

The PACIFIC HEALTH JOURNAL

MONTHLY

CONTENTS

ORIGINAL ARTICLES		
Influence of Mind on Digestion	171	
The Power of Nature	173	
Squandering Nervous Resources	175	
What Is Health?	176	
Environment	178	
True Nobility (Poetry)	180	
SELECTIONS		
Hasty Eating and Overeating	181	
The One Who Is To Come	181	
EDITORIAL COMMENT		
Summer Diarrhea	183	
Infant Feeding	183	
Tobacco and Scholarship	184	
SANITARIUM COOKING SCHOOL		
Menu	185	
Rice	186	
Canning Fruit	188	
Questions	189	
The Booksellers' League Dinner	190	
PUBLISHERS' DEPARTMENT		191

July, 1901

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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVI.

ST. HELENA, CAL., JULY, 1901.

No. 7.

HOW MENTAL PROCESSES INFLUENCE THE DIGESTIVE FORCES

BY W. R. SIMMONS, M. D.

THE influence of the mind over the body is a subject which has not as yet received the attention which is its due. One of the most important parts of the subject is the influence upon the digestive actions.

The intimate connection between the mind and the stomach is such that the digestive force is very greatly influenced by the will, in fact, so much so that some of the older physiologists thought for a long time that the stomach was the seat of the soul.

The muscular action and the secretion of the digestive fluids of the stomach and the intestines are both under the control of the nerves, as the digestive organs are all intimately connected with the nervous system, so that a change in one will be noticed in the other also. When a demand is made in the system for nourishment, the sensation is transmitted to the stomach as hunger.

The digestive apparatus may be affected to such an extent as to entirely stop its action by some strong emotion. The secretion of the saliva is checked by great fear, rage, or grief. Through a knowledge of this fact the inhabitants of the East Indies attempted to try their criminals. Those who were suspected of the crime were compelled to chew dry rice. The fear that they would be detected, were they guilty, would check the flow of saliva, and thus the rice remained dry. The one with whom the rice remained the driest was condemned as the guilty party.

The influence that the mind has upon digestion is noted in people of different dispositions. The man who sits down to eat with his mind burdened with the cares of his business, the thought of some great overhanging debt, or the excitement of a speculation which is hanging in the balance, can not digest his food properly, no matter how appetizing or nourishing it may be. The woman who worries or frets over some family affair, allows the children to annoy her, or goes about bemoaning some lamentable fact, will be sure to have a fit of indigestion. A gloomy disposition, with anxiety, discontent, and worry, are conditions which must not exist long if one desires good digestion. Meals eaten under such conditions are apt to cause disturbances. On the other

hand, a cheerful disposition and a good hearty laugh are promoters of digestion. One must needs have a good digestion to have a normal appetite, and it is the influence of the mind over the nervous system that controls the nourishment of the body, and a demand for nutriment that calls for food to nourish the system

The control of the digestive forces by the nervous system may be noted by the fact that the sight or smell of some very savory dish will cause an abundant flow of saliva. Seeing or smelling some disgusting object will sometimes cause vomiting. The story is told of a young lady who, receiving bad news from home in a letter while eating dinner, immediately left the table and vomited what she had eaten. Another case is of a person who had observed a very disgusting sight, and could not retain his food for several days, as the thought of the sight would produce prompt emesis.



To one who has a perfect digestion there is but little thought of the food after it is eaten. He forgets that he has a stomach. There are no distressing symptoms, no thought in the mind as to how this or that is going to digest; but to one who thinks of the food, continually wondering how it is possible for his poor stomach to digest even the best of food, there can be no perfect digestion. We have seen people who would sit at their meals thinking or talking continually about every mouthful of food taken, and follow it down to the stomach. There it would rest like a great load, because they thought it impossible for it to digest. They would partake of the entire meal in absolute distress, simply because they were brooding over the fact that their stomach was sick, and in such an abject, gloomy mood that it would be impossible for the most perfect digestive apparatus to do its work, and after the meal is over, retire to some secluded spot to regret that they had eaten at all, and long for the stomach tube to relieve them of their awful distress.

This worry, or mental overwork, is a cause of disease not only by its action on the abdominal sympathetic nerves and the slowing of the digestive action, but also by favoring the production of poisons, and rendering the sympathetic system more susceptible to the action of the poisons produced.

It is not possible for a man to so control his body at will that he can make his system digest slower or faster, any more than he can control the action of the heart by the power of the mind, but the condition of the mind in which one allows himself to be during the digestion of the food, certainly has its effect. The man with a happy, cheerful disposition eats because it is a pleasure to him; he thinks not of how each particle of food will digest, but he partakes of the meal, enjoys a good, hearty laugh, and leaves the table with thoughts of how best to enjoy life from the wonderful blessings God has given him.

There is a greater will than the human that controls every action of the body. It is the divine power that rules in us and governs the actions of every cell and organ, keeps us alive in health, and heals our bodies in disease.

Sanitarium, Portland, Oregon.

THE POWER OF NATURE

BY J. H. KELLOGG, M. D.

If a man wants to get a real great, tremendous, monumental, ponderous dyspepsia, he must work hard and long for it,—he must work years and years for it. It takes about twenty years to make a magnificent dyspepsia, as many of you know by experience—and you wonder why you don't get well in one year, when you have been twenty years making your dyspepsia.



One can catch dyspepsia—they can catch it at the dinner table—but, as I said, it takes a long time to do it. Now Mr. Ingersoll thought it was easier to catch disease than to catch health. That idea is perfectly ridiculous. All a man has to do to catch health is to exercise his muscle, and thus open his lungs and take it in; just go outdoors into the fresh air and sunshine, and breathe health in from the air. Health is all about us; the sunlight and the air are full of it; and good, wholesome food is full of it—apples and peaches and bread and the like, good and wholesome foods which God has made for us, are full of health and life and energy. When we take healthy food into our bodies, we catch life from it; and when we take disease into our bodies in the shape of unwholesome foods, we catch disease as the result. When a man eats pork which contains trichinæ he gets trichinæ, and when he eats beefsteak which contains tapeworm he gets tapeworm. That is the way people get maladies. If a person eats diseased, lumpy-jawed beefsteak or beefsteak that has tuberculosis or tubercle germs in it, he will get tubercle germs and tuberculosis. So we catch disease by cultivating it, and we catch health by cultivating health. We have to work hard to catch disease, but we catch health involuntarily. When we go to bed at night and go to sleep, we can breathe it in, and we can breathe in health all night, if we will leave the windows open. We can climb mountains and exercise in a variety of ways and be drinking in health all the time. Health is cheap. All we have to do is to open our mouths and take it in. Disease hides away from us, so that we have to hunt for it; but health is seeking for us. The light comes in at the windows, and health comes in with it. All we have to do is to open the windows and let the light shine in, and it will destroy the germs and the mold and vitalize the house. When you have torn away the banking and opened the windows so that the light can shine into the dark cellar, the white stems of the potato sprouts begin to turn green. A similar renovation takes place in a tenement house when it is well ventilated,—the fresh bloom comes into the cheeks of the inmates and the sparkle comes into their eyes. There is life for us in all these agencies about us.

You can see the power there is in these simple things. They are so simple that people ignore them. Sunlight is so cheap that we do not appreciate it but pull down the curtains and shut it out. And so of water,—we have plenty of it at home, but instead of making use of it, we pay a dollar a bottle for some fluid that has no power in it, and that did not cost the manufacturer over five

cents. So people are looking in the wrong direction. We must not look to doctors to heal; we must not look to medicine to heal; we must not look to mineral springs to heal; but we must look for healing power to the curative power in nature,—the power that causes the trees to bloom, blossom, bud, and leaf out in the spring, and makes the flowers bloom. And that power is working through natural agents. The same power that makes the flowers bloom is capable of making the roses bloom in our cheeks. And I hope and believe that there is no one in this room but what, if he will properly relate himself to this great healing power in the world, and which is manifested all about us—I hope and believe that there is no one here who may not have, if not perfect health, at least a fair share of health, a glorious increase of health, by proper attention to the laws of health and the use of these simple remedies. There is a great increase in health that many patients never get. We are satisfied with too little health. It is not so in regard to the acquisition of gold. A man digs one day in a gold mine, and he finds some golden ore. The next day he brings a bag and he gets more, and so on, until by and by he brings a dray with him, and so his appetite for gold increases—the more he gets the more he wants. It is a mania with him. I would like to see such a mania get hold of people in regard to health. Many people are contented with a little health; but the more health we get, the more we should want. Instead of this, we see many people going about in a pusillanimous way,—moping along with their chins hanging down, and they remind one of some poor jaded horses that we see in the streets, “plugs,” we call them; but we see most men and women going about in the same fashion. We don't see many fine horses, because horses are abused and don't have a good chance. We don't see many fine men and women going about the streets, because men and women are abused. From the time they were little boys and girls they were brought up on second-hand food. I met a lady to-day who inquired about the best food for children, and wanted to know if it was beef, chicken, etc. “No,” I said, “that is second-hand diet.” “Do you mean to say that I have been feeding my children second-hand food?” “Certainly, I do, and you might as well clothe them with second-hand clothing as to make their food out of second-hand material.”



Who would want to use the same muscles that an ox has used? And yet many are content to do that. They are content to use the same blood that the ox has used, and to use the same liver that the pig has used before. Now this beef juice is simply second-hand and deteriorated material that was discharged from the body of the animal. If you want your body to be as strong as that of the ox, then eat the things that the ox eats,—eat grain at first hand,—eat it before the ox has used it for his own purposes and left only the waste residue behind.

Sanitarium, Battle Creek, Mich.

DOES IT PAY TO SQUANDER OUR NERVOUS RESOURCES?

BY DAVID PAULSON, M. D.

THE following is an extract from a letter received from a young man who was under my care at the Battle Creek Sanitarium several years ago, and who, like so many young men, was having a good time in the world and sowing a little "wild oats" that seemed perfectly legitimate and proper. The idea of being so particular about such things had not especially impressed him.

It is to be hoped that the experience that this young man gained, after perseveringly and scientifically cultivating health for a time, and then persistently continuing the same ever since, being encouraged by constant improvement, and yet far from being well, ought to be a warning to others who think it is of but little consequence whether they squander their nervous bank account or not. Divine Writ declares that "whatsoever a man soweth, that shall he also reap." That law is as irrevocable as the law of gravitation.



"Dear Sir: Two years ago I returned from the Sanitarium, after a stay of four months. You gave me the privilege of writing to you, and I will now embrace that opportunity. My ill health was due to excessive work, both mental and physical. You termed my case 'neurasthenia.' I was 'dead tired' all the time, and could not walk a block without becoming exhausted. I came home resolved to get well. I have not deviated one iota from my habits acquired at Battle Creek. I take two meals daily, and live strictly hygienically. I also take cold baths and regular systematic exercise. I have even equipped a gymnasium of my own, and use it regularly and persistently. My determination to get well has not wavered a particle. But for some reason I do not get entirely well. However, I am ten times stronger muscularly, and considerably stronger nervously. (I do not know how else to express it.) I am still unable to do active mental work, but can read a book or newspaper forty or fifty minutes, with some effort. Two years ago, five or ten minutes of reading would have set my head 'in a whirl.' I take breathing exercises daily, and have increased my lung capacity from 210 to 270 cubic inches. I am a thorough optimist. I never worry. I have learned to accept existing conditions, remembering your reassuring words that 'every cloud has a silver lining.' I have not the slightest tendency to hypochondria. I am ambitious to be something, to get out into the world of vigorous activity, and leave behind forever this condition of third or fourth class invalidism. At my present progress, I will not be entirely well until the passing of another two or three years. Hence, this letter for advice. I never get tired except in the small of my back. But when I do get tired, I am simply *compelled* to rest. I have tried the Christian Science plan on several occasions, but it simply will not work. I could probably spend a day at light labor if permitted to work a half hour and rest a half hour alternately, but if I were thrown on my own resources, I could

hardly find employment that I could follow in this way. I am twenty-one years of age. I had no organic disease while at the Sanitarium, and have certainly developed none since. I am, to all *appearances*, in perfect health. Why do I not get entirely well?"

This young man has not yet gotten entirely well for the same reason that if he had gone into financial bankruptcy he might yet be struggling to get his resources in such a condition that he could feel safe to be doing thorough-going commercial business. The man who squanders his nervous energy and vitality and breaks down his nervous system is doing that which is just as real as the man who is ruining his business. And the individual that is taking a certain course toward miserable invalidism must, in some way, be made to appreciate this fact; for he certainly will comprehend it when it is so late that it will take the most agonizing and persistent sowing for health to regain his lost heritage.

WHAT IS HEALTH?

BY G. H. HEALD, M. D.

HEALTH is the perfection of all the functions of the body. It is more than simply absence of pain or bodily discomfort, or a feeling of well being, although many persons confound these with health. Most people are content with an absence of bodily pain or distress and have no desire to seek a higher degree of health. For instance, a person having nasal catarrh will take treatment from a specialist until the most unpleasant symptoms are relieved, and then he will cease treatment; in fact, nasal specialists testify that they very seldom have the opportunity to treat cases until they are perfectly cured. Most people would rather endure a small degree of ill health than be subjected to the trouble incidental to becoming permanently cured.

In fact, could it be guaranteed that by a certain course of careful living, every one could reach the age of a hundred years in perfect health, it is a question whether any large proportion of individuals would accept of the offer and make the necessary change in life. It is true there is an association of individuals known as the "Century Club," who are trying by means of correct living to reach the age of a hundred years; but with most persons the main point to be secured is present personal comfort, and there are few individuals who can be induced to observe any rule of health involving self-denial, until compelled to do so by the presence of disease and the fear that it will grow worse unless they make a change in their lives.



Probably no one has perfect health, for all are more or less subject to detrimental hereditary influences, and, besides, every one has, at some time in life, ignorantly or carelessly fallen below the standard of health to which he might have attained.

Health is a matter of continual and constant development. The child is perfect in its sphere, but if the brain or any other part of the body should remain undeveloped, the result would be imperfection and deformity. Perfect health demands that there should be a constant development and growth in the physical, mental, and moral nature of the child, and with the adult this development must continue in certain lines; otherwise there is stagnation.

Development in one or two lines to the neglect of the other lines is unsymmetrical. It is not wise to spend one's life in developing the muscles by means of manual labor to the neglect of the mental faculties; neither is it wise to neglect physical development by close confinement at mental work. Perfect health demands a development of all the faculties.



Animals are provided with two means for the preservation of health. One is instinct and the other is personal experience. Instinct teaches the animal to seek shelter from the cold, to eat when he is hungry, to lie down and sleep at certain intervals, to flee from danger. Many other functions of life are the result of instinct, which is simply nature's means for the preservation of life.

Each animal also learns by experience to avoid certain dangers; for instance, instinct does not teach the cat that the lamp chimney is hot, but after she has smelled of the lamp chimney once, experience is sufficient to prevent repetition of the act. Human beings have these two guides to health, but, unfortunately, they are insufficient. In fact, human instinct seems to be inferior to the animal as a guide to healthful living; that is, the personal tastes of many individuals lead them naturally to do many things that are not best for their health. Human beings have, however, one more means of preserving health, and that is the reasoning power, and by this means the science of physiology and the laws of hygiene have been developed; so that, while the man is instinctively inferior to the brute, yet he may, by means of his intelligence, learn to so live that he will have a high degree of health.



It may be thought by some that the question of the preservation of health is a personal matter, in which no one is interested but the individual himself; that is, that one by injuring his health does not necessarily interfere with the rights of his neighbors; but when one considers that the disposition is dependent largely upon the health, and that many of the strange acts which are committed from time to time by individuals, apparently sane, are often due entirely to a derangement of the bodily health—when it is understood that no one can be in poor health and be in the best condition to render assistance to those around them—it will be readily seen that each one owes to those around him a duty which can only be discharged by maintaining perfect health.

THE devil tempts the busy man, but the idle man tempts the devil.—
Turkish Proverb.

ENVIRONMENT. NO. 3

By G. H. HEALD, M. D.

ACCOMPANYING this article is a graphic table of food values estimated in heat units. As was explained in the May number, the body requires three principal classes of foods, the nitrogenous or tissue-forming elements, and the carbonaceous or fuel foods, the latter consisting of fats and carbohydrates. These foods are said to be required in approximately the following proportions by the average man engaged in light work:—

Nitrogenous (tissue formers)	440	heat units
Fats.....	504	“ “
Carbohydrates (starches and sugars)	2,000	“ “

These food elements can, within certain limits, replace each other in the bodily economy. The fats and carbohydrates can not make tissues, but with a full allowance of fats and carbohydrates, one can live on a minimum of nitrogenous food, whereas with a deficiency of the fuel foods the system uses the nitrogenous food more wastefully.



The accompanying table, and, in fact, nearly all figures which have been collected in regard to the food requirements of man, have been made from experiments upon those accustomed to the use of a diet containing considerable flesh food, and hence rich in nitrogen.

Experiments on hundreds of normal individuals who by practise were vegetarians, demonstrated that a much smaller proportion of nitrogen suffices for the needs of the system in those accustomed to a non-meat diet; so that it may be taken as reasonably certain that in those accustomed to the free use of meat the body is more wasteful in its use of nitrogen. The writer, a few years ago, in a paper published in *Modern Medicine*, tabulated some experimental work on *nitrogen metabolism* which clearly demonstrated the point, the evidence being that an individual accustomed to a vegetarian diet can maintain nitrogen equilibrium (that is, obtain sufficient nitrogen for the needs of the body) on a diet furnishing nitrogenous elements having a food value of less than three hundred heat units per day.



Examination of the accompanying table will reveal a great disparity between the food value of the flesh foods and the vegetable foods, the latter—at least the grains, legumes, and nuts—being far more nutritious.



As an evidence of the advance made by rational methods in medical practise it may be noted that a prominent medicals book publishing company has undertaken the publication of a work entitled "A System of Physiologic Therapeutics," being a practical exposition of the methods other than drug taking in the treatment of the sick. It is to be completed in eleven volumes, and will contain contributions from American, German, French, and English authors.

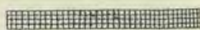

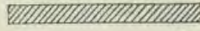
 Nitrogenous or tissue food. Builds tissues and furnishes heat and energy to the body.
 Fat food, furnishes heat and energy.
 Carbohydrates (Starch and Sugars) Furnish heat and energy.
 (Figures represent calories or heat units in one ounce of food)



TABLE OF FOOD VALUES

THE claim has been made that a non-flesh dietary is more wasteful than a mixed diet, as the system utilizes a much larger proportion of the animal than of the plant foods. Even granting this, the loss on non-digested plant foods is more than made up by the greater cost of flesh foods, and the waste matter is of great advantage in maintaining freedom of the bowels; but it is not at all certain that the waste is so great in one accustomed to a vegetarian diet.

The Creator, as we learn in Genesis, gave to man a non-flesh diet; and man's digestive functions were undoubtedly adapted to this dietary, and to no other. That changes have come in whereby man sometimes seemingly does better on a flesh diet is not a reflection on the wisdom of the Creator in His original purpose, but is one of many examples showing how nature attempts to adapt herself to surroundings.

One who has been habituated to the use of cocaine, morphine, tobacco, tea, or coffee, has more comfort, and his physiological functions are apparently more in harmony when under the influence of the drug than when deprived of it. When deprived of the stimulant there is marked disturbance of the bodily functions. This is not an evidence that these substances are useful, but that they are harmful.

The same is true to some extent in regard to meat. While not intended primarily as a part of man's diet, continued use has so modified the system that some are considerably inconvenienced on attempting to discontinue the use of meat; but this inconvenience is only temporary, and sooner or later the system will adapt itself to the natural food of man.

Any one desirous to make a careful study of food values should send 5 cents (not in stamps) to the Superintendent of Documents, Washington, D. C., and order a copy of Bulletin 28 of the U. S. Dept. of Agriculture, "The Chemical Composition of American Food Materials."

TRUE NOBILITY

WHAT is noble?

'Tis the finer portion of our mind and heart
 • Linked to something still diviner than mere language can impart,
 Ever prompting, ever seeing some improvement yet to plan
 To uplift our fellow-being, and like man to feel for man.

What is noble?

That which places truth in its enfranchised will,
 Leaving steps like angel traces, that mankind may follow still.
 E'en though scorn's malignant glances prove him poorest of his clan,
 He's the noble who advances freedom and the cause of man.

LIKE Naaman, we expect our health to be the subject of some miraculous interference, and neglect the homely precautions by which it might be secured.

—*Lubbock*,



SELECTIONS

HASTY EATING AND OVEREATING

"IN order to have healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize the obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If your time to eat is limited, do not bolt your food, but eat less and eat slowly.

"Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all His blessings.

"Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest. The benefit you derive from your food does not depend so much on the quantity eaten, as on its thorough digestion, nor the gratification of the taste so much on the amount of food swallowed as on the length of time it remains in the mouth.

"If more food is eaten than can be digested and appropriated, a decaying mass accumulates in the stomach, causing an offensive breath and a bad taste in the mouth. The vital powers are exhausted in an effort to throw off the excess, and the brain is robbed of nerve force."—*Healthful Living*, pp. 396-399.

"It is a good rule to eat slowly, for man does not live by what he eats, but only by what he digests. Thus vegetable food, if not well chewed and mixed with saliva, ferments instead of digesting, and again if so much is taken as to distend the stomach, digestion may be brought to a stand, and fermentation and putrefaction may take its place. In both these ways, then, eating slowly will do good and prevent harm, and it is quite possible for a man to be better nourished on a little food eaten slowly than on a great deal eaten quickly."—*Haig*, p. 630.

THE ONE WHO IS TO COME

BY HARRIET PRESCOTT SPOFFORD

WE do not need the philosophers and theorizers to insist upon or to deny heredity.

When they have said all they have to say, we have our own knowledge drawn from private sources, since, as naturally as we see the stars in the sky, we see our own traits and the traits of our parents and grandparents, and a thousand family resemblances start up in our young children, like little tongues of fire in ashes.

Perhaps no greater pang comes in all the experience of motherhood than in the moment when the mother, realizing the new life that has been invoked,

realizes also, and sometimes with inexpressible bitterness, that her child will be, to some unknown extent, what circumstances have made her, what she has made herself, and longs, when it is too late, too late to forget this, to recall that, to wipe out the other, to be remade from the beginning.

Something, it is true, of all those who have gone before him, the child must be—a composite, that occasionally, indeed, works out a new temperament, a new nature, whether for good or evil. That is a fact as unchangeable as the facts of the spectrum.

But the child has a further inheritance, one truly of more than equal importance, and one depending almost altogether upon the will of his father and mother. For whatever his parental and ancestral traits may be, the temperament which rules those traits, subdues them or aggravates them, is very largely affected and constituted by the mental condition of his mother in the weary while of the days before he sees the light.

Moroseness, madness, criminality, and a hundred other terrible possibilities may, in more or less measure, be eliminated from his heritage by maintaining the mother's happiness and health in the period when he is drawing life from all the forces of her nature.

If heaven smiles upon her, she smiles back; there is only sunshine in her soul; the child is cradled in that sunshine, and draws it into his being, and in that content of his mother's his powers balance and adjust themselves with an equilibrium like that of gold weighed in a vacuum.

The mother, with an eye single to her child's development, should not, then, allow herself, any further than she can hinder it, to feel an anger, a regret, a dislike, an annoyance, one might almost say a sorrow. If a dark thought comes, she should cast it away as one flaps off bat or vampire.

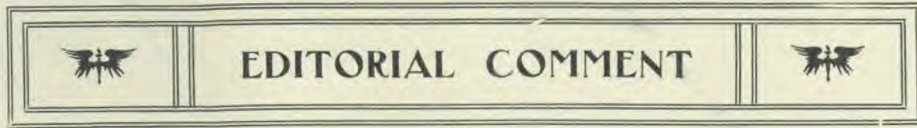
Sweet and gentle and holy thoughts are the ones she should make welcome; she should forget, if she may, that there is evil in the world; all her ways should be pleasantness and all her paths be peace. Nor should anything of evil be allowed to cross her sight; from undue cares and from anxieties and vexations she should be shielded, and from all hurt and harm.

Surrounded by love, by happy and innocent laughter, perhaps by music, with its call to the highest within us, her soul kept white, her body kept sound, the world should be made for her so fair a place that her child can only be glad to come into it.

It is only from mothers thus nourished and protected and tenderly cared for that the great future race will be born, that race which we hope is to reduce the earth, and of which we hardly dare predicate a fact, or a situation, a quality, but which we know must in time fulfil the intentions of God in making man at all.

And only under such circumstances as these, of rest and peace and joy given the mother, can the father expect to see the best possibilities of his children.

What mystery so great as this new life! With what reverence should it be received, with what care guarded, as one guards a holy thing in a shrine!—*Selected.*



SUMMER DIARRHEA

DURING the hot months, when the vital resistance is lowered by the debilitating heat, and when the temperature is especially favorable for the rapid growth of microbes, it is extremely important that the diet, especially that of children, should contain no infected food, and no food easily susceptible of decomposition, and no food which may by its irritating nature cause a disturbance of the intestinal tract.

To this end it is important to avoid the use of raw milk and unripe or over-ripe fruit. With many children it is necessary to be quite cautious in the use of fruit. It is not economy to eat damaged fruit in order to save it. Such fruit, while unwholesome at all times, is dangerous during the hot spells.



The diet should be light, consisting of well-cooked cereals, such as zwi-back, granola, etc., fruit juice or sauce, sterilized or Pasteurized milk for the younger children, and fruits.

Most of the vegetables are appropriate for summer, but should not be given to very young children. All additions to the diet should be made cautiously, watching the effect.

The morning cool bath is of great advantage during the heated spell, and this may be repeated during the day with good results. Do not clothe the little one with too much underwear. Many mothers keep their little ones in torment by making them carry an extra burden of clothing.

By attention to the diet, clothing, and bathing of the children, there is no reason why the summer need be accompanied by more deaths than any other season.

INFANT FEEDING

HENRY DWIGHT CHAPMAN, in the *American Journal of Obstetrics* for May, has an excellent paper on "Infant Feeding." He considers the subject of cow's milk under two heads:—

(1) "How to Get Cow's Milk Which Is Clean, and (2) How to Modify It So as to Resemble Mother's Milk."

He divides the bacteria of milk into two general classes, those which produce lactic acid, coming from the teat, and the putrefactive bacteria coming from the manure. By carefully cleansing those parts of the cow which might infect the milk, and by discharging the first milk on the ground, he hopes to greatly lessen the number of bacteria in the milk. He advises that the milk be collected with all necessary precautions and be rapidly cooled to below 50° Fahr., at which temperature the germs will not multiply readily. He thinks the

danger of tuberculosis from milk has been greatly exaggerated. He does not advise Pasteurization, except in the hottest summer months. He calls attention to the fact that there are two types of milk, hard curdling and soft curdling, cow's milk being of the former variety and woman's milk of the latter. In order to prevent hard curds he advises that decoctions of cereals (as barley water or wheat-flour gruel or oatmeal gruel) be used to dilute the milk in place of water.

In case of diarrhea barley may be used, and for constipation, oatmeal. The gruel is made by rubbing up two tablespoonfuls of wheat or barley flour in a little cold water, adding a quart of water, and boiling for fifteen minutes. This may be dextrinized by adding to it a little diastase prepared as follows:—

Take a tablespoonful of ordinary malt barley (obtained from the brewers) in a cup with about two tablespoonfuls of water. This is placed in refrigerator or cool place overnight. The thin, dark-colored fluid which results contains diastase, and when added to the gruel after the gruel is cool enough to taste, will in a few moments cause it to become thin, on account of the partial digestion of the starch. This soon separates into two layers, the upper clear layer being partly digested starch, the lower layer being partly cellulose. Only the upper layer should be used for the child. Thus by means of the gruel the casein is broken up into finer curds, and by the diastase the starch of the gruel is partly digested.



While there may not be so much danger from tuberculosis as has sometimes been supposed, there is evidently sufficient danger to make it advisable when using milk from a dairy not under thorough inspection, to sterilize or Pasteurize the milk. Of 200 samples of milk recently taken at random, quite a number, when injected into small animals, produced tuberculosis or other infectious diseases.

The changes brought about in milk by the process of Pasteurization are not nearly so marked as by boiling or sterilizing. To efficiently Pasteurize the milk it should be heated to 160° Fahr. for 15 minutes, then kept at body temperature or a little lower for two hours, then again heated to 160° Fahr. for 15 minutes. The entire process is best performed with the milk in the bottle in which it is to be used, several bottles being provided for the purpose, and as soon as used they and the nipples should be scalded and placed in a dilute solution of common baking soda until again needed.

TOBACCO AND SCHOLARSHIP

OUT of the highest scholarship men in Yale, only five per cent use tobacco. Of those who get no appointments, sixty per cent use it. Evidently the effect of the weed on students is to paralyze their aspirations to high attainments, and make them content without striving for that which is the noblest and best. The inference drawn by Dr. Seaver, director of the physical laboratory of Yale, is that it is those with a lower grade of intellect in general who use tobacco.—*Selected.*

SUGGESTIONS



FROM THE SANITARIUM
COOKING SCHOOL

MENU NUMBER TWELVE

**Granose Patties or
Tomato Jelly**

**Protose Vegetable Soup
Peas Croquettes or
Baked Cabbage
Apple Pudding**

**Lentil Croquettes with
Escalloped Potatoes**

Protose Vegetable Soup.—Stew one-half pound of protose for two or three hours in one quart of water. To the stewed protose add one pint of tomatoes, one chopped onion, two stalks of minced celery or celery salt. Any vegetables desired can be added. Salt to season. Serve with croutons.

Granose Patties.—Take one pint of simmered nutlet or thick almond or peanut cream. Salt to season. Add enough granose flakes to make stiff enough to form into patties. Place on an oiled pan, and bake till lightly brown. These patties may be seasoned with onion, sage, or celery. Serve with tomato jelly.

Peas Croquettes.—Cook dried peas till tender. Put through a colander. Season with salt, and add a little granola. Roll into croquettes about three inches long and one and one-half inches thick. Dip into nut cream and then roll in granose flakes or toasted bread crumbs. Place on an oiled pan and brown nicely in the oven. Lentils can be used in the same way.

Tomato Jelly.—One pint cup strained tomatoes. One-half cup sugar, one tablespoonful of corn-starch previously dissolved in a little cold water. Add the juice of one lemon, or more if desired. Cook till the starch is thickened, then put in a double boiler and cook twenty minutes. Pour into

moulds and cool, or put into a flat dish, and when cool cut into squares. Serve with the patties or croquettes.

Baked Cabbage.—Chop fine fresh cabbage, and put to cook in boiling water. Cook till tender, then drain. Put in bake dish, and pour enough lemon juice over to make sour. Bake one hour in moderate oven.

Escalloped Potatoes.—Pare and slice thin Irish potatoes. Place a layer of potatoes in a flat baking dish; sprinkle lightly with granola or toasted bread crumbs or granose flakes, and a little salt; then another layer of potatoes, and so on to the depth of about two inches. Pour over this almond or peanut cream, just enough to cover the potatoes. Sprinkle the top with crumbs, and bake till the potatoes are tender and nicely browned on top. It will take about three-quarters of an hour to bake in a moderate oven.

Lentil Croquettes.—Cook the lentils as for puree. Season with salt, and onion and sage if desired. Add ground or chopped walnuts and a little dry granola. Press into a deep pan. Let cool, and then slice or form into croquettes. Dip into nut cream and roll in granola or toasted bread crumbs seasoned with celery salt. Place on an oiled tin and brown in hot oven. Beans can be used in the same way.

Apple Pudding.—Pare medium-sized, tart apples. Cut into halves. Remove the core carefully, so as to leave a round cavity. Fill this cavity with berries, and sprinkle lightly with sugar. Bake till the apples are tender. They may be served plain or with white sauce.

White Sauce.—Recipe given in a previous number.

RICE

BY EVELINE HELMAN, M. D.

RICE is one of the most digestible foods, and is more extensively used perhaps than any other cereal. A large proportion of the inhabitants of India and China subsist almost entirely upon rice, taking with it frequently a bit of fish or a purée made from the *dahl*, or native red lentil.

Rice consists very largely of starch, and is, therefore, in itself hardly capable of supplying the body with all the elements necessary for perfect nutrition. Taken with foods which contain a large percentage of nitrogenous elements, makes it a very valuable and nutritious article of diet. Nuts, peas, beans, lentils, and milk are all rich in nitrogen, and supply this deficiency very nicely.

Rice may be served in various ways, and the ease with which it is prepared and digested makes it quite a desirable dish. It may be steamed or boiled and served simply as a grain or porridge, with cream or fruit sauce, or it may be served as a vegetable or side dish, or as a dessert. It is also largely used in the making of soups.

Rice grows in marshy districts, and sometimes has an earthy taste and contains considerable grit; therefore thorough washing is always necessary before it is cooked. It requires from an hour to an hour and a half to thoroughly steam rice, and in the healthy stomach it will be digested in about one hour. Rice which has been carefully browned in a moderate oven until it is about the color of wheat and then steamed or boiled is much more readily digested than ordinary rice, as the starch has then been partly changed to dextrin, and the grain is not likely to be pasty.



Like all other starchy foods, rice requires thorough mastication, to allow the saliva time to do its work of changing starch to dextrin. This is not easily accomplished unless it be taken with some dry food. Scientific experiments have shown quite conclusively that acids hinder starch digestion. Large quantities of acid fruits or food containing an excess of acid, combined with starchy foods, do not, therefore, form a strictly wholesome diet. Must we conclude, then, that fruits or any acid-containing food should not be eaten at a meal when foods containing an excess of starch are used?—Not necessarily. We may conclude, however, that it would be a better plan to take the starchy foods largely at the beginning of the meal, and in such a form as to insure thorough mastication, thus securing a free flow of saliva. Ptyalin, the active

principle of the saliva, acts very quickly, and its work is almost entirely completed before the food is swallowed, providing it has been retained in the mouth a sufficient length of time to become thoroughly soft and well disintegrated. This being accomplished, acid fruits, etc., may be taken with impunity, unless some diseased condition of the stomach contraindicates their use.

Following are a few simple recipes, each of which may serve to suggest a large variety of similar dishes.

SOME EXCELLENT RICE RECIPES

1. **Rice with Lentil Dressing.**—Take one cup of rice, two cups of water, a pinch of salt; turn into an earthen dish suitable for serving it in, and place in a steam cooker or in a covered steamer over a kettle of boiling water and steam for an hour. Serve with a dressing made as follows: Rub a cupful of cooked lentils through a colander to remove the skins; add one cup of thin cream or rich milk, and salt to taste. Heat to boiling, and thicken with a teaspoonful of flour rubbed smooth in a little milk. The cream may be omitted, and a cup of strained tomatoes and a scant tablespoonful of nut butter used instead. Thicken with browned flour.

2. **Protose Patties.**—Take one cup cooked rice, one cup mashed protose, one tablespoonful granola or zwieback crumbs, two eggs, one-half cup nut oil or cream, salt and sage to season. Mix all well together, form into patties, and brown in the oven.

3. **Nut and Rice Croquettes.**—One cup cooked rice, one cup mashed protose, one well-beaten egg, salt and sage or onion to flavor. Mix all together, form into croquettes, roll in beaten egg, then in bread crumbs, and bake until nicely browned.

4. **Rice with Peaches.**—Steam rice as directed in recipe number one and serve in individual dishes, slicing a well-ripened peach on each dish. Canned peaches may be used, placing the two halves and a spoonful of juice on each individual dish.

5. **Rice with Fig Sauce.**—Steam rice as previously directed, and upon each individual dish of rice serve a spoonful of fig sauce, and, if desired, a little whipped cream or almond cream. No sugar will be required.

FIG SAUCE.—Carefully wash and chop or cut fine a cupful of good figs. Stew in a pint of water and one tablespoonful of sugar until they are a thick, homogeneous mass. If a smooth sauce is desired, rub through a colander before serving.

6. **Browned Rice with Black Raspberry Sauce.**—To one and two-thirds cups of water add one cup of browned rice, one-fourth teaspoonful salt, and steam for one hour. Serve with a sauce prepared by taking the juice of canned or freshly-stewed black raspberries, sweeten to taste, and thicken with corn-starch to the consistency of thin cream.

7. **Plain Rice Pudding.**—Take one cup rice, two-thirds cup sugar, eight cups whole milk, and a little grated lemon rind for flavoring. Put all in a granite

or earthen pudding-dish and place on top of the range to heat slowly to boiling, stirring frequently to prevent sticking to the bottom of the dish. Then place in a moderately hot oven, and bake till the rice is tender. Serve cold. If desired, allow the rice to cook until tender on top of the range, then add one well-beaten egg, and bake for fifteen minutes.

8. Strawberry Rice Mould.—Arrange fresh strawberries in the bottom of a cup and partially fill the cup with nicely-steamed rice. Press down well, and set in a cool place until the rice will slip out of the cup in a perfect mould. Serve with almond cream.

ALMOND CREAM.—Rub two tablespoonfuls of almond butter smooth with one and one-half cups of water, adding the water gradually. Cook in the double boiler twenty minutes, or boil gently ten minutes. Add a pinch of salt before serving.

Battle Creek, Mich.

CANNING FRUIT

BY ANNIE HORNING

Berries.—To the cleaned berries add sugar as may be desired, and allow to stand until sugar is dissolved. Fill jars, lay covers on loosely, place jars in a vessel of water on stove, having water come up nearly to top of jar, and cook until done. The berries will have shrunk some in cooking. Now take covers off, and from one jar fill the other jars full; put rubbers on, and screw down tightly.

Large Fruit.—Peaches, pears, and other large fruit may be packed in the jars after they are peeled. Pour over them a syrup made by adding white sugar to water. Ordinarily about two parts of water to one of sugar is used, but this may be varied to suit the taste. Cook as directed for berries, adding more syrup if fruit settles, so that no air space is left.

This method of cooking the fruit in the cans preserves its shape and flavor, and gives less chance for spoiling. If desired to cook fruit before putting into cans, it should, if large fruit, be dropped into hot syrup, and cooked until done; or if small fruit, it should have sugar added, and then be heated, without the addition of water.

String beans, which so often give bad results when canned, may be successfully canned by cooking in the cans or jars. The beans properly prepared are placed in the jars raw, covered with water, and cooked at boiling temperature in a vessel of water about three hours, the covers having been placed on loosely. As the beans shrink in cooking, one jar may be used to fill up the others, and seal immediately.

CAUSES OF FAILURE IN CANNING

1. Allowing air to remain in jar.
2. Insufficient cooking. This is probably the most important cause of failure. With the old method of canning, the effort to keep the fruit whole made it necessary to cook very lightly, as thorough cooking would so soften

the fruit that it would be broken up in transferring to the jars. By cooking in the jar, it may be cooked more thoroughly without breaking up. It is important that the fruit be cooked through, and this necessitates a longer exposure for large than for small fruit. One mistake is in not having the fruit hot enough. It should be kept at boiling temperature.

3. Improper preparation of cans. The cans and covers should be thoroughly scalded, and the covers dried out on back of stove, in order to drive out the water from behind the porcelain, and the covers should be put on hot from the stove.

4. Air may enter under the cover and spoil the fruit. If the rubbers are old, discard any that are stretched so they no longer fit the jar. After the jars have set five minutes, it is well to screw the covers down a little tighter, and if old covers, they should be pressed down carefully on to the rubber at all points. This is best done by running a heavy knife around the cover, pressing down on the flaring edge. Jars should be turned upside down while cooling, and carefully observed when cool to see if any give evidence of leakage.

5. It is a mistake to attempt to can so much fruit at one time that the work can not be carefully done.

St. Helena Sanitarium.

WHY are not fruit and vegetables a good combination?

Fruit and vegetables are widely different in chemical make-up and in digestibility, and take different lengths of time for the digestive organs to work up into nutrition. Hence, the results are quite different. Fruits digest very quickly. With vegetables you have the other extreme. Hence, when you take the two together, you have these two incompatible elements, sugar with raw starch. Always, in every stomach, there is a certain amount of fermentation; and the sugar will form fermentation all the time the vegetable starch is being worked up. In fact, the starch is not digested in the stomach, but is retained there. The two remain in the stomach in these two different forms, and give rise to a great deal of fermentation. It is the starchy and coarse vegetables which do not agree nicely with fruit.

Does this rule hold good with cooked fruit?

The same is as true with cooked fruit as with raw. They are about the same. Cooked fruit sometimes has some sugar added to it, and so is more liable to give trouble.



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THE BOOKSELLERS' LEAGUE DINNER

ON Wednesday, May 8, the Booksellers' League gave in the rooms of the Aldin Association, 111 Fifth Avenue, New York, as the last of a series of dinners, a vegetarian dinner. About fifty members were present to entertain their special guests, among whom was Ernest H. Crosby, president of the Vegetarian Society of New York.

The menu, which was printed in green ink on a vegetable-colored sheet of blotting paper, was as follows:—

MENU

	Cream of Asparagus	
Olives	Celery	Radishes
	Braised Celery, Cream Sauce	
	Spinach Patties	
	Lentil and Rice Croquettes, Tomato Sauce	
	Pineapple Sherbet	
	Cauliflower Hollandaise	
	Creamed Bermuda Potatoes, Parsley Sauce	
	Chicory Salad	
	Frozen Sago with Strawberries	
	Assorted Cakes	
	Coffee	

Mr. Briggs, the newly-elected president of the League, made a happy speech on "Why Bookmen Should Be Vegetarians," showing that all domestic animals are more or less unhealthy and breed disease in those who consume them.

The following resolutions were unanimously adopted by the League:—

The Booksellers' League, in meeting assembled, at their first vegetarian dinner, their heads being clear and their stomachs not cloyed with meat which doth make gross, felicitates itself and congratulates the American Publishers' Association and the American Booksellers' Association on the auspicious inauguration of the "no-cut" plan in the book business.

As an earnest of what yet remains to be done, in the spirit of fairness and equality in which it is offered, we heartily accept what has been accomplished, and pledge the moral and material support of the Booksellers' League to the happy end when all branches of the profession shall mutually share in material benefit.



The Pacific Press people have gotten out a neat brochure descriptive of this dinner, which they have mailed to all the booksellers on the Pacific Coast, thinking it might be an excellent way to call their attention to vegetarian principles.

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No. 7.

THE PACIFIC HEALTH JOURNAL, which has been growing in influence and favor with the people for some months past, has decided to add to its attractive features a department for women. We feel sure that this will be highly appreciated by the readers generally, and will meet a long-felt need for something of this kind in every household. It is our purpose to make this department intensely practical, and by the discussion of subjects of vital importance make it so helpful that no woman in our land can afford to be without this JOURNAL.

The following topics outline some of the ground we hope to cover during the coming year:—

- | | |
|--|--|
| The Sacredness and Importance of Domestic Training. | The Divine Mastership <i>versus</i> the Reign of Fashion. |
| Essential Features of the Ideal Dress. | Unbroken Confidence the Secret of Home Happiness. |
| The Mother—a Missionary in the Home. | How to Make the Home Attractive for Young People. |
| The Purpose and Object of Dress Reform. | Physical Training as a Foundation for Mental Training. |
| Taste and Tact. | The Home as an Agency for Disseminating Light in the Neighborhood. |
| Symmetry and Simplicity in Dressmaking. | Christianity in the Details of Home Life. |
| The Necessity of Equitable Distribution of Clothing. | |
| Results of Failure to Properly Clothe the Feet. | |

We are very glad to announce that this Woman's Department will be in charge of Mrs. M. C. Wilcox, and we earnestly solicit from our readers short, pointed articles, such as may be helpful to young ladies, mothers, and housekeepers. Kindly address all correspondence relative to this department to Mrs. M. C. Wilcox, 418 East Twenty-third Street, Oakland, Cal.



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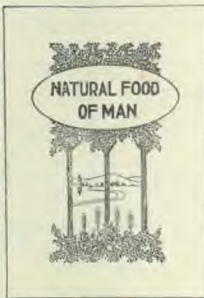
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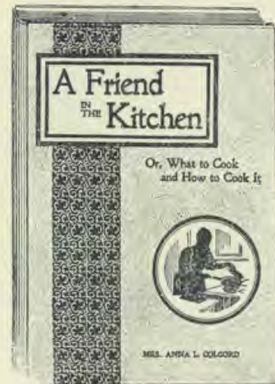
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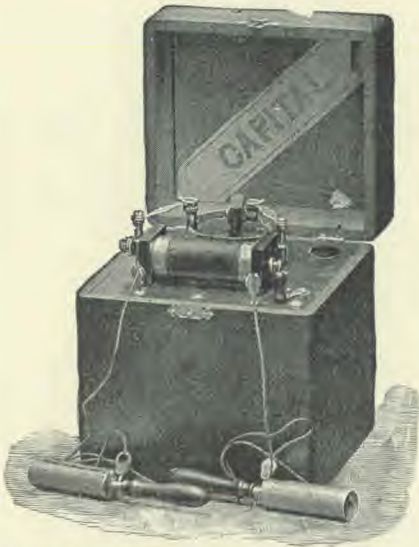
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