

The PACIFIC HEALTH JOURNAL

MONTHLY

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May, 1901

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The Pacific Health Journal

SUPPLEMENT

VOL. XVI. NO. 5

MAY, 1901

SUMMER OUTINGS

IN nature an endless variety combines with a general harmony. No two forests, no two trees, no two leaves, no two rocks are alike. Each has its own individuality, distinguishing it from every other object in the universe.

Nature is too rich in her resources to permit of any reduplication or of monotony in her plans; and yet to one not trained to accurate observation these differences are often so minute as to constitute a monotony.

On the ocean, on the plains, or in the forest one may become so oblivious to surroundings that the fine distinctions of nature will not make sufficient impression on the consciousness to relieve the monotony.

Especially is this likely to be the case with those who are confined to routine work, whether it be in the school, behind the counter or desk, in the home, or in the factory. Monotony robs life of its spice, and the time comes when the days pass in an uneventful manner, without enthusiasm, without marked improvement, without that life and zest which should characterize all our relations.

Such a condition is a serious evil, and demands a decided change in order to effect a cure. A camping party is excellent for this purpose. The change of scene and air, the new associations, the unwonted tasks, the difference in the food—all these impressions reach the mind in unusual ways and disturb the mental cobwebs which have long been forming.

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But all are not prepared for roughing it. "Camping is not what it is cracked up to be." There are many little annoyances which those not accustomed to this method of life would be glad to escape. Sometimes

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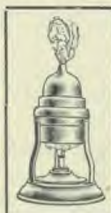
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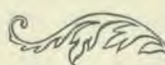
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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., MAY, 1901.

No. 5.

ENVIRONMENT. NO. 2

BY G. H. HEALD, M. D.

THE next step in the study of environment, the question of food and diet, deserves most careful consideration. A noted authority on stomach disorders says: "The healthy man does not know how to feed himself, and the diseased man is far less likely to know."

While the lower animals are guided by instinct in the selection of food, man seems to be without such a guide; for tastes differ so widely that there is scarcely anything in the animal, vegetable, or mineral kingdom which can be swallowed that has not been used for food. Articles loathed by one people are considered a luxury by another, showing that taste is not the result of real needs, but of education.



The questions will arise with one desirous to eat for strength, How much shall I eat? What foods shall I choose? How often shall I eat? To these queries some would reply, "Take what you relish, eat as often as you get hungry, and continue eating until you are no longer hungry. In other words, follow your own inclination." The difficulty is, however, that the inclination is often far from being a correct indication of the needs and capacity of the body; for one following its promptings is apt to come to grief.

Those attempting to avoid this extreme may adopt hard and fast dietetic rules, irrespective of experience, or may watch anxiously the effect of each article of diet, worrying for fear that it may disagree. That is, one may be guided entirely by appetite, entirely by fixed rules, or entirely by symptoms. Either of these methods would be disastrous if followed exclusively. One should be guided partly by taste, partly by the laws of hygiene (which, though of general application, have many exceptions on account of personal idiosyncrasies), and partly by personal experience. To disregard entirely the taste is to cast aside one important factor in digestion, for, as a rule, foods that are relished stimulate the digestive secretion more than foods that are not. One who habitually eats food that he dislikes is likely sooner or later to have diminished appetite and digestive power.

The laws of hygiene are based on the collected experiences of mankind, and should be carefully studied in connection with the personal experiences of the individual. A judicious combination of these guides to correct living, with a hopeful mind, will preserve health; or if health has been lost, will do much toward restoring it.

With the taste and personal experiences of each individual, we have nothing to do in this paper, and will proceed to the hygiene of digestion. 'This will include the nutritive requirements of the body, the nutritive value of foods, their digestibility and adaptability to the needs of the system, the proper combination of foods, the proper intervals for meals, etc.



The important points to be considered in regard to any food are its nutritive value, digestibility, and effect in combination with other foods; how to combine in order to provide proper nutrition and avoid fermentation; how to secure a proper regulation of the bowels, etc.

Food may be classified as follows:—

Organic	{ Tissue Foods—Nitrogenous (Albumen, gluten, etc.)	
	{ Fuel Foods—Carbonaceous	{ Starches and sugars. Fats.
Inorganic	{ Salts.	
	{ Water.	

By tissue foods is meant those which build up the tissues of the body and repair the waste. It is these foods only that contribute to true growth. Fuel foods furnish the heat and energy of the body, and never, in a strict sense, become a part of the body tissues.



All these classes of food are indispensable to health, for if one be deprived of either of them for a considerable time, disease is sure to follow. Fortunately, the ordinary foods, such as the grains, milk, eggs, etc., contain all the food elements, though not always in the proper proportion. The grains, while approaching the proper proportion, as a rule contain a little too much starch. The legumes (peas, beans, and lentils) contain an excess of nitrogenous material. Nuts, as a rule, contain an excess of fats. By a right combination of foods, the proper balance may be made, so that the correct proportion between the nitrogenous and carbonaceous elements may be maintained.

Should the foods be so combined as to give a marked excess of fuel foods, the result would be fermentation and indigestion. A marked and continuous excess of tissue foods often results in decomposition in the intestines, with auto-intoxication (manifested by headaches and various nervous symptoms), and throws increased work on the eliminative organs.

A deficiency of either of the tissue foods or fuel foods is followed by malnutrition. Fortunately most people have some remnant of the original instinct guiding them in the selection of food, so that they choose foods having approximately

the right proportions. For instance, one who has confined himself to a diet composed largely of tissue foods will, as a rule, crave fuel foods, and *vice versa*.

For convenience it is customary to estimate foods by their fuel values—that is, the amount of heat they will produce while in the body. The heat unit is the calorie, an amount of heat sufficient to raise the temperature of two pounds of water two degrees Fahr.

The daily requirements for each individual vary with the age, size, amount of work performed, etc. Young, active persons require more food proportionally than aged people. The more muscular tissue, the more food required; but fat diminishes the amount of food necessary, as it prevents the loss of body heat. Muscular work increases the amount of food necessary.

The food requirements per day may be given roughly as follows, the foods being estimated in heat units or calories:—

	Albumen.	Fat.	Carbohydrates.	Total.
At seven years	220	225	720	1,165
Ten to fifteen years	300	270	1,000	1,570
Adult, repose	400	504	1,600	2,504
Man, light work... ..	440	504	2,000	2,944
Woman, light work	360	360	1,600	2,220
Man, hard work.....	440	720	2,000	3,160

It may be stated for comparison that two pounds of home-made bread contain the following values:—

Albumen, 338 calories; fat, 134 calories; carbohydrates, 1,978 calories; total, 2,450 calories. This is somewhat deficient in fats, though the carbohydrates to a certain extent replace the fats. Adding to this 2 ounces butter (albumen, 2 calories; fats, 148 calories; total, 450 calories), we would get albumen, 340 calories; fats, 1,582 calories; carbohydrates, 1,978 calories; total, 2,900 calories.

This is approximately the allowance for an ordinary person at moderate work, but the albumen is deficient and the fat is in excess. We do not give these articles as a suggestive diet, but simply to make plain the quantity of food ordinarily required.

Another element in the determination of one's food requirements is the amount of food wasted in the intestinal canal on account of insufficient digestion or the agency of germs. This varies with each individual and in some cases is quite extensive. As a rule, when food is eaten in excess of the body needs, much of it is disposed of in this way, that is, changed into putrefactive products to be absorbed into the blood current and there cause more or less damage; part passes away undigested and part is absorbed, to be eliminated at the expense of the liver and kidneys. It is sometimes the case that one eating more than the body requires will still be underweight, for the reason that the digestive apparatus being unable to protect so much food from the ravages of germs, a large proportion of it is changed into waste products, to do harm instead of good.

NOTE.—The next article of this series will have a table of food values.

THE FOMENTATION AND SOME OF ITS USES

BY H. E. BRIGHOUSE, M. D.

THE application of moist heat by means of cloths wrung out of boiling water is called fomentation. Flannel cloths give the best results. It is a simple remedy, and perhaps one of the most useful for home treatment. It is easy of application and efficacious in its results. It is not a cure-all, though its range of usefulness is so great that it might almost be considered so. Almost every kind of pain can be relieved by the fomentation, if not alleviated altogether; toothache, earache, neuralgia, pain in the stomach and abdomen, headache, backache, and other aches, can be controlled more or less by fomentation.

What shall we do with the baby that is crying with the colic?—Put its feet in hot water and apply fomentations to the stomach. As soon as the cloths cool off, they should be wrung out of hot water again, and the application kept up until the baby gets relief. This will usually put the baby to sleep in a short time.

Older people having indigestion, with cramps in the stomach, find the same treatment very helpful to them. Plenty of fomentations right over the seat of the pain and putting the feet in hot water will relieve many of indigestion without the aid of the doctor. This can be made more effective by drinking plentifully of hot water, even to the point of causing vomiting, and thus relieving the stomach of a burden of undigested and fermenting food.

A sprain is nicely treated by use of fomentations from one to two or three hours the first thing, then afterwards applying them regularly two or three times a day, according to the amount of pain present; in this way the pain can be kept under control and the inflammation will subside very nicely.

Fomentations applied to the chest and throat and spine are excellent in colds. In the early inception of a cold, prompt measures of this kind, combined with a very hot foot-bath, adding mustard to the foot-bath if necessary, to thoroughly draw the blood to the feet, followed by rest in bed, will frequently break up a cold. The treatment of a settled cold also consists of fomentations to the chest. It relieves the cough and gives comfort. For this condition the fomentations can be applied once a day, or more often, if necessary, to control the cough and pain, if there is any pain in the chest. As the acute stage of the cold passes off, the fomentations still continue useful, and the application is rendered still more efficacious by alternating the hot application with cold. This is done by rubbing a cold cloth over the chest after every application, or, better still, by using a piece of ice to rub over the chest after each application of heat. Rheumatism—and inflamed joints of whatever nature—do very nicely under thorough fomentations. The heat relaxes the tissues and relieves the pain, especially in acute inflammation.

What Can Be Done For Headache?

Sometimes the fomentation is applied directly to the head. Sometimes the heat is applied to the spine, acting by inducing the blood away from the head to the spine, relieving congestion, and in that way relieving the headache. At other times much relief is obtained by the use of alternate hot and cold to the spine or to the head, or both. Fomentations to the spine and a foot-bath will

often relieve sleeplessness and nervousness. It should be tried before resorting to hypnotics. It acts by quieting the nerves.

Fainting is greatly relieved by heat applied to the head. In fainting, a person should always be laid flat on the bed or floor—anywhere in order to be in the prone position. A relief for an asthmatic attack is an alternate hot and cold application over the chest and the spine. Some people prefer fomentations to alternate hot and cold applications for this condition.

A weak heart can be stimulated by heat applied over it or to the spine. If necessary to intensify the action of the heat, use the alternate hot and cold.

Fomentations are useful also in fevers. In those cases of fever in which the skin is cold and clammy, the fever can be reduced by the application of a fomentation to the spine or to the stomach, or both, followed by a tepid or cool sponge bath. Fomentations tend to bring the blood to the surface and induce sweating, thereby reducing the fever.

HOW TO APPLY FOMENTATIONS

BY MARIE WARNE

FOMENTATIONS may be given by almost any person and in any home, the necessary articles being two, or, better, three, pieces of flannel, each a yard square, a pail of boiling water, and a towel.

First of all, get all the articles for the treatment in readiness in a convenient place; have the water hot, boiling hot. Then the patient is to be prepared by being put in a position so that the part to be fomented will be easily accessible, protected only by a covering that can readily be thrown back. Be sure the feet are warm.

Next take one of the squares of flannel, or fomentation blankets, and spread out smoothly upon a convenient surface, in readiness to receive the wet hot blanket. Taking another fomentation blanket, fold to suit the part to be treated. For instance, if the stomach or abdomen is the affected part, fold the blanket double three times, that is, so that it will be a yard long, one-eighth of a yard wide, and eight thicknesses. Holding one end in each hand, dip center, up to within four inches of ends, into the boiling water, twist each end tightly in opposite directions, and pull, thus wringing the blanket till the water will not drip from it.

Quickly unfolding the blanket to required size, lay it upon the dry one in readiness; fold in the ends and fold the dry blanket over it, thus retaining the heat and rendering it bearable to the patient. Place snugly upon patient and leave until comfortable, occasionally passing hand under it to prevent burning. Then renew by using the third blanket for the wet one, allowing no lapse of time between the two fomentations. Repeat process till required results are obtained, being careful that patient is not left uncovered at any time during the treatment, as the hot moist surface will become readily chilled if exposed.

Having gotten results, quickly sponge the surface of the part with tepid or cold water, unless otherwise indicated, and dry carefully with towel.

In the treatment be sure that the patient's feet are kept warm, and that the clothing or bedclothes do not become dampened by contact with the moist blankets.

IS THE SUMMER SEASON CONDUCTIVE TO HEALTH?

BY DAVID PAULSON, M. D.

FROM a health standpoint each season of the year has its own peculiar advantages and disadvantages. The winter season, for example, with its rains, more or less sudden changes of temperature, and its occasional severity of cold, tends to produce acute colds, influenza, pneumonia, pleurisy, aggravates certain catarrhal conditions, and intensifies eczema of the skin in those who are particularly susceptible to this difficulty. On the other hand, the lower temperature of winter is intended by nature to be a physiological stimulus, and arouse the entire system to do its best, not only to resist cold, but also to rise above all its other natural and unnatural enemies.

Many who are languishing under the debilitating and enervating influence of a tropical climate, when they go north, and enjoy for a few months the benefits of wintry weather, become well rewarded by receiving an almost complete physical transformation. It must not be forgotten that the summer season is also conducive to health, of course in another direction. Under the influence of the summer heat, elimination, especially of the skin, is remarkably increased. Under ordinary circumstances we eliminate a little less than an ounce of fluid from the skin every hour, but under the stimulus of considerable external heat, the sweat glands of the skin may pour out many times this quantity in a few minutes.

Frequently rheumatics and sufferers from other forms of auto-intoxications are markedly benefited during the summer season. This is not so much because they are saved from exposure to cold, incident to winter, but because of the more favorable conditions for the elimination of poison. The increased elimination, especially by perspiration, favors a large amount of water-drinking, which materially assists in thoroughly renovating the tissues. The debilitating effect of the hot weather can be largely neutralized, under ordinary circumstances, by simply taking once a day, or oftener under certain circumstances, short cold baths.

Some years ago an experiment was conducted in the laboratory of hygiene at the Battle Creek Sanitarium, wherein the strength of all the important groups of muscles in the human body was tested, and a record made. The subject of the experiment, a young man, was given a cold and a prolonged hot bath, and his strength was tested again, and it was then found that there had been a most marked decrease in his strength capacity. The following day the same experiment was made, excepting that following the hot bath he was given a cold spray, and then it was found that he could lift as well, and, in fact, a trifle better than before he took the hot bath, thus showing conclusively that the debilitating and weakening influence of heat can be beautifully overcome by short applications of cold.

These cold baths should not be taken, however, when the system is worn out, or when the mind is severely overtaxed, as under such circumstances there will be a failure to produce a good reaction, and the desired results will not be obtained.

CATARRH

BY W. HARRIMAN JONES, A. B., M. D.

THE popular application of the term "catarrh" to any and all varieties of inflammation of the mucous membrane of the nose is not good; it is a misnomer, since in any event the "catarrh" is only a symptom and is not confined to the mucous membrane of the nose. For present purposes, however, that popular idea will be accepted, at least in part, and under this heading the two principal forms of nasal "catarrh" will be considered briefly.

The shape of the nostril has much to do with the so-called "catarrhal diathesis. Frequently patients will say that they have inherited "catarrh," when, in fact, they have inherited the family nose. The mucous

Heredity membrane of the nose covers bone or cartilage, so that if congested and swollen it can distend only in one direction, that is, toward the air passages and away from its resistant background. Consequently, in one who has inherited a narrow, slit-like nasal cavity, so straightened that the slightest congestion of the mucous membrane closes the air passages, the free passage of air and perfect drainage are interfered with, causing an accumulation of secretion, which, by its presence, irritates the mucous membrane and produces some form of "catarrh," or, better, "rhinitis" (inflammation of nasal mucous membrane).

When this condition of obstruction exists for a considerable length of time, the habit of mouth-breathing is formed, and produces a marked effect on the general health. It is a prevalent idea that "catarrh" "runs into

Effects consumption." It is true that long-continued catarrhal inflammation tends to weaken tissue resistance, and that even bronchitis, one of the common predisposing causes of consumption, results from a rhinitis. The patient unconsciously swallows some of the secretion, which drops from the back part of the nose, and this, collecting in the stomach, will soon cause a catarrhal condition in these parts. Thus, physiological resistance being lessened, and the patient being possibly of a tubercular nature, if he is exposed to the disease, tuberculosis may develop.

Like all mucous membrane, that of the nose is subject to inflammations, which are produced ordinarily in one of two ways,—by direct external irritation of the membrane by such agents as hot or cold air, steam, gases, poisons, etc., or by exerting their influence from the circulatory side of this structure.

The first great division of nasal inflammations is that known technically as simple acute rhinitis, or popularly known as "cold in the head" or "snuffles" in children. This affection is a very common one, and

Cold in the Head owes its existence to such predisposing causes as lower bodily resistance to the exciting causes. Among the more common conditions that favor this acute catarrh are unevenly or overheated rooms, lowered nervous tone, a nervous temperament, prolonged mental strain, feeble circulation, inactivity of the skin, baldness, extreme physical fatigue, unsuitable clothing, certain conditions of the weather and atmosphere, chilling the body, draughts, wet feet, and exposure; but, withal, it is the physiological

resistance on the part of the individual which largely controls the susceptibility either to predisposing or exciting causes.

The principal symptoms that will manifest themselves in an ordinary cold in the head are feelings of lassitude and discomfort, which usually precede the attack. There may be aching in the back and limbs, or a chill.

Symptoms There is generally more or less sneezing. Soon an oppressive sense of stuffiness in the nose, with obstruction to breathing, and a dull, throbbing frontal headache, will develop. The senses of smell and taste are impaired, sometimes of hearing also. The voice acquires an unaccustomed nasal twang. The membrane itself may seem to be swollen, dry or glazed, and the nasal passages almost or quite occluded. The malaise increases; the skin is dry and hot; thirst, loss of appetite, and a furred tongue may be present. The nasal discharge, at first absent or scanty, becomes abundant, clear, and irritating. Sneezing is common; the nose is swollen, the eyelids reddened; the tears flow abundantly, and light hurts the eyes. Later the nasal discharge becomes thicker and more opaque as the dead epithelium is washed from the surface. Cold-sores are common. In an ordinary case the cycle of symptoms may last a week or ten days.

Much of the treatment of this disease can best be attended to by a physician, and, wherever possible, those suffering from disorders in the nasal and air passages should consult a competent specialist. There are, however, certain simple measures which may afford much relief. In **Treatment** the first stage, when the mucous membrane is red and filled with blood, a little common salt snuffed up into the nose will start a copious discharge, and thus relieve the congestion which exists in the first stage. After this treatment some mild, oily preparation should be applied to the nose. Ordinary liquid white vaseline or abolene, or, better, compound tincture of benzoin with boroglyceride, equal parts, may be used. A four-per-cent solution of cocain applied to the mucous membrane with some cotton will contract the engorged blood-vessels and relieve the nasal obstruction almost immediately. Heat is indicated and may be conveniently applied in a number of ways. A partially-filled hot-water bag, or the frequent application of a towel wrung out of hot water, are each excellent. A simple yet effectual procedure is to lean over a bath tub or basin and dash into the face and nostrils water as hot as can be comfortably borne. This will relieve the engorgement and congestion, which cause the uncomfortable feelings, headache, or obstruction. The bowels should be kept open. Hot drinks, such as hot lemonade, are to be taken.

Sweats, by means of baths, packs, compresses, hot air, steam, etc., are all beneficial, but must be intelligently given to avoid evil after effects. For many of my cases, when I have seen them as the attack was coming on, I have ordered the following treatment, with very satisfactory results: A hot mustard leg bath with fomentations to the spine and a cold cloth on the head and two or three glasses of hot water or lemonade to drink. This starts a thorough perspiration. I then have the patient wrapped in warm woollen blankets, in which he continues to perspire gently for half an hour. During this time I sometimes have hot and cold compresses applied alternately to the face and

neck, thus relieving congestion and preventing the lymph from stagnating in the head and neck. Massage to the neck will also relieve the stagnation of lymph, which always exists in these cases. When the patient is taken out of the blankets, he is given a hot shower bath, followed by a cold dash of but a few seconds, and then given a protective rub with oil. If the shower is not at hand, the patient may be given a tepid sponge bath followed by an oil rub.

Later in the disease, when there is a copious discharge, little can be done for the immediate relief from secretion, as the process is going on to a cure in the natural course of an inflammation. However, blocking of the nostril may be prevented, and the mucous surfaces must be kept clean. For this a douche consisting of ten grains of borax and soda in an ounce of water, or, what is still more soothing to the membrane, an ounce of tepid milk to which has been added a pinch of salt, should be used. Various vaporizer solutions will also be found beneficial. Benzoin containing a little oil of tar, eucalyptus, and cassia, is a favorite combination.

Leaving unwritten much that still could be written, a few suggestions about the second common nasal affection, simple chronic rhinitis, or chronic nasal catarrh, will be noted. This affection is due either to repeated attacks of the acute form or the continuation of a severe attack. The membrane is relaxed and readily distended with blood, and atonic. There is increased nasal discharge, aggravated upon trivial exposure. Crusts form in the nasal spaces, and these crusts may become infected, giving rise to an annoying odor. There may be itching or tickling in the nose, sneezing, cough, loss of smell, more or less stuffiness, mouth breathing, nasal tone of voice, ulceration in the nose from picking, and a general feeling of indisposition.

Two elements enter into the treatment of this affection: First, the discovery and elimination of the underlying cause; second, the relief of the alterations produced in the nasal mucous membrane. Treatment, then, must be constitutional and local. In many cases only the specialist can give efficient relief. Proper clothing must be worn. The diet must be nutritious; exercise, sleep, and bathing must be carefully attended to. The cold shower or sponge taken in the morning on rising is a tonic of inestimable value. The local treatment should consist of a thorough cleansing of the membrane. The following is a good formula:—

Sodi bboratis	
Sodi bicarboratis	
Sodi chloratis	
Pot. bicarb.	aa gr. xv
Aqua, tepid	fl. oz. ii

Use this night and morning in an atomizer or Bermingham nasal douche. Applications should be made by a physician every other day. An excellent solution, to be inhaled from a nebulizer once or twice a day, is the following:—

Oil eucalyptus	3i
Oil cassia	
Scotch pine	aa 3p
Menthol	
Camphor gum	aa 3i
Tr. benzoit	gr. ad. 3ii

St. Helena Sanitarium.



EDITORIAL COMMENT



SLEEPLESSNESS

SLEEP is a flirt, coming unbidden to some, and eluding the anxious pursuit of others. Many are the ways adopted by poor sleepers in order to secure more sleep. Frequently those who lie awake on retiring make a practise of remaining up later in the hope that the later retirement may induce prompt slumber. This, as a rule, simply delays the sleeping hour, and fixes the habit more firmly.

A better way is to go to bed early, even before the regular retiring time, and make no attempt to go to sleep. The very effort to obtain sleep frequently is its own defeat. It is frequently the fear that sleep will not come that causes wakefulness.

One who has been accustomed to awake in the night or early morning, and thus lose several hours' sleep, may receive benefit in any one of various ways; but *not by drugs*, which can only form a drug habit and produce abnormal conditions. If the cause is gas on the bowels, standing by the bed and going through various trunk flexions, forward and back, sideways and twisting, together with kneading of the abdomen, will start the gas, relieve the pressure, and will often be followed by sleep. One can knead the bowels very well by standing behind a chair, tipping it back so the top touches the abdomen and then leaning the weight of the body on the chair. The chair can then be pressed upward and downward over the abdomen in such a way as to produce powerful compression and start the gas moving. This kneading also has a soothing effect on the abdominal sympathetic nerves. Taking a few sips of hot or cold water, or the juice of an orange, or a cup of milk, may secure the needed rest. Some make a practise of counting and other mental performances in order to produce drowsiness, but it is questionable as a rule whether this produces the desired result.

Among the helps to sleep which should be utilized in the daytime are a carefully-regulated diet, sufficient exercise, both mental and physical (but not to the point of exhaustion), and plenty of sunshine. Anything of an exciting nature or tending to cause worry should be avoided. The air of the room should be cool and fresh, and the bed comfortable.



DR. LUCAS CHAMPONNIERE, in a paper before the French Academy of Medicine, calling attention to the fact that an epidemic of appendicitis has always followed or accompanied an epidemic of the grip, says, "Appendicitis is but the localization of the grip, affecting the intestines and often the appendix itself." He says appendicitis results most frequently when the patient has been on an improper diet, especially a diet consisting of freshly-slaughtered

meat. In such cases, the doctor holds, the grip almost invariably localizes itself in the intestines near the appendix, or in the appendix itself.

This would argue that a heavy meat diet lowers the vital resistance of the intestinal walls, or else forms a very favorable culture media for the propagation of the grip bacillus.



DR. ANDERSON, director of the Yale Gymnasium, in the April *Munsey's* says: "The time of life when exercise is most needed is the time when men generally stop taking it—from forty to sixty. Then the circulation becomes sluggish and the repair of tissue slow. Men lead sedentary lives, and the tendency is to take things easy. Fat accumulates, and motion is no longer pleasurable. The heart loses some of its vigor, and the organs of the body flag in the performance of their duties.

"Two things are needed: daily exercise, such as trunk bending and twisting (walking is not sufficient), and careful regulation of the habits of living."

This apostle of physical development recognizes that exaggerated claims have been made regarding the efficiency of exercise in the cure of disease. He says: "It is absurd to declare that bodily movement will act as a 'cure-all' or preventive of disease. The one great ailment of life is malnutrition, which may be the result of rapid eating, of poor or ill-cooked food, of indigestion, or of the failure of some part of the digestive machinery to perform its normal functions. If the aliment is poor in quality and badly prepared, all the exercise in the world will not remedy malnutrition. A wise combination of exercise with simple laws of hygiene will be efficacious; but to claim that disease can be cured by exercise alone, in a comparatively short time, is ridiculous."



AUGUSTUS CAILLÉ, M. D., in the *American Monthly* for April, has this to say regarding the drugging evil: "We can not with good grace dismiss the general practitioner and his requirements without speaking in plain language in condemnation of the drugging habit, of which he is still guilty to a marked degree. Our cousins across the water do not prescribe nor swallow one-fourth as much medicine as we do in our country. With but few exceptions, the entire vegetable and mineral kingdoms have given us little of specific value. The common-sense practitioner knows by experience that the constant frequent prescribing of innumerable drugs only ends in detriment to his patients.


"A working knowledge of hygiene and dietetics, climato-, hydro-, and mechano-therapeutics, simple medication, and few drugs are the successful agents in internal medicine."

The doctor closes with the prediction that "the successful general practitioner of the future will be a diagnostician, sanitarian, and minor surgeon, and will develop into a valuable and conservative general consultant."

Sanitariums when properly conducted run on these lines, utilizing to the greatest possible extent the natural agencies for the restoration of normal functions, and discarding as far as possible the use of drugs or of harmful methods.


THE *Sanitary Home* is responsible for the following: "The Scotch are the greatest dyspeptics on earth, largely owing to their use of half-cooked oatmeal and soft bread. Next to the Scotch are the Americans, and no single thing has contributed more to dyspepsia than half-cooked oatmeal mush for breakfast. In rural France, where dyspepsia is practically unknown, hard bread and vegetables, with a moderate amount of meat, comprise the chief items of the bill of fare."

This adds one more to the long list of testimonies regarding the harmfulness of partly-cooked cereal food. Vegetarianism in some sections has been nearly a failure as the result of improper preparation of food. The average stomach is incapable of digesting with impunity large quantities of starch foods unless these have been partially digested by oven heat. It is the recognition of this fact that is causing the present popularity of a number of dextrinized cereal foods, which, though sold at high prices as compared with ordinary grains, are demonstrating their superiority for weakened stomachs to that extent that their sale is rapidly increasing.




RECENT EXPERIMENTATION shows "that the act of mastication is capable of directly modifying the activity of the gastric glands, and that this is independent of the chemical stimulation produced by the saliva swallowed. When the material swallowed consisted of carbohydrates, it was found that the exclusion of mastication was followed by a more or less considerable deficiency in the hydrochloric acid values, while when the meal consisted of proteids (meats, hard-boiled eggs), the normal or hyper-acid stomach reacted differently from one in which subacidity was present," the subacid stomach showing a marked diminution of hydrochloric acid in the absence of mastication.

Mastication, then, is of great importance, not only in cases of hyper-acidity, where it aids in starch digestion, but also in cases of subacidity, where it aids in proteid digestion. In other words, in case of either of these stomach disorders, mastication aids the stomach digestion in that point where it is weakest.



EVERY impulse to do good which is not carried into effect is a source of weakness. Novel readers overflow with good impulses, and, as a rule, their good deeds are in inverse ratio to their "noble aspirations." They admire the virtues and weep over the misfortunes of their heroes, while they neglect the many opportunities for doing good right around them.

With some impulsive natures music fills the soul with noble thoughts; but if these aspirations are not realized, their possessor becomes to that extent an idle day-dreamer.



CHARACTER is made up of little things. He who executes his good impulses instead of dreaming them, is preparing himself for greater responsibilities, while he whose good deeds are all in his imagination or in the future, is slowly but surely developing a character which in time of need will be found wanting.



IS CHEESE WHOLESOME?

WHAT is the matter with the cheese?

Simply this, that it has come to be an almost universal belief that coagulated casein and butter fat, which are its constituents, must be "cured." This "curing" process is chiefly accomplished by time. It is not considered fit to eat until it is old enough and rank enough—from gradual processes of decomposition—to be buried. The average palate has been gradually educated to relish cheese after it has undergone butyric-acid fermentation, and is, in fact, putrid. This is plain English, and it flies in the face of the reigning authorities on gustatory standards. Certain brands of the stuff, as Roquefort, Limburger, and several other varieties, sell at enormous prices simply because they represent the ideal degree of rankness—putridity.

This butyric fermentation has its proper bacillus, and in case of the special varieties present in Limburger and other delectable brands, the characteristic odor is vile enough and strong enough to bar all attempts at counterfeiting or substitution. The flavor comports with the smell, and either one would cause a respectable canine to drop his astonished tail and sneak out of the rankest soap factory or tan yard on the face of the earth.

Every normal stomach rebels at it, and every normal palate repudiates it at sight, taste, or smell. Years ago when all the small dairymen made a little cheese for their own use, if not for the market, they began to eat it before it was a fortnight old, ate it as freely as they did bread, and never thought of it being difficult of digestion. Nor was it.

To put such compressed casein before a lover of Limburger would be to offer him an unpardonable insult. And yet, from a health standpoint, it is the only cheese that can be approved.

Of the semi-putrid, rank-smelling and acrid-tasting stuff now sold for cheese many persons can not partake with impunity; and those who do eat it are compelled to be very sparing in their indulgence, making it a relish or condiment rather than a food. This is because it belongs with other antiquities. It belongs with "embalmed beef," moldy bread, and gangrenous "game," for which palled palates either possess or profess a gusto.—*Dietetic and Hygienic Gazette*.

VEGETARIANISM

IT IS IDIOTIC to hold up the example of fanatics who attempt to live on three crackers and a pint of cold water, or on a crust of sour bread, or a cruet of bran mash and a pudding of crushed corn cobs, as a warning to sane people, who do not need to be told that all the food of the race must come from the vegetable kingdom. To eat it in the form of flesh is to take it at second hand and subject to a greater or less degree of contamination, during its transmi-

gration through one of the lower animal organisms. Nothing is more certain than the fact that the American people eat too much "meat," as all flesh is improperly called. Instead of flesh-eating being "an absolute necessity" for brain workers, there is no gainsaying the claim that the highest type of intellectual vigor is perfectly compatible with a diet intelligently selected from the vegetable kingdom.—*Dietetic and Hygienic Gazette*.

WHEELING FOR HEALTH AND NOT FOR RECORDS

By F. J. GRANT, M. D., NEW YORK CITY, N. Y.

As a medical director of a life-insurance company during eighteen years, I have had frequent opportunities of observing the effects upon the bodily health of riders of the wheel.

As a class, they are remarkably healthy specimens of men and women, and pass excellent examinations.

Their hearts are sound, arteries soft and flexible, lungs of good capacity, muscles firm, of clear, rosy complexions, and freedom from any history of dyspepsia, indigestion, or nervous troubles.

Without exception, they all eat heartily and sleep well.

But occasionally cases were met with where the examination gave evidence of undue muscular strain and its incident evils.

This was shown by a too rapid, thready pulse, a weak heart's action, or (in some instances) an hypertrophied heart, accompanied by a slight aortic obstructive murmur (the so-called athletic heart), loss of weight, a thin, pallid face, and, lastly, but not least insignificant, the presence of albumin in the urine.

The use of the foot as a substitute for the brake is most pernicious and dangerous and should not be allowed. The law should require every wheel to be fitted with some form of reliable brake.

Another abuse of the wheel is overtaxation of individual power or muscular strength.

The perfect, up-to-date "safety" provides us with an ideal means of carrying the dead weight of a body with the least expenditure of muscular effort.

Because one, however, can cover a number of miles (say twenty-five) after a little practise, without apparent fatigue, that is no reason why one should do so. Do not exact from the wheel more than you expect from the horse.

So many who took up cycling overdid the thing. They would ride beyond the limits of their physical endurance, never counting on the return trip. Injury rather than benefit to health followed in consequence, and, later, indifference and disgust for the sport.

Indulged in moderation, there is no form of exercise so beneficial, so pleasant, and so healthful to both mind and body as a good mount on a good wheel.

If the following suggestions were faithfully observed, I believe the interest in cycling would again be revived and would come to stay:—

1. Do not ride a wheel before getting a medical opinion as to your physical condition and fitness.

2. Learn to ride properly and to thoroughly control your wheel before taking to the road.

3. See that your wheel is equipped with some form of reliable brake. Abandon high gears.

4. Learn to use not abuse this wonderful invention and graceful means of locomotion.

5. Never exceed your strength—ride for health and recreation, never for records.

6. Ride regularly, time and weather permitting, regardless of seasons.

7. Change your clothing immediately after coming from a ride. Take a tepid bath with ammonia added and sponge off with cool water and good rub. Put on dry underwear.

8. Finally, be considerate and thoughtful of man and beast, women and children and fellow-wheelers when out on the road. Strictly follow "the rules of the road," and compel others to do the same.—*Medical Examiner and Practitioner*.

MORTALITY AMONG INFANTS—WHY SO MANY YOUNG CHILDREN DIE EACH SUMMER

BY W. M. MENDENHALL, M. D.

THE feeding of the child is one of the most particular things to attend to during the early life. No mother should willingly delegate to another the duty of nourishing her offspring. No food agrees with the child like the mother's milk. I know there are cases in which suckling is evidently beyond the mother's strength, or it may be inadvisable by reason of some hereditary taint, but as a rule, no artificial food whatever should be permitted until the sixth or seventh month.

In cases where artificial food is absolutely necessary, cow's milk, with water and sugar properly added, may be given. Some persons condemn the practise of giving the milk diluted, overlooking the fact that the casein of cow's milk coagulates into hard, gelatinous, indigestible lumps. By adding one-third or one-half water, we diminish the casein that much; then by the addition of sugar and cream we have the richness of the milk; we render it easy to digest. At this time of the year the milk should be sterilized as soon as possible. Put the milk in a clean bottle, cork loosely with a clean, new cork, then place the bottle in a vessel of water, and, heating it slowly to the boiling point, continue this temperature thirty or forty minutes; then tightly cork the bottle, and set it in a cool place until needed for use.

If you would have a strong, robust child, keep it in the sunlight and the air. As well might you think of growing a healthy stalk of corn, bearing its full ear, while sheltered by the dense forest, as to have the bloom of health and beauty on the child that is constantly kept from the light of the sun.

A large proportion of infant mortality comes through disease of the bowels at particular seasons of the year. With the first week of continuous high temperature, that runs through day and night without abatement, these complications begin. It is not high temperature merely, but continuous high temperature.

It is generally in July that we get a period of this continuous heat, which seems to come in waves. It is at this period that the bowel complaints of children begin to prevail. Teething is not the cause of these affections, for as many children get teeth in January as July, and you can not find a child dying with bowel complaint in January, but many die in July and many in August.

What causes the high death rate in these months? Some think it is because they get bad vegetables, but many of them do not get any vegetables; they are not old enough. They live on the mother's breast. This continuous high temperature acts upon the nervous system in a twofold way: On the vasomotor nerves it directly acts to diminish their influence on the circulation in the membranous surfaces, both externally and internally. It relaxes and puts into an atonic condition the vessels of the whole interior of the body, and children are more susceptible than adults.

One means of preventing the evil effects of this continuous high temperature is for mothers to bathe their babies during this hot weather, morning and evening regularly, in water cool enough to act as a stimulus on the vasomotor nerves, and induce a better tone in the vessels of the membranous surfaces. More especially bathe their spines until their nerve centers are thoroughly cooled.—*Medical Brief*.

CONCERNING RAILWAY INFECTION

WE know how zealously the conscientious physician or health officer will disinfect the rooms and destroy the various articles that have been in and around some of those who have unfortunately been afflicted with typhoid, diphtheria, and tuberculosis. We see every day how the health authorities in our cities are passing ordinances prohibitory of promiscuous expectoration, endeavoring thereby to head off the inroads of that insidious monster, well known as the "white plague," whose poison lurks in this matter. It is now considered almost a calamity for one to be compelled to occupy a room that has been used by a consumptive, although the best methods of disinfection may have been resorted to. Yet the same people, officers, disinfectors, etc., will unreservedly and seemingly fearlessly occupy a car and sleep in it after it has been used for months carrying these unfortunates to and fro from the different resorts, thinking no harm will come to them in consequence. Yet think of the numbers of those afflicted who have carelessly been expectorating and expelling their poison into the air of those close compartments. Not from this alone is there a possibility of trouble, but patients who have seemingly recovered from other infectious troubles often take trips in search of a rapid convalescence, and leave behind them their respective infection from some article of clothing they unconsciously are carrying with them.—*Medical Examiner and Practitioner*.



"THE memory is greatly injured by ill-chosen reading, which has a tendency to unbalance the reasoning powers, and to create nervousness, weariness of the brain, and prostration of the entire system."

SUGGESTIONS

FROM THE SANITARIUM
COOKING SCHOOL

MENU NUMBER TEN

Protose Vegetable Stew	Sago Tomato Soup	
Escalloped Turnips	Baked Potatoes	Brown Flour Gravy
Cold Sliced Beans	Potato Salad	Strawberry Shortcake

Sago Tomato Soup.—This soup is made just the same as tomato soup, with the sago added about twenty-five minutes before serving.

Protose Vegetable Stew.—Put protose, cut into squares, on to stew early. The longer protose stews the better it is. Use one-fourth pound protose. Later when the protose has stewed a sufficient length of time add one can peas (fresh peas would be nicer). Add one-fourth head cabbage cut into large pieces. Add also six medium-sized potatoes. Cook till cabbage, peas, and potatoes are done. Salt to taste. Other vegetables can be added as desired.

Escalloped Turnips.—Pare the turnips and boil whole. Cook till tender and remove to a bake dish. Cut into slices and arrange in the dish. Over this pour a nut gravy salted to taste. Sprinkle top with granola or bread crumbs. Bake in the oven till brown on top.

Potato Salad.—Cut two cold boiled potatoes into thin slices and arrange

in a salad dish; add to this one chopped onion. Season slightly with salt and parsley. Over the whole pour the juice from two lemons. Serve cold.

Cold Sliced Beans.—Cook equal parts of white beans and brown beans separately. Season with salt. When cooked put each through the colander. Fill an oblong dish with alternate layers of the beans, first a layer of the white beans and then a layer of the brown beans, finishing with the white beans on top. When it has stood a sufficient length of time, cut into slices and serve with slices of lemon.

Strawberry Shortcake.—In the bottom of a pudding-dish place a layer of crisp granose flakes. Add a layer of fresh strawberries crushed slightly and sweetened. Now on top of this another layer of granose and a second layer of strawberries. Fill the dish to the desired depth, and set away in a cool place for about one hour. Cut in squares and serve. Currants and raspberries may be used in the same manner.

"AFTER it has done its work for one meal, do not crowd more work upon the stomach until it has had a chance to rest, and before a sufficient supply of gastric juice is provided. Five hours at least should be given between meals."

"ONE reason why many have become discouraged in practising health reform is that they have not learned to cook so that proper food, simply prepared, would supply the place of the diet to which they have been accustomed."

CONDIMENTS AND SAVORIES

BY MRS. LEADSWORTH

Condiments.—Pepper, mustard, and spices are not foods, in that they do not contain any nourishment and are only added to foods to impart their flavor. And another feature about condiments is that they are all poisonous, and very irritating to the delicate linings of the alimentary canal, and, if their use is continued, will be sure to cause some of the most serious digestive disturbances. And since so much has been said and written about the bad effects of condiments, it would hardly seem necessary in this day and age of the world to say very much about the subject.

Still we believe there are many honest people who, from wrong habits and principles instilled in childhood, have yet to learn that "man should eat to live, and not live to eat," and still many more, especially young and inexperienced home-keepers, who realize the ill effects of condiments, highly seasoned and complicated dishes, and really desire to reform, but know not how. It is to such that these few words are written, for we well know the perplexities that come to either young or old home-keepers, when endeavoring to reform.

Just how and when condiments came into use is not known, but we do know that savory dishes have been in use for many hundreds of years, as we find it was a savory dish that Isaac requested Esau to bring him.

Under savories we would class sage, thyme, parsley, and celery seed. While they do not contain nourishment, they are not harmful, in that they are not irritants. It may have been the use of savories that led to the use of condiments, and we believe

that neither are really necessary, in that the Creator has given us such a variety of foods, and to each its own delicate flavor.

Still it is a fact that condiments are in use, and the only thing to do is to substitute in their place savory dishes, and thus, step by step, lead back to sweet simplicity as the science of eating, and learn that the art of feasting is nature unadorned.

Protose Salad.—Mince finely one small head of celery, one-half can of protose. Mix well and pour over the following: one-half cup tomato juice, and the juice of one lemon; salt to taste. Garnish with lettuce.

Nut Venison Croquettes.—One-half can nut venison, one and one-half cups bread crumbs, enough tomato juice to moisten the bread crumbs; season with sage or celery seeds, and salt to taste. Mix well, form into croquettes, place in oiled tins, and bake in a quick oven until a light brown.

Savory Eggplant.—Two cups of cooked eggplant, one-half cup of finely-chopped walnut meats, one-half cup tomato juice, and one cup of bread crumbs. Season with salt, parsley, and sage to taste. Mix well and bake in a loaf.

Savory Lentils.—Two cups cooked mashed lentils, one cup of strained tomatoes, and enough bread crumbs to make it thick enough to mould. Season with salt, sage, and onions. Mix well, form into croquettes, place in an oiled tin, and bake until a nice brown.

"Do not place upon your tables food that is exciting and irritating, but that which is plain, wholesome, and nutritious."

CONDUCTED BY
A. J. JANDERSON, M. D.
SUPERINTENDENT
ST. HELENA SANITARIUM

QUERY DEPARTMENT

WE CORDIALLY INVITE
QUERIES FOR THIS
DEPT. ON ANY SUBJECT
GERMANE TO HEALTH

Sweating Feet.—Can you give a remedy for profuse perspiration about the feet and armpits?

These parts of the body perspire from insufficient ventilation. Aside from the regulation of this cause, the best remedy is the use of formaldehyde, which can be purchased at any druggist's. This should be diluted one part of formaldehyde to four or five parts of water. This solution should be painted over the soles and between the toes for several days. This will probably check the evil. If it does not, increase the strength of the formaldehyde solution.

Proper Ventilation.—How may one know when his room is properly ventilated?

This can not be determined by the temperature, which is no guide as to the purity of the atmosphere. One may be in a poorly-ventilated room all night and notice nothing wrong, as the nerves of smell gradually become accustomed to the unsanitary condition; but one coming into the room from the fresh air will be quite likely to notice a slight odor if the room has not been properly ventilated.

Any such odor should be a warning to admit more air. If one wakes up unrefreshed in the morning, it is well to examine into the ventilation. Air should not be taken from other rooms, but from the outside, and windows should be opened both top and bottom, so that the difference in the weight of the warm and cold air may cause a current.

Windows open only at the top or only at the bottom, if on only one side

of the room, are a little better than no ventilation at all. After arising in the morning, windows should be thrown open wide for a time to thoroughly air the room.

Spasmodic Exercise.—Why, after taking an hour's hard exercise, does one experience soreness of the muscles?

Exercise causes the destruction of food stored up in the muscles, with the formation of chemical products, which, if retained, would be detrimental. It is probably the presence of these substances which causes the tired feeling in the muscles. When exercising moderately the alternate contraction and expansion of the muscular fibers acts as a pump to force out the old lymph and allow a new supply of lymph to reach the muscle. This carries off the old waste matter and brings more nutrition, so the exercised muscle is like a well-irrigated garden,—thrifty.

But vigorous exercise taken at long intervals is accompanied by the breaking down of large quantities of fuel in the muscles and the production of large quantities of waste matter. If followed by rest, this waste matter is not carried off promptly, and causes soreness. This soreness may be relieved by careful massage.

Time Required for Sleep.—How much sleep does one need in order to remain in health?

No general rule can be given as to how much sleep is necessary in order to maintain health. The requirement varies with the individual. As a rule children require more sleep than adults, and heavy muscular workers

than those of sedentary habits. For children nine or ten hours should be allotted. The practise of arousing children out of a sound sleep, in order to do necessary chores, make fires, etc., should be condemned, unless the children are sent to bed correspondingly early. Eight hours is a fair average for adults, though many obtain only six or seven. It is said that Napoleon required only about three hours' sleep. The practise of habitually encroaching on the sleeping hours has the tendency, as age comes on, to lessen the capacity for sleep, in other words, to produce insomnia. One never gains by utilizing the hours which should be given to sleep, either for pleasure or for business. Retribution will come, sooner or later.

Cure for Constipation.—Will you be so kind as to publish in your valuable JOURNAL a natural cure for constipation? Do not give us the diet cure, for it is impossible for one who boards to diet himself.

This request is something like asking a man to run a locomotive without steam. It may be done, but it is not the right way. Diet is the essential factor in the relief of constipation. Moreover, it is hard to conceive how one can be so situated that he can not do anything in the line of diet. The prescription is as follows: Figs, dates, prunes, coarse vegetables, bran mush with olive-oil. One can supply the fruits himself, if necessary. The vegetables can be obtained at nearly any table. The bran mush can certainly be secured by making arrangement with the cook.

Aside from diet, kneading of the bowels is an excellent procedure, practised daily, as are also the various exercises involving the trunk muscles, such as horseback riding, rowing, etc. For

exercise in the room, one should lie on the bed, on the back, and raise the legs vertically. This should be repeated ten to thirty times. Then from the horizontal position, raise the trunk vertically five to fifteen times. Practise forward bending, backward bending, and side bending, doing the movements slowly and thoroughly. The Faradic current applied to the abdomen by means of two sponge electrodes and thorough kneading is also of great value. The retained enema, taking into the bowel at night a pint or more of water and keeping it, is sometimes followed in the morning by a movement. The practise of waiting daily at a certain hour for a movement is also recommended in order to establish a regular habit. One or all of these may fail in obstinate cases, and it may be necessary to resort to the enema.

Poor Food Combinations.—What foods combine badly together?

This, to some extent, depends on the individual. Milk, as a rule, is not well taken with fruit, especially acid fruit. With many, vegetables and fruit taken together (especially starchy vegetables and acid fruits) cause more or less digestive disturbance. Milk and sugar taken together in any but small quantities are harmful. Combinations may be harmful because they give an excess of one food element with deficiency of other elements. For instance, a meal consisting largely of beans and nut foods, or beans and nut foods and eggs, would be too highly nitrogenous. Potato, sago, or some starchy food should be used in place of one of the other foods.

NEVER use copper or brass kettles when preserving fruit.

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VOL. XVI.

ST. HELENA, CAL., MAY, 1901.

No. 5.

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NEXT month will appear our large special edition of the HEALTH JOURNAL. It will be full of interesting and practical information. *Diet and digestion* will be the principal themes. Articles have been secured which will present this subject in a thoroughly practical manner. Every one who is interested in what he eats enough to want the best and that which will afford him the most of life, health, and happiness, should not fail to secure the June HEALTH JOURNAL.

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


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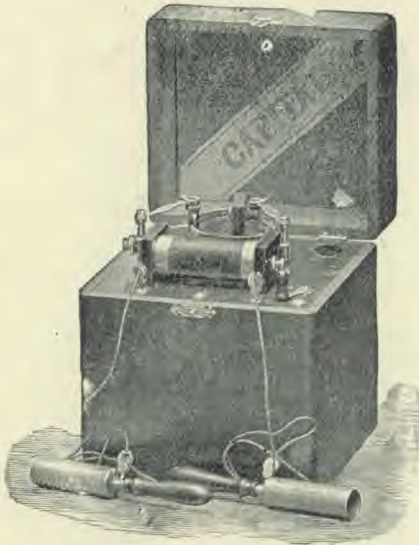
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