxygen is quite largely exhausted. Now if a second bird be placed in the bell jar, it will die before the first bird, as the first one has gradually become accustomed to the foul air. So people may accustom themselves to live under very unfavorable circumstances, but their health would be far better with more favorable conditions.



Indians accustomed to an out-of-door life become victims of tuberculosis when "civilized" and given the "advantage" of tight board houses. Physicians are learning that there is no better way to treat tuberculosis than to give patients the open air as nearly as possible for twenty-four hours in the day.

Every room should be provided with an entrance for pure air and an exit for impure air, of such dimensions that the fresh air is admitted at the rate of one-half cubic foot per second for each occupant in the room. In many pulmonary sanitariums it is now the practise to take out the sashes entirely, and give the full size of the window opening for ventilation, regardless of the weather. About the only advantage of a mild climate for consumptives is the possibility of remaining out-of-doors a great share of the time.

Now what is of so much value in the cure of tuberculosis is doubly good in the prevention of tuberculosis. This disease, which is increasing at such an alarming rate, notwithstanding the increase of knowledge regarding the disease, and the combined efforts of health officers, bacteriologists, etc., can gain little advantage over those who live largely in the open air.

Another point to consider is the likelihood of contamination of the air through defective plumbing, cesspools, open vaults, barn-yards, etc. Any one of these sources of contamination, while perhaps not producing a perceptible odor to one who has become accustomed to it—for the nose may become very tolerant of bad odors—may gradually undermine the health.

"DOUBT, perplexity, and excessive grief often sap the vital forces."

RATIONAL TREATMENT OF SIMPLE DISORDERS

BY DAVID PAULSON, M. D.

THERE are two things that the body is doing all the time: it is tearing itself down and at the same time rearing a new structure upon the ruins of the old.

In the majority of instances the real cause of fever is the accumulation of the broken-down débris in the system. Professor Bouchard, the great French investigator, has called the body a factory of poisons, for it produces sufficient poisons so that within an incredibly short time, if they were not eliminated, man would be, as it were, smothered in his own waste products. If the kidneys cease their activity for only a little more than a day, the amount of poisons that heap up in the system is sufficient to cause the most profound and serious symptoms and even death, unless their activity is restored. When the lungs cease to have an opportunity to throw out their waste products, death is produced within a few minutes. When the skin is rendered absolutely impervious by a coat of varnish or otherwise, distressing symptoms begin to manifest themselves within a few hours. This shows how narrow the line is between life and death; how easy it is to spring over into the domain of disease. God maintains this wonderful balance between life and death, and as long as the human agent does his part God is obliged to perform His.

If we grasp the fundamental thought that the average fever patient is poisoned, then it becomes clear that the most successful way to assist nature in curing him is to cease to introduce more poison in any form, or anything that could readily be converted into poison, into his system, and then encourage each eliminating organ to accomplish more than they are doing.

The first and simplest thing is to coax the patient to drink large quantities of water. This is quickly absorbed into the blood, and tends to dilute the poisons, and helps to wash every part of the body, and then when eliminated by the kidneys will carry away a large amount of the waste products.



The air of the sick-room should be kept as nearly pure as the outside air as it is possible to maintain it. The foul breath of the fever patient is not as a general thing caused by decayed teeth or even by his coated tongue. It is thrown out from the blood, and is simply an indication of the condition of the blood of the entire body. If the air in the room is allowed to become almost as foul as the breath, then there is no chance for the lungs to unload more impurities. The smoke of a room is not going to pass into another room as much or more smoky than the first. There is little or no danger of a fever patient catching cold. This danger does not arise until the crisis is passed and the temperature runs down, or during the period of convalescence.

The skin of the average fever patient is dry and sallow. The perspiratory glands are so poisoned that they have virtually laid down their important duties. In such a case give short hot applications, either in the form of a hot

blanket pack for a few minutes or a short hot bath, to see if it is not possible to induce vigorous perspiration. This will tend to relieve the congested internal organs, and eliminate at least a small portion of the poisonous matter. These short hot treatments can be followed by cool sponging, which will tend to cool the patient, and at the same time act as a tonic to the exhausted nerve centers.



Fever in many cases, perhaps in the majority of cases, is caused by some indiscretion in diet. So do not allow the neighbors to come in bringing their knickknacks, confectionery, home-made cakes, jellies, preserves, chicken soup, beef broth, or any other unnatural compound that would thoroughly tax the strength of a healthy stomach. Bear in mind that even as the mouth of a fever patient is dry, so the digestive powers of the stomach are equally crippled. Pouring a mass of indigestible material into the stomach simply tends to promote and provoke fermentation, decomposition, and decay, which will only lengthen out the weary weeks that the patient must stay in bed, and many times be the deciding weight that tips the beam of life over onto the serious side, and sends the patient into a premature grave, on the tombstone of which should be written, "Murdered by the Kindness of Friends." Fever patients should eat only food that is already as nearly digested as possible. Fruit answers the purpose admirably, for the sunlight has practically digested the raw starch of green fruit and changed it into sugar, and the large amount of water in a pure state that the fruit contains is just what the fever patient not only craves but needs. The fever patient instinctively craves fruit and water, the two things that are the very best for him. In the case of fruits that contain a great deal of woody matter the pulp should not be swallowed. As the patient's digestive ability increases, toasted foods can be added cautiously. When this plan is carried out perseveringly and faithfully, the frightfully-coated tongue can very largely be avoided.



What has already been said in regard to fevers in general applies particularly to typhoid fever, but, inasmuch as it has become so extremely common and is likely to become still more common, it perhaps will not be amiss to mention it more specifically. This Typhoid Fever fever is generally due to drinking water which has been infected in some way from the discharges from the bowels of some patient who has typhoid fever. Criminal carelessness is often manifested in regard to this important subject. The excreta of the typhoid fever patient is frequently thrown out, without being disinfected, upon the soil, and when there is an unusual rainfall this contaminated matter is washed over the surface of the ground and into the well, or even soaks many feet underground without losing its virulence, percolates into the well, and thus the water supply is contaminated. Then persons seemingly healthy, but with digestive powers more or less crippled, drink from this water supply, fall a prey to these germs, and take the disease.

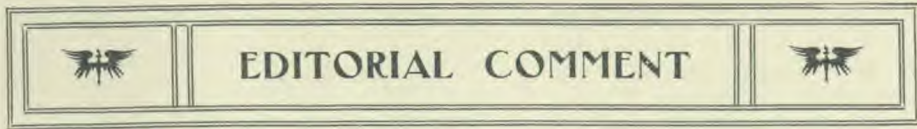
Neither beef tea nor milk is the ideal diet for typhoid-fever patients. Fruit juices, fruit, and nicely browned toast, which has been thoroughly soaked in the fruit juice or hot water—granose cakes likewise treated—is the very best diet. Hemorrhage of the bowels is not caused by the scraping of particles of food substance against their walls, but is the result of the work of the germs which flourish upon the unnatural foods that are often fed typhoid-fever patients. When the diet of the typhoid-fever patient is carefully controlled, and he is treated a number of times each day to vigorous cold treatments, which have been preceded by thoroughgoing hot treatments, particularly if the skin has a tendency to be cold and clammy, then, in a majority of instances, the more distressing symptoms of typhoid fever will never appear at all. It is probable that typhoid fever will run its course the same as scarlet fever or whooping-cough, but when the patient is cared for in a rational manner, the convalescence period will be much shortened, and many of the distressing results of typhoid fever, which are often carried through life, may, to a large degree, be avoided.



There are few diseases which have such a uniformly large death rate as that of pneumonia. One reason for this is that it involves one of the vital organs of the body. When the lungs are crippled, the resistance of the entire body must soon be weakened, and thus the human system is unable to cope with the terrible infection. The treatment must be of such a character as to assist nature in the most thoroughgoing fashion. The blood supply of the lungs is so arranged that if all the large blood-vessels in the back are well dilated it will have a tendency to relieve the congestion of the lungs. So vigorous applications of heat should be applied to the back; at the same time the thinness of the chest walls is such that applications of cold to the chest will tend to contract the blood-vessels of the lungs. Such an application will also act as a physiological tonic to the heart, which is often in this condition almost overpowered. These compresses to the chest should be very nearly ice cold, but may once an hour be exchanged for the hot compress, so the skin shall receive no injury from the intense cold. Apply, the major portion of the time, hot blanket packs to the hips and legs. This causes a marked dilatation of the large blood-vessels in the lower extremities, thus decreasing the amount of blood which has a tendency to congest in the upper part of the trunk.

When this program is carried out faithfully, the death rate of pneumonia is remarkably lowered, and the disease does not produce the profound constitutional symptoms that are ordinarily seen.

“THE mind does not wear out or break down so often on account of diligent employment and hard study as on account of eating improper food at improper times, and of careless inattention to the laws of health.”



WATER.

WITHOUT water there is no life. Three-fourths of the body is water. Every living tissue is bathed in water. We are not so very different from a clam, for we have outside a shell of dead epithelial tissue, but inside of this dead tissue we find the tissues bathed by the juices of the body, which are simply water carrying the salts and nutritive materials utilized in building tissue and in furnishing heat and energy. Water carries food to the tissues and carries away the waste products. It is the common carrier of the body.

Digestion and secretion can not take place without water. In fact, digestion is simply rendering certain foods soluble in water or in the fluids of the body. But while water is so valuable on account of its solvent powers, it also has this disadvantage, that it can dissolve and carry harmful substances, as well as foods, into the body. The principal injurious substances carried by water are organic substances, plant or animal, in a condition of partial decomposition, such as may reach a water supply from a barn-yard, a cesspool, a vault, a decomposing animal body, or decaying vegetable matter. Such water will also contain large numbers of micro-organisms of a more or less dangerous nature. Water may also contain in solution injurious minerals, such as arsenic. Water containing a large quantity of any mineral substance is not good for drinking purposes.



The purest water is distilled water. This process, when properly done, removes all foreign matter, whether mineral or organic. To a person accustomed to drinking spring water, distilled water has a decidedly flat taste, on account of the absence of mineral matter and air. This can be partly obviated by aerating the water by pouring in a fine stream from one vessel to another. There are many stills on the market, some at reasonable prices, doing excellent work. Some stills are so arranged that they also aerate the water. The most economical still for family use is one which can stand on the kitchen stove. In large cities where the water supply is poor, distilled water can usually be obtained at such reasonable rates that it hardly pays to purchase a still.

Next to distillation boiling is perhaps the best means of purification. It throws down part of the mineral matter (as shown by the crust on teakettles), drives off the gases, kills the germs, and renders the organic matter present less harmful. If the water contains substances in suspension, it should be filtered as well as boiled.

Filtering is a good method of purification for water containing matter in suspension, such as germs, but it will not remove organic or mineral matter in

solution. If not properly cared for, a filter may be worse than useless, for the organic matter which it collects soon becomes a breeding-place for germs. The writer has drawn water from a filter which contained far more germs than the water which supplied the filter. Filters in order to be safe should be cleansed at least once a week. The best filters are probably those of the Pasteur type, which consist of a porous thimble of porcelain, which will permit the flow of water but will not permit germs to pass. However, after one has been in use for a week, the germs seem to grow through the pores and appear on the other side. So the thimbles should be taken out, cleaned, and baked once a week. Charcoal filters are excellent, because they not only hold the germs, but the charcoal acts as a destroyer of the organic matter, but it should be renewed frequently, and the difficulty of doing this is the objection to this style of filter. To cleanse a filter of this kind, the sand, gravel, and charcoal should be taken out, dried, and baked, and the vessel thoroughly scrubbed.

Natural waters,—spring water and deep well water,—are the best, provided they do not contain injurious mineral matter. Water from shallow wells, especially near farm-yards and in towns, is suspicious, and should be examined before using. Rain water and cistern water contain impurities from the air and from the roofs. Lake and river water, unless in unsettled mountain regions, is likely to be more or less contaminated.



To test the purity of water, the following simple method may be applied: Take some of the water in a tumbler, add a little cane sugar, cover with a saucer, and set in a warm place. If in the course of twenty-four to forty-eight hours the water becomes turbid, it is unfit for drinking purposes. It is of importance that the water be tested if there is any chance for contamination; for typhoid fever and other dangerous diseases may be contracted through an impure water supply. The water may be as clear as crystal, odorless and tasteless, and still be dangerous. On the other hand, if it have an unpleasant taste, and especially if it have an unpleasant odor, it should be rejected.



Much importance attaches to the proper use of water as a cleansing agent, internally as well as externally. There are few now who do not realize the importance of frequent bathing; but there are more who are unaware that it is as necessary to cleanse the body internally as externally. The more water is used as a beverage the freer the action of the kidneys, and as a consequence, the more thoroughly are the waste products eliminated from the body. One may conscientiously attend to his toilet and thus "make clean the outside of the platter," while neglecting the "weightier matter" of proper elimination of poisons from the body by means of water drinking. One who has no desire for water should cultivate a taste for it. The proper time to drink is not at meal times, but two or three hours after or before meals.

Patients who, through insufficient motor power of the stomach, or through obstruction of the pylorus, retain fluids in the stomach instead of passing them

into the duodenum, may be obliged to refrain from water drinking. Such should obtain the liquid necessary for proper elimination, by means of retained enemas at night, one or more pints of water being injected into the bowel and left there to be absorbed.

The writer is convinced that persons suffering with marked decrease in the secretion of gastric juice, do no harm to take fluid shortly after meal-time. The gastric juice in these cases is not sufficient to do any particular good, and diluting it will do no harm; moreover, the added fluid will be an aid in the mechanical work of preparing the food for entering the duodenum. The efficiency of the enzymes does not depend on their concentration; and it is doubtful whether diluting the acid will have any marked effect on digestion; for it is not the degree of acidity, but its combining power, which affects its digestive action, and diluting the acid does not interfere with its combining power. The only unfavorable change which can take place is the decrease of its germicidal power; and this in a case of hypopepsia combined with good muscular power is probably quite unimportant.

THE CEREAL COFFEES

SOME thirty years ago the Sanitarium located at Battle Creek, Mich., began the manufacture of a coffee substitute which has gone under various names but of late years has been known as *caramel cereal*. The success of this product has been such that numerous imitators have sprung up all over the country, each one claiming superiority over all the others. Extravagant claims are made and blazoned far and wide regarding the virtues of some of these preparations, one even going so far as to claim a high food value. Such a claim is preposterous, as any one will see at a glance who will take the pains to study the subject of food values.



One great good is being accomplished by all these preparations, namely, the substitution of a comparatively harmless beverage for tea and coffee, which are decidedly harmful. If the increase in cereal coffees results in the education of the people to that extent that it will materially diminish the use of tea and coffee, the work is a grand one and ought to succeed. But if the graino-cereal people waste their energy in demonstrating the inferiority of granno-cereal instead of taking up the crusade against tea and coffee, the cereal business has degenerated to commercialism, and its force as an educator is greatly diminished.

There are so many thousand times as much tea and coffee used as cereal coffee that there is abundant opportunity for every cereal manufacturer to cut a wide swath without infringing on anybody else's territory. When a few settlers take up land in a vast unsettled region, each one can have all the land he desires without interfering with his neighbors.

The army of tea and coffee drinkers is so great in comparison to the number of cereal coffee manufacturers that each manufacturer can take up the

work of educating without fear of interfering with the work of other manufacturers. But when one has by education turned a number from the use of coffee to a coffee substitute, and another manufacturer comes along attempting to turn all this trade his way, it is as if one man had gone into the wilderness and cleared up a lot of land, and another man had later grasped part of the cleared land as his own.



With a desire to educate the people and not to live on the advertising of others, every producer of a cereal coffee can have a field where he can work unmolested. But in advertising, care should be exercised not to make extravagant claims regarding the food value and medicinal virtues of the respective beverages. At best coffee substitutes are simply an indifferent substitute for a very bad article. The habit of drinking any kind of beverage at meals is for most people a questionable procedure. The one redeeming feature of these beverages is that they educate away from tea and coffee.



Speaking of extravagant claims, we are reminded of a statement in Bulletin 55 of the State of Maine Agricultural Experiment Station, published in November, 1899. This Bulletin considers the subject of cereal breakfast foods, giving the percentage, composition, and fuel value of various cereal foods as found on the market. In regard to grape nuts, we quote from the Bulletin as follows:—

“Grape nuts, manufactured by the Postum Cereal Company, are ‘made by special treatment of entire wheat and barley.’ These goods have nearly the same proximate composition as the wheat foods. Part of the starch has been changed into dextrin and grape sugar. The claims of the makers are preposterous. Grape nuts ‘are a condensed food.’ ‘Four heaping teaspoonfuls of grape nuts are sufficient for the average meal.’ ‘The system will absorb a greater amount of nourishment from one pound of grape nuts than from ten pounds of meat, wheat, oats, or bread.’ A man at moderate work needs per day about .28 pounds of protein and sufficient fats and carbohydrates in addition to make the potential energy of the day’s food 3,500 calories. Four heaping teaspoonfuls of grape nuts weigh about one ounce. The protein and energy needed for one meal ($\frac{1}{3}$ of 1 day) and that furnished by four heaping teaspoonfuls of grape nuts are compared in the following table:—

	Protein, lbs.	Fuel value, calories.
Needed for $\frac{1}{3}$ day by man at moderate work.....	.090	1,175
Furnished by four heaping teaspoonfuls (1 oz.) of grape nuts...	.007	117

“There is no reason for thinking that grape nuts would be more completely digested than rolled oats, wheat flour, or wheat bread.”

It is not difficult for us to know why the manufacturers of this food make such absurd claims. They know that the people like to be gulled by extravagant claims such as contribute to the success of so many patent medicines.



SELECTIONS

INFLUENCE OF MUSCLE ON MENTAL POWER

To have a good body and a sound constitution is the first and most essential element in success. The leaders in all departments of life have almost invariably been strong men physically as well as mentally.

It is the men who possess the good, finely-developed bodies who win the laurels in the struggles of life. This is true of men in all walks of life. It applies to the merchant as well as to the farmer, to the bank clerk and to the policeman, the student and the athlete.

The effect of the culture of the body is best seen in the ancient Greeks and Romans, with whom it was a part of the regular school routine. It was not confined to the athletes of the day alone, but orators, philosophers, and statesmen strengthened both mind and muscle by indulging in abundant athletic exercises. It is related of Cicero that he once found himself a victim of dyspepsia, and, instead of consulting the physicians, he gave his attention to the gymnasium, and at the end of two years he emerged as strong and robust as ever.

The result of physical culture is seen by comparing our own statesmen with those of England. The public men of England as a rule are much healthier and longer lived than those of the United States, which is probably entirely due to the physical exercises in which they indulge. The public men of America are too ambitious. They live too fast. The desire to outstrip others in the race for fame leads them to overwork the mind to the almost total neglect of the body, thus in time seriously impairing both intellect and constitution. Very few of our statesmen or other public men live to an advanced age, but break down from overwork in what should be the prime of life, and the rare exceptions are found to be men who have given the laws of health that attention which is required to preserve a sound and healthy constitution.—

Physical Culture.

THE FASHIONABLE DRAG-NET

ANENT the recent discussion on the adoption of the anti-spitting ordinance in Bridgeport, Conn., Mr. C. E. Spalding emphasizes its importance by inviting attention to some of the reasons why it should be enacted. Everybody knows that spitting in public and on the sidewalks is a nasty habit, and the wad of tobacco, with its puddle of brown saliva, or, worse yet, the accumulations of diseased phlegm upon an otherwise clean walk, is disgraceful to the civilization of the age. But, apart from the esthetic point of view, the disgusting condition, it is a menace to health.

And how particularly?—Because in a dry condition it is blown about by the wind and breathed into our lungs charged with deadly bacteria. However, the danger of taking these poisons into our systems while in the open air is a minimum compared with the danger from these same particles carried into and breathed in the closed and overheated rooms of our dwellings, where it is brought in by the drag-net, and the more elegant the net the more it secures from the street.

The dre-smaker insists upon her customer having a long skirt; the merchant, with his cloth and trimmings to sell by the yard, entices the willing victim on, and by and by she sallies forth with the air of a well-dressed woman, while her long skirt, loaded with fur, braid, or ruffles, sweeping the walk, is a drag-net of exquisite elegance but fatal excellence.

The first thing the wearer does upon returning to her home is to shake her skirt as she closes the door behind her, letting loose billions of demons into the sacred precincts of the abiding-place of those she holds dearest of all else on earth. As if this was not enough, she walks across the heavy carpets or rugs; their fibrous surface, acting as a brush, loosens the clinging dust and takes it up, only to be set free and dissipated at every sweeping or friction of the foot, or by the playful baby, sweet and dainty from her morning bath, wallowing in billions of bacteria.

If the child becomes puny and weakly, dying perhaps of a pulmonary disease just when it has become the family idol, where is the greater fault, the unsanitary sidewalk, or the woman who, knowing better, sacrificed her good judgment on the altar of fashion?—*The Sanitarian*.

PLAY AND EFFORT

ONE DOES NOT NEED to be a very profound student of play to discover that play is not the doing of easy things, as some have supposed. The amount of energy put into hunting, fishing, skating, bicycling, ball playing, solving puzzles, and playing checkers, chess, etc., proves to the most casual observer that play is not always easy. Closer observers readily discover the truth that the charm of many plays depends upon their difficulty. It is true that play is one of the best means of rest and recreation, as is now quite generally recognized, not, however, because it is easy, but because one becomes absorbed in forms of activity different from those called forth in his daily work, and often those fundamental in race development.

Nothing is so advantageous to a child as to be taught to enjoy effort, nothing so disadvantageous as to be taught that all good, honest "buckling-to" is a hardship. We can not too much or too often deprecate a certain modern fad for making all things easy for the child, at a sacrifice of all manly striving on his part. This is what child-study means, in the opinion of some people. But this is not at all what it means. It means examine your little living mechanism closely to find out what kind of a machine it is and what it can do, and *then see that it does it.*—*Child-Study Monthly*.

SOME POINTS CONNECTED WITH SLEEP, SLEEPLESSNESS, AND HYPNOTICS

IN all cases, where practicable, the bedroom ought to be in a quiet part of the house, well ventilated, and of moderate temperature. Light should be easily excluded and the apartment scantily furnished. The bed should vary according to the custom of the individual—for young and middle-aged adults a firm mattress is the best, but for the old a softer bedding may be necessary. The covering should be light and warm, but in the use of pillows no general recommendations can be made. Some people sleep better with the head raised, others with the head on a level with the body. In heart disease it will be found necessary to raise the head, but as a rule this arrangement may be left to the choice of the individual. For broad-shouldered people Whitla recommends the wedge-shaped pillow, used by the Germans. Some invalids find much refreshment from the use of two beds, one for the day and the other for the night. In individual cases various means must be resorted to for the purpose of inducing sleep, and often simple ones suffice.

Thus some people read themselves to sleep; some people count; other people, like Southey, think of some monotonous discourse. One of Dr. Bradbury's patients used to hang his feet out of bed for some time and then put them in again. Walking about naked, or taking a cold or tepid bath, is often useful. Massage, especially of the abdomen, the thighs, and the legs, as in Dr. Eccles' method of treating insomnia, is sometimes advantageous. This method is believed to produce temporary anemia of the brain by causing a determination of the blood to the manipulated parts, and it may be further aided by a hot compress to the abdomen. In the case of cold feet, rubbing them vigorously, or the use of a hot bottle or a foot-bath with mustard in it, is beneficial; or, again, a hot sitz-bath may be used.

The evacuations should also be attended to and the bladder especially relieved.

Sleeplessness from overwork, and especially literary work, requires mental rest and change of air and scene. Temporary exposure to the cool air of the bedroom, or the wet pack, or a bath, is often of use.—*Therapeutic Gazette*.

“GOD'S remedies are the simple agencies of nature, that will not tax nor debilitate the system through their powerful properties.”



“PURE air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skilful use requires work that the people do not appreciate.”



WE are glad to note that these remedies are again coming into date, as many are being educated up to that point where they realize the superiority of natural to artificial remedies.

SUGGESTIONS

FROM THE SANITARIUM
COOKING SCHOOL

MENU NUMBER NINE

	Nut Soup	
Rice Croquettes	Texas Baked Potatoes	Brown Gluten Gravy
	Summer Squash with Corn	Mashed Beans
	Apple Vermicelli Pudding	

Nut Soup.—Take one pint of hot water. To this add three tablespoonfuls nut butter previously rubbed smooth in one-half pint water. Also add one-half pint strained tomatoes. Salt to season. Let simmer for a few minutes. Serve with croutons.

Rice Croquettes.—Take one pint of cooked rice, one pound of nucose grated. Season with salt, and celery salt if desired. Mix well and if too moist to form into balls or croquettes add a few toasted bread crumbs. Roll into croquettes about three inches long and about one inch thick. Dip quickly into nut cream to moisten the outside. Then roll in fine granose crumbs. Place on an oiled pan and bake till nicely browned. Serve at once.

Texas Baked Potatoes.—Recipe given in a previous number.

Brown Gluten Gravy.—Heat one pint nutcream (peanut or almond), add one-half teaspoonful salt, two tablespoonfuls brown flour previously rubbed smooth in a little cold water. Boil rapidly and stir constantly till thick-

ened. Season with salt and one-half pint crushed gluten biscuit. Push to the back of stove and let gently simmer for ten minutes.

Summer Squash with Corn.—Cook the squash in slightly salted water until tender. Mash or put through a colander. Mix with the squash one-third as much corn (canned or fresh) as there is squash. Let simmer together for one-half hour. Season with salt. Serve as a puree.

Mashed Beans.—Take one quart of cooked beans. Put through a colander. Season with salt. Put into a bake dish and bake till nicely browned on top.

Vermicelli Apple Dessert.—Cook one cup of vermicelli in boiling water, slightly salted, fifteen minutes. Then put the vermicelli into a colander and pour cold water over it. Pare, quarter, and core three medium-sized tart apples. Sweeten and cook till tender, but not mushy. The apples should be all ready by the time the vermicelli is done. Add the vermicelli and stew ten minutes.

“THE stomach should not be compelled to take the same kinds of food meal after meal.”

“MIXED and complicated dishes are injurious.”

“IF we would preserve the best of health, we should avoid eating vegetables and fruit at the same meal.”

“LARGE quantities of milk and sugar eaten together are injurious.”

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G. H. HEALD, M. D., *Editor.*

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VOL. XVI.

ST. HELENA, CAL., APRIL, 1901.

No. 4.

NO MEAT SERVED.

THE history of the first vegetarian restaurant in San Francisco is an interesting one. It began in a very modest way, and was confined to the family of sanitarium nurses and helpers. In December, 1898, arrangements were made by which the restaurant was opened to the public, with a patronage of about thirty-five persons the first day. The idea of existing without the use of meat was a novel proposition to almost every one; but by means of lectures, demonstrations, and judicious advertising, an interest was awakened, which has steadily grown.

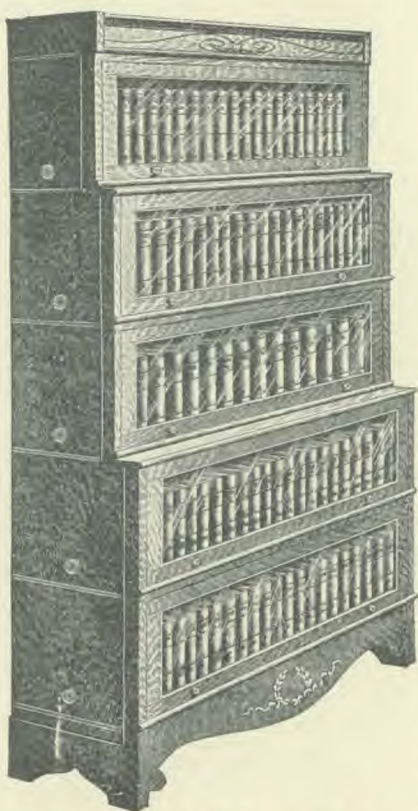
Many customers were from the down-town portion of the city, and this class urged that a similar establishment be opened nearer the business center of the city. Months were spent in looking for a satisfactory location, when the present place, at 755 Market Street, was secured, and has been equipped with dining accommodations for sixty persons at one time; but so great is the demand that almost daily many people go away because of inability to find a place at the tables. It feeds upon an average upwards of four hundred people a day, and is being crowded to its full limit.

From the very beginning the class who have patronized the "Vegetarian Cafe," as it is now called, have been the professional and business men of San Francisco. They have been quick to realize and appreciate the fact that simple foods properly prepared are best adapted to promote clearness of mind and mental activity. Young ladies are exclusively employed as waiters in the dining-room. They have adopted a uniform suit of black, and are untiring in their efforts to please the patrons. A glimpse into the dining-room at the noon hour discloses a larger percentage of lawyers, doctors, students, and professional men than can be seen in any other restaurant establishment in San Francisco.

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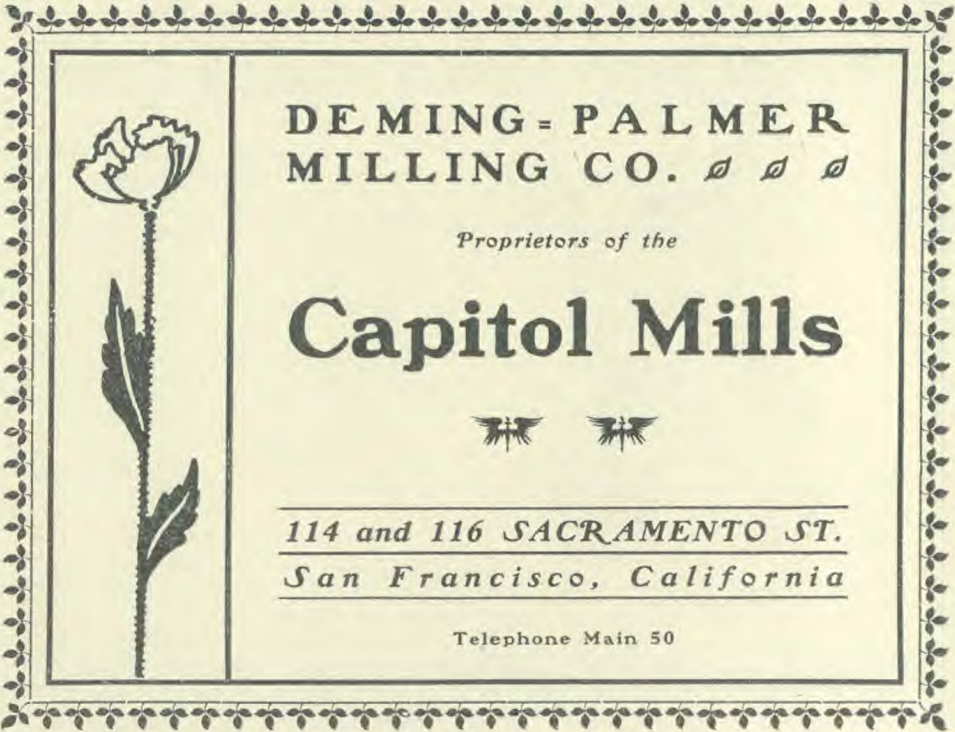
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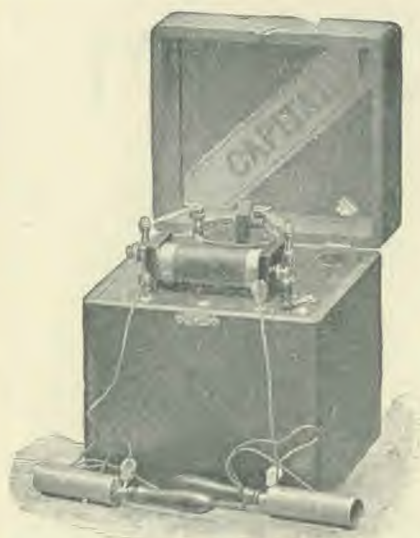
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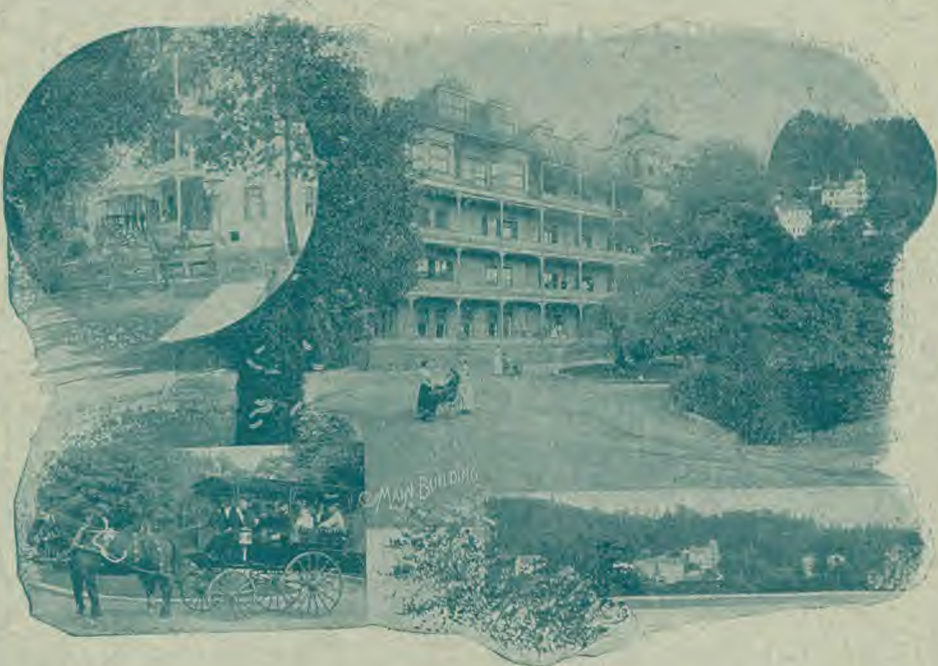
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